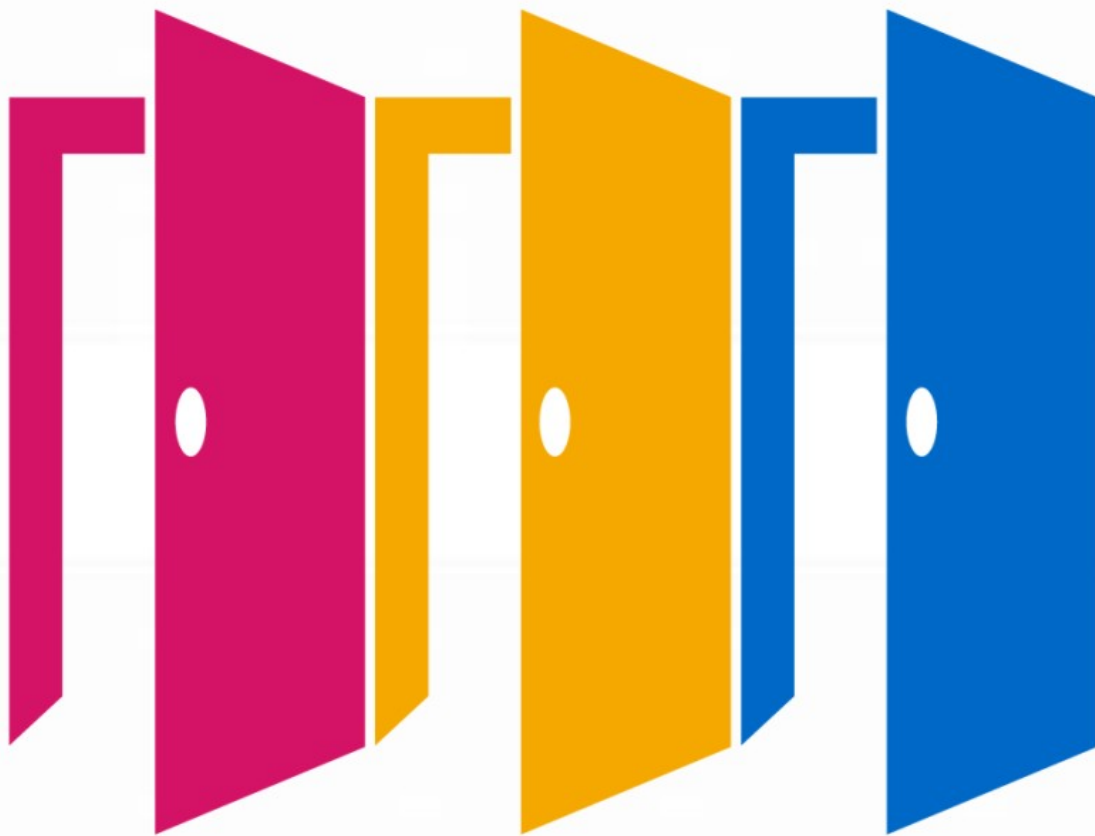


REED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary
35th 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 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 Uybeco
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

41ST REGULAR ZOOM WEEKLY MEETING

April 6, 2021, 6:30p.m. via Zoom

PROGRAMME

Call to Order

PRES. ROSSANO LUGA

President, Rotary Club of East Davao

Turnover of Proceedings to the Master of Ceremonies

PP FRED MARTIN YELINEK, RC East Davao

Invocation

**Honorary Member ESTHER DE JESUS,
RC East Davao**

Philippine National Anthem

Mexico National Anthem

Rotary Hymn

AVP

Introduction of Visiting Rotarians and Guests

PN JAIME SABINO, RC East Davao

Introduction of Guest of Honor and Speaker

PRES. ROSSANO LUGA

President, Rotary Club of East Davao

Message / Talk

His Excellency

GERARDO LOZANO ARREDONDO

Ambassador Extraordinary and

Plenipotentiary of the United Mexican States

Open Forum Moderator

PP FRED MARTIN YELINEK, RC East Davao

Response

PP APOLLO ALQUIZA, RC East Davao

Giving of Token of Appreciation

and Adjournment

PRES. ROSSANO LUGA

Attire: DARK SUIT

INVOCATION

Our heavenly and almighty Father, You sent your only Son Jesus to live and die as one of us, save us. For all wisdom, all strength and all glory are in You. You are our rock and redeemer! We trust in You!

