

Club No. 17115 District 3860, Davao City, Philippines **30th REGULAR WEEKLY MEETING** Feb. 4, 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 EDWIN ZANTUA

> **Community Singing RTN. PETER DIGAL**

Secretary's Time SEC. DARWIN SANTOS

President's Time PRES. PATRICK CAPILI

Introduction of Guest Speaker PP VIR SOJOR

Speech

ATTY. CONNIE BEB "Connie" AYA-TORRALBA Mediator – Arbiter, Department of Labor and Employment, Regional Office No. XI

Open Forum

Response PP ANTON BANZALI

Giving of Certificate of Appreciation and 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 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 . . .

Rotary

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

TAKO (PRO) CARE

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MAKE UP CARD

Name of Rotarian

Club & Position

Make-up Date / Time:

Attested by: SEC. DARA HAT. SANTOS

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

H appy love month of February! As we continue to grow RCED in the remaining months of this RC year, let us continue to show our love, care and support to the communities that we serve.

Another Global Grant (#2092854) have been finally approved by Rotary International. This is for the rehabilitation of Barangay Hizon Health Center, in partnership with the Rotary Club of Daejon, South Korea, District 3680. We'd like to thank Director Hiro Kawashima for all his efforts in putting this grant together. Total project cost is USD33,333.00.

I am encouraging and appealing to all members including myself to contribute the \$100/member we committed to the TRF for this year. So far, we have collected \$3,655 out of the \$5,500 goal. And I thank all those who have already contributed the \$100 commitment. Again, we thank the never-ending efforts of TRF Chairman Dir. Hiro Kawashima.

Moreover, as I have mentioned in the past few meetings, we are still trying to complete our collections for our 3-house commitment for Brgy. San Miguel in Bansalan, Davao del Sur earthquake victims. We have so far collected money and verbal commitments which will cover 2 houses. Each house costs Php65,000. We are still looking for 3-4 individuals who are willing to pool their resources together for us to complete our 3-house commitment.

Thanks again and spread the love this month of February!



Rotarv

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

TOTAL	<u>P 84,000</u>
PP OCA ESCUDERO	6,000
RTN. ALVIN PINPIN & Co.	52,000
RTN. MARILYN HILARIO	1,000
MS. SOPHIA TOMOKO	2,000
DIR. MANNY NIERRA	2,000
DIR. SOL HAYAG	2,000
PP APOLLO ALQUIZA	2,000
PRES. PATRICK CAPILI	2,000
PDG BOY REYES	2,000
PE ROSS LUGA	3,000
PP HIKARU MIYAKE	P 10,000

Pledges:

RTN. ESTHER DE JESUS RTN. DAVE EVANS /ELSA PP FRED & LILY YELINEK DIR. SOL & FLOR HAYAG PDG BOY & LADY ALICE REYES

Help us Make a Difference DONATE NOW

One house/one family benefiary - P 65,000







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

UNDERSTANDING RI (1)

Starting the First Week of February 2020 my next series of articles should give you a better idea of ROTARY INTERNATIONAL (RI) ... THE LARGER ORGANIZATION. I do hope you will also learn something more about RI, its structure, its plans and goals, etc. I picked a few things from the manual of procedure that are good to know.

Rotary International is a network of Rotary clubs throughout the world. When used by itself, the word "Rotary" normally refers to the entire organization, Rotary International.

The purposes of Rotary are to:

- 1) Support clubs and districts in carrying out Rotary's mission
- 2) Encourage, promote, and extend Rotary throughout the world
- 3) Coordinate and generally direct the activities of Rotary International

ROTARY STRATEGIC PLAN

In 2001-02, as Rotary International looked toward its second century of service, leaders began developing a strategic plan to guide the organization. With the codification of strategic planning and the establishment of the Strategic Planning Committee in 2004, the Board continuously monitors organizational strategy and plan implementation. At least every three years the Board conducts a comprehensive plan review to ensure that Rotary's strategy is relevant and addresses organizational needs.

The current Rotary Strategic Plan, which went into effect 1 July 2010, unifies the strategic direction of RI and The Rotary Foundation and addresses the strategic concerns expressed by Rotarians worldwide. The three priorities of the Rotary Strategic Plan are:

To support and strengthen clubs

- To focus and increase humanitarian service
- To enhance public image and awareness

The Rotary Strategic Plan can be found on www.rotary.org. (Please find time to visit the site)

Districts and clubs are encouraged to create their own strategic plans and to use the priorities and goals of the Rotary Strategic Plan for

guidance. The regional coordinators assist districts and clubs with strategic planning in their regions, aligning local plans with the Rotary Strategic Plan.

