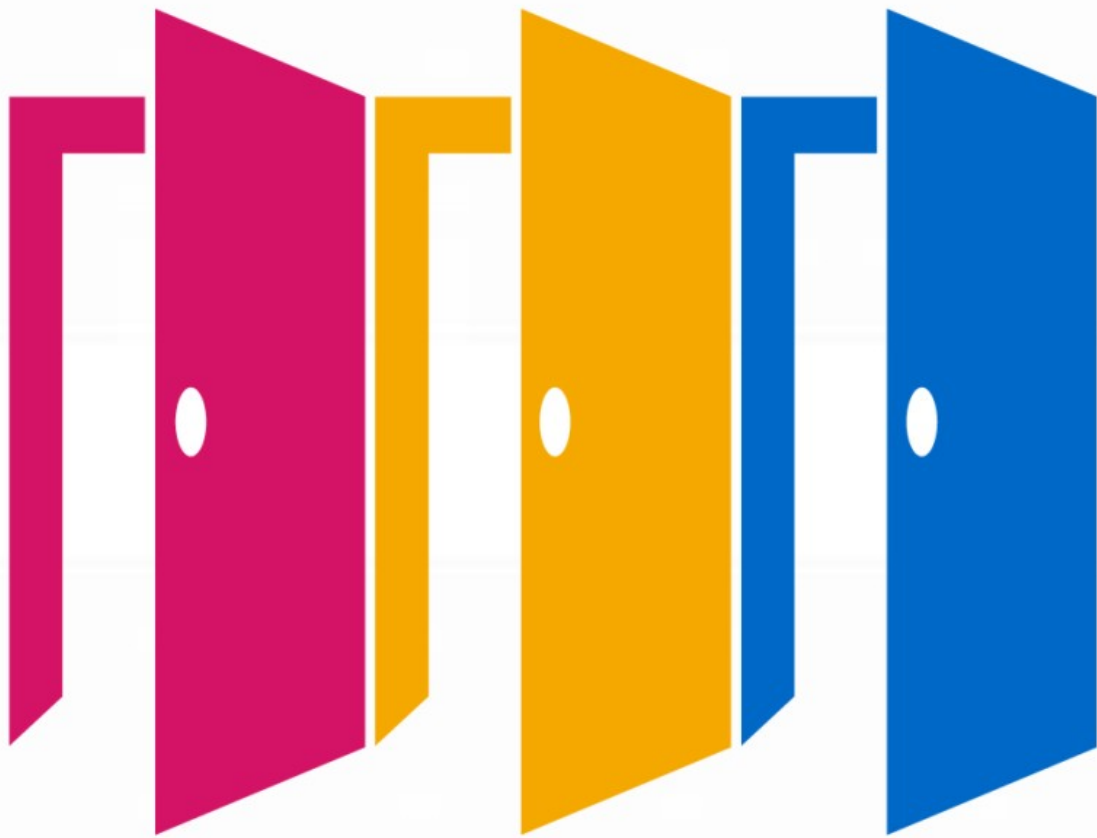


# REED

## CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary  
12th Issue



### Rotary Opens Opportunities

Rotary  
Club of East Davao





# 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 Topscon 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 unrolled 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 - District 3860



**HONESTO A. CABARROGUIS**  
1983-1984



**HERMINIO A. VILLANO**  
1989-1990



**REYNALDO REYES**  
1995-1996



**RAOUL HILARIO**  
1999-2000



**RAMON TIROL**  
2001-2002



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

## Club Presidents (1965-2020)



**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 Maniquiz**  
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



