

R E D C H R O N I C L E

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

Rotary



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March 15, 2022



PEACEBUILDING AND
CONFLICT PREVENTION

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-STOREY 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

14TH ZOOM MEETING

March 15, 2022, 6:30p.m. via Zoom

Programme

Call to Order

PRES. CHELDONE I. CANES

Turnover of Proceedings to the Master of Ceremonies

RTN. BEBOT CAINONG

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. JESITO VILLAMOR

Presidents Time

PRES. CHELDONE I. CANES

Introduction of Guest Speaker

VP FRED PELAYO

Message

LITO MONICO C. LORENZANA

Columnist, THE MANILA TIMES

Open Forum

Response

Giving of Certificate of Appreciation/Adjournment

PRES. CHELDONE I. CANES

Attire: RED Shirt Jock

INVOCATION

Almighty Father, You have been very generous to us, we thank You profoundly and we adore You!

Lord, we are in the midst of Lent, a time for renewal of our faith and sacrifice, a time to give up things or deprivation, a spiritual time for prayers, fasting and almsgiving specially for those who are in need!

Father, we don't have to be brilliant, rich, beautiful or perfect to make a difference in someone's life, we just have to care for them deeply! And also to love people not because of what we can in get from them but rather treat them as how we want others treat us also!

Lord, please put a stop to the war in Ukraine! The aggressors carved a deadly trail, there are so much suffering and displacement of people! Renew their strength and faith. Please please heal and keep them safe! We hug them with our prayers! The whole world is affected, Oh Lord!

Father, we just lost PP Sel Toledo and a dear member, Tony Villanueva, of our club. We pray for their eternal rest in Your Kingdom! We beg You Father to keep us healthy and strong!

All these we pray in Jesus name, Amen!



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Presidents' Report

CHELDONE ILAOG CANES

“Life Changer President”

The Rotary Foundation creates channel for direct humanitarian support in Ukraine region

In response to the deepening humanitarian crisis in Ukraine, The Rotary Foundation has created an official channel for donors around the world to contribute funds to support the relief efforts underway by Rotary districts and has designated its Disaster Response Fund as the main avenue for contributions.

To this end, The Rotary Foundation has approved:

★ Now through 30 June 2022, designated Rotary districts that border Ukraine and the Rotary district in Ukraine may apply for grants of up to \$50,000 each from the Disaster Response Fund. These expedited disaster response grants can be used to provide relief to refugees or other victims of the crisis including items such as water, food, shelter, medicine and clothing.

★ During this same period, other impacted Rotary districts that wish to offer support to refugees or other victims of the crisis in their district can apply for \$25,000 grants from the Disaster Response Fund.

★ Now through 30 April 2022, Rotary districts can transfer unallocated District Designated Funds (DDF) to support the Disaster Response Fund, directly supporting these Ukraine-specific humanitarian grants.

★ Contributions to the Disaster Relief Fund in support of Ukraine can be made here. All funds need to be received into the Disaster Response Fund by 30 April 2022 in order to qualify for use in support of the Ukrainian relief efforts.

★ Although the Disaster Response Fund will be the main avenue for Rotary Foundation support, Rotary and Rotaract clubs are also encouraged to create their own responses to the humanitarian crisis in Ukraine.

In addition to support provided through the Disaster Response Fund, the Foundation is coordinating with partners and regional leaders, exploring effective solutions to the increased humanitarian needs.

★ We are in contact with the United Nations High Commission on Refugees – USA to prepare for and respond to the needs of those being displaced in Ukraine and to neighboring countries.

★ ShelterBox, our project partner for disaster response, is in communication with Rotary members in Eastern Europe to explore how it may offer support with temporary transitional housing and other essential supplies.

★ The Rotary Action Group for Refugees, Forced Displacement, and Migration is also mobilizing its resources to assist in this crisis.

More than 2 million people have fled Ukraine and are in dire need of emergency aid. The United Nations estimates that number could grow to as many as 5 million people displaced. Rotary clubs in Europe and around the world have stepped up their relief work, some working on the ground to help displaced families.

We will continue to monitor the situation in Ukraine and neighboring countries. Visit My Rotary and follow Rotary on social media to stay updated on how clubs can get involved and what actions Rotary members have taken and the impact it has had for people in the region.

