

Rotary Club of East Davao

Club No. 17115 District 3860, Davao City, Philippines
34th REGULAR WEEKLY MEETING
 March 3, 2020, Marco Polo Hotel Davao

PROGRAMME

Call to Order
 PRES. PATRICK CAPILI

Turnover of Proceedings to the Master of Ceremonies
 PP ROSS LUGA

Pambansang Awit and Invocation
 RTN. ESTHER DE JESUS

Introduction of Visiting Rotarians and Guests
 RTN. ARIEL CANTIL

Community Singing
 ROTARY SPOUSES

Secretary's Time
 SEC. DARWIN SANTOS

President's Time
 PRES. PATRICK CAPILI

Speech
 DR. JANICE OLAVIDES
DOH, National Immunization Manager
 DR. PAULO S. PANTOJAN
Coordinator, Health Emergency Mgt. Staff
 MR. DICK CARLO ESTROSAS
 Center for Health Development - DOH, Region XI

Open Forum

Response
 PP FRED YELINEK

Adjournment..... PRES. PATRICK CAPILI

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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 . . .

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:

Attested by:


 SEC. DARWIN T. SANTOS



Infopage

SEC. DARWIN T. SANTOS

Club Secretary, RY 2019-2020



ATTENDANCE REPORT

Our Attendance for February 18, 2019

Present	28
Make Up	10
Absent	12
Percentage	76



March Celebrants

- Mar. 03 PDG Totoy Cabarroguis
- Mar. 04 Spouse Naty Fortich
- Mar. 05 Spouse Bodeth Tan
- Mar. 07 Spouse Elsa Echevarria
- Mar. 08 Rtn. Esther de Jesus
Spouse Raquel Apolinario
- Mar. 20 Rtn. Dexter Ng
- Mar. 22 PP Tony Ajero
- Mar. 24 Spouse Flor Hayag
- Mar. 25 Spouse Adelfa Angeles

Wedding Anniversary

- Mar. 10 Rtn. Idol &
Spouse Neneng Lavisores
- Mar. 28 PP Fred & Spouse
Lily Yelinek
- Mar. 29 Rtn. Jojo and
Spouse Mimi Deyto

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

PP HIKARU MIYAKE	P 10,000
PE ROSS LUGA	2,000
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
RTN. ALVIN PINPIN & Co.	52,000
PP OCA ESCUDERO	6,000
RTN. DAVE EVANS /ELSA	13,000
PP FRED & LILY YELINEK	13,000
DIR. SOL & FLOR HAYAG	13,000
PDG BOY & ALICE REYES	13,000
RTN. ESTHER DE JESUS	<u>13,000</u>
TOTAL	<u>P 148,000</u>



Pledge:

Rtn. Manny Nierra - 1 house unit (65,000)

PERSPECTIVE



Sponsor a HOME for P72,000.00 (1,385 USD)

To Donate, you may deposit to:
District 3860 Disaster Management, Inc.
METROBANK (Ormoc Branch)
Account #: CA 139-7-139-531228

Email your deposit slip to:
PAG Troy D. Bumagat
Executive Director, DDMI
troy_pn@yahoo.com

DG Philip N. Tan
D3860, RY 2019-20
philip.tan@wellmade-motors.com



THANK YOU!




Rotary District 3860

TOGETHER, WE REBUILD LIVES!

ROTARY VILLAGE MAGSAYSAY, DAVAO DEL SUR

END POLIO NOW

A fundraising campaign to help the earthquake-affected families in Mindanao through sustainable housing



President's Corner

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

Last February 23rd, Sunday, we participated in the Boys Town gift-giving activity as part of the Rotary Week. Indeed, it was a very fulfilling experience to have helped the kids in our own little way. Past District Governor Salvador "Bading" Angala, a member of the Boys Town Board, gave a great speech highlighting the history of the Boys Town dating back 40-50 years ago. Said activity was attended by various Rotary Clubs in Davao and all donated goods to the kids. We donated towels, food and toiletries. A big THANK YOU to all the RCED Rotarians and Spouses who participated namely PDG Boy and Lady Alice Reyes, PP Fred and Spouse Lily Yelinek, Rotarian Dave Evans and Spouse Elsa and Rotarian Esther de Jesus. The said activity culminated with a Luncheon at the Davao Famous Restaurant celebrating the birthday of Spouse Lily Yelinek.



After a one week break due to the holiday last Tuesday, the 25th, we are honored today to have speaker Dr. Yumang of the Department of Health to speak about the relentless virus that has been terrorizing the world with approximately 3,000 deaths recorded. This virus has unexpectedly disrupted business, dropped stocks, and has changed the lives of millions of people around the world. Let us open our minds as we listen to Dr. Yumang and keep praying hard that this plague does not affect our beloved country, the Philippines.





