

REED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary



Vol. 56/No. 7
Nov. 9, 2021



East Davao
Rotary
Club



**SERVE TO
CHANGE LIVES**

Rotary Club of East Davao



Club Number : 17115
District : 3860
Charter Date: December 1, 1965
Charter President: Fernando Tecson
Meets every Tuesday at 6:30p.m. via [zoom](#)



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.) Food for the young Minds: FEEDING PROGRAM. 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.

5.) 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.

6.) 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. Joint with RC of Wakayanagi, Japan, Dr. Atsushi Sasaki and TRF.

7.) 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.

8.) 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.

9.) TRF MATCHING GRANT NO. 65912 COMMUNITY WATER STATION. A 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.

10.) TRF MATCHING GRANT NO. 71099 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.

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

12.) GLOBAL GRANT NO. 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.

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. This was born the Rotary Club of East Davao. Twenty-four (24) men signed as charter members, 10 of whom were from the sponsoring club, RC Davao. On December 1, 1965, the charter was officially presented in a historical ceremony at the Davao Insular Hotel, the venue of club meetings until 2007 when the club transferred its meetings to Marco Polo Hotel. Of the 56 Past Presidents of the Club, many were privileged to serve the District and RI in higher capacities, to wit:

DISTRICT GOVERNORS

- 1975-1976 **Salvador “Bading” Angala** - President RY 1970-71
- 1983-1984 **Honesto “Totoy” Cabarroguis** - President RY 1975-76
- 1989-1990 **Herminio “Hermie” Villano** - President RY 1979-80
- 1995-1996 **Reynaldo “Boy” Reyes** - President RY 1983-84
- 1999-2000 **Raoul E. Hilario+** - President RY 1989-90
- 2001-2002 **Ramon “Monet” Tirol+** - Charter President RC Central Davao RY 1975-1976
- 2020-2021 **Rodel Riezl “Riz” S. Reyes** - President RY 2005-06

- Through the years, RCED was responsible for chartering the following clubs:
- Rotary Club of Central Davao – August 25, 1975 with PDG Ramon Tirol a member of RCED as Charter President
- Rotary Club of Metro Tagum – April 11, 1990
- Rotary Club of Waling Waling Davao – January 22, 1992 the first All-Female Club in District 3860
- Rotary Club of Mati East – October 26, 2005

Through the years, the club has embarked on numerous community projects, i.e. donated artesian wells, school buildings, books, clothing's, scholarships, etc. beneficial to the less fortunate.

The signature project of the club is its extensive medical and dental missions in several remote areas in the whole Island of Mindanao. Through the TRF Matching Grants the club manufactured a Mobile Operating Van which is used during these missions with volunteer doctors and surgeons from the Maharlika Charity Foundation Inc. under the leadership of Past President Rizal D. Apotadera. A spin off of these medical missions we have also provided Ambulances for 2 provinces with the assistance of the Rotary Club of Wakayangi thru its active leader PAG Atsushi Sasaki.



55 years of Service Above Self

Another worthwhile project that has been going on for years is the college scholarship at the Holy Cross of Davao College / University of Southeastern Philippines funded by the Oikawa Scholarship Fund, San Josue Scholarship, AY Foundation and the club benevolent members. The scholars eventually become teachers and become agents to educate the growing populace in our communities. To date we have 30 successful graduates and now teaching in different schools here around the city.

Through the efforts of PDG Boy Reyes, PDG Raoul Hilario, and PP Mickey Miyake, match club arrangements with Japanese Clubs RC Wakayanagi, RC Funabashi West, RC Ishinomaki South and RC Funabashi West were arranged resulting to the annual exchange of goodwill visits and the flow of donations from Japan for our projects. An offshoot of these goodwill visits is the establishment of a short-term Youth Exchange where sons/daughters of our club members go to Japan on summer vacations and are hosted by our match clubs.

The club is a consistent supporter of The Rotary Foundation being the "100% All Paul Harris Club" having in its roster 8 Major Donors, 30 Multiple Paul Harris Fellows, 131 PHFs and 62 PHSMs. In recognition of the numerous club projects and services of its members, the club has been a consistent recipient of awards from RI.