For all other questions and to obtain more information, please contact the Rotary Support Center at rotarysupportcenter@rotary.org.





Infopage

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

ATTENDANCE REPORT

Our Attendance for March 1, 2022

Present	24	Via Zoom
Make Up	05	(attended other Zoom Meetings/Club Activities)
Visiting Rotarians	01	
Guests	03	
Rotary Spouses	01	
Absent	63%	



Mark Your Calendars

UPCOMING EVENTS



RYLA 2022: Together, We C.A.N.

(Collaborate, Adapt, Navigate)
Date: March 26-27, 2022
(Sat. & Sun.) | Via Zoom
Time: 1:00 P.M. - 5:00 P.M.

Hosted by Rotary Club of WalingWaling Davao
Rotaract Club of Waling Waling Davao



PETS-SETS

PRESIDENTS-ELECT & SECRETARIES-ELECT TRAINING SEMINAR (MINDANAO)

March 18-19, 2022 | Roadway Inn, Davao City and via Zoom Meetings



Save the Date! DISCON

2022
Ormoc City
May 27-28, 2022



REGISTER TODAY

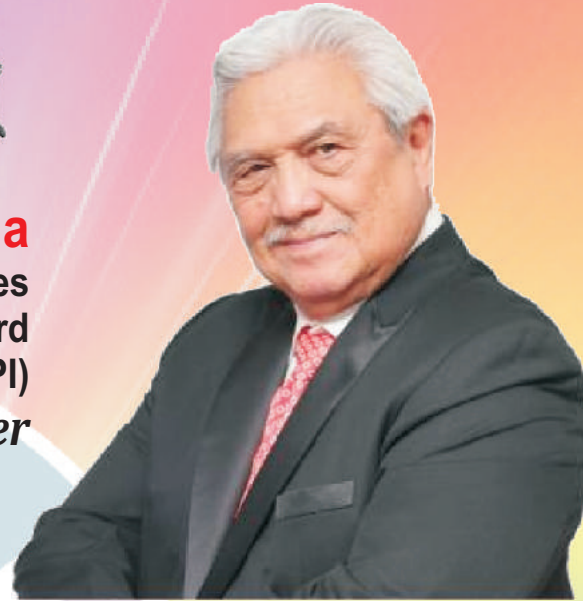
AT CONVENTION.ROTARY.ORG

Houston, Texas, USA
4-8 June 2022





Lito Monico. C. Lorenzana
Columnist, Manila Times
President and Chairman of the Board
Centrist Democracy Political Institute (CDPI)
Guest of Honor and Speaker



Lorenzana served under four Philippine Presidents in various capacities as a member of the Cabinet and several Commissions. He has wide experience in the fields of government, politics, and business; particularly in power, electrification, natural resources, agricultural sector, and cement distribution; either as board member or operating executive.

In 1982, with Davao and Cagayan de Oro politicians, and along with Aquilino 'Nene' Pimentel, they co-founded the *PDP Laban*. In 2009, Lorenzana established the *Centrist Democracy Political Institute* (CDPI), a political non-profit organization in partnership with the Konrad-Adenauer-Stiftung (KAS), a German political foundation that promotes political education initiatives world-wide.

He was one of the prime movers of the Citizens Movement for Federal Philippines (CMFP). He is also a co-founder of the Centrist Democratic Movement (CDM) which transitioned in 2012 into a national ideological political party, the Centrist Democratic Party (CDP) where he is currently Chairman Emeritus.

Lorenzana has written tracts and pamphlets relating to his key advocacies. He authored the "*Fellowship of the 300*", a book unfolding the fundamentals of Centrist Democracy worldwide and in the Philippines. He has published articles and papers on Parliamentary-Federal System of Government and Social Market Economy; and writes a weekly column in *THE MANILA TIMES* tackling socio-economic and political issues, centrist

principles and other concepts on good governance. He has given hundreds of lectures and presentations on transformative leadership, concepts on socio-political and economic reform, and youth development throughout the Philippines and in other parts of Asia.

He was for a time a consultant here and abroad for multi-laterals in organizational and institutional development and in project development and acquisition for firms in Argentina and in the United States.