Our dear Father, You have been doing miracles in the world! We are sailing in stormy weather with this pandemic, please help us, we need You now more than ever.

Lord, another alarming problem is the escalating hunger in poor countries driven by Covid, conflicts and climate change. Millions and millions of people will be grappling with emergency levels of acute hunger. We are pleading for the rich countries to come to the rescue!

Heavenly Father, Covid cases are surging again, if only we can get people to follow health protocols strictly, to stop the spread, that will be as good as a vaccine! Let us come together in this fight!

Lord, in spite of these adversities our club is not at all slowing down in the implementation of our projects, mindful always of all safety measures. Please continue to bless and protect us especially our Pres. Ross and officers, our frontliners in the execution of all our club's projects, and no let up in our "Service Above Self" All these we pray in Jesus name. Amen

TABLE OF CONTENTS

	Pages
Cover Page	01
Club Major Projects	02
Club Profile	03
Transforming Team	04
Pillars of the Club	05
Programme	06
President's Message	07
Secretary's Page	08
Speaker's Profile	09
Point of View	10
Bits and Pieces	11
Rotary in Action	12
Roster of Members	13-14
TRF Contributors	15



President's Corner



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

April is Rotary International's Maternal & Child Health Month. Saving mothers and children is one of Rotary's six areas of focus.

Thanks for the tireless efforts of PP Dr. Oscar Escudero, PP Fred Yelinek, and our service provider The Davao Medical School Foundation - Institute of Primary Health Care for the Project: Refurbishment of the Sitio Balite Wellness Center at Marilog District. This project is under the Global Grant No. 1640035.

As early as October 2020 &, we have already turned over the building to the beneficiary community.

The said area is under the IP Ancestral Domain of the Obu Manuvu Tribe. Thus, we are proposing under current RY 2020 - 2021 to adapt the latter under the Rotary Community Corps (RCC).

We have already proposed thru an official communication with their tribal site.

For our 41st Regular Weekly Meeting via Zoom, we are extremely lucky to have as Guest of Honor & Speaker, Mr. Darrell Blatchley. His credentials are indicated in a separate sheet of this chronicle.

Rest in Peace



PP PAUL JOHN C. YUSTE
Rotary Club of East Davao

When you lived your life for others
and you loved *without condition*
When you made so many laugh and your
smile won't be forgotten
When you left behind an empty place
that no one else can fill
When the friendships that you shared
long to be renewed
When you built your life on hope
and fulfilled it every day
The *footprints* that you left behind
will bring us face to face
So, *goodbye* is not forever,
You're only steps away.

Gone But Not Forgotten



Rotary
District 3860



DISCON 2021
JUNE 4-6, 2021
"Opening Opportunities to a Whole New World"



Guest of Honor and Speaker

MR. DARRELL BLATCHLEY

Founder /President

D'Bone Collector Museum, Inc.

Blatchley is the president and founder of D' Bone Collector Museum, a natural history museum in Davao.

He had also been performing necropsy on dead marine creatures recovered in coastal areas in the city, which were mostly found to be due to garbage ingestion.

The American environmentalist had been advocating for the banning of single-use plastics and proper waste disposal.

Blatchley became a recipient of the Datu Bago Award in 2015, the first and only foreign national to have been awarded by the prestigious local award-giving body.

In 2019, he also received the first prize of the Plastic Initiative Award from the regional office of the United Nations Educational, Scientific and Cultural Organization (UNESCO) at the National Science Museum of Thailand.



Dead whale found with 88 pounds of plastic bags in its stomach



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



ATTENDANCE REPORT

Our Attendance for March 23 , 2021

Present	24 including 3 Senior Active Exempt)
Make Up	05(attended other Zoom Meetings / Club Activities)
Visiting Rotarians	00
Guests	00
Rotary Spouses	02
Absent	21
Percentage	58%



April 9
Spouse Sandra Pinpin



April 11
PP Edwin Zantua



April 18
Spouse Sophia Mata



April 26
Spouse April Cantil



April 28
PE Don Canes



POINT OF VIEW

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

A profound denouement...

