

# Rotary

## Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines

### 21<sup>st</sup> REGULAR WEEKLY MEETING

December 10, 2019, Marco Polo Hotel Davao

## PROGRAMME

#### Call to Order

VICE PRES. JAIME SABINO

#### 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

RTN. ARIEL CANTIL

#### Community Singing

RTN. RENE REAL

#### Secretary's Time

SEC. DARWIN SANTOS

#### President's Time

VICE PRES. JAIME SABINO

#### Club Assembly

#### Presentation of Candidates

#### Casting of Ballots

#### Tabulation of Ballots

#### Proclamation of Winners

PP APOLLO ALQUIZA - Comelec Chairman

PP Val Dionisio and PP Vir Sojor - Comelec Members

Adjournment..... VICE PRES. JAIME SABINO

### 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    |
| Speaker's Profile    | 07    |
| Lights Camera Action | 08-09 |
| Roster of Members    | 10    |
| TRF Contributors     | 11    |
|                      | 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

### DIVERSITY AND YOU: HOW TO CREATE AN INCLUSIVE CLUB EXPERIENCE FOR EVERYONE

Growing and diversifying our membership is a top priority for Rotary to ensure that we more fully reflect the communities we serve. We're creating an organization that is more open and inclusive, fair to all, builds goodwill, and benefits our communities. To help achieve that goal and share it with members, the RI Board of Directors approved a diversity, equity, and inclusion (DEI) statement. As a club or district leader, you play an important role in promoting our effort and making it a priority.

Review and share the statement, below:  
As a global network that strives to build a world where people unite and take action to create lasting change, Rotary values diversity and celebrates the contributions of people of all backgrounds, regardless of their age, ethnicity, race, color, abilities, religion, socioeconomic status, culture, sex, sexual orientation, and gender identity. Rotary will cultivate a diverse, equitable, and inclusive culture in which people from underrepresented groups have greater opportunities to participate as members and leaders.

Diversity: Rotary welcomes people of all backgrounds, cultures, experiences, and identities.  
Equity: Rotary strives for the fair treatment, opportunity, and advancement of all Rotary participants.  
Inclusion: Rotary is working to create experiences where all people feel welcomed, respected, and valued.

*From Rotary Leader November 2019 Issue*

Wishing all family members peace and love this holiday season. May you feel the joy in your home that you bring to me.



### 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>           |
| <b>TOTAL</b>         | <b><u>P 26,000</u></b> |

**Pledges:**

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





# Infopage

**SEC. DARWIN T. SANTOS**

Club Secretary, RY 2019-2020



## ATTENDANCE REPORT

### Our Attendance for December 3, 2019

|            |    |
|------------|----|
| Present    | 38 |
| Make Up    | 08 |
| Absent     | 10 |
| Percentage | 82 |



### December Celebrants

- Dec. 10 Spouse Enday Orteza
- Dec. 12 Spouse Vivian Carrillo
- Dec. 17 Spouse Gina Kawashima
- Dec. 18 Spouse Sharon Escudero
- Dec. 22 Rtn. Art Malatag

### Wedding Anniversaries

- Dec. 10 PP Jun and Bodeth Tan
- Dec. 26 VP Jim and Camen Sabino
- Dec. 28 PP Jess and Naty Fortich

