

# REED

## CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary   
18th Issue





# 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 PhPIM 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 - 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 Uybo**  
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



**Efren Elbanuena**  
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

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

October 13, 2020, 6:30p.m. via Zoom

**PROGRAMME**

**Call to Order**

**PRES. ROSSANO LUGA**

**Turnover of Proceedings to the Master**

**PP FRED YELINEK**

**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**

**AG VAL DIONISIO**

**Speaker**

**FR. EDMUNDO "Ed" M. MARTINEZ**

**Co-Founder, Chairman Emeritus, Secretary/Treasurer**

**of Ingenium School, Marikina**

**and former President, Ateneo de Davao University**

**Open Forum**

**Response**

**Giving of Certificate of Appreciation**

**and Adjournment**

**PRES. ROSSANO LUGA**

**Attire: RED Uniform**

**INVOCATION**

Father, with all the things You have blessed us, please help us to have a generous and a compassionate heart. Help us not to take things for granted and make us realize that every breath we take is a gift. Give us the courage, strength and the burning desire to serve others and our full commitment in our 'Service Above Self'!

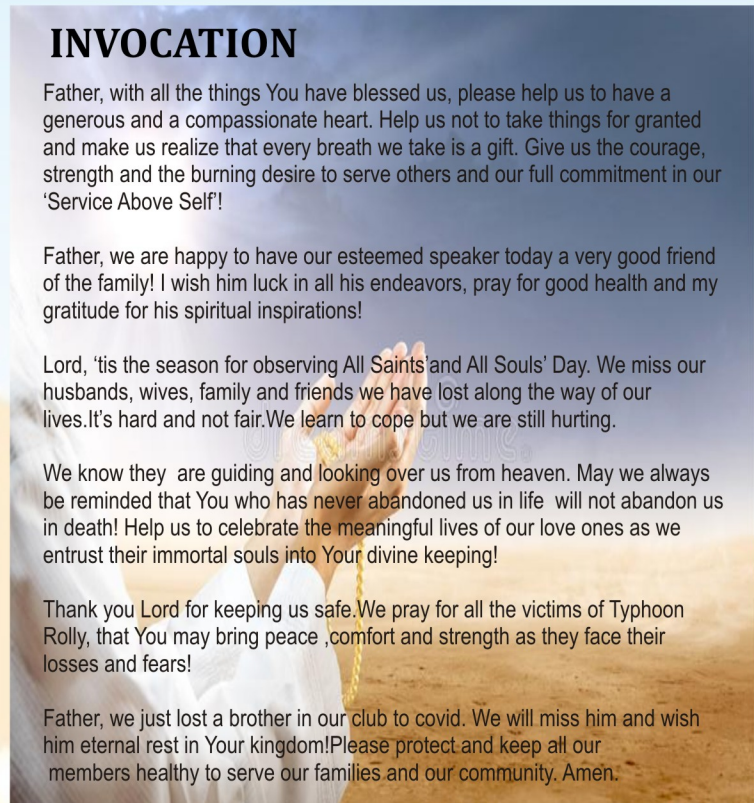
Father, we are happy to have our esteemed speaker today a very good friend of the family! I wish him luck in all his endeavors, pray for good health and my gratitude for his spiritual inspirations!

Lord, 'tis the season for observing All Saints' and All Souls' Day. We miss our husbands, wives, family and friends we have lost along the way of our lives. It's hard and not fair. We learn to cope but we are still hurting.

We know they are guiding and looking over us from heaven. May we always be reminded that You who has never abandoned us in life will not abandon us in death! Help us to celebrate the meaningful lives of our love ones as we entrust their immortal souls into Your divine keeping!

Thank you Lord for keeping us safe. We pray for all the victims of Typhoon Rolly, that You may bring peace, comfort and strength as they face their losses and fears!