The club is a recipient of the prestigious **RI Asia Pacific Presidential plaque** given by RI Pres. Frank Devlyn in a fitting ceremony in Manila. The Club was one of the top 10 clubs worldwide recognized as a recipient of the **Global Quest award** for membership growth in Zone 7. PP Mickey Miyake was awarded by RI the highest award to a Rotarian, the **RI Service Above Self Award** in 2004. Our Presidents and Club Secretaries have also been consistent awardees during DISTAS. Our club bulletin has been consistently recognized as the Most Outstanding Club Bulletin for a number of years.

The strength of the club lies in its membership mix and the members' passion for service. In its roster is an Englishman, an American, and three Japanese. For some time, the honorable consuls of Japan, Indonesia, and Malaysia were honorary members. The awards RCED received are challenges to do more for the community and mankind. The succeeding decades will surely find the **Rotary Club of East Davao** in the forefront of Rotary's motto of "Service Above Self" and the Implementation of the District Governor's and RI President's Challenges.

With these simple accomplishments, this has been the clubs gauge in keeping its goal to Serve Humanity. We changed the lives of several people in our community and remain to be inspired in Doing Good to the World.

ROTARY CLUB OF EAST DAVAO

"Life Changer Team"

Rotary Year 2021-2022



Cheldone I. Canes
President
RY 2021-2022



Jaime S. Sabino
President Elect
RY 2022-2023



Darwin T. Santos
President Nominee
RY 2023-2024



Rossano C. Luga
Imm. Past President
RY 2020-2021



Jesito V. Villamor
Secretary



Raphael E. Apolinario
Vice President Internal



Frederick A. Pelayo
Vice President External



Francis Rene L. Real
Treasurer



Ariel L. Cantil
Director - Club Administration



Karl Michael G. Reta
Director- Community Service



Hiroyuki Kawashima
Director - TRF



Paul Peter R. Dugal
Director- New Generations



Brian U. Toh
Director- Membership



Alvin M. Pinpin
Director - Public Relations



Manuel R. Nierra
Director - Ways and Means



Pres. Shekhar Mehta
President, Rotary Int'l. 2021-22



DG Anna Louisa A. Bumagat
District Governor, D3860



AG Myla P. Cocon-Agustin
Assistant Governor Area 2C

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 (1965-2021)



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



Rodiel Riezl Reyes
2005-2006



Virgilio Sojour
2006-2007



Efrén 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

Rossano Luga
2020-2021

ROTARY CLUB OF EAST DAVAO

Club No. 17115 District 3860, Davao City, Philippines

7TH REGULAR ZOOM WEEKLY MEETING

November 9, 2021, 6:30p.m. via Zoom

Programme

Call to Order

PRES. CHELDONE I. CANES

Turnover of Proceedings to the Master of Ceremonies

PP FRED YELINEK

Invocation

Honorary Member ESTHER DE JESUS

Philippine National Anthem

Rotary Hymn

AVP

Introduction of Visiting Rotarians and Guests

PE JAIME SABINO

Secretary's Time

SEC. JET VILLAMOR

Presidents Time

PRES. CHELDONE I. CANES

Club Assembly: INDUCTION OF NEW MEMBER

Charging Officer

PP ALVIN ORTEZA

Induction Officer

PDG RODEL RIEZL REYES

Brief Message: Newly Inducted Member

RTN. JOEL JUBAHIB

Adjournment

PRES. CHELDONE I. CANES

Attire: RED Shirt Jock

INVOCATION

Loving Father, thank You for blessing us with life, with peace and with constant faithfulness. May Your spirit refreshes and enlivens our entire person. Also fill every areas of our life with Your shining light, hope and strength.

Father, in all honesty, the daily responsibility and tasks both at home and at work, stretches our body and spirit beyond it's limit. We need Your support and motivation, encouragement and Your driving force. Likewise use us also that we maybe able to bring Your light to others specially the poor, hopeless and the despairing.

Because of the rarity of nurses due to resignations and seeking work abroad, we wish our government hire midwives to reduce deaths of mothers and infants specially during childbirths!

Thanks Father for the sufficient supplies of vaccine and the government is endeavoring swiftly on mass vaccination and praying the end of covid is nearing!!! We pray for those affected may they be restored to health! Protect those who care for them! Grant eternal rest to those who have died!

Father, we lovingly remembered our dearly departed last Nov 2! As long as the sun shines, the wind blows, the rain falls, our dearly departed will be on our side forever for that is all we feel and our heart knows!