## Upcoming EVENTS

|  |   |   |   |  |  |  |
|--|---|---|---|--|--|--|
| <b>M E E T I N G S A R O U N D T H E C I T Y</b> | <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|  | <b>Calinan Davao</b><br>6:30p.m.<br>Calinan Hwy<br>cor de Leon St.                  | <b>East Davao</b><br>12:00Noon<br>Marco Polo Hotel      | <b>Downtown Davao</b><br>12:00 noon<br>Grand Menseng Hotel    | <b>Sta. Ana Davao</b><br>6:00 p.m.<br>Grand Menseng Hotel        | <b>Davao</b><br>12:00Noon<br>Royal Mandaya Hotel               | <b>North Davao</b><br>6:00 p.m.<br>Clubhouse<br>Torres St. |
|  | <b>Central Davao</b><br>6:30p.m.<br>Grand Menseng Hotel                             | <b>Matina</b><br>12:30p.m.<br>Lispher Inn               | <b>South Davao</b><br>12:00noon<br>Marco Polo Hotel           | <b>South Digos</b><br>7:00p.m.<br>Avenue One Hotel<br>Roxas Ext. | <b>Tagum</b><br>11:30a.m.<br>Papa Juhn's Pizza<br>Rizal St.    | <b>West Davao</b><br>6:30p.m.<br>Marco Polo Hotel          |
|  |  | <b>Tagum North</b><br>7:00p.m.<br>Miko's Brew<br>Apokon | <b>Central Panabo</b><br>6:00 p.m.<br>Clubhouse, New Pandan   | <b>Digos</b><br>7:00p.m.<br>A&B Hotel                            | <b>Waling Waling Davao</b><br>12:30p.m.<br>Grand Menseng Hotel | <b>SATURDAY</b>  |
|  |  |   | <b>Davao 2000</b><br>6:00p.m., Happy Home<br>Café, Torres St. | <b>Tagum Golden Laces</b><br>6:00p.m., Miko's Brew<br>Apokon     |  | <b>Toril</b><br>7:00 p.m.<br>Clubhouse<br>Mcleod St.,      |
|  |   |   | <b>Pag-Asa Davao</b><br>6:30p.m., Lispher Inn                 |  |  |  |





**ROTARY WORLD**  
**PDG HONESTO A. CABARROGUIS**  
 Past District Governor, RI District 3860, RY 1983-84

## 5 reasons to give to The Rotary Foundation

**W**hen you make a donation to The Rotary Foundation, you are helping Rotary members make a difference in the lives of millions of people around the world. Here are five reasons to make Rotary your charity of choice on Giving Tuesday, 3 December, or any time of the year.

### 1. Accountability

Our accountability and transparency have earned The Rotary Foundation 12 straight years of four-star ratings — the highest possible — from independent evaluator Charity Navigator. More than 90% of Foundation funds are spent directly on programs. No high administrative costs dilute your gift.

### 2. Impact

We partner with other organizations to increase our impact and make your donations work even harder. When you give to PolioPlus, for example, you have the satisfaction of knowing that every \$1 Rotary commits to polio eradication is matched by \$2 from the Bill & Melinda Gates Foundation. Thanks to this partnership, all donations to end polio (up to \$50 million per year) are tripled, providing critical funding toward creating a polio-free world.

### 3. A record of success

Rotary unites leaders who have the skills and resources to tackle some of the world's most difficult problems and deliver sustainable, long-lasting results. For decades, Rotary has been a leader in the battle against polio and with the help of our partners in the Global Polio Eradication Initiative, we have reduced cases by 99.9% since 1988. The infrastructure developed to facilitate both immunizations and eradication is being used to fight and protect against other diseases as well. For example, the method known as

contact tracing was critical to containing an Ebola outbreak in Nigeria in 2014.

### 4. Global reach

Our 1.2 million members span the globe, uniting people who have a common desire to serve others. From teaching children to read in Ecuador to a microcredit program in Indonesia, Rotary members identify local problems and use Rotary's vast network and the resources of The Rotary Foundation to take action in their communities.

### 5. Bringing about peace

Peace holds a unique status in Rotary. We approach peace not as an abstract concept, but as a living, dynamic expression of human development. As a humanitarian service organization, it is both a cornerstone of our mission, and one of our six areas of focus – one of the main ways in which our members make their mark on the world.

## DONATE NOW

**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**







POINT OF VIEW

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



## The Best 3 Inspirational Short Stories About Life

**W**hen life has got you in a slump, turn to these motivational short stories. Not only is reading them like getting an internet hug for the soul, but they just may spark an idea or a change in you for the better. Read on and get ready to smile.