Father, we just lost a brother in our club to covid. We will miss him and wish him eternal rest in Your kingdom! Please protect and keep all our members healthy to serve our families and our community. 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

Rotary District 3860  Rotary Opens Opportunities  **END POLIO NOW**

*Save The Date!* **INCREASE OUR IMPACT**

**DISTRICT PUBLIC IMAGE SEMINAR**

Participants: Presidents, Presidents-elect, Secretaries and Public Image Committee Chairpersons and interested Rotarians

via Zoom Meeting  
November 7, 2020  
Saturday  
12:15pm to 6:00pm  
Attire: Club Uniform

Hosted by Area 2B

*Thank You*

Registered so far:

- |                       |                     |
|-----------------------|---------------------|
| 1. Pres. Ross Luga    | 6. PE Don Canes     |
| 2. Sec. Fred Pelayo   | 7. Dir. Peter Digal |
| 3. AG Val Dionisio    | 8. VP Darwin Santos |
| 4. VP Ranz Apolinario |                     |
| 5. PN Jim sabino      |                     |

The Rotary Foundation  Rotary Opens Opportunities 

Club Members Donated to TRF this Rotary Year 2020-2021:

1. Ross Luga	\$500
2. Ruben Bangayan	\$500
3. Hiro Kawashima	\$200
4. Manny Nierra	\$200
5. Val Dionisio	\$200
6. Dave Evans	\$100
7. Brian Toh	\$100
8. Fred Yelienek	\$100
9. Karl Reta	\$100
<b>Total Donations</b>	<b>\$2,000</b>

Pledges:

1. Fred Yelienek	\$100
3. Sec. Fred Pelayo	\$100
4. PDG Boy Reyes	\$100
5. VP Ranz Apolinario	\$100
6. PAG Alvin Orteza	\$500
7. PE Don Canes	\$100
8. PN Jim Sabino	\$100
9. Dante Simangan	\$100
<b>Total Pledges</b>	<b>\$1,200</b>

*Dear fellow Rotarians,  
We are immensely grateful for your help to The Rotary Foundation of The Rotary International in its mission of making lives better around the globe.*

*Furthermore, thank you for believing that your gifts would go a long way into supporting life-changing and sustainable projects.*

*With your assistance, Rotary can make lives better in your community and around the world.*

Rotary District 3860  Rotary Opens Opportunities  **END POLIO NOW**

*The Rotary Foundation Recognition Night 2020*

14<sup>th</sup> day November 2020 | 19:30 PST

DRESS CODE : Men - Dark Coat and White Shirt | Women: Black Cocktail

**FREE via ZOOM**

MTG ID : 722 888 3860  
PASSWORD : TRF#3860

HOSTED BY: Rotary Club of Cebu 

GUEST OF HONOR: **JOHN F. GERM**  
TRF Trustee | Chair, Rotary's End Polio Countdown to History | 2016-2017  
Rotary International President

*Win exciting raffle prizes during the event!*





## SPEAKER'S PROFILE

### FR. EDMUNDO "Ed" M. MARTINEZ

Co-Founder, Chairman Emeritus, Secretary/Treasurer of Ingenium School, Marikina and former President, Ateneo de Davao University

#### PERSONAL

Born 6 December 1936, Manila, Philippines  
 May, 1959 Entered the Society of Jesus, Philippines, upon graduation from college studies at the ADMU  
 July, 1970 Ordained priest in the Society of Jesus, Phils.  
 Oct., 2014 Incardinated into the Archdiocese of Antipolo