Father, today we are inducting a new member. We welcome him wholeheartedly and hopefully share in our passion in our "Service Above Self" All these we pray in Jesus name . Amen



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Infopage

SEC. JET V. VILLAMOR
Club Secretary, RY 2021-2022



ATTENDANCE REPORT

Our Attendance for October 5, 2021

Present	16	Via Zoom
Make Up	05	(attended other Zoom Meetings/Club Activities)
Visiting Rotarians	00	
Guests	01	
Rotary Spouses	02	
Absent	28	
Percentage	43%	



Rotary  District 3860 | **END POLIO NOW**

Save the Date

**ROTARY DAYS OF SERVICE
END POLIO NOW
RIDE 2021
NOVEMBER 19-21, 2021
DETAILS TO FOLLOW**

10:50 AM

UPCOMING EVENTS *Mark Your Calendars*

Rotary  District 3860 |  SERVE TO CHANGE LIVES

SAVE THE DATE!

TRF AWARDS 2021:
Changing Lives Through Giving

NOVEMBER 13, 2021 | 3:00 P.M.



RCED
@ 56

December 1, 2021

Rotary   **PRESIDENTIAL CONFERENCE MANILA**

PROTECTING THE ENVIRONMENT | GROWING LOCAL ECONOMIES

EXPERIENCE ONLY THE BEST

NOVEMBER 26, 27, 28

VISIT OUR SITE www.rpc21.ph

REGISTER NOW



Up Close and Personal

RTN. JOEL ENAC JUBAHIB

New Club Member

PERSONAL DATA:

Nickname: "Weng"
 Place of Birth: Davao Oriental
 Birthdate: May 3, 1977
 Age: 44 years old
 Email Address: jubahibjoel@gmail.com
 Residence: Blk.5 lot 12, Le Jardin de Villa-Abrille, Maa, Davao City
 Spouse: Novie
 Birthdate: November 8, 1980
 Anniversary: August 28
 Children: Ken (14 years old) and Kyle (8 yrs. old)

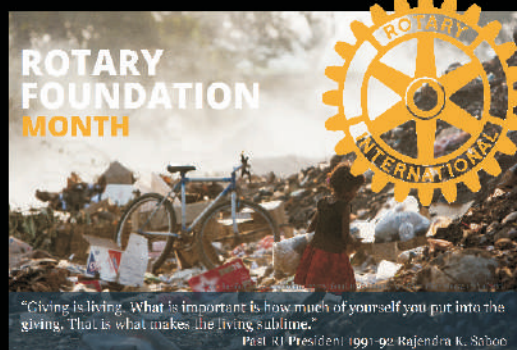
WORK EXPERIENCE:

1996 to 2002 TCGM, Salesman
 2002 to present Proprietor
 Ken and Kyle Beauty Products Trading
 Contact # 0917-714-9009

EDUCATIONAL BACKGROUND:

Elementary: E. Orenca Elementary School
 High School: Tibanban National High School
 College: University of Mindanao
 Course: Bachelor of Science in Accountancy

NOVEMBER IS



TAKE ACTION: www.rotary.org/give

REGISTER TODAY

AT.CONVENTION.ROTARY.ORG

Houston, Texas, USA
 4-8 June 2022



Regional Rotary
 Foundation Seminar
NOV 16, 23, 30

區域扶輪基金研習會
 11月 17, 24日
 12月 1日



2021 Singapore Rotary Institute

Rotary  **DEC 3, 4, 5**
 Zones 1B, 9, 10

REGISTER NOW

2021singaporerotaryinstitute.org

POV

POINT OF VIEW

VP RAPHAEL E. APOLINARIO VI

Editor in Chief, RED Chronicle



Wisdom from Sheikh Rashid...

The founder of Dubai, Sheikh Rashid, was asked about the future of his country, and he replied, "My grandfather rode a camel, my father rode a camel, I ride a Mercedes, my son rides a Land Rover, and my grandson is going to ride a Land Rover...but my great-grandson is going to have to ride a camel again."

Why is that, he was asked? And his reply was, "Hard times create strong men, strong men create easy times. Easy times create weak men, weak men create difficult times. Many will not understand it, but you have to raise warriors, not parasites."

And add to that the historical reality that all great empires...the Persians, the Trojans, the Egyptians, the Greeks, the Romans, and in later years, the British...all rose and perished within 240 years. They were not conquered by external enemies; they rotted from within.