He acquired his bachelor's degree at the Ateneo de Davao University in 1965 and was the President of the Student Catholic Action (SCA). He is a graduate of a master's degree in Public Administration (M/C MPA) at Harvard University and was president of the Philippine Alumni Association Harvard University - John F. Kennedy School of Government (KSG).

In 1980, Lorenzana along with four others were recipients of a Group Study Exchange Program (GSE) by *The Rotary Club of East Davao*, during the Governorship of Atty. 'Totoy' Cabarroguis.

A native Davaoeño, he grew up in Calinan. He is married to Sylvia Calma, and a father to Lara Miranda Lorenzana-Kolling, a practitioner in the field of financial technology (Fintech) and Carlo Lorenzana, a restaurateur (*La Cabrera, Bar Pintxos, Txoko*, etc.). He has six grandchildren: three Americans and three native born Filipinos.

POV

POINT OF VIEW

VP RAPHAEL E. APOLINARIO VI

Editor in Chief, RED Chronicle



WANTING IT ALL...

Allow me to share with you 2 stories with almost the same lesson:

A. "A man walked to the top of a hill to talk to God.
The man asked, 'God, what's a million years to you?' and God said, 'A minute.'
Then the man asked, 'Well, what's a million dollars to you?' and God said, 'A penny.'
Then the man asked, 'God.....can I have a penny?' and God said, 'Sure... in a minute.'

B. "It was an incredibly hot day and a lion was feeling very hungry.
He crawled out of his den and searched here and there, but he could only find a small hare. He caught the hare, but with some hesitation as he knew the hare wouldn't fill him up.

As the lion was about to kill the hare, he spotted a deer coming his way and thought, 'Instead of eating this small hare, let me eat that big deer.'
So he let the hare go and went after the deer, but it vanished in the forest. The lion now had nothing to eat as the hare was also long gone."

Our Take: You are not going to get anything handed to you... & Do not get too greedy.

TALENTS...

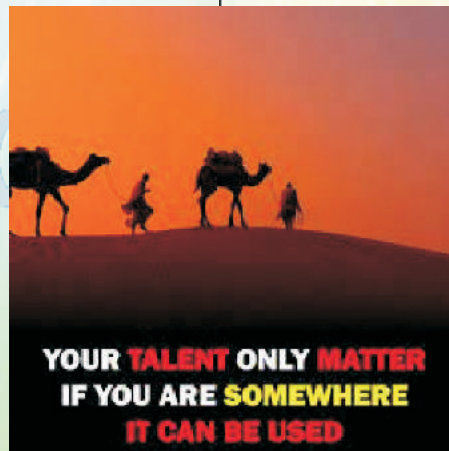
"A mother and a baby camel were lying around under a tree.
Then the baby camel asked, 'Why do camels have humps?'
The mother camel considered this and said, 'We are desert animals so we have the humps to store water so we can survive with very little water.'
The baby camel thought for a moment then said, 'Ok...why are our legs long and our feet rounded?'
The mama replied, 'They are meant for walking in the desert.'

The baby paused. After a beat, the camel asked, 'Why are our eyelashes long? Sometimes they get in my way.'
The mama responded, 'Those long thick eyelashes protect your eyes from the desert sand when it blows in the wind.'

The baby thought and thought. Then he said, 'I see. So the hump is to store water when we are in the desert, the legs are for walking through the desert and these eye lashes protect my eyes from the desert then why in the Zoo?'"

Our take: Your talent only matters if you are somewhere it can be used

SERVICE ABOVE SELF



Bits & Pieces



How to remove Uric Acid Crystallization in joints... www.herbsandinfo.com

It's common to hear complaints of joint pain and difficulty walking as a person ages. But why do you think this happens? In the area where the joint meets the socket, there is fluid called **synovial fluid** to cushion the bones; this fluid lessens with age. Without synovial fluid to cushion joint movement, the bone can damage the tissue surrounding it, causing pain and inflammation. This condition is typically called arthritis. But did you know that another cause of arthritis is a problem with the production of uric acid crystals?