#### EDUCATIONAL AND PROFESSIONAL

2011 Honorary Doctorate, Western Univ., Thailand  
 1985-1986 Masters in Public Administration as Mason Fellow, Kennedy School of Government, Harvard University Cambridge, Massachusetts, USA  
 1970-1976 Doctorate in Theology (D. Th.), Univ. of St. Michael's College, Toronto School of Theology, Toronto, Canada.  
 1969-1970 Master of Arts (M.A.) in Theology and Licentiate in Sacred Theology (S.T.L.), Leopold Franzens Universität, Innsbruck, Austria  
 1967-1969 Master of Arts (M.A.) in Theology and Licentiate in Sacred Theology (S.T.L.), Loyola School of Theology, Quezon City, Philippines  
 1966-1967 Post Graduate Studies in Philosophy as a British Council Scholar, at Oxford University, England  
 1961-1963 Master of Arts (M.A.) in Philosophy and Licentiate in Philosophy (Ph.L.), Berchmans College  
 1959-1960 Language and Classical Studies, Latin and Greek, Berchmans College (Jesuit Scholasticate), Phils.  
 1954-1959 Bachelor of Arts (A.B., major in Humanities), Ateneo de Manila University, Philippines.  
 Distinctions: First Honors and Cum laude "Aegis Award" and "Sodality Award"  
 1950-1954 Graduated from High School, Ateneo de Manila University, Phils., First Honors and Valedictorian  
 1950 Graduated from the Grade School, ADMU

#### MANAGEMENT POSITIONS HELD

2000-present Co-Founder, Chairman Emeritus, Secretary/Treasurer of Ingenium School, Marikina  
 2005-2006 Associate Dean, Center for Devt. Management, and full-time faculty, Asian Institute of Management, Manila  
 2004-2006 Chaplain, Asian Institute of Mgt., Makati, Manila  
 1998-Present Chairman, Ingenium Learning Resources Foundation, Inc., Marikina City  
 1993-2004 President, Ateneo de Davao University, Davao City  
 1993-2001 President and Chairman of the Board, Davao Medical School Foundation, Inc.  
 1993-1996 Vice-President, Davao Assoc. of Colleges & Univs.

1997-1998 Treasurer, Davao Assoc. of Colleges and Univs.  
 1994-2004 Chairman, Local Resource Partnership (with CIDA)  
 1991-1994 Founding Member and Executive Director, Ateneo-Bankers Assoc. of the Philippines Inst. of Banking  
 1986-1993 Exe. VP, ADMU, & in concurrent positions: Dean, Graduate School of Business, ADMU Exe. Dir., Ateneo Computer Tech. Center (from 1982) VP for Planning and Development, from 1979 Director of Alumni Affairs, ADMU, 1979  
 1983-1993 Vice-Chairman. Faura Science Research Center, Inc. and Executive Director from 1979-1983  
 1979-1980 Director of Jesuit Pre-Theologians  
 1976-1979 Professor, Loyola School of Theology  
 1972-1975 Lecturer, Univ. of Toronto Ext. Program, Canada  
 1963-66 College Instructor, Ateneo de Manila University

#### BOARD AND COMMITTEE MEMBERSHIP

1993-2004 Member, Board of Trustees:  
 - Xavier University  
 - Ateneo de Zamboanga University  
 - Sacred Heart School, Cebu City  
 1990-1993 Director, Equityworld Securities, Inc.  
 1988-1993 Member, Board of Advisers, Jaime V. Ongpin Institute for Business and Government  
 1987-1993 Board Member, Ateneo Scholarship Foundation, Inc.  
 1986-1993 Member, Finance Committee, Ateneo de Manila Univ.  
 1986-1993 Board Member, Asian Institute of Management  
 1979-1994 Member, Ateneo Corporation  
 1978-1993 Board of Director, Ateneo Alumni Association, Inc.

#### PUBLICATIONS

"The Logos of Heraclitus", *Philippine Scholastic*, IV (1961)  
 "Dostoevsky's The Brothers Karamazov: An Interpretative Study", *Philippine Scholastic*, V.1 (1962)  
 "The Kantian Background of Ernst Cassirer", *Philippine Scholastic*,  
 "An Approach to Academic Freedom," *ibid.*  
 "Buan ng Matamis na Puso ni Hesus", *Loyola Studies*, 1.1 (1967)  
 "The Conscious Act of Pisteuein in John", *Loyola Studies*, 1.2 (1968)

Publications subsequent to these years of formal studies revolved around the tasks at hand. In the Ateneo de Davao University, as its President for 11 years, this involved the articulation, through position papers, of the mission and vision, goals and strategies of the institution, in their relationship to the mission of the Society of Jesus and of the Church. These papers were directed to the Philippine Jesuits at large, the Board of Trustees, the Faculty, and the University community. In the Ateneo de Manila, as a member of senior management occupying various positions, many held concurrently, this involved the clarification and development of the goals and strategies of the various offices in their relationship to the over-all mission and vision of the school, of the Society of Jesus, and of the Church.





