

# REED

## CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary  
26<sup>th</sup> 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 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

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

- RI Asia Pacific Presidential plaque given by RI Pres. Frank Devlyn
- Global Quest award for membership growth in Zone 7 District
- PP Mickey Miyake - RI the highest award to a Rotarian, the "RI Service Above Self"
- Our Presidents and Club Secretaries have also been consistent awardees.
- 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 TIRO**  
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



**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  
**28<sup>TH</sup> REGULAR ZOOM WEEKLY MEETING**  
 January 19, 2021, 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**  
**AVP**

**Introduction of Visiting Rotarians and Guests**  
**PP FRED YELINEK**

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

**DISCON TIME**  
**PP ALVIN ORTEZA**

**PRESIDENT'S TIME**  
**PRES. ROSSANO LUGA**

**Introduction of Speaker**  
**PP ALVIN ORTEZA**

**Speaker**  
**MR. BENJAMIN B. BUGARIN, Jr.**  
**National Site Acquisition Manager**  
**Dito Telecommunity Corporation**

**Open Forum**  
**Response**  
**PP OCA PARAS**

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

**INVOCATION**

Father God, it's the second day of the week and we would want to thank you for bringing us safely this far. For all who are struggling financially, mentally and physically, we ask that You would lessen their burdens. Please heal their bodies, mend broken hearts and make a way out of no way for those trying to take care of themselves and their loved ones.

We pray also for traveling mercies and protection from all dangers, seen and unseen. May You continue to help us and my families covered under the precious blood of Jesus. Dear God, there is so much going on in this world, so much that is upsetting and beyond our control. Please help us to cast our cares on You. We are at a quandary of what to believe, especially of multiple opinions about the efficacy of this and that vaccine. We fear of results and after effects, we hear of deaths after receiving the vaccine, resulting to the low submission percentage ! So Lord, please lead us and help us to decide what is helpful and of favorable end results! These are all our prayers. 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

## DECEMBER 2020

PP Apollo Alquiza  
VP Ranz Apolinario  
Rtn. Ruben Bangayan  
PDG Totoy Cabarroguis  
PE Don Canes  
AG Val Dionisio  
PP Oca Escudero  
Rtn. Dave Evans  
Pres. Ross Luga  
Rtn. Dexter Ng  
Rtn. Manny Nierra  
PP Alvin Orteza  
Sec. Fred Pelayo  
Dir. Karl Reta  
PDG Boy Reyes  
DG Riz Reyes  
PN Jim Sabino

PND Dawin Santos  
PP Vir Sojor  
PP Jun Tan  
Dir. Brian Toh  
Rtn. Jesito Villamor  
PDG Hermie Villano  
PP Fred Yelinek  
PP Edwin Zantua



*You're Awesome*

## NOVEMBER 2020

PP Apollo Alquiza  
VP Ranz Apolinario  
Rtn. Ruben Bangayan  
PDG Totoy Cabarroguis  
PE Don Canes  
AG Val Dionisio  
PP Oca Escudero  
Rtn. Roland Lavisores  
Pres. Ross Luga  
Rtn. Manny Nierra  
Sec. Fred Pelayo  
Dir. Karl Reta  
PDG Boy Reyes  
DG Riz Reyes  
PN Jim Sabino  
PND Dawin Santos  
PP Vir Sojor  
Rtn. Jesito Villamor  
PDG Hermie Villano  
PP Fred Yelinek

## January 14, Site Inspection... Water Project - Mapantow, Marilog







**Speaker's Profile**

**MR. BENJAMIN B. BUGARIN, Jr.**

National Site Acquisition Manager  
Dito Telecommunity Corporation  
Guest of Honor and Speaker

**Topic: Introducing DITO Telecommunity,  
and the need to improve Telecom Service in the country**

**PERSONAL PROFILE:**

Residence: 2217 Zamora St., Santa Ana, Manila  
Mobile Phone: +639278690506  
Email: [benjamin.bugarinjr@yahoo.com](mailto:benjamin.bugarinjr@yahoo.com)  
Certification: Project Management Professional (PMP)  
Certification# 2103073 Project Mgt. Institute

