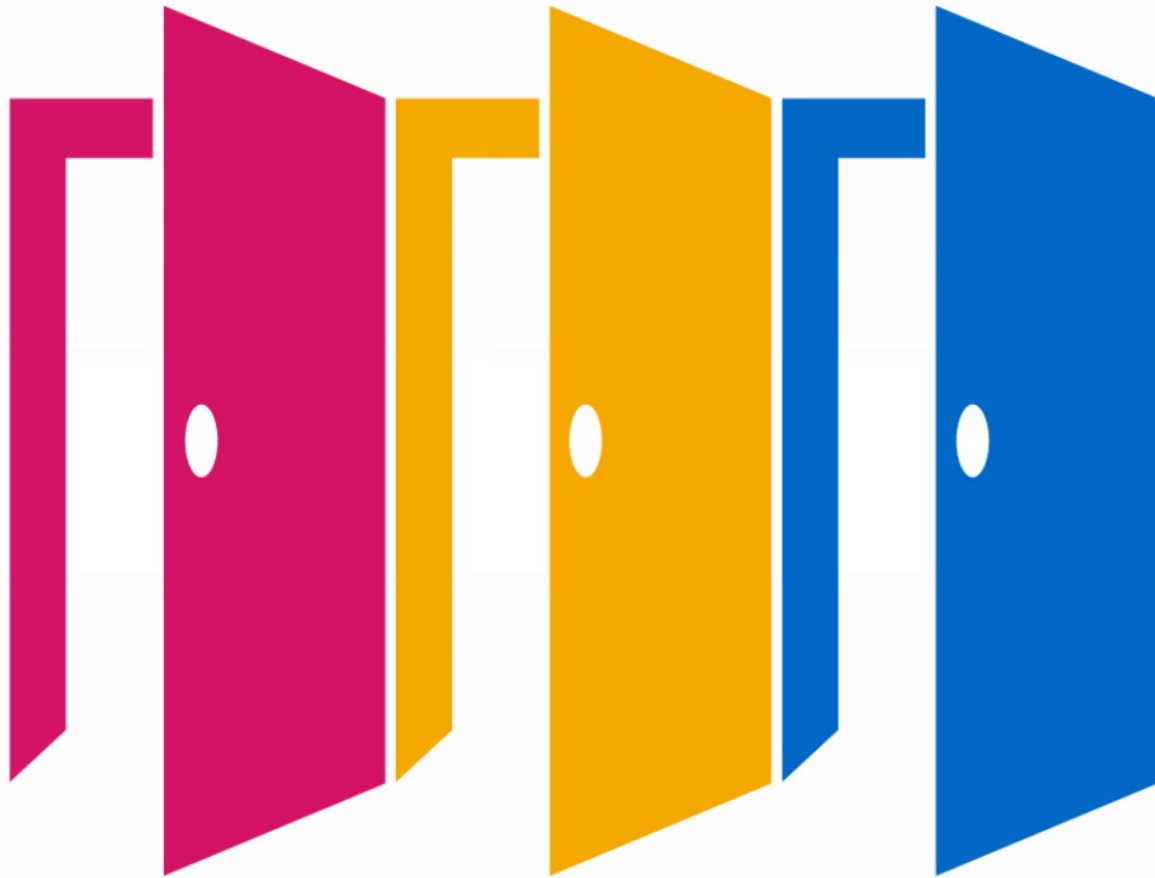


# REED

## CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary  
8th Issue




### Rotary Opens Opportunities

Rotary  
Club of East Davao





**Club Number: 17115**  
**District: 3860**  
**Charter Date: DECEMBER 1, 1965**  
**Charter President: FERNANDO TECSON**