# Infopage

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



## ATTENDANCE REPORT

### Our Attendance for October 27, 2020

Present	35 (including 3 Senior Active Exempt)
Make Up	05 (attended other Zoom Meetings)
Visiting Rotarians	36
Guests	08
Rotary Spouses	02
Absent	08
Percentage	83%



## NOVEMBER Celebrants



Nov. 5 Spouse Marnie Ng



Nov. 26 Spouse Imelda Pelayo

*Count your life by smiles,  
not tears. Count your  
age by friends,  
not years...  
Happy birthday!*



Nov. 11 PP Ed Sancho



Nov. 28 Rtn. Alvin Pinpin



Nov. 12 PP Anton Banzali



Nov. 21 Spouse Yan Yan Sy



## Rotary Club of East Davao UPCOMING SPEAKERS



**November 10, 2020**  
**MR. FLORIAN GOTTEIN**  
Executive Director, European Chamber of Commerce of the Phil.



**November 17, 2020**  
**MR. EBB HINCHLIFFE**  
Executive Director  
The American Chamber of Commerce of the Philippines



**November 24, 2020**  
**CLUB ASSEMBLY / ANNUAL ELECTION**







POINT OF VIEW

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

## Opportunities can be open...

**AN** elderly Italian man living alone in New Jersey wanted to plant his annual tomato garden, but it was very difficult work, since the ground was hard.

To make matters worse, his only son Joey, who used to help him, was in prison.

The old man wrote a letter to his son & described his predicament:

"Dear Joey,  
I'm feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here, my troubles would be over. I know you'd only be too happy to dig the plot for me, like in the old days.  
Love, Papa"

A few days later he received this letter from his son.

"Dear Pop,  
Don't dig up that garden! That's where the bodies are buried....  
Love,  
Joey"

At 4 a.m. the next morning, FBI agents & local police arrived & dug up the entire area without finding any bodies. .

They apologized to the old man & left. That same day; the old man received another letter from his son.

"Dear Pop,  
Sorry about that. Go ahead & plant the tomatoes now. That's the best I could do, under the circumstances.  
Love you,  
Joey"

Sometimes we just have to recognize or realize that, no matter what the circumstances we are in, no matter how dire, there are "doors" / opportunities that can be opened up. We just need to be wiser.

Rotary... opens opportunities to be able to serve.

At ROTARY... We open opportunities





NEW

NORMAL



# Bits & Pieces



## Nocturia (Night time urination) and heart problem are related.

It is worth spending two minutes to take read the information below.

An American doctor tells us that Nocturia, heart problem and cerebral infarction are related.

The most common symptom of middle-aged and elderly people is nocturia (waking up at night to urinate). Because of nocturnal urine, the elderly are afraid of drinking water before bedtime.

They don't know that not drinking water before going to bed, getting up in the middle of the night to pee without drinking water is an important cause of early morning cerebral infarction in middle-aged and elderly people.

In fact, nocturia is not a problem of bladder dysfunction. Nocturia is caused by the aging failure of the heart function in the elderly, and the inability of the right heart atrium to suck blood from the lower body.

During the day, we are all in a standing position, The blood will flow down. If the heart is not good, the blood volume of the heart is insufficient, the pressure on the lower body will increase, so middle-aged and elderly people will have lower body edema during the day.

When they lie down at night, the pressure on the lower body will be relieved and a lot of water accumulate in the tissues. The water returns to the blood. If there is too much water, the kidneys will work hard to separate out the water and drain it to the bladder, causing nocturia.

Therefore, it usually takes about three or four hours after lying down to sleep to get up and go to the toilet for the first time. After that, the water in the blood continues to increase. So after another 3 hours, they will have to go to the toilet again.