America has now passed that 240-year mark, and the rot is starting to be visible and is accelerating. We are past the Mercedes and Land Rover Years....the camels are on the horizon.

My take: As a club (and as a nation), we must take heed... and learn. We need to make sure our we instill the value if work and service in our children and communities.

Service Above Self

Colors fade, temples
crumble, empires
fall, but wise words
endure.

Edward Thorndike

The world belongs to those
who can imagine it, design
it and execute it. ”

His Highness Sheikh Mohammed Bin Rashid Al Maktoum
Vice-President and Prime Minister of the UAE and Ruler of Dubai



MESSAGE

Shekhar Mehta

Rotary International President 2021-22

November 2021

“TRF: it is what connects all Rotarians worldwide and transforms our collective passions into projects that change lives.”

I first discovered the value of service when I saw how a few simple acts can immeasurably change lives. It began when I joined others in my club for a project to bring toilets and clean drinking water to rural villages near our city. It moved forward when we promoted sanitation and provided opportunities for education across the country, thanks to generous gifts from supporters who believed in our projects as much as those of us on the ground did.

There is no better time of the year to be reminded of that generosity than November, which is Rotary Foundation Month.

As the charitable arm of Rotary International, The Rotary Foundation is the engine that powers so many Rotary projects throughout the world. The Foundation transforms your gifts into projects that change lives. It is the Foundation that helps us to get closer to our goal of eradicating polio, to show more people how we promote peace through tangible actions, and to demonstrate the impact our projects have in our areas of focus.

Consider some recent projects that were made possible by the Foundation: The Rotary clubs of Guatemala La Reforma, Guatemala, and Calgary, Alberta, received an \$80,000 global grant to organize a comprehensive plan to train nurses and rural health care workers to prevent and treat cervical cancer and to implement a sustainable system of referrals in seven regions of Guatemala. More than two dozen hospitals in Honduras received personal protective equipment for their medical staff thanks to a \$169,347 global grant sponsored by the Rotary clubs of Villa Real de Tegucigalpa, Honduras, and Waldo Brookside-Kansas City, Missouri.

The Rotary clubs of Cotonou Le Nautile, Benin, and Tournai Haut-Escaut, Belgium, received a \$39,390 global grant to provide agricultural training at an ecologically responsible permaculture mini-farm connected to a center for children in Sowé, Benin. This will help a new generation of farmers become economically self-sufficient.

I like comparing The Rotary Foundation to the Taj Mahal, a monument of one man's love for a woman. The Foundation is a dynamic monument of our love for all of humanity.

This month I am asking all Rotary clubs to bring attention to the Foundation.

It is what connects all Rotarians worldwide and transforms our collective passions into projects that change lives. Visit rotary.org/donate; once there, you will have an opportunity to give directly to the program you're most passionate about.

Thank you for giving your all to Rotary. You are the reason that Rotary is able to do more and grow more. Let's continue to represent that important legacy this month, this year, and beyond as we *Serve to Change Lives*.

Bits & Pieces



Eating Fruit on Empty Stomach...

Dr. Stephen Maks

"It is one of the strategies to heal cancer. As of late, my success rate in curing cancer is about 80%."

"Cancer patients shouldn't die. The cure for cancer is already found - *its in the way we eat fruits."

"It is whether you believe it or not."

"I am sorry for the hundreds of cancer patients who die under the conventional treatments."

EATING FRUIT

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths.

It's not as easy as you think. It's important to know how and when to eat the fruits.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS!

FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH

If you eat fruits on empty stomach, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit.

The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so due to the bread taken before the fruit.

In the meantime the whole meal of bread & fruit rots and ferments and turns to acid.

The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals !

You have heard people complaining :

Every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc.. etc..

Actually all this will not arise if you eat the fruit on an empty stomach.

The fruit mixes with the putrefying of other food and produces gas and hence you will bloat !

Greying hair, loss of hair, balding, nervous outbursts and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter.

If you have mastered the correct way of eating fruits, you have the SECRET of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans, packs or bottles.

Don't even drink juice that has been heated up.

Don't eat cooked fruits because you don't get the nutrients at all.

You only get its taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice.

If you should drink the fresh fruit juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it.

You can go on a 3-day fruit fast to cleanse or detoxify your body.

Just eat fruits and drink fresh fruit juice throughout the 3 days.

And you will be surprised when your friends tell you how radiant you look !

KIWI fruit: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from

cancer-causing, blood vessel-clogging and free radicals.