**Meets every Tuesday at 7:00p.m. via zoom** 



# RCED AT WORK

- 1.) TWO (2) BED EYE SURGICAL MOBILE VAN "Dapitan"** of Maharlika Charity Foundation, Inc. A Rotary Foundation Matching Grant/World Community Service project worth PhP6 million. This major project was initiated by RCED with RC Wakayanagi, RC Funabashi West, District 2520 Iwate Miyagi, Japan and District 2790 Chiba, Japan and PAG Atsushi Sasaki, M.D.
- 2.) A FIRETRUCK to Davao Volunteer Fire Brigade, Inc.**, a joint project with our sister club – Rotary Club of Funabashi West, Chiba, Japan. Likewise assisting them in the annual maintenance of the unit.
- 3.) RCED-OIKAWA SCHOLARSHIP PROGRAM.** A college scholarship grant for Education Course funded by philanthropic and kindhearted Japanese Rotarians of the RC Ishinomaki South, Miyagi Prefecture, Iwate, Japan who have been extending financial support since RY 2000. A Rotary way of helping financially disadvantaged but deserving high school students acquire College Degree which could help them be alleviated from poverty.
- 4.) NEURO-URO SURGICAL INTENSIVE CARE (ICU) WARD at Davao Medical Center.** A Rotary WCS Funded project worth \$14,500 with invaluable support of RC Wakayanagi, RC Funabashi West & District 2790 Chiba, Japan.
- 5.) FEEDING PROGRAM BY ROTARY SPOUSES.** Under the "Adopt a School Program" of Department of Education, A WCS supported project with RC Ishinomaki South for J.P. Rizal

Elementary School and Juan Cruz Sr. Elementary School for malnourished children.

**6.) A "Water System" at Kapatagan, Davao del Sur.** This is a TRF Matching Grant Project with RC Wakayanagi, Japan. The project benefits about 300 residents in both Sitio Terril and Ranu, who used to fetch water from other sources (normally 3 to 5 kms away). A "Highway water station" was also built for travellers and vehicles that visit the area to trade in vegetables and deliver farm implements. We also installed the "Flowing Washing Area" (attached to the water reservoir)... to give easy access to residents doing their daily laundry.

**7.) OPERATION SAGIP MATA PROJECT.** RCED's Gift of Sight. In commemoration of Rotary's first 100 years of service, RCED turned over a Topcon OMS-90 Operation Microscope and other cataract surgical instruments amounting to PhP670,000.00 to the Davao Medical Center Ophthalmology Department. The eye surgery equipment was acquired by RCED with the invaluable support of its international sponsors, the RC of Wakayanagi, Japan, Dr. Atsushi Sasaki and TRF.

**8.) TWO-STORY TWO-CLASSROOM SCHOOL BUILDINGS as RCED "Centennial Project"** at Sasa Elementary School worth PhP600,000. A World Community Service Project with international partners: District 2790 Chiba, Japan, RC Wakayanagi, RC Ishinomaki South, RC Funabashi West and Past Asst. Gov. Atsushi Sasaki, M.D. of RC Wakayanagi, Japan and District 2520 Iwate Miyagi, Japan.

**9.) MOBILE EMERGENCY DISASTER RESCUE EQUIPMENT.** Another Rotary Foundation Matching Grant/ WCS Project with valuable assistance of its partners, PAG Atsushi Sasaki, M.D., RC Wakayanagi, Japan and the District 2520 Iwate Miyagi, Japan, donated a complete set of brand-new top-of-the-line accident rescue equipment amounting to \$16,000 to Philippine National Red Cross - Davao Chapter.

**10.) COMMUNITY WATER STATION.** A TRF Matching Grant project No. 65912 which provided a water purifier and accessories, reservoir, polyethylene pipes and to install a distribution network to residents of Brgy. Caliclic, Island Garden City of Samal. The project benefited 370 household residents of about 1,857 people who fetch water from a source which is three kilometers within five km radius. Project Cost: US\$21,983.82 with international sponsors RC Wakayanagi, Dr. Atsushi Sasaki and TRF.

**11.) AMBULANCE PROJECT.** A brand new ambulance, a Kia K2700 truck fitted with first aid and emergency medical facilities unit worth more than PhP1M was turned over to the people of San Isidro, a municipality of Davao Oriental, by leaders of Rotary Club of Wakayanagi, Japan of District 2520 and Rotary Club of East Davao under District 3860. The turnover was the culmination of a number of years of fund-sourcing and paper work by the two Rotary clubs under The Rotary Foundation matching grant No. 71099.

**12.) MEDICAL AND DENTAL INTEGRATED MISSIONS.** A humanitarian and community addressed project. Giving free medical checkup, tooth extraction, and free medicines in various communities.