**Jess Fortich**  
2001-2002



**Amador Macatangay**  
2002-2003



**Hikaru Miyake**  
2003-2004



**Apollo Alquiza**  
2004-2005



**Rodel Riezl Reyes**  
2005-2006



**Virgilio Sojor**  
2006-2007



**Efen 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 Banzali**  
2014-2015



**Oscar Escudero**  
2015-2016



**Fred Yelinek**  
2016-2017



**Alvin Orteza**  
2017-2018



**Prudencio Tan**  
2018-2019



**Patrick Capili**  
2019-2020



## ROTARY CLUB OF EAST DAVAO

Club No. 17115 District 3860, Davao City, Philippines

### 12<sup>TH</sup> REGULAR ZOOM WEEKLY MEETING

September 22, 2020, 6:30p.m. via Zoom

## PROGRAMME

**Call to Order**

**PRES. ROSSANO LUGA**

**Turnover of Proceedings to the Master of Ceremonies**

**RTN. JET VILLAMOR**

**Invocation**

**Honorary Member ESTHER DE JESUS**

**National Anthem / Rotary Hymn**

**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**

**DIR. BRIAN TOH**

**Speaker**

**MR. EMMANUEL R. JALDON**

Central 911

Chief Operating Officer

**Open Forum**

**Closing Remarks**

**Giving of Certificate of Appreciation  
and Club Bannerette and Adjournment**

**PRES. ROSSANO LUGA**

## INVOCATION

Almighty Father,

You have been very generous to us, we thank You profoundly and we adore You. We pray to You to search for ways of responding to human needs, to direct human love into new and different roads of social concerns and try to repair the detours and roadblocks that people had made. Grant unto us compassion, commitment and service. Only through these productive ways under your guidance can we be true Rotarians!

Father, now that the government has lifted some restrictions so we can move on economically, we should always be on the guard to prevent the spread of this virus.

We pray also Father for all who are suffering from other ailments, like a child afflicted with meningitis, supported by some of our members, will be well the soonest! All these we pray. Amen

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Rotary Opens Opportunities

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

## Formal Turnover of Balite Community Wellness Center

at Sitio Balite, Brgy. Marilog

## Tree Planting / Gift Giving Activity

at Ladian, Marilog District

**September 26, 2020 (Saturday)**

**SAVE THE DATE**

Come and join us in this activity--

**Itinerary:**

- 6:30 a.m. Breakfast at Limbagan Hitoan Place, Km. 20 Los Amigos, Tugbok
- 7:15 a.m. Take-Off
- 7:15-8:30a.m. Travel Time to Obu Manuvu Admin Office, Ladian, Marilog District
- 8:30-10:00a.m. Tree Planting Activity in Observation of World Bamboo Day @ Ladian, Marilog in Obu Manuvu Tribe Ancestral Domain Area [Supporting the Environment]  
Gift Giving to to Obu Manuvu Tribe - Used Clothings
- 10:00-10:30a.m. Travel time to Balite Wellness Center
- 10:30-12:00noon Formal Turnover of Balite Community Wellness Center / Showcase of finished products of the participants for our Functional Literacy Sessions / Livelihood Training
- 12:00noon Lunch
- 2:00p.m. Back to Davao City

## Proposed Project: Peace and Conflict Prevention/Resolution



Peace 911 Area of Interest

September 20, 2020

Pogpabogbohayoy - "Thanksgiving"

Ata's of Sitio Talos, Barangay San Jose Santo Tomas, Davao Del Norte.

Events

5:00 am Fun Run, Biking  
Municipal Compound to Sitio Talos

7:00 am - Breakfast and short program

7:30 am Fruit bearing tree planting  
Objective: Giving back to our nature. Greener environment and address food security to low income community)

8:00 am - Awarding of certificates to volunteers.

8:30 am gift giving to the members of the ATA Manobo tribe.



P350 / Participant



**Eyeglasses**  
100 pcs @ P50 each = **P5,000.00**

Optometrist services - Free of Charge



Used Clothing

## Rotary Club of East Davao UPCOMING SPEAKERS

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**

October 6, 2020  
**HON. Karlo Alexei Bendigo Nograles**  
Cabinet Secretary of the Philippines  
Topic: IATF and effects of Bayanhan 2

October 13, 2020  
**DR. KATHRYN UY ROA**  
Health Policy Associate and Infectious Disease Specialist  
Topic: COVID 19 Updates