**EDUCATIONAL BACKGROUND:**

- MBA, Philippine School of Business Administration  
2010 -2012
- BS Computer Engineering  
AMA Computer University, 1994 – 2000
- Secondary  
Faith Christian School, 1989 – 1993
- Elementary  
IHMC, 1983 -1989


**ORGANIZATIONAL AFFILIATION:**

Free and Accepted Masons of the Philippines.  
St. John's Corregidor #3



**PROFESSIONAL EXPERIENCE:**

- DITO Telecommunity Corporation., Taguig City  
January 2019 – Present, Site Acquisition Manager
- ERICSSON NETWORK, PHILS., Taguig City  
May 2018 – Present, Implementation Manager -SAQ
- Huawei Technologies, Taguig City  
December 2017 – April 2018, Regional Project Manager
- Engineering Myanmar Limited, Yangon, Myanmar  
Oct. 2015 – Dec. 2016, SAQ /CW Acceptance Manager
- ERICSSON NETWORK, PHILS., Taguig City  
March 2015 – Sept. 2015, SAQ & Permitting Manager
- ABILITY TELECOMS SERVICES, INC., Mandaluyong City  
May 2012 – January 2015, Project Manager
- AQUARIUS TELECOM SERVICES CORPORATION, Q.C.  
October 2004 – April 2012, Operations Manager

**MAKE YOUR MONEY WORK 3 TIMES AS HARD**



Rotary and the Bill & Melinda Gates Foundation are extending their partnership during the critical endgame phase of the **Global Polio Eradication Initiative**. Find out how your donation can **triple** your impact!

LEARN  
 [ENDPOLIONOW.ORG](http://ENDPOLIONOW.ORG)  
 DONATE  
 [ROTARY.ORG/CONTRIBUTE](http://ROTARY.ORG/CONTRIBUTE)

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



**January 26, 2021**  
**MR. JOHN PHILIP BILLONES**  
Business Development Officer  
First Metro Securities Brokerage Corporation

**Topic: Crisis-Proofing your Finances:  
Asset Allocation Strategies**



**February 2, 2021**  
**Dir. Maria Belenda Ambi**  
Region XI Regional Director  
Dept. of Trade and Industry

**Topic: Challenges & Opportunities  
for Business Under the New Normal**








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



**ATTENDANCE REPORT**

**Our Attendance for January 12, 2021**

Present	21 (including 3 Senior Active Exempt)
Make Up	05 (attended other Zoom Meetings)
Visiting Rotarians	00
Guests	06
Rotary Spouses	00
Absent	24
Percentage	52%



Rotary Zone 10A | Regional Rotary Public Image Committee  
 ROTARY YEAR 2019 - 2020  
**ROTARY PUBLIC IMAGE AWARDS**  
 MONDAY, 25 JANUARY 2021 | 9:00 AM (PHILIPPINE TIME)  
 ZOOM ID: 858 4068 9978 PASSCODE: RPIC



**JANUARY**



January 3  
Rtn. Ruben Bangayan



January 3  
PP Hikaru Miyake



January 6  
Spouse Sandra



January 25  
Rtn. Sol Hayag



January 14  
Spouse Anne Reyes



January 28  
Spouse Lilian Canes



*You're Older today than  
Yesterday but  
Younger than tomorrow...  
From your  
Rotary Family*





POINT OF VIEW

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

## Value to Give...

I love this story from Katharine Hepburn's childhood; in her own words.

"Once when I was a teenager, my father and I were standing in line to buy tickets for the circus.

Finally, there was only one other family between us and the ticket counter. This family made a big impression on me.

There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.

The children were well-behaved, all of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armor." He was smiling and enjoying seeing his family happy.

The ticket lady asked the man how many tickets he wanted? He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus." The ticket lady stated the price.

The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price.

The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home. The \$20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value to Give.