Why is this an important cause of cerebral infarction and myocardial infarction? Because after two or three urinations, the water in the blood is greatly reduced. The body also continue to lose water through breathing. The blood then begins to become thick and sticky, and the heart rate slows down due to the low metabolism of the body during sleep. With thick blood and slow blood flow, the stenosis of the blood vessel is easily blocked...

This is why the middle-aged and elderly people almost always have myocardial infarction or cerebral infarction at 5 or 6 in the morning. This situation will lead to death while asleep.

**The first thing** to tell everyone is that nocturia is not a malfunction of the bladder, but a problem of aging heart.

**The second thing** to tell everyone is that you must drink some warm water before going to bed, and you must drink some warm water after you wake up in the middle of the night to pee. Don't be afraid of nocturia, because not drinking water may take your life.

**The third thing** is that you must exercise more in normal times to strengthen the function of the heart. The human body is not a machine. A machine will wear out when used frequently, but the human body will be the opposite. It will become stronger when used frequently. Do not eat unhealthy food, especially high starch and fried foods.

*If you like this article, please share it with your middle-aged and elderly friends.*



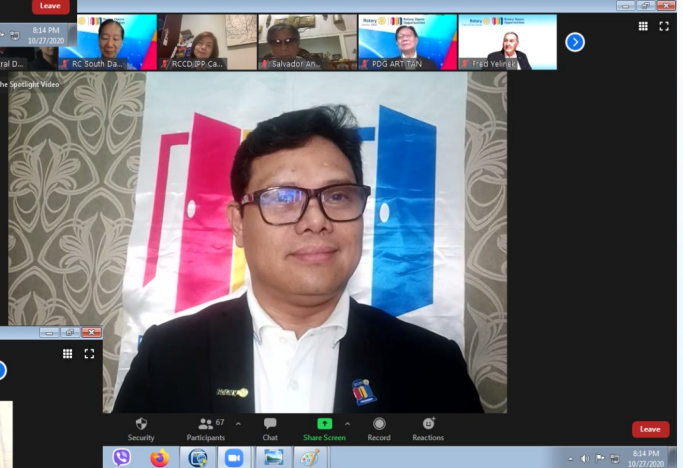
# ROTARY IN ACTION



October 27, 2020, 17th Regular Weekly Zoom Meeting and **1st Joint Meeting with Rotary Club of West Davao and Rotary Club of Central Davao** with Guest of Honor and Speaker: **HON. RONALD M. DELA ROSA**, Senator of the Philippines  
**Topic: Anti- Terrorism Law**