At the door of the house, I knelt down three times. Bade farewell to the neighbor, and left." My friend has two sons who went to National Taiwan University and Tsinghua University and still has to retire to a nursing home.*

This is an article that is currently circulating and a text that has caused many reflections on the Internet. The author is a retired writer, and he expressed emotion when he was about to go to a nursing home. (Originally written in Chinese)

I'm going to a nursing home. I have to. When life gets to where you are no longer able to take care of yourself completely, your children are busy at work and have to take care of their children and have no time to take care of you, this seems to be the only way out.

The nursing home is in good condition, with clean single rooms equipped with simple and practical electrical appliances. All kinds of entertainment facilities are complete, the food is fairly delicious, the service is also very good. The environment is also very beautiful, but the price is not cheap.

My pension is poorly supported. But I have my own house. If I sell it, the money is not a problem. I can spend it on retirement, and the rest will be left as an inheritance for my son. The son understands very well: your property should be enjoyed by you, don't consider us. The rest is that I have to consider preparing to go to a nursing home.

As the saying goes: Breaking a family is worth tens of thousands, which refers to many things. Needles, needles, and brains are indispensable for life. Boxes, cabinets, and drawers are filled with all kinds of daily necessities: clothes for all weathers and bedding for all seasons.

I liked to collect. I have collected a lot of stamps. I have also hundreds of purple clay pots. There are many small collections, and such small items as pendants of emerald and walnut amber, and two small yellow croakers. Especially books, the bookcase on one wall is full.

There are dozens of bottles of good foreign wine; there is also a full set of household appliances; various cooking utensils, pots and pans, firewood, rice, oil, salt, various seasonings, and then the kitchen is also full; there are also accumulated dozens of photo albums..., looking at the house full of things, I'm worried!

The nursing home has only one room with a cabinet, a table, a bed, a sofa, a refrigerator, a washing machine, a TV, an induction cooker and a microwave oven -- all the things I will really need. There is no place to store the wealth that I have accumulated throughout my life.

At this moment, I suddenly feel that my so-called wealth is superfluous, and it doesn't belong to me. I just take a look at it, play with it, use it. It actually belongs to this world. The lives that come in turns are just passing by. Whose is the Forbidden City? The emperor thought it belonged to him, but today it belongs to the people and society.

Why did Bill Gates donate all his property; why has Jack Ma announced that he would donate all the collections in his museum..., that is because they understand: all this is not originally theirs. One look, one play, one use, if you can bring it to life, you can't take it in death; it's better to build your fame and burnish your reputation, and end up with good deeds. How wise!