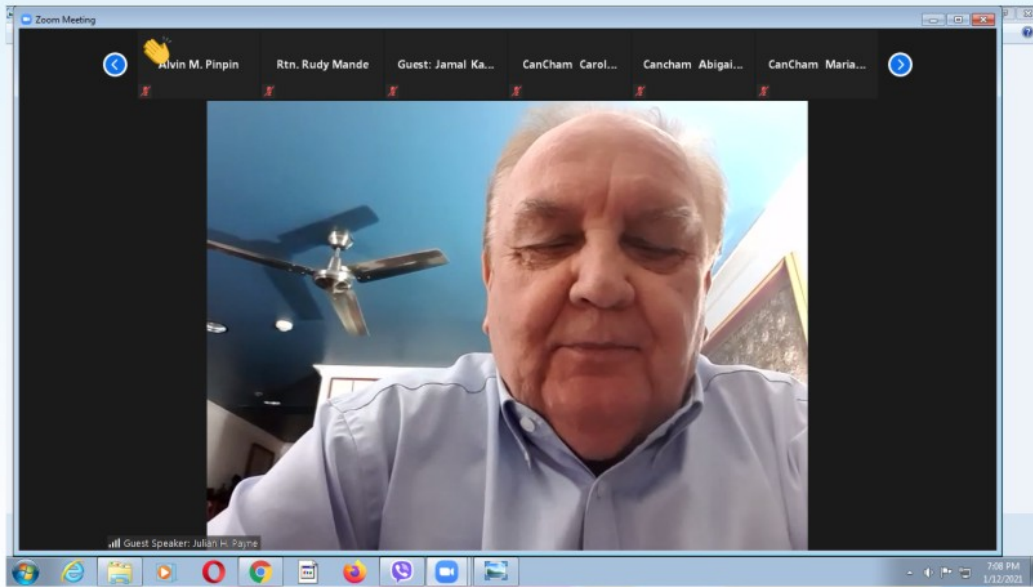
The Giver is bigger than the Receiver. If you want to be large, larger than life, learn to Give. Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything.

The importance of giving, blessing others can never be over emphasized because there's always joy in giving. Learn to make someone happy by acts of giving."

~ **Katharine Hepburn**

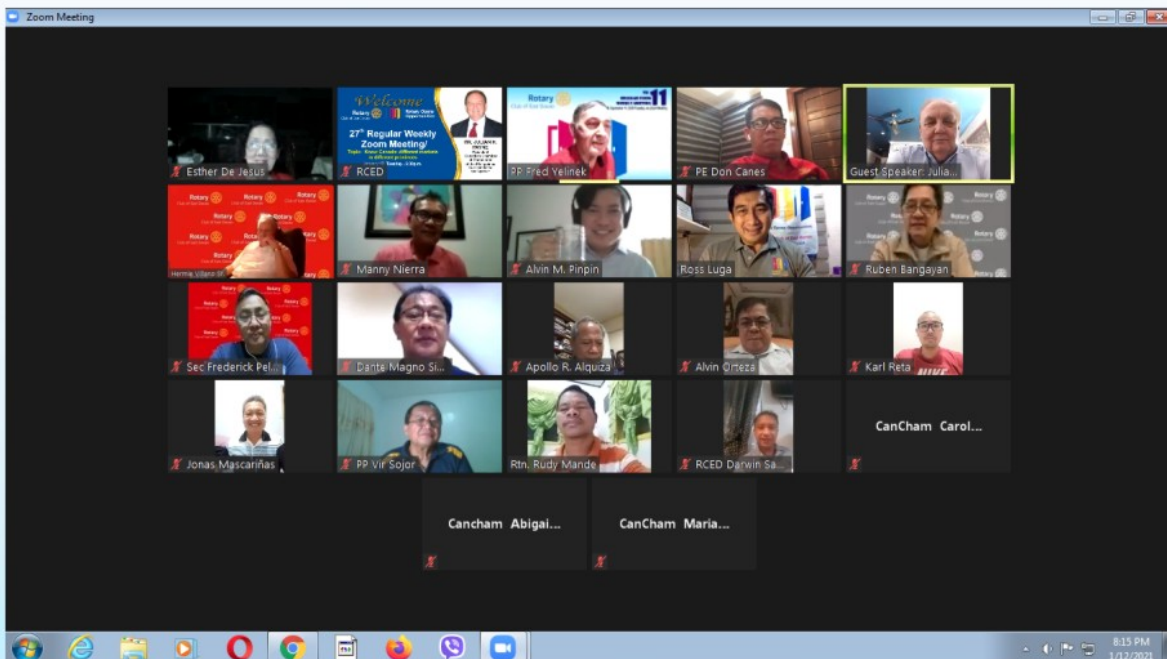
SERVICE ABOVE SELF





December 12, 2021 27th Regular Weekly Zoom Meeting with **MR. JULIAN H. PAYNE**, President of Canadian Chamber of Commerce of the Philippines as our Guest of Honor and Speaker