October 20, 2020  
**DG RODEL RIEZL S. REYES**  
RI District 3860 District Governor  
Topic: Governor's Visit

October 27, 2020  
**HON. RONALD DELA ROSA**  
Senator of the Philippines  
Topic: Anti terrorism Law





## Speaker's Profile

**EMMANUEL R. JALDON**

Central 911

Chief Operating Officer

### PERSONAL INFORMATION

**NATIONALITY : FILIPINO**

**Address: 10 Atlantic Drive, Ecoland Phase 3, Davao City, 8000**

**Email Address: [panyol0207@yahoo.com](mailto:panyol0207@yahoo.com)**

**Date of Birth : December 31, 1960**

### EDUCATIONAL BACKGROUND

**Ateneo de Zamboanga High School, 1978**

**Ateneo de Zamboanga AB Economics, 1983**

### WORK EXPERIENCE

**Territory Sales Supervisor, San Miguel Corporation, Beer Division (1984-2006)**

**Training Development Provider - Contractor (January 2006 - July 2007)**

**Supervising Administrative Officer IV City Tourism Operations Office City Government of Davao, (July 2007-March 2010)**

**Project Manager for Intelligent Operations Center (IOC) of the Public Safety and Security Command Center (PSSCC), Office of the City Mayor City Government of Davao, (March 2010 to March 2012)**

**Chief Operations Officer(COO) Central Communications and Response Center (Central 911) (April 2012 to present).**

**Officer-In-Charge (OIC concurrent) of the City Disaster Risk Reduction and Management Office (CDRRMO) (April 2012 to January 3, 2019)**

**Elected Board of Directors of the Philippine Red Cross Davao Chapter, (May 2012 to present)**

### TRAININGS:

**Promotion of Mainstreaming Disaster Risk Reduction November 05 - 17, 2017, JICA Japan**

**Humanitarian Logistics Management Training April 13 - 15, 2016, Help logistics Ag The Kuehne Foundation**

**All Hazard Incident Mgmt. Team Training, November 16 - 20, 2015, Civil Defense NDRRMC Region XI**

**Community-Based Disaster Risk Reduction and Management Training of Trainers, November 09 - 13, 2015, Civil Defense NDRRMC Region XI**



**Incident Command System Position Courses October 19 - 23, 2015, Civil Defense NDRRMC Region XI**

**Integrated Planning Course on Incident Command System, September 28 - October 02, 2015 Civil Defense NDRRMC Region XI**

**Basic Incident Command System Training Course Sept. 16 - 18, 2015, Civil Defense NDRRMC Region XI**

**Three-Day Training of Trainers on Rapid Damage Assessment and Needs Analysis, Sept. 02 - 04, 2015 Civil Defense NDRRMC Region XI**

**Emergency Disaster Response and Recovery (EDRR) May 18 - 22, 2015, Mercy Malaysia**

**Post-Disaster Needs Assessment Training of Trainers Dec. 08 - 12, 2014, Civil Defense NDRRMC Region XI**

**Sustainable Resource Management Training October 19, 2009 - March 31, 2010 DCCC 11 / PAHRDF**





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

**ATTENDANCE REPORT**

**Our Attendance for September 15, 2020**

Present	29 (including 3 Senior Active Exempt)
Make Up	05 (attended other Zoom Meetings)
Visiting Rotarians	02
Guests	07
Rotary Spouses	02
Absent	12
Percentage	74%



 Sept. 01 PN Jim Sabino	 Sept. 3 VP Ranz Apolinario	 Sept. 4 Lady Inday Hilario	 Sept. 12 Spouse Neneng Lavisores
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 Sept. 14 Sec. Fred Pelayo	 Sept. 18 Rtn. Jet Villamor	 Sept. 23 PDG Boy Reyes	 Sept. 23 Spouse Nadeth Zantua
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 Sept. 23 Dir. Brian Toh	 Sept. 26 PDG Hermie Villano	 Sept. 30 Rtn. Manny Nierra
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**DIFFICULT TIMES  
 CREATE GREAT  
 OPPORTUNITY**  
 NOW IS OUR TIME  
 #ROTARYOPENSOPPORTUNITIES