**13.) WORLD COMMUNITY SERVICE PROJECT.** Ambulance donation to Brgy. Mintal from Rotary Club Wakayanagi and Dr. Atsushi Sasaki.

**14.) Global Grant 1640035 DAVAO EDUCATION AND HEALTH PROJECT.** The program goal is to increase access to and improve quality of health and education / training services for the women and children from three disadvantaged communities in Mindanao Southern Philippines by supporting: Basic education and literacy for the children in focus communities, Maternal and child health care via the Community Health Centre's and the specialist regional pediatric health centre. Project Cost: P4.9M.





# 54 years of Service Above Self

In 1965, then District Governor Alfonso “Poncing” Oboza and Pres. Leon “Leony” Garcia of the Rotary Club of Davao thought of organizing the 2nd Rotary Club in the City of Davao. Thus was born the Rotary Club of East Davao (RCED).

On December 1, 1965, the RCED charter was officially unveiled in a historical ceremony at the Davao Insular Hotel, with twenty-four (24) men signing-up to be charter members, 10 of whom were from the sponsoring club, RC Davao.

From its inception, RCED called Davao Insular Hotel its home, as it was the venue for its weekly Tuesday club meetings. In 2007, the club opted to transfer its meetings to the Marco Polo Hotel.

Through the years, many RCED Past Presidents (and members) were privileged to serve in various District and Rotary International (RI) positions. To name a few:

### 1. As DISTRICT GOVERNORS

Atty. Honesto “Totoy” Cabarroguis	1983-1984
Dr. Herminio “Hermie” Villano	1989-1990
Reynaldo “Boy” Reyes	1995-1996
Raoul Hilario+	1999-2000
Amb. Ramon “Monet” Tirol+	2001-2002

Another member also had the honor to serve as District Governors, but this happened after they transferred to other clubs in the city, namely Salvador “Bading” Angala of RC West Davao in RY 1975-1976.

### 2. As REPRESENTATIVES

PDG Totoy served as DISTRICT 3860’s representative to the Council of Legislation which convened in Anaheim, California in 1992. He was also member of the vital Committee on Extension representing Zone 4 (encompassing 21 districts in Southeast Asia).

PDG Boy Reyes was District 3680’s representative to the Council of Legislation which was held in Chicago in 2007.

### 3. As GROUP STUDY EXCHANGE TEAM LEADERS

- a. PDS Ben Panganiban to D591 in Florida
- b. PDG Totoy Cabarroguis to D611 in Arkansas, Kansas, Missouri, and Oklahoma
- c. PDG Hermie Villano to D6296 in North Western Michigan and Sault St. Marie, Canada
- d. PP Rizal Aportadera to D712 in New York
- e. PDG Raoul Hilario to D5670 in Kansas
- f. PP Tino de Jesus to D7640 in New Jersey
- g. PP Edsa Sancho to D5150 in San Francisco
- h. PP Hecky Maniquis to D5020 in Seattle, Washington
- i. PP Nandie Subido to D6400 in Detroit, Michigan and Ontario, Canada and Team Member to District 6630 Cleveland Ohio, 1982
- j. PP Jesse Fortich to D6200 in Louisiana

Through the years, the club has embarked on numerous community projects, (i.e., donated artesian wells, school buildings, books, clothings, scholarships, conducted medical and dental missions, disaster response, etc.) all in pursuit of Rotary’s Theme of “Service Above Self.” (Please see next page, RCED @ WORK, for a list of some of the more recent major projects the club has under taken).

A cornerstone project that the club has been known for is its scholarship program. Here, the club offers the scholarship to deserving and highly motivated high school students, who have graduated and have proven themselves in the academic field. One major condition is that they must come from families who are economically challenged and may not enrol in college without assistance. The student applicant must be willing to take and finish an education course—and be teachers of tomorrow. The objective of this approach is so that they will become agents of change who are skilled to educate the growing populace in our communities—eventually helping fight poverty.