RI THEME

The annual message of the president, whether expressed in a special program or theme or in another way, is of paramount importance in the implementation of the program of Rotary in that year. Inherent in the duties of the governor is the presentation of the program or theme in all suitable ways. These include its use as the theme of the district conference and other district meetings at which a theme is employed, in the monthly letter, in official visits to clubs, and in other contacts with clubs and Rotarians of the district. It is essential that any district goals or objectives established by a governor relate to and support the president's program or theme, which should be mentioned prominently in connection with any expression of district goals or objectives. The president's message should be known, understood, and effectively implemented by all Rotary clubs and Rotarians.

All officers of RI districts and clubs are reminded that the RI theme is the only theme that should be used, and the use of other themes should be discouraged.

For RY 2019 -2020, the theme is "Rotary Connects the World.

(Our learnings on ROTARY INTERNATIONAL will be continued on the next issue)

TRF Contribution received todate: (RY 2019-2020)

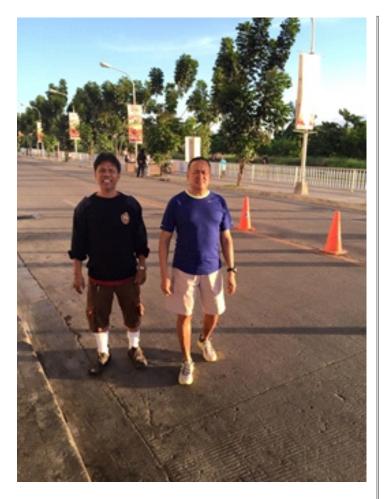
Hiro Kawashima \$100 **Hiro Naruse \$100** Fred Yelinek \$100 **PP Val Dionisio \$300** Ronnie Go \$100 Brian Toh \$100 Dir. Ranz Apolinario - \$100



PDG Totoy Cabarroguis - P50,000







Johnnie, the Walker

his article is not about one of the club's favourite drinks. Sorry, no. I saw this picture in facebook - posted by Dolly Yuste of PP Oca & Idol taking an early morning walk. It reminded me of a few things about the beauty of walking – thought I'd share. Let us consider the virtues of walking. Many times you come across the line that says "walking is the wine of life", good for body and soul, and many well known people agree.

It is said that Samuel Johnson walked 52 kilometers of muddy road out of Birmingham, England, everyday.

The Philosopher Immanuel Kant walked so regularly through town that the shopkeepers set their clocks by his passing.

Wordsworth's stroll through England's Lake Country made literary history.

Charles Dickens walked around London by day and by night. His novels captured life as seen at a walker's pace.

Religious writer C.S. Lewis took daily walks to be able to see and hear and smell and touch the beauties of Nature, which are, he says, "a secret which God shares with humans alone."

Someone has said that walking is the most civilized and most civilizing exercise because it leads us to think and to muse.

Jetting across the country, like what this author does a lot of lately, gives us only a bird's-eye-view of things. Only walkers "take in" the country at an appropriate speed.(I'll DRINK TO THAT)

SERVICE ABOVE SELF





10 Surprising Health Benefits of Drinking Whiskey

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.

Whiskey gets its name from the Gaelic word "uisge beatha," meaning "water of life," so raise your glass and toast to these 10 potential health benefits of drinking whiskey.

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 bloodthinning 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 bad asses 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 nondrinkers. So raise a glass of your favorite uisge beatha and toast to long(er) life! An article by Elizabeth Abrahamsen in

WideOpenCountry.com

SPEAKER'S PROFILE



CONNIE BEB "Connie" AYA-TORRALBA

Lawyer. Industrial Engineer. Public Servant. Wife. Mother.



Rotarv

DEPARTMENT OF LABOR AND EMPLOYMENT Davao Region

Recent Work Experiences:

March 25, 2010 – June 20, 2013 Administrative Officer III National Conciliation and Mediation Board Regional Conciliation and Mediation Branch No. XI AMQ Building, Quezon Avenue, Davao City

July 1, 2013 – October 12, 2017 Labor Laws Compliance Officer III Department of Labor and Employment Regional Office No. XI

October 13, 2017 to present Mediator – Arbiter Department of Labor and Employment Regional Office No. XI

Educational Background

Graduated Bachelor of Laws from the University of Mindanao, Bolton Extensions, Davao City in 2015. Passed the Bar in 2016.

Graduated Bachelor of Industrial Engineering from Father Saturnino Urios University, JC Aquino Avenue, Butuan City in 2003.