ORANGE: Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system.

They are also a key source of lycopene the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.

Guava is also rich in fiber, which helps prevent constipation.

Papaya is rich in carotene; this is good for your eyes.

Drinking COLD water or drinks after a meal = CANCER

Can you believe this ?

For those who like to drink cold water or cold drinks, this article is applicable to you.

It is nice to have a cup of cold water or cold drinks after a meal.

However, the cold water or drinks will solidify the oily stuff that you have just eaten.

It will slow down the digestion.

Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food.

It will line the intestine.

Very soon, this will turn into FATS and lead to CANCER !

It is best to drink hot soup or warm water after a meal.

Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says: if everyone who gets this msg & share it to other people you can be sure that you'll save at least one life.



Presidents's Report

CHELDONE ILAO CANES

“Life Changer President”

October 2, 2021 Turnover of 11 Units of Laptop Computers to our Rotary Scholars. This project is under our Scholarship Program by providing necessary equipment that is much needed by our Scholar in taking their online/virtual classes.





Disease Prevention
and Treatment

October 12, 2021. Wellness Program for the Pediatric Cancer Patients. We formally turnover the Medical Equipments and Supplies to Southern Philippines Medical Center - Cancer Institute thru Dr. Mae Dolendo. Present during the turnover is our counterpart partner RC Waling Waling Davao duly represented by their incumbent Pres. Jaja Valderosa.





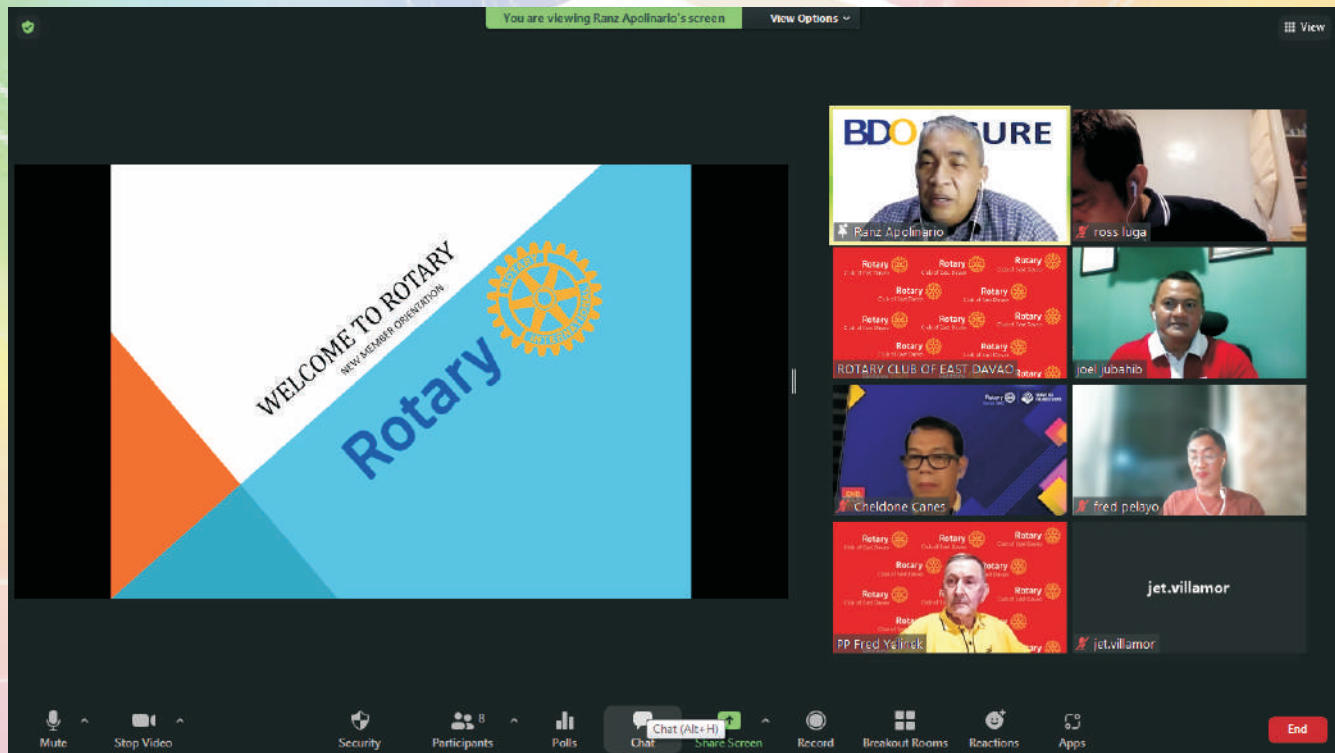
Disease Prevention
and Treatment

October 12, 2021. Wellness Program for the Pediatric Cancer Patients. We also formally turnover one Portable suction machine for patients with tracheostomy to the House of Hope (HOH). Conducted the site visit on the House of Hope Kitchen area where minor refurbishment (part of the grant) will be implemented.