Pres. Bernard Benedicto of RC West Davao



Pres. Ross Luga of RC East Davao



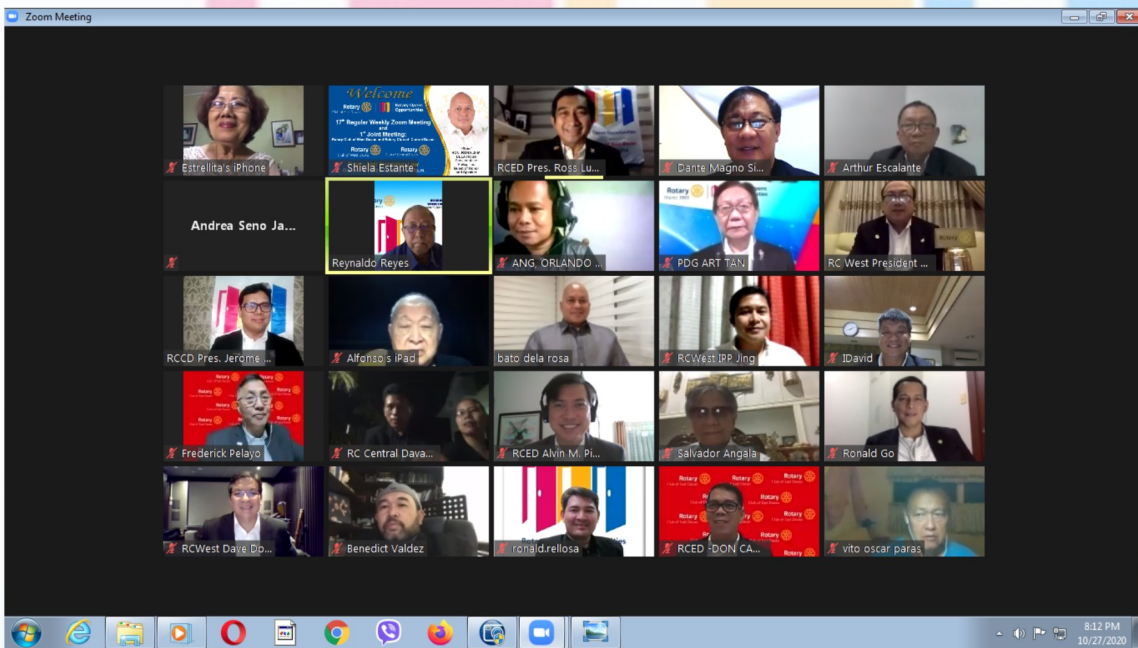
Pres. Jerome Camina of RC Central Davao



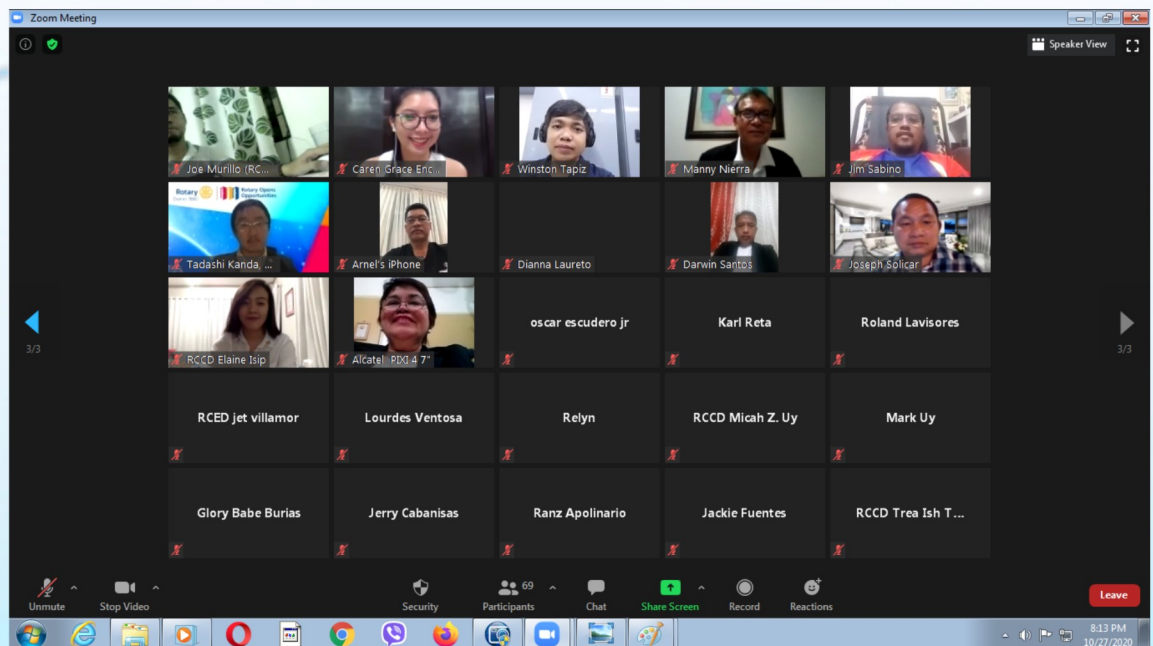
Rotary  
Club of West Davao



Rotary  
Club of Central Davao



Attendance: reach up to 76 comprises of 32 RC East Davao Members, 20 RC Central Davao Members and Spouses, 11 RC West Davao Members, 3 Visiting Rotarians from other Rotary Clubs, 2 Rotaractors, and 8 Guests





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