Rotary  Rotary Opens Opportunities

**YOU ARE THE MISSING PIECE**  
 JOIN ROTARY







POINT OF VIEW

**VP RAPHAEL E. APOLINARIO VI**

*Editor in Chief, RED Chronicle*

## ROTARY OPENS OPPORTUNITIES

**H**ere is a nice "ITALIAN" story... it reminded me of the RI Theme so i thought i'd share it with you.

An 18-year old Italian lass tells her mom that she's missed her period for 2 mos. Very worried, the mother goes to the drugstore & buys a pregnancy kit.

The test result shows that the girl's pregnant.

Shouting, cursing, crying, the mother says, "Who's the pig that did this to you? I want to know!"

The girl picks up the phone & makes a call. An hour later, a Ferrari stops in front of their house. A mature & distinguished-looking man with grey hair, impeccably-dressed in an Armani suit, steps out & enters the house.

He sits in the living room with the father, mother & the girl, telling them, "Good morning, your daughter's informed me of the problem. I'm sorry I can't marry her because of my personal family situation, but I'll pay all expenses & provide for your daughter for the rest of her life.

If a girl is born, I'll bequeath a Ferrari, 2 retail stores, a townhouse, a beachfront villa & a \$2M bank account.

If it's a boy, I'll be give him a couple of factories & a \$4M bank account.

If twins, they'll receive a factory & share \$5M. However, if there's a miscarriage, what do you suggest I do?"

At this point, the father, who'd remained silent holding a shotgun, places a hand firmly on the man's shoulder & tells him, "Then you gonna try again...."

Doesn't it remind you about "OPPORTUNITIES" and the saying that "OPPORTUNITES KNOCK BUT ONCE"... and that we must grab it ASAP as it may not come our way again.

... Just like opportunities to be able to serve and make a difference.

What's your point of view?

Think and Live SERVICE ABOVE SELF ... you'll see that more opportunities will come your way.



May you see  
sunshine where  
others see shadows  
and opportunities  
where others  
see obstacles.



# Bits & Pieces

NEW

NORMAL



## Health Tips

Just in case anyone is 50yrs and above in this thread..... ;)

### SOME HEALTH HINTS FOR THOSE ABOVE 50 YEARS OF AGE:

Two things to check as often as you can:

- Your blood pressure
- Your blood sugar

Four things to reduce to the minimum on your foods:

- Salt
- Sugar
- Dairy products
- Starchy products

Four things to increase in your foods:

- Greens/vegetables
- Beans
- Fruits
- Nuts

Three things you need to forget:

- Your age
- Your past
- Your grievances

Four things you must have, no matter how weak or how strong you are:

- Friends who truly love you
- Caring family
- Positive thoughts
- A warm home

Four things you need to do to stay healthy:

- Fasting
- Smiling / laughing
- Trek / exercise
- Reduce your weight

Six things you don't have to do:

- Don't wait till you are hungry to eat
- Don't wait till you are thirsty to drink