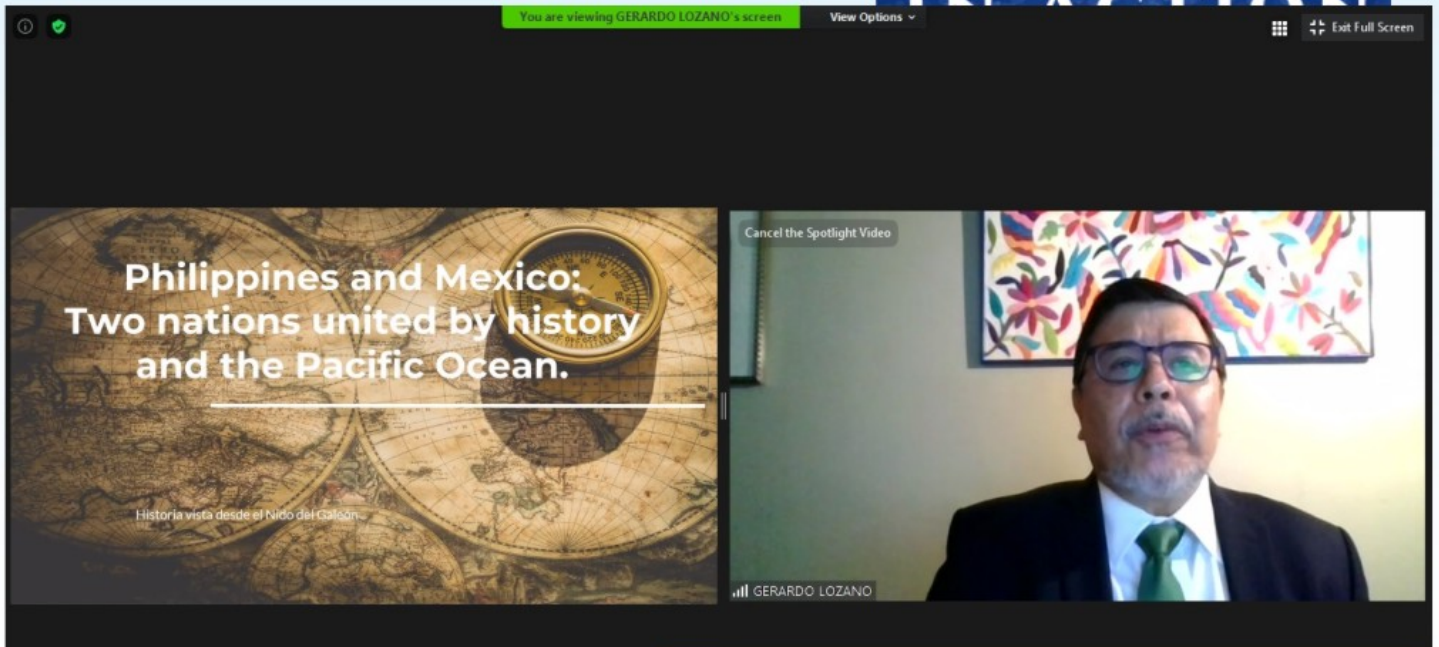
I really want to donate the things in my house, but I can't get it done. To deal with it has now become a problem. Very few children and grandchildren can appreciate. I can imagine what it will be like when my children and grandchildren face these painstakingly accumulated treasures of mine: all the clothes and bedding will be thrown away; dozens of precious photos will be destroyed; books will be sold as scrap. Collections? If you are not interested, you will dispose of them. The mahogany furniture is not practical and will be sold at a low price.

Just like the end of the Red Mansion: only a piece of white left, so clean. Facing the mountain of clothes, I only picked a few favorites; I only kept a set of pots and pans for kitchen supplies, a few books that are worth reading; a handful of teapots for tea; Bring your ID card, senior citizen certificate, health insurance card, household register, and of course a bank card. Enough!