ROTARY WORLD
PDG HONESTO A. CABARROGUIS

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

UNDERSTANDING RI (4)

Starting the First Week of February 2020 I started a series of articles that 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:

ELECTIONS

Rules for Candidates for Elective Offices

It is a fundamental principle in Rotary that the best-qualified candidates should be selected for service in Rotary's elective offices. Therefore, any effort to influence the selection process in a positive or negative manner by campaigning, canvassing, electioneering, or otherwise is prohibited under the RI Bylaws

The following rules have been adopted by the RI Board concerning campaigning, canvassing, and electioneering by any Rotarian seeking election to the office of president, director, governor, or representative to the Council on Legislation, or the nominating committee for any such office. These rules are designed to ensure that the best-qualified candidate is selected.

Rotarians should at all times conform to the prohibitions of the RI Bylaws concerning campaigning, canvassing, or electioneering. All Rotarians should observe both the letter and the spirit of the bylaws and refrain from any activity whose purpose or effect is to influence others by promoting or soliciting support for a particular Rotarian's candidacy. Such activity is repugnant to the spirit of the bylaws and the principles of Rotary and will be grounds for disqualification. Campaigning, canvassing, or electioneering is any action seeking to promote, attack, support, or oppose a candidate, either directly or indirectly, in any medium, including, but not limited to, seeking votes, requesting support in a forthcoming election, distributing literature or promotional

materials, or other overt actions intended to promote one's candidacy for an elected Rotary office. he periods of candidacy for elective office begin when individual Rotarians give serious consideration to submitting their names for a position covered by the RI rules for nominations and elections. Commencing at that time, candidates should be particularly careful to avoid any actions designed to publicize their names or achievements, call attention to the applicable nominations or elections, or give candidates an unfair advantage for the position.

The normal performance of duly-assigned Rotary activities is not considered a violation of the policies related to campaigning, canvassing, or electioneering.

(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**
- Ronnie Go \$100**
- Brian Toh \$100**
- Dir. Ranz Apolinario - \$100**
- PP Pol Alquiza \$100**
- Pres. Patrick Capili - \$100**
- PP Val Dionisio \$300**
- PDG Totoy Cabarroguis - P50,000**



For: Global Grant - Korea

- Hiro Kawashima \$ 100 / Fred Yelinek \$ 100**
- DGE Riz Reyes \$ 250 / Pres. Patrick Capili \$100**



POINT OF VIEW

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



Love Story

Surgery

When a surgeon operated a little girl, complications started to arise. She lost a lot of blood and was in need of blood transfusion. However, she had blood type O, which wasn't available in the hospital. The surgeon, therefore, asked the girl's little brother, who was an O-type as well, if they could draw blood from him. He explained that it was incredibly important, or as he said, a matter of life and death. The young boy, seemingly afraid, sat a couple of moments in silence until he finally agreed. He got up and hugged his parents, wishing them goodbye.

After the nurses had taken the blood from him, he whispered anxiously if they knew how many minutes he had left to live. He was absolutely convinced that he was going to die so that his sister could live. And he was willing to do so. When the nurses realized that the young boy thought he was going to die, they cheered him up and explain to him that he had many wonderful and joyful decades left to live.

The "make-up guy"

Dave is a make-up artist who regularly holds makeup artistry classes at the local community college. Usually, the majority of his students are middle-aged housewives who want to fine-tune their makeup skills. But this one time, he held a class that was attended by man as well. The new student was a gentleman in his best years with a seemingly boundless interest in makeup artistry. He was keen to learn

as much as he possibly could and wouldn't stop until he was satisfied with the result of his work.

Understandably, the man was the number one subject of conversation when the other women were alone. Speculations quickly started to spread. Was he perhaps a transvestite? Why else would he attend such a class? The community college was placed in a conservative rural area, which is why the other participants were quite doubtful of the man's intentions.



Throughout the lessons, the man carefully listened and wrote everything down he learned. When the day and class were slowly coming to an end, the outer attendees simply could not hide their curiosity any longer. When they finally asked him why he was so interested in makeup artistry, he gave the most inspiring beautiful reply:

He said, "You know, my beloved wife partially lost her eyesight because of diabetes. She's no longer able to apply her makeup. I think she's absolutely beautiful, even more so without makeup. She knows this and I tell her every day. But the thing is this,... she simply feels not comfortable leaving the home without make-up. She

never went outside without wearing any make-up. Seeing the love of my life like this makes me really sad. So I decided to take this course to surprise her! I do not only want to learn how to apply her makeup; I want her to wear the most beautiful make-up so her inner beauty also shines on the outside."

What we Rotarian can do for the ones we love For Family ...Well...