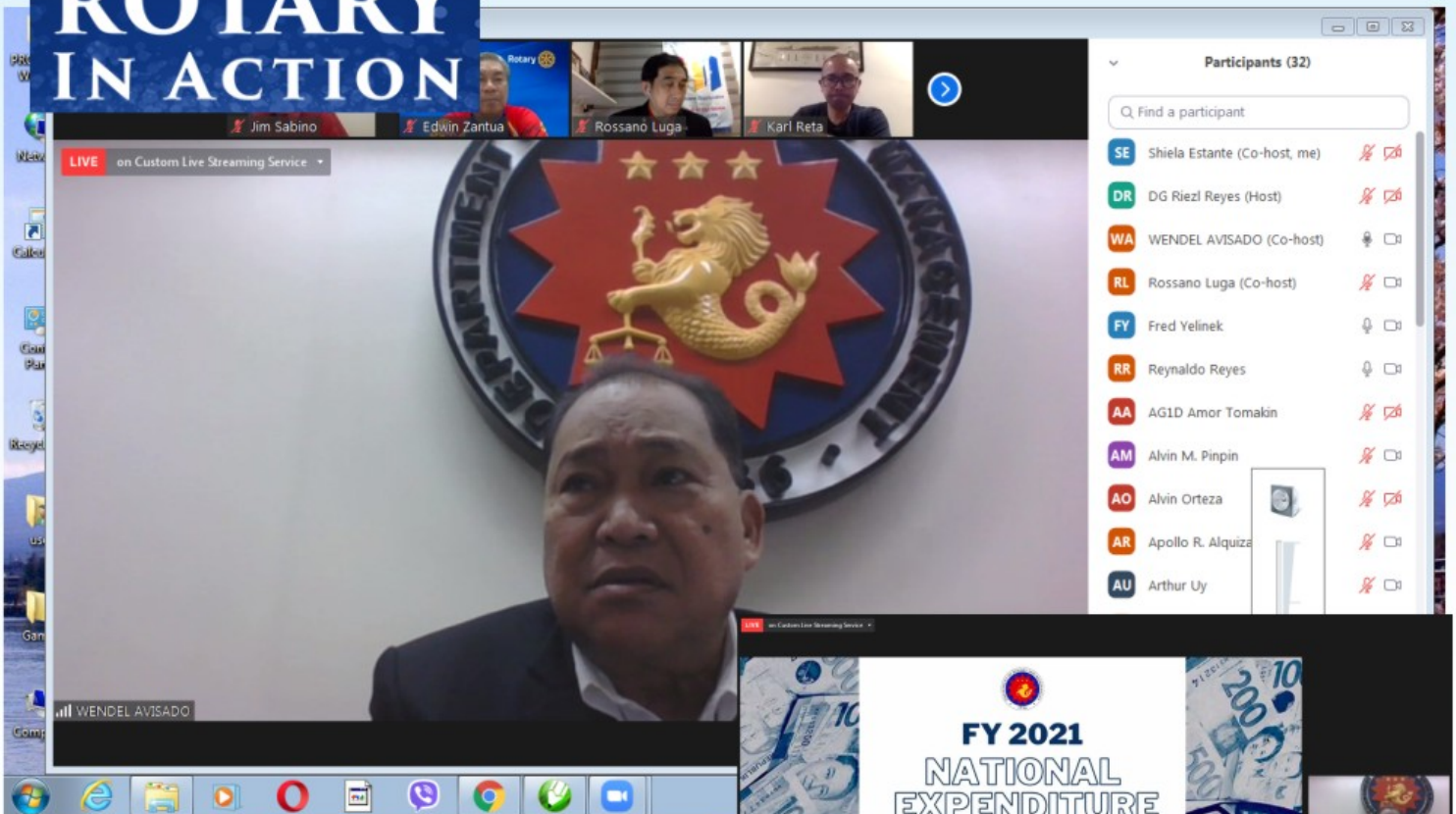


- Don't wait till you are sleepy to sleep
- Don't wait till you feel tired to rest
- Don't wait till you get sick to go for medical check-ups otherwise you will only regret later in life
- Don't wait till you have problems before you pray to your God.





# ROTARY IN ACTION



September 15, 2020 11th Regular Weekly Zoom Meeting with Guest of Honor and Speaker: **Hon. Wendel E. Avisado**, Secretary, Department of Budget and Management

Topic Discussed: **Fiscal year 2020-21 National Expenditure Program**





# ROSTER OF MEMBERS



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



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



**Angeles, Pedro 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, Constanancio**  
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.**  
Litigation Law  
Spouse: Vivian



**Cantil, Ariel L.**  
Engineering  
Spouse: April



**Deyto, Jude D.**  
Real Estate Leasing  
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Truck Dealership  
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Equipment Leasing  
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Military : Police Admin



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**Reyes, Rodel Riezl S.j.**  
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Life & Non-Life Insurance  
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Life Insurance Mgt.  
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**Villano, Herminio A.**  
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