Topic: Know Canada: different markets in different provinces







## ROTARY'S VISION STATEMENT

**TOGETHER** WE SEE A WORLD  
 WHERE **PEOPLE** UNITE AND TAKE ACTION  
 TO **CREATE** LASTING  
**CHANGE** ACROSS THE GLOBE  
 IN OUR COMMUNITIES AND IN OURSELVES

As we stand on the cusp of eliminating polio, we find ourselves poised for our next challenge. The time is right to move toward realizing a new vision that brings more people together, increases our impact, and creates lasting change around the world.

To achieve the vision of Rotary International and The Rotary Foundation, we have set four priorities that will direct our work over the next five years.

## ROTARY'S STRATEGIC PRIORITIES AND OBJECTIVES

### INCREASE OUR IMPACT

- Eradicate polio and leverage the legacy
- Focus our programs and offerings
- Improve our ability to achieve and measure impact

### EXPAND OUR REACH

- Grow and diversify our membership and participation
- Create new channels into Rotary
- Increase Rotary's openness and appeal
- Build awareness of our impact and brand

### ENHANCE PARTICIPANT ENGAGEMENT

- Support clubs to better engage their members
- Develop a participant-centered approach to deliver value
- Offer new opportunities for personal and professional connection
- Provide leadership development and skills training

### INCREASE OUR ABILITY TO ADAPT

- Build a culture of research, innovation, and willingness to take risks
- Streamline governance, structure, and processes
- Review governance to foster more diverse perspectives in decision-making



NEW

NORMAL



# Bits & Pieces



## KEEP YOUR LEGS STRONG

(A must read articles... especially for the young once)

When we are old(er), our Legs/feet must always remain strong.

- When we gain ageing / grow aged, we should not be afraid of hair turning grey (or) his skin sagging (or) wrinkles.
- Among the signs of "longevity," as summarized by the US Magazine "Prevention", "strong leg muscles " are listed on the top, as "the most important and essential one."
- Do not move your legs for two weeks & your leg strength will decrease by 10 years.
- A study from the University of Copenhagen in Denmark found that both old and young, during the two weeks of "inactivity," the legs muscle strength got weakened by a third\_ which is "equivalent to 20-30 years of ageing."
- As our leg muscles weaken, it will take a long time to recover, even if we do rehabilitation exercises, later.
- Therefore, regular exercise like walking, is very important.
- The whole body weight/load

remain on legs.

- The leg/foot is a kind of "pillars," bearing the weight of the human body.
- Interestingly, 50% of a person's bones and 50% of the muscles, are in the two legs.
- The largest and strongest joints and bones of the human body are also in the legs.
- "Strong bones, strong muscles, and flexible joints form the "Iron Triangle" that carries the most important load on the human body."
- 70% of human activity and burning of energy in one's life, is done by the two feet.
- Do you know this? When a person is young, his thighs have enough strengths, to lift a small car!
- The legs/feet are the "center of body locomotion."
- Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood flowing through them.
- It is the large circulatory network that connects the body.
- Only when the legs/feet are healthy then the "convention current of blood" flows, smoothly, so people who have strong leg muscles will definitely have a "strong heart."
- Aging starts from the legs/ feet

upwards.

- As a person gets older, the accuracy and speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.
- In addition, the so-called "Bone Fertilizer Calcium" will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.
- Fractures in the elderly easily "triggers" a series of complications, especially fatal diseases such as brain thrombosis.
- Do you know that 15% of elderly patients will die within a year of a thigh-bone fracture.
- Exercising the legs, is never too late, even after the age of 60 years.
- Although our feet will gradually age with time, exercising our feet is a life-long task.
- Only by strengthening the legs, one can prevent further aging.
- Please walk for "at least 30-40 minutes," daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

So.. LETS GO!



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