We will make lives better as Rotary Connects the World.
THINK: SERVICE ABOVE SELF

Bits & Pieces

5 Warning Signs you Breasts are in Danger...

An article shared by [Omokhefue Sado](#) in [WomenWorking.com](#)

When most people think of breast cancer, they probably imagine the telltale sign of a lump in or around the breast that's most commonly associated with the disease. But a lump isn't the only way you can tell whether or not you may be afflicted, and it's important to know the other signs so you can catch the cancer before it's too late.

According to the American Cancer Society, early detection has contributed to a 39 percent decline in breast cancer deaths in women from 1989 to 2015, proving that recognizing other symptoms of breast cancer could just save your life. On top of that, familiarizing yourself with additional signs of breast cancer can help you distinguish between the disease and less life-threatening conditions. For the health and safety of women (and men – yes, it happens) everywhere, here are five warning signs your breasts are in danger.

You experience redness or flaking skin

While redness or flakiness on your chest could be the result of minor skin conditions like eczema, psoriasis, or heat rash, it can also be a sign of something more serious, like Paget's disease. Paget's disease of the breast is a rare form of cancer that typically affects the skin of the nipple as well as the areola, or darker skin around it. Most people with Paget's disease also have one or more tumors within their breast. While the disease primarily affects women, it can also affect men, and treatment may require a full or partial mastectomy.

Your breasts are swollen

Breast swelling is most often the result of hormonal changes caused by premenstrual syndrome (PMS) or pregnancy. But if your breasts are swollen and you're not expecting a period *or* a baby, it could be something more serious. Swollen breasts can be an indicator of fibrocystic breast disease or fibroadenoma of the breast, both of which cause benign (noncancerous) tumors in the breast. Swollen breasts may also be a sign of mastitis, an infection of the breast ducts that occurs almost exclusively in breastfeeding women. In rare cases, it is a symptom of breast cancer.

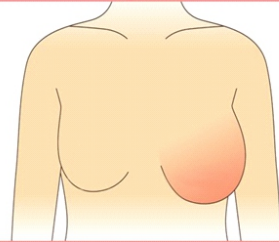
You have nipple discharge

A little nipple discharge can be a completely normal occurrence if you are pregnant or breastfeeding. But if you're experience this phenomenon and you aren't a new mom, it could be a cause for concern. Nipple discharge, especially if it is bloody or takes on a different color, could be the result of several conditions, including mastitis, Paget's disease, fibrocystic breasts, prolactinoma (a condition caused by a benign tumor in the pituitary gland), and mammary duct ectasia (a blocked or clogged milk duct beneath the nipple that affects women of perimenopausal age).

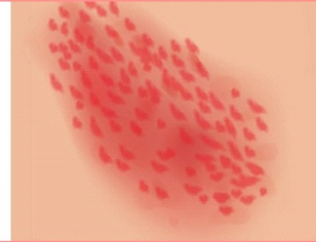
Your breasts feel warm

If your chest feels hot or your breasts are warm to the touch, it could be a sign of something serious going on beneath the surface. This particular symptom is usually caused by inflammatory breast cancer (IBC). IBC will cause the breast to become

Signs the Breasts Are in Danger



Changes in Size



Redness

red, swollen, and warm. The skin may also take on the pitted appearance of an orange peel, and nipple inversion, flattening, or dimpling can occur. Treatment for this condition usually begins with chemotherapy before moving on to more aggressive forms of treatment.

Your breasts hurt

There are a wide variety of causes for breast pain, but thankfully, the pain is not usually a sign of breast cancer, according to the Breast Cancer Foundation. But just because the pain isn't caused by cancer doesn't mean it isn't serious. Breast pain can be a sign of sickle cell anemia, a peptic ulcer (a sore in the digestive lining), pleurisy (inflammation of the lung lining), fibromyalgia, and even pulmonary embolism (a condition where a blood clot blocks one or more arteries). However, it's more likely that your breast pain is being caused by something minor, like stress, too much caffeine, or an injury.

Whether you feel that these symptoms apply to you or not, you should give yourself breast exams regularly, and even study your breasts in the mirror. When you know how your breasts look and feel normally, you're more likely to be aware when something changes or isn't right. If you're worried about your symptoms or have any questions, you should speak with your doctor.



“Capacity building on reading strategies for K to Grade 3 Teachers of Balite Elementary School, Caliclic Elementary School and Tibungco Project Hope Day Care Center”
 Jan. 22 – 24, 2020 held at Brokenshire Resort Hotel
 Feb. 20-22, 2020 held at Brokenshire Bahay Alumni

Series of activities under Rotary Foundation Global Grant #1640035, A project on Rotary's Areas of Focus: Basic Education & Literacy and Maternal & Child Health Project



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