This is made possible because of the numerous RCED Members’ contribution and/or joint “ventures” that the club tries to build. One very successful example of this is the college-scholarship at the Holy Cross of Davao College—a joint project with the Oikawa Scholarship Program and by the San Josue Scholarship. Through the efforts of PDG Boy Reyes, PDG Raoul Hilario, and PP Mickey Miyake, Matching club arrangements with Japanese Clubs RC

Wakayanagi, RC Funabashi West and RC Ishinomaki South were arranged—resulting to the annual exchange of goodwill visits and the flow of donations from Japan for the projects.

At RCED we take the word “INTERNATIONAL” seriously. This is clearly seen in the different nationalities of its member (Filipinos, Americans, Europeans, Australians, Japanese, and many others). For some time now, the honorable consuls of Japan, Indonesia, and Malaysia are/were honorary members. In the Avenue of International Service, the club organized the Rotary Club of Manado, Indonesia. A team led by PDG Boy Reyes and PP Hecky Maniquis made sure they started on the right direction.

The strength of the club lies in its membership mix and the members’ passion for service. To date, RCED is still considered as club of the biggest of D3860.

RCED is an ardent supporter of The Rotary Foundation having in its roster several Major Donors, Multiple Paul Harris Fellows, PHFs and PHSMs.

To the club members, being able to BE OF SERVICE to others is more than enough reward. This philosophy has made the club stronger, more effective, and somehow “stand-out”... eventually it helped the club earn numerous awards and recognition from the District and from RI. To name a few:

- a. RI Asia Pacific Presidential plaque given by RI Pres. Frank Devlyn
- b. Global Quest award for membership growth in Zone 7 District
- c. PP Mickey Miyake - RI the highest award to a Rotarian, the “RI Service Above Self”
- d. Our Presidents and Club Secretaries have also been consistent awardees.
- e. Most Outstanding Club Bulletin for a number of years.

To RCED, these awards and recognitions are reminders, if not challenges, to do more for the community and mankind.

The succeeding decades will surely find Rotary Club of East Davao (RCED) in the forefront of Rotary’s motto of “Service Above Self” and the Implementation of the District Governor’s and RI President’s Challenges.