### 1. Everyone Has a Story in Life

A 24 year old boy seeing out from the train's window shouted... "Dad, look the trees are going behind!" Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed...

"Dad, look the clouds are running with us!"  
The couple couldn't resist and said to the old man...  
"Why don't you take your son to a good doctor?"

The old man smiled and said..."I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."

Every single person on the planet has a story. Don't judge people before you truly know them. The truth might surprise you.

### 2. Shake off Your Problems

A man's favorite donkey falls into a deep precipice. He can't pull it out no matter how hard he tries. He therefore decides to bury it alive. Soil is poured onto the donkey from above.

The donkey feels the load, shakes it off, and steps on it. More soil is poured. It shakes it off and steps up. The more

the load was poured, the higher it rose. By noon, the donkey was grazing in green pastures.

After much shaking off (of problems) And stepping up (learning from them), One will graze in GREEN PASTURES.

### 3. The Elephant Rope

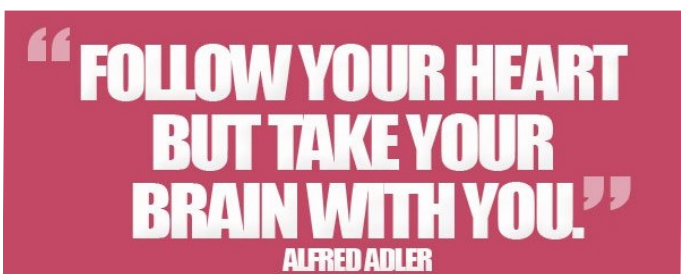
As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life.



# Bits & Pieces

## Optimal Diets for Longevity: The Science , Not the Hype

Article taken from the Internet

The conversation regarding what constitutes the ideal diet for optimal wellness and longevity is an ongoing and exhausting debate. Experts from each respective dietary camp have a plethora of data pointing to their case for why their particular system is the gold standard. But so far, this ongoing debate has not been productive for the general public. There seems to be more confusion than ever before.

Perhaps this is because a one-size-fits-all approach does not work. On November 16, the Center for Obesity, Assessment, Study and Treatment (COAST) at UCSF hosted the leading scientists on diet and longevity to try a new approach. While the traditional format has been a debatestyle panel discussing the best diet for health and longevity, COAST sought to identify the common thread between all these different diet styles, and further, to explore the influence lifestyle changes have on longevity.

The discussion kicked off with Dr. Lynda Frassetto, internist and kidney specialist at UCSF Medical Center. Frassetto focused on the benefits of a low-acid diet, consisting of vegetables, some fruits, nuts, and lean meat, as a beneficial solution for people with Type 2 diabetes and for optimal kidney health. She presented her research on the benefit of a low-acid Diet (Paleolithic-like), concluding that even short-term consumption of a Paleolithic-like diet "improves blood pressure and glucose tolerance, decreases insulin secretion, increases insulin sensitivity and improves lipid profiles without weight loss in healthy sedentary humans."

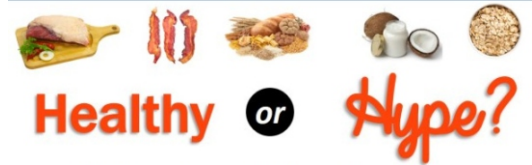
While some may consider the phrase "healthy sedentary human" to be a bit

of an oxymoron, the study found significant changes in health markers without the intervention of exercise. During the Q&A period, she acknowledged that the diet she studied in her research on the Paleolithic diet contained no red meat, even though meat features prominently in most Paleolithic diets.

The second presentation was by Dr. Stephen Phinney, Professor of Medicine Emeritus at UC-Davis. Dr. Phinney presented his view on "The Art and Science of Nutritional Ketosis." Phinney defined the meaning of true nutritional ketosis as your body reaching a state of utilizing ketones for fuel in the brain and muscles instead of carbohydrates.