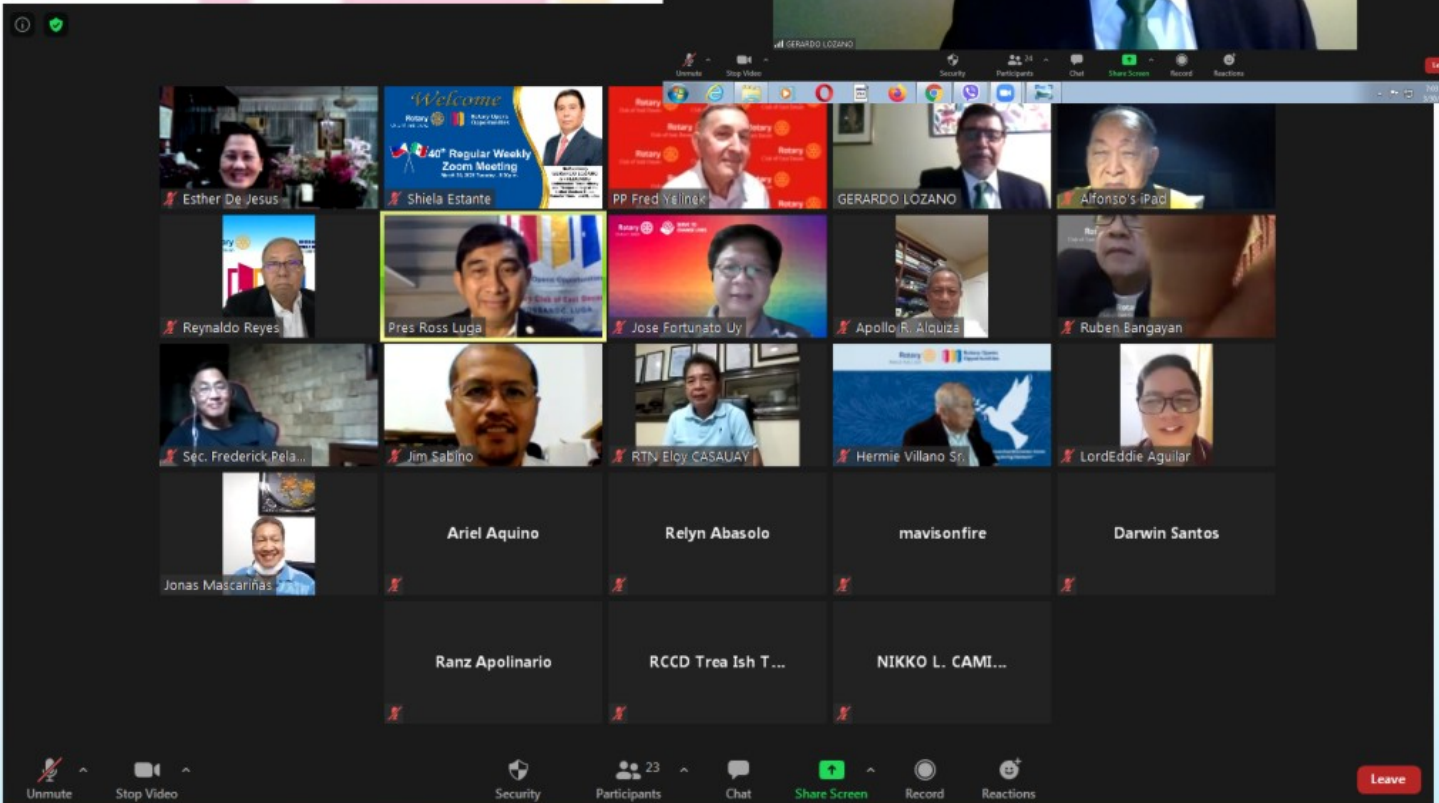
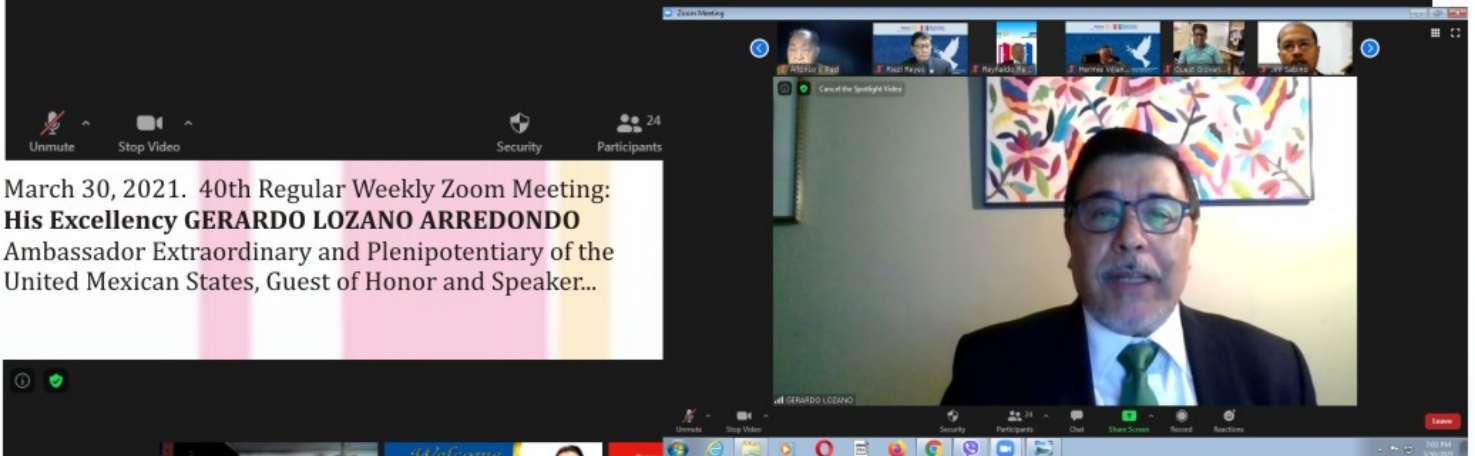
It's all my belongings! I'm gone. I bid farewell to my neighbors, I knelt down at the door and bow three times and give this home back to the world. Yes! In life, you can only sleep in one bed, live in one room. Any more of it is merely watching and playing!