**Rotary**  **Rotary Opens Opportunities**  
Club of East Davao

**ROTARY CLUB OF EAST DAVAO**

*“Transforming Team”*

Rotary Year 2020-2021



**Rossano C. Luga**  
President  
RY 2020-2021



**Cheldone I. Canes**  
President Elect  
RY 2021-2022



**Jaime S. Sabino**  
President Nominee  
RY 2022-2023  
Director, Membership



**Patrick S. Capili**  
Imm. Past President  
RY 2019-2020



**Darwin T. Santos**  
Vice President Internal



**Raphael E. Apolinario**  
Vice President External



**Frederick A. Pelayo**  
Secretary



**Francis Rene L. Real**  
Treasurer



**Ariel L. Cantil**  
Director - Club Administration



**Karl Michael G. Reta**  
Director - New Generations



**Hiroyuki Kawashima**  
Director - The Rotary Foundation



**Paul Peter R. Digal**  
Director - Public Image



**Brian U. Toh**  
Director - Community Service



**Pres. Holger Knaack**  
President, Rotary Int'l. 2020-21



**DG Rodel Riezl S. Reyes**  
District Governor, D3860



**AG Valentino L. Dionisio**  
Assistant Governor Area 2C

# PILLARS OF THE ROTARY CLUB OF EAST DAVAO

## DISTRICT GOVERNORS OF R.I. DISTRICT 3860



**HONESTO A. CABARROGUIS**  
RY 1983-84



**HERMINIO A. VILLANO**  
RY 1989-90



**REYNALDO I. REYES**  
RY 1995-96



**RAOUL E. HILARIO**  
RY 1999-2000



**RAMON A. TIROL**  
RY 2001-02



**RODEL RIEZL S. REYES**  
2020-2021

## CLUB PRESIDENTS (1965 -2019)



**Fernando Tecson (+)**  
1965-1966



**Tiburcio Cervantes (+)**  
1966-1967, 1968-1969



**Juan Carriedo (+)**  
1967-1968



**Augusto Demafeliz (+)**  
1969-1970



**Salvador Angala**  
1970-1971



**Roman Solitaria (+)**  
1971-1972



**Cesar Nuñez (+)**  
1972-1973



**Francisco Reyes (+)**  
1973-1974



**Benjamin Panganiban (+)**  
1974-1975



**Honesto Cabarroguis**  
1975-1976



**Asterio Uybocho (+)**  
1976-1977



**Jose Campo (+)**  
1977-1978



**Hector Maniquis(-)**  
1978-1979



**Herminio Villano**  
1979-1980



**Jose Custodio**  
1980-1981



**Edgardo Ereneta (+)**  
1981-1982



**Benigno Magpantay (+)**  
1982-1983



**Reynaldo Reyes**  
1983-1984



**Rizal Aportadera**  
1984-1985



**Dominador Cabrera**  
1985-1986



**Isidro Lahora**  
1988-1989



**Benjamin Geli**  
1987-1988



**Eufrazio De Jesus (+)**  
1988-1989



**Raoul Hilario (+)**  
1989-1990



**Feliciano Salvador**  
1990-1991



**Esteban Gumban (+)**  
1991-1992



**Edgar Benedicto**  
1992-1993



**Bartolome Hernandez**  
1993-1994



**Vito Oscar Paras**  
1994-1995



**Ferdinand Subido**  
1995-1996



**Roselo Toledo**  
1996-1997



**Guillermo Arendain(+)**  
1997-1998



**Edgardo Sancho**  
1998-1999



**Carlos Alovera (+)**  
1999-2000



**Leonardo Chee**  
2000-2001



**Jesse Fortich**  
2001-2002



**Amador Macatangay**  
2002-2003



**Hikaru Miyake**  
2003-2004



**Apollo Alquiza**  
2004-2005



**Rodel Riezl Reyes**  
2005-2006



**Virgilio Sojo**  
2006-2007



**Efren Elbanbuena (+)**  
2007-2008



**Leo Edwin Zantua**  
2008-2009



**Ronald Go**  
2009-2010



**Antonio Ajero**  
2010-2011



**Valentino Dionisio**  
2011-2012



**Florante Santiago**  
2012-2013



**Paul John Yuste**  
2013-2014



**Anthony P. Banzali**  
2014-2015



**Oscar M. Escudero, Jr.**  
2015-2016



**Fred Yelinek**  
2016-2017



**Alvin B. Orteza**  
2017-2018



**Prudencio C. Tan, Jr.**  
2018-2019



**Patrick S. Capili**  
2019-2020

**ROTARY CLUB OF EAST DAVAO**

Club No. 17115 District 3860, Davao City, Philippines

**8<sup>TH</sup> REGULAR ZOOM WEEKLY MEETING**

August 25, 2020, 6:30p.m. via Zoom

**PROGRAMME**

**Call to Order**

**PRES. ROSSANO LUGA**

**Turnover of Proceedings to the Master of Ceremonies  
PP OCA ESCUDERO**

**Invocation and National Anthem  
Honorary Member ESTHER DE JESUS**

**Introduction of Visiting Rotarians and Guests**

**Community Singing/JOKE TIME /BRING ME**

**Secretary's Time  
SEC. FRED PELAYO**

**Welcome Remarks/PRESIDENT'S TIME  
PRES. ROSSANO LUGA**

**Introduction of Speaker  
PP VIR SOJOR**

**Speaker  
SODDUAN MALJUN BERO LAMBAC  
Tribal Administrator of the Obu Manuvu  
Unified Ancestral  
Domain Tribal Council of Elders/Leaders, Inc.**

**Open Forum  
Closing Remarks**

**Giving of Certificate of Appreciation  
and Club Bannerette and Adjournment  
PRES. ROSSANO LUGA**

**INVOCATION**

Lord, today is a beautiful day because we know You are always with us.

Lead us. Grant us diligence that we may finish the works you have entrusted us. Tame our tongue that we may speak only what is pleasing to You, do only the things which would give You glory.

Grant us a heart that love the way You do. Inspire us to be good and a blessing to others to glorify Your Holy Name.

Father, we will not cease praying and pleading to You to stop this plague happening in the world today! We are all broken O Lord, but we keep our faith and clinging hard to You.

Please Father keep us healthy always so we can do our part to help in the community we serve. Amen.