ROTARY IN ACTION

October 15, 2021 Conducted a Fireside Chat / Orientation Zoom Meeting for One Prospective Member in the person of Mr. Joel Jubahib (sponsored by Pres. don Canes)...Special Thanks to our energetic Resource Speakers: VP Ranz Apolinario (Basics of Rotary/TRF), PP Fred Yelinek (RI and RCED History) and PP Ross Luga (Duties and Obligations)





Economic and
Community Development

October 19, 2021 Signing of Memorandum of Understanding with OBU-MANUVU INDIGENOUS CULTURAL COMMUNITES / Manuvu Unified Ancestral Domain Tribal Council of Elders/Leaders, Inc., be one of our PARTNERS IN SERVICE as ROTARY COMMUNITY CORPS: Obu Manuvu Tribe held at OMUADTCELI Center, Purok Ladian, Brgy. Marilog, Marilog District. Conducted as well Orientation to New members and Induction of RCC Officers...





Disease Prevention
and Treatment

AREA 2 ROTARY CLUBS COVID-19 VACCINATION PROGRAM (2nd Dosage) October 21-22, 2021, Thursday and Friday, Camp Mercedo, Buhangin, Davao City Rotary Areas of Focus: Disease Prevention & Treatment and Maternal & Child Health. A joint project of all Rotary Clubs in Area 2 Davao City, District 3860 Philippines
Partners in Service: City Government of Davao, Davao City Health Office and Philippine National Police PRO 11, Camp Quintin Mercedo, Buhangin, Davao City





Peace and Conflict
Prevention/Resolution

October 23, 2021 PEACE & CONFLICT PREVENTION PROJECT
Conducted a “Training on Financial Literacy” at (online and face to face)
Peterlou Resort, Sitio Balagbag, Barangay Malabog, Paquibato District,
Davao City. A joint project of Rotary Club of East Davao, Philippine
Institute of Certified Public Accountants - Davao Chapter (PICPA-Davao),
Davao City Peace 911, Office of the City Agriculturist and Brgy. Malabog



**SERVE TO
CHANGE LIVES**

PEACE & CONFLICT PREVENTION PROJECT “Training on Financial Literacy”

October 23, 2021

Peterlou Resort, Sitio Balagbag, Barangay Malabog, Paquibato District, Davao City

A joint ^{*}project of **Rotary Club of East Davao,**
Philippine Institute of Certified Public Accountants - Davao Chapter (PICPA-Davao),
Davao City Peace 911, Office of the City Agriculturist and Brgy. Malabog



ROTARY IN ACTION



Disease Prevention
and Treatment

Oct. 24, 2021 Participated in the District-wide "Rotary Days of Service"
One District, One Pink October Awareness Campaign
Care & Cure: Breast Cancer Forum initiated by RC Downtown Davao (via
online and face to face)