Personal Background

Born on December 24, 1981 in Butuan City. Married to Kris Sam C. Torralba. Mother of Sam and Elle Torralba.



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.

ROTARY IN ACTION



Rotary 🙀

Rotary

Rotary

ONNECTS

For our 29th regular meeting we invited April as our Guest of Honor and Speaker MS. APRIL MARIE C. DAYAP Office-In-Charge, Davao City Investment Promotion Center ...

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Ajero, Antonio M. Journalism Spouse:



Bernas, Constancio Lending Services Spouse: Anggie



Cantil, Ariel L. Engineering Spouse: April



Fortich, Jesse A. Equipment Leasing Spouse: Naty



Lim, Winston C. Materials Handling Services Spouse: Donna



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



Alquiza, Apollo R. Unibanking Services Spouse: Mila



Cabarroguis, Honesto A. Civil Law Spouse: Clara



Deyto, Jude D. Real Estate Leasing Spouse: Mimi



Go, Ronald C. Car Rentals



Luga, Rossano C. Light and Power Dist. Spouse: Jojo



Ng, Dexter L. Govť. Srvc. Taxation Spouse: Marnie

Angeles, Pedrito C. Bank Receivership Spouse: Adelfa



Cabrera, Dominador O. AE-Medicine Gynecology Spouse: Rose



Digal, Paul Peter R. Architecture



Gaerlan, Manuel R. Military : Police Admin



Luy Tan, William Agency: Non-Life Insurance Spouse: Esther



Orteza, Alvin B. Meat Processing Spouse: Enday



ROSTER OF MEMBERS

Apolinario, Raphael E. Non-Life Insurance Spouse: Raquel



Canes, Cheldone I. General Merchandise Dist. Spouse: Lilian



Dionisio, Valentino L. Truck Dealership Spouse: Cris



Hayag, Sol T. Construction Spouse: Flor



Mabagos, Michael A. Construction



Paras, Vito Oscar P. Mat'l. Handling Equipment Spouse: Rita



Bangayan, Ruben A. Appliance Distribution Spouse: Cathy



Capili, Patrick S. Real Estate Development



Evans, David Samuel Chartered Quantity Surveyor Spouse: Elsa



Kawashima, Hiroyuki Medical Equipment Dist. Spouse: Gina



Miyake, Ichido Computer IT Consultancy Spouse: Princess



Pinpin, Alvin M. Accounting Services Spouse: Sandra



Banzali, Anthony P. Civil Law Spouse: Jam



Carrillo, Dominador P. Ligitation Law Spouse: Vivian



Escudero, Oscar M. Jr. Medical - Urology Spouse: Sharon



Lavisores, Roland Non-Life Insurance Spouse: Neneng



Miyake, Hikaru S. Vegestable Export



Reta, Karl Michael G. Estate Administration Spouse: Pinky

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Dizon, Philip S. Farming, Estate Devt. & Energy Generation



Santos, Darwin T. **Engineering Construction**



Pelayo, Frederick A. Beverage Distribution Spouse: Imelda



Rotary 🙆



Real, Francis Rene L. Universal Banking Spouse: Ndang



Sancho, Edgardo R. Real Estate Leasing Spouse: Flor



Taganas, Richard B. Dentistry



Villano, Herminio A. Hospital Administration Spouse: Auring



Reyes, Reynaldo I. Rural Banking Spouse: Alice



Sojor, Virgilio S. Banana Growing Spouse: Lodi



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



Yelinek, Fred Housing Construction Spouse: Lily



ROSTER OF MEMBERS

Reyes, Rodel Riezl S.j. Heavy Equipment Leasing Spouse: Anne



Sumikawa, Takeyoshi Marine Eng'g. Consultancy Spouse: Yukiko



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



Yuste, Paul John C. Tire and Batteries Dist. Spouse: Dolly



Sabino, Jaime S. Life & Non-Life Insurance Spouse: Carmen



Sy, Kenneth L. Office Equipment Dist. Spouse: Yan Yan



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



Zantua, Leo Edwin C. Non-Life Insurance Spouse: Nadeth



Santos, Francisco C. Architect Planning Spouse: Nen



Sy, Clarence Mitchel H. Rural Banking





PP Atsushi Sasaki RC Wakayanagi, Japan



PP Kohachi Oikawa RC Ishinomaki South, Japan

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PP Koukichi Onodera RC Wakayanagi, Japan



Rtn.Marilyn A. Hilario



PP Hideyuki Hasebe RC Ishinomaki South, Japan



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



The Rotary Foundation



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