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Together, we Transform Lives

Together, we Open Doors of Opportunities

Lets us all Welcome  
Rotary Year 2020-2021.





# President's Corner

**PRES. ROSSANO C. LUGA**  
Club President, RY 2020-2021



**F**or this week it's about a monthly report dubbed, "Wacky Recognition for the month of July 2020".

Membership recognition has long been a cornerstone of effective leadership in organizations.

But, here in The Rotary Club of East we try to give early recognition in a casual and somewhat wacky way.

For the month of July 2020, here we go:

**1. Induction Ceremonies:**

- 1.1. District Governor Riz Reyes for officiating the induction of the Officers and Board of Directors RY 2020-2021;
- 1.2. Rotary International PolioPlus Pioneer Awardee - Past District Governor, RI District 3860 Dr. Hermie Villano for receiving in person a very prestigious award. We have created a video for this as a tribute to PDG Hermie;
- 1.3. Past District Governor Boy Reyes – for charging of Officers and Board of Directors RY 2020-2021;
- 1.4. Immediate Past President Patrick Capili for the very prolific RY 2019 – 2020. Thanks a bunch for your cash contribution of P5,000.00. We have created a video for this as a surprise for IPP Patrick;
- 1.5. District Membership Chair Chi Uy and District New Generations Chair Arcel Dela Cruz for the awesome technical support;
- 1.6. VP Ranz - who worked the hardest as Master of Ceremonies in a virtual setting;
- 1.7. Rotarian Ruben Bangayan – donation of 23 pieces of face shields.

**2. #kaming\_malalakas\_loob singers of "Kahit Maputi Na Ang Buhok Ko"**

District Governor Riz Reyes, District Membership Chair Chi Uy, Assistant Governor Val Dionisio, Past President Capt.

Ronnie Go, President Ross Luga, Secretary Fred Pelayo, Rotarian Jet Villamor, Rotarian Alvin Pinpin, Spouse Dolly Yuste, and Spouse Lily Yelinek.

I'm amazed at the unique side view rendition by AG Val. Also, until now I wonder why the video editor zapped Sec. Fred in and out, not once but twice.

It's on YouTube now for all the whole world to see. So Tita Esther, please pray for us.

3. Franchise holder of consistently leading us in the Invocation and singing of Phil. National Anthem or Panunumpa sa Watawat – Honorary member Esther.

I am totally impressed with Tita Esther's dedication. She goes through great lengths of composing her own prayer, which is tune with the current events."

4. Rotarian Ruben Bangayan - consistently very prompt in updating our Facebook Page. Indeed Ruben is a very reliable content provider of our social media accounts."

5. Perfect attendance to Weekly Meetings for July 2020 are as follows: (I am so grateful to you for making our meetings very engaging. You guys rock!)

Gov. Riz Reyes, PDG Boy Reyes, AG Val Dionisio, PP Vir Sojor, PP Doc Oca Escudero, PP Fred Yelinek, PE Don Canes, PN Jim Sabino, VP Ranz Apolinario, VP Darwin Santos, Rtn. Alvin Pinpin (so far and yet so near), Rtn. Jet Villamor, Rtn, Ruben Bangayan, Sec. Fred Pelayo and ross.

Yours in Rotary,

Ross



## Speaker's Profile

**Sodduan Maljun Bero Lambac**

Tribal Administrator of the Obu Manuvu  
Unified Ancestral

Domain Tribal Council of Elders/Leaders, Inc.  
Sitio Ladian, Marilog

Topic: The Obu Manuvu Tribe

**A** graduate of Bachelor of Science and Business Administration major in Agribusiness Management at University of Southeastern Philippines (USEP).

- A Former Community Relations Officer of Land Reservation Management Office (LRMO) in University of the Philippines Mindanao.
- Currently, Tribal Administrator of Ancestral Domain Management Office (ADMO) of Obu-Manuvu Tribe Ancestral Domain containing an area of 30,309.5862 covering Marilog and Baguio Districts and portions of Arakan

North Cotabato.