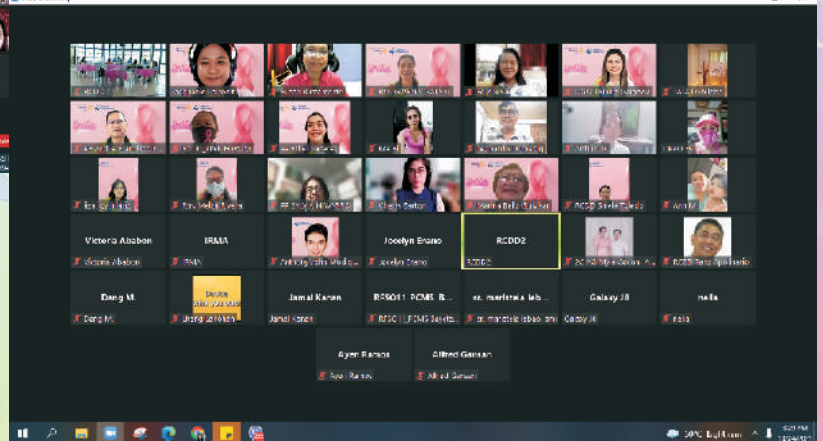
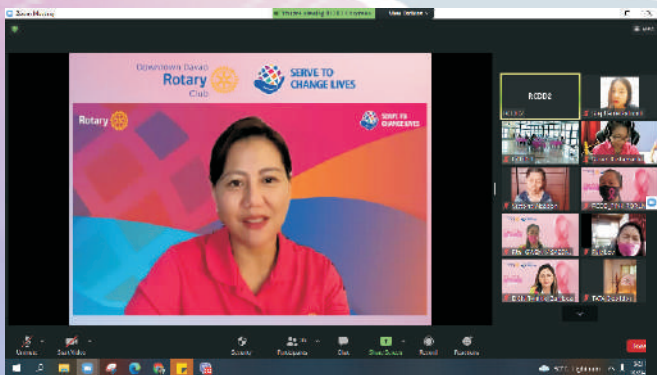
Downtown Davao
Rotary
Club

**SERVE TO
CHANGE LIVES**

Care & Cure:
**BREAST
CANCER**
Forum

October 24, 2021 | 12:00 | Sunday

Zoom ID: 778 607 1530
Passcode: RCDDPINK



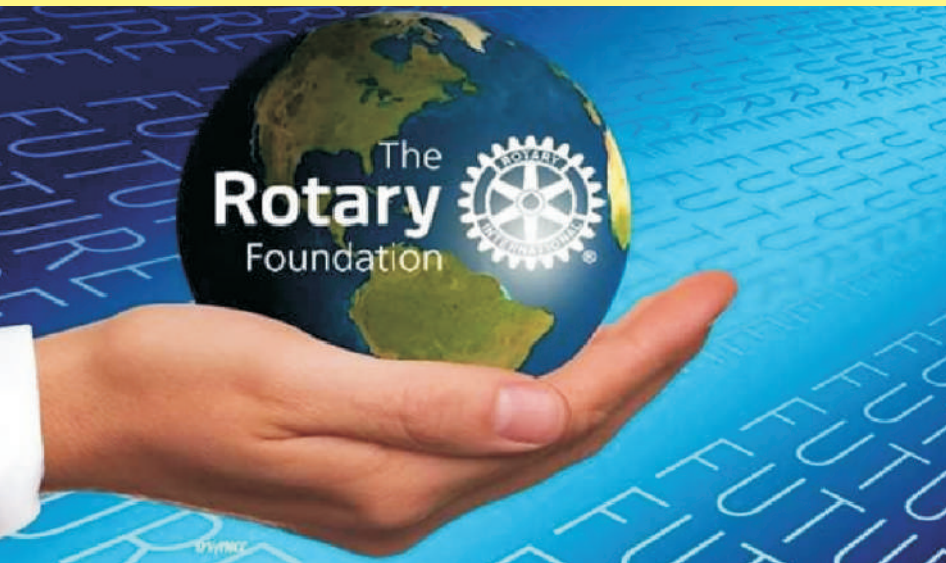
	<p>"Lord" Aguilar, Lord Eddie I. Accounting Service Academe Spouse:</p>		<p>"Pol" Alquiza, Apollo R. Unibanking Services Spouse: Mila</p>		<p>"Ariel" Aquino, Ariel Fish Food Product Distribution Spouse:</p>		<p>"Ranz" Apolinario, Raphael Basilio E. VI Non-Life Insurance Spouse: Raquel</p>
	<p>"Ruben" Bangayan, Ruben A. Appliance Distribution Spouse: Cathy</p>		<p>"Anton" Banzali, Anthony P. Civil Law Spouse: Jam</p>		<p>"Totoy" Cabarroguis, Honesto A. Civil Law Spouse: Clara</p>		<p>"Bebot" Cainong, Jovencio S. Real Estate Development Spouse:</p>
	<p>"Don" Canes, Cheldone I. General Merchandise Dist. Spouse: Lilian</p>		<p>"Patrick" Capili, Patrick S. Real Estate Development</p>		<p>"Eloy" Casauay, Cirilo N. Engineering: Electrical Spouse: Helen</p>		<p>"Ariel" Cantli, Ariel L. Engineering Spouse: April</p>
	<p>"Peter" Digal, Paul Peter R. Architecture Spouse: Aika</p>		<p>"Val" Dionisio, Valentino L. Truck Dealership Spouse: Cris</p>		<p>"David" Evans, David Samuel Chartered Quantity Surveyor Spouse: Elsa</p>		<p>"Oca" Escudero, Oscar M. Jr. Medical - Urology Spouse: Sharon</p>
	<p>"Ronnie" Go, Ronald C. Car Rentals Spouse: Kim</p>		<p>"Jamal" Kanan, Jamal Manpower Services</p>		<p>"Joel" Mubahib, Joel E. Beauty Products Distribution Spouse: Novie</p>		<p>"Hiro" Kawashima, Hiroyuki Medical Equipment Dist. Spouse: Gina</p>
	<p>"Idol" Lavisores, Roland Non-Life Insurance Spouse: Neneng</p>		<p>"Winston" Lim, Winston C. Materials Handling Services Spouse: Donna</p>		<p>"Ross" Luga, Rossano C. Light and Power Distribution Spouse: Jojo</p>		<p>"Mike" Mabagos, Michael A. Construction</p>
	<p>"Gio" Mata, Giovanni G. Law: Litigation Law Spouse: Sophia</p>		<p>"Datu Mande" Mande, Datu Rodolfo M. Tribal Management Spouse:</p>		<p>"Jonas" Mascarinas, Jonas O. Accounting Management Spouse:</p>		<p>"Mickey" Miyake, Hikaru S. Vegetable Export</p>
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			"Fred" Yelinek, Fred Martin Housing Construction Spouse: Lily		"Edwin" Zantua, Leo Edwin C. Non-Life Insurance Spouse: Nadeth		