This diet trend has become popular with a number of high-performance athletes and ultra-marathon runners who become keto adaptive and burn ketones as their primary fuel source. Phinney's research on low carbohydrate living showed that a very low-carbohydrate diet had two major effects: (1) a reduction in plasma saturated fatty acids despite a high intake of fat, and (2) a decrease in overall inflammation. According to Phinney, both of these results are beneficial for prevention and reversal of metabolic syndrome.

The third and final speaker was Dr. Dean Ornish, founder of the Preventive Medicine Research Institute and clinical professor of medicine at UCSF. Dr. Ornish emphasized "lifestyle changes," including diet, for longevity and disease prevention. The Ornish program emphasizes a plant-based diet high in vegetables, fruits, and whole grains, and very low in animal



### Making Sense of Nutrition News

products and refined carbohydrates. In addition to dietary changes, the program incorporates exercise, stress reduction, mindful eating practices, and community support. Dr. Ornish's Spectrum Diet allows you to personalize a way of eating and living that's just right for you -- rather than a one-size-fits-all.

Dr. Ornish is renowned for the success of his program in reducing not only biomarkers such as cholesterol, but also actual prevention and reversal of heart disease. He also directed the first randomized controlled trial demonstrating that comprehensive lifestyle changes may slow, stop or even reverse the progression of earlystage prostate cancer. The Ornish program is the first lifestyle program to be covered by Medicare- - a huge win for the wellness, nutrition, and preventative medicine communities. In his lecture, Another interesting point that was made was the notion that how you eat your food is just as important as what food you eat. This practice, often called "mindful eating," focuses on eating with more pleasure, which can result in fewer calories consumed. This is a popular area of study for COAST, with a recent study finding that the more mindfulness around eating increased and stress went down, the greater the decrease in abdominal fat among women.

The takeaway, summarized by Ornish, was that all three speakers agreed that a whole-foods diet low in sugar and refined carbohydrates is optimal. However, Dr. Ornish added that an optimal diet is also rich in fruits, vegetables, whole grains, legumes, and soy products in their natural forms.

# AND THE NOMINEES ARE...

## PRESIDENT NOMINEE DESIGNATE

Rotary Year 2022-2023



Jim Sabino



Darwin Santos



## VICE PRESIDENT

Rotary Year 2020-2021



Jet Villamor



Darwin Santos



Rene Real



Ranz Apolinario

## TREASURER

Rotary Year 2020-2021



Peter Digal



Rene Real



Brian Toh

## BOARD OF DIRECTORS

Rotary Year 2020-2021



Ariel Cantil



Rene Real



Karl Reta



Hiro Kawashima



Peter Digal



Fred Pelayo



Richard Taganas



Winston Lim



Brian Toh



Mike Mabagos



Dexter Ng



Ranz Apolinario



Jet Villamor



Darwin Santos



Manny Nierra





Dec. 3, 2019 Rotary Club of East Davao celebrates its 54th Charter Day Anniversary at Casa Esther...Long Live RC East Davao...





# ROTARY IN ACTION





## ROSTER OF MEMBERS



**Ajero, Antonio M.**  
Journalism  
Spouse:



**Alquiza, Apollo R.**  
Unibanking Services  
Spouse: Mila



**Angeles, Pedrito C.**  
Bank Receivship  
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.**  
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



**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



**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



## 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 Eufrazio 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. Apotadera  
 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, MPH +2  
 Rtn. Ruben A. Bangayan, MPH +2  
 PP Valentino L. Dionisio MPH +2  
 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

## 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. Constanancio C. Bernas  
 Rtn. Jesito V. Villamor  
 Rtn. Jude D. Deyto  
 Dir. Winston C. Lim  
 Pres. Patrick S. Capili  
 Rtn. Kenneth T. Sy

## MULTIPLE PAUL HARRIS FELLOW - NON ACTIVE

PDG Ramon A. Tirol - MPH +6  
 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

## PAUL HARRIS FELLOW - FAMILY OF ROTARY

Maria Christina Reyes- Caguioa  
 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  
 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