- Owner of LADI-AN FARMS, producer of High value crops like, Lettuces, Strawberry, Herbs and Spices and other Agricultural Products.
- Vice President of Lambac Son's and Daughter's Corporation
- Also, a member of ROTARY CLUB OF TORIL (DAVAO CITY)
- Member of Watershed Management Youth Council (WMYC)
- Incoming Chairman of OBU-MANUVU TRIBE MARKETING COOPERATIVE.



**Rotary**   
Club of East Davao  
**UPCOMING SPEAKERS**



Sept. 01, 2020  
**MR. DANTE M. SIMANGAN**  
VP, Circulation Department,  
Manila Bulletin Publishing and  
1st Vice Chairman of the Davao City Council,  
Boy Scouts of the Philippines  
Topic: Boy Scouting, an avenue to the reduction  
of Juvenile Delinquency

Sept. 8, 2020  
**ATTY. KELVIN LESTER K. LEE**  
Commissioner  
Securities and Exchange Commission  
Topic: SEC Updates



Sept. 15, 2020  
**SEC. WENDEL E. AVISADO**  
Secretary, Department of Budget and  
Management



Sept. 22, 2020  
**MR. EMMANUEL R. JALDON**  
Central 911 chief operations officer.  
Topic: "Emergency Response during  
Covid19 Pandemic."



Sept. 29, 2020  
**MR. ANTONIO S. PERALTA**  
Executive Director of Freedom, Inc. and  
Chairman of the European Chamber of  
Commerce of the Phil., Southern Mindanao  
Business Council.  
Topic: Making Sense of the Recession







**Infopage**  
**SEC. FREDERICK A. PELAYO**  
 Club Secretary, RY 2020-2021

Speaker next week...

**ATTENDANCE REPORT**

**Our Attendance for August 18, 2020**

Present	23
Make Up	05 (attended other Zoom Meetings)
Absent	18
Percentage	61%



Sept. 01, 2020  
**MR. DANTE M. SIMANGAN**

VP, Circulation Department,  
 Manila Bulletin Publishing and  
 1st Vice Chairman of the Davao City Council,  
 Boy Scouts of the Philippines

Topic: **Boy Scouting, an avenue to the reduction of Juvenile Delinquency**

Still accepting orders...



Sept. 01  
 PN Jim Sabino



Sept. 3  
 VP Ranz Apolinario



Sept. 4  
 Lady Inday Hilario



Sept. 12 Spouse  
 Neneng Lavisores



Sept. 14  
 Sec. Fred Pelayo



Sept. 18  
 Rtn. Jet Villamor



Sept. 23  
 PDG Boy Reyes



Sept. 23 Spouse  
 Nadeth Zantua



Sept. 23  
 Dir. Brian Toh



Sept. 26  
 PDG Hermie Villano





# POV

POINT OF VIEW

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

## VALUED

I came across this story several times. Once at a Training Seminar on Membership in 2013 - when I was club Secretary (yes I was listening to the speaker). I thought it would be nice to share it again with everyone.

"A father said to his son: You graduated with honors, here is a car that I acquired many years ago ... it is several years old.

But before I give it to you, take it to the used car lot downtown and tell them I want to sell it and see how much they offer you.

The son went to the used car lot, returned to his father and said, "They offered me \$ 1,000 because it looks very worn out."

The father said, "Take him to the pawnshop." The son went to the pawn shop, returned to his father and said, "The pawn shop offered \$ 100 because it was a very old car."

The father asked his son to go to a car club and show them the car.

The son took the car to the club, returned and told his father: "Some people in the club offered \$ 100,000 for it, since it is a Nissan Skyline R34, iconic car and sought after by many.

The father said to his son, "I wanted you to know that the right place values you the right way." ...

If you are not valued, do not be angry, it means that you are in the wrong place. Those who know your value are those who appreciate you, and never stay in a place where no one sees your value."

One of the main reasons a person stays with you is because he knows and feels he is valued. Be it as an employee, a colleague, a member of our club, etc. This pandemic presents a special challenge to us as Rotarians because we are not able to truly be "out and about" and making everyone feel as "valued" as they are. Still we must try. This situation of "lockdown/Quarantine" and staying home presents a new type of "stress" that was never experienced in our generation. Showing, making and telling each other how much we value each other makes it easier to cope with this stress.