Having lived a lifetime, people finally understand: we don't really need much, don't be shackled by superfluous things to be happy! It's ridiculous to compete for fame. Life is no more than a bed.

For people over 60 years old, should we think carefully about how to take the last journey in life? Let go of fantasies and baggage, and of those things that can't be eaten, worn, used or taken with you.



March 30, 2021. 40th Regular Weekly Zoom Meeting:
His Excellency GERARDO LOZANO ARREDONDO
 Ambassador Extraordinary and Plenipotentiary of the
 United Mexican States, Guest of Honor and Speaker...



NEW

NORMAL



Bits & Pieces

Is there a best time to sleep?...

This write-up is a real WAKE UP CALL for me, it may be for you too:

Is there a best time to sleep? There is a saying that sleeping early and waking up early is good for your health. How true is that? Is it alright to sleep late and wake up late?

You actually have an amazing biological clock ticking inside your body. It is very precise. It helps to regulate your various body functions including your sleeping time.

From 11pm to 3am, most of your blood circulation concentrates in your liver. Your liver gets larger when filled with more blood. This is an important time when your body undergoes detoxification process. Your liver neutralizes and breaks down body toxins accumulated throughout the day.

However if you don't sleep at this time, your liver cannot carry out this detoxification process smoothly.

- If you sleep at 11pm, you have full 4 hours to detoxify your body.
- If you sleep at 12am, you have 3 hours.
- If you sleep at 1am, you have 2 hours.

- And if you sleep at 2am, you only have 1 Hr to detoxify.

What if you sleep after 3am? Unfortunately, you won't have any time to actually detoxify your body. If you continue with this sleeping pattern, these toxins will accumulate in your body over time. You know what happens next.

What if you sleep late and wake up late? Have you tried going to bed very late at night? Did you realize you feel very tired the next day no matter how much you sleep ?

Sleeping late and waking up late is indeed very bad for your health. Besides not having enough time to detoxify your body, you will miss out other important body functions too.

From 3am to 5am, most blood circulation concentrates in your lung. What should you do at this moment? Well, you should exercise and breathe in fresh air. Take in good energy into your body, preferably in a garden. At this time, the air is very fresh with lots of beneficial negative ions.

From 5am to 7am, most blood circulation concentrates in your large intestine. What should you do

at this moment? You should poop! Pass out all unwanted poop from your large intestine. Prepare your body to absorb more nutrients throughout the day.

From 7am to 9am, most blood circulation concentrates in your stomach. What should you do at this moment? Have your breakfast! This is your most important meal in a day. Make sure you have all the required nutrients from your breakfast. Not having breakfast causes lots of health problems for you in the future.

That's the way to start your day

No wonder people living in villages or in farms are healthier. They sleep early and wake up early as they follow their natural biological clock.

If one follows this you're sure to feel fresher and more energetic all day long.

By James Pang

ROSTER OF MEMBERS



Ajero, Antonio M.
Journalism
Spouse:



Alquiza, Apollo R.
Unibanking Services
Spouse: Mila



Angeles, Pedrito 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



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



Casauay, Cirilo N.
Engineering - Electrical
Spouse: Helen



Cantil, Ariel L.
Engineering
Spouse: April



Digal, Paul Peter R.
Architecture



Dionisio, Valentino L.
Truck Dealership
Spouse: Cris



Evans, David Samuel
Chartered Quantity Surveyor
Spouse: Elsa



Escudero, Oscar M. Jr.
Medical - Urology
Spouse: Sharon



Fortich, Jesse A.
Equipment Leasing
Spouse: Naty



Go, Ronald C.
Car Rentals



Gaerlan, Manuel R,
Military : Police Admin



Hayag, Sol T.
Construction
Spouse: Flor



Kawashima, Hiroyuki
Medical Equipment Dist.
Spouse: Gina



Lavisores, Roland
Non-Life Insurance
Spouse: Neneng



Lim, Winston C.
Materials Handling Services
Spouse: Donna



Luga, Rossano C.
Light and Power Dist.
Spouse: Jojo



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Construction



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Gov't. Svc. Taxation
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Accounting Services
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Education Special: Boys Scouting
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Spouse: Nadeth

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