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	"Oikawa" PP Kohachi Oikawa RC Ishinomaki South Miyagi, Japan RI District 2520		"Onodera" PP Koukichi Onodera RC Wakayanagi Miyagi, Japan District 2520		"Hasebe" PP Hideyuki Hasebe RC Ishinomaki South Miyagi, Japan RI District 2520		"Consul Miwa" Hon. Yoshiaki Miwa Consul General of Japanese Consulate Office in Davao City



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- PDG Raoul E. Hilario & Spouse Marilyn
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- PP Ronald C. Go MPHF +2
- Dir. Manuel R. Nierra MPHF +2
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- PP Fred Yelinek MPHF +1
- IPP Rossano C. Luga MPHF +1

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- Hon. Member Arthur O. Malatag
- Hon. Member PP Atsushi Sasaki
- Hon. Member Kohachi Oikawa
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- Rtn. Harold Thomas Kelleher MPHF +1
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- Rtn. William H. Luy Tan MPHF +1
- Rtn. Vicente W. Toh MPHF +1
- PP Dominador O. Cabrera MPHF +1
- Rtn. Vicente Toh MPHF +1

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- Charles Reginald D. Reyes
- Raymond D. Reyes
- Raphael D. Reyes
- Herminio C. Villano, Jr.
- Consortia SJ. Reyes
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- Spouse Elsa C. Echevarria
- Kelly Grace G. Yuste
- Pauline Grace G. Yuste
- Arsenio Emmanuel E. De Jesus
- Dominic Eligan E. De Jesus
- Jo Ann Carol de Jesus-Africa
- Johannah De Jesus
- Spouse Catherine Y. Bangayan
- Jan Harley Yu Bangayan
- Spouse Clara Y. Cabarroguis
- Spouse Maria Cristina B. Dionisio
- Ma. Crizabel B. Dionisio
- Rino Ezekiel B. Dionisio
- Spouse Natividad R. Fortich
- Natasha R. Fortich
- Roberto Julian R. Fortich
- Spouse Clara Cabarroguis
- Spouse Mila T. Alquiza
- Spouse Rosa Cabrera
- Spouse Alodia L. Sojor
- Spouse Concepcion G. Arrieta
- Spouse Flor B. Hayag
- Spouse Esther Luy Tan
- Spouse Jocelyn M. Luga
- Spouse Bernadette A. Zantua
- Spouse Angelina Bernas
- Spouse Carmencita Nierra
- Spouse Concepcion Orteza
- Spouse Lily O. Yelinek

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- PP Anthony P. Banzali
- PP Vito Oscar P. Paras
- PP Prudencio C. Tan, Jr.
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