In Rotary, opportunities are opened to you because we value you! So go ahead and reach out to someone. They / We need you.

What's your take on this?

**SERVICE ABOVE SELF!**



# Bits & Pieces

NEW

NORMAL



## Covid Medical Kit Essentials

**Y**ou might find this useful . . . its going around chat rooms:

### A. Covid Medical kit Required at home:

1. Paracetamol
2. Betadine for mouthwash and gargle
3. Vitamin C and D3
5. B complex
6. Vapour+ capsules for steam
7. Oximeter
8. Oxygen cylinder (for emergency only)
9. Breathing Exercises

### Covid Three stages:

1. Covid only in nose - recovery time is half a day. (Steam inhaling), vitamin C. Usually no fever. Asymptomatic.
2. Covid in throat - sore throat, recovery time 1 day (hot water gargle, warm water to drink, if temp then paracetamol. Vitamin C, Bcomplex. If severe than antibiotic.
3. Covid in lungs- coughing and breathlessness 4 to 5 days. (Vitamin C, B complex, hot water gargle, oximeter, paracetamol, cylinder if severe, lot of liquid required, deep breathing exercise.

### Stage when to approach hospital:

Monitor the oxygen level. If it goes near 43 (normal 98-100)

then you need oxygen cylinder. If available at home, then no hospital else admit.

### B. Advice from inside isolation hospitals, that we can do at home

Medicines that are taken in isolation hospitals

1. Vitamin C-1000
2. Vitamin E (E)
3. From (10 to 11) hours, sitting in the sunshine for 15-20 minutes.
4. Egg meal once ..
5. We take a rest / sleep a minimum of 7-8 hours
6. We drink 1.5 liters of water daily
7. All meals should be warm (not cold).

And that's all that is done in the hospital to strengthen the immune system

Note that the pH of coronavirus varies from 5.5 to 8.5

Therefore, all we have to do to eliminate the virus is to consume more alkaline foods above the acidity level of the virus.

Such as :

- Bananas
- Green lemon - 9.9 pH
- Yellow Lemon - 8.2 pH
- Avocado - 15.6 pH
- \* Garlic - 13.2 pH



- \* Mango - 8.7 pH
- \* Tangerine - 8.5 pH
- \* Pineapple - 12.7 pH
- \* Watercress - 22.7 pH
- \* Oranges - 9.2 pH

### C. How to do know that you are infected with corona virus?

1. Itchy throat
2. Dry throat
3. Dry cough
4. High temperature
5. Shortness of breath
6. Loss of smell ....

And lemon with warm water eliminates the virus at the beginning before reaching the lungs ...

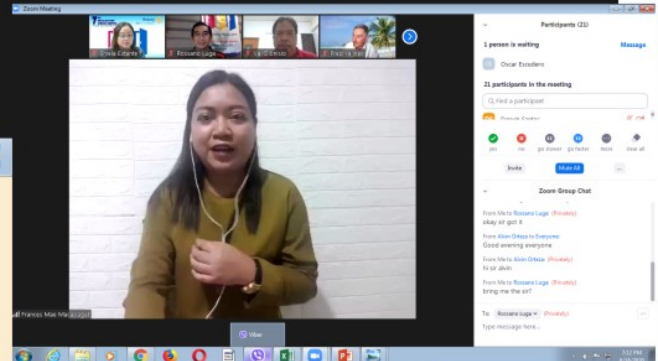
Provide it to all your family and friends. You never know who it may help.

Stay SAFE

# ROTARY IN ACTION



August 18, 2020 7th Regular Weekly Zoom Meeting with Ms. Frances Mae G. Macapagat, Regional Head of the Philippine Information Agency as our Guest of Honor and Speaker





**Rotary**  
Club of East Davao



**Rotary Opens Opportunities**

## URBAN CONTAINER GARDENING MR. JOJO ROM

**August 29, 2020, Saturday 9:30AM-12NOON via Zoom**

in partnership with:






in support with:





**Hon. Councilor Ralph Abella, Chair, Committee on Agriculture**  
**Mr. Leo Brian D. Leuterio - Head, Davao City Agriculturist Office**  
**Hon. Councilor Mary Joselle Villafuerte**



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