The Link Between The Thyroid and Uric Acid Levels

The thyroid is a small, butterfly-shaped organ found in the neck. It is part of the body's **endocrine system** – which is responsible for the production and regulation of hormones in the body. The thyroid specifically produces hormones that regulate growth and metabolism, which explains why thyroid problems often affect a person's weight and energy levels. But the hormones produced by the thyroid also regulate the amount of uric acid found in the blood.

In **hypothyroidism**, the kidneys don't excrete uric acid adequately, leading to their build-up in the joints as crystals. In hyperthyroidism, the body converts purines to uric acid too fast, leading to build-up in the joints as well. These crystals damage the tissues in the joint, which causes pain during movement. Prolonged damage to the tissue can cause repeated inflammation and eventual scarring, causing poor mobility to complete immobility.

Can An Alkaline Diet Help?

To counteract the high uric acid levels in the blood, *alkalinization therapy* is

often part of the medical management of gout. But can an alkaline diet work just as well? It has long been debated whether or not alkaline diets have health benefits or is just a passing fad, with counterarguments stating that the body's pH is maintained at a very constant level despite the acidity of the food being consumed. However, it goes deeper than this: A recent study in 2010 published in the Nutrition Journal by Kanbara, A., et. al. revealed that **an alkaline diet can cause an increase in uric acid excretion through the urine**. On the other hand, acidic diets suppress uric acid excretion in the urine.

This study strongly suggests that by adjusting the diet to include alkaline food, it can promote the removal of uric acid in the blood^[5], which implies hope for the removal of formed uric acid crystals in the joints. However, recent research on the favorable effects of dietary modification that specifically targets uric acid crystals in gouty arthritis has yet to be published (the most recent study was in 1959!)

Eating More Alkaline Food

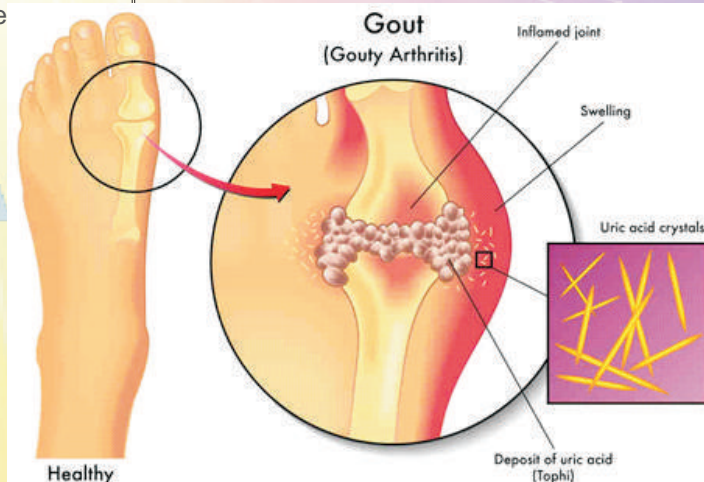
An alkaline diet is typically high in vegetable and legume intake – food that has high pH or low acid content. An alkali diet can include the following food products¹:

- Rye bread
- Tofu
- Okra
- Green soybeans
- Carrots
- Green, leafy vegetables
- Tomato
- Red and yellow pepper
- Pumpkin
- Green onion
- Cucumber
- Cabbage

- Lettuce
- Garlic
- Dried seaweed
- Olive oil

Note also how the typical acidic or acid-forming diet contains high levels of sugars, processed foods, bread and meat. Another interesting anomaly here is lemons. Lemons are very acidic yet are considered by proponents of this system to be alkaline forming.

Different studies have shown **how beneficial alkaline therapy and alkaline diets** can significantly reduce the levels of uric acid in the blood, which paves the way for research on their effects on uric acid crystals. Can you believe that simply tweaking your diet to include more greens and other fruits and vegetables and help reduce the symptoms of gouty arthritis? Medical research indicates that this idea has potential. Surely we have reached the point where “we have the technology”: We can analyze these ideas using metadata and large numbers of people in order to arrive at solid conclusions.



MESSAGE

Shekhar Mehta

Rotary International President 2021-22

March 2022

*...our focus on Empowering
Girls is such vital work...*

We have overcome so many challenges these past two years and changed numerous lives. It brings me great joy that we have worked so hard this year to grow Rotary through the Each One, Bring One initiative. The result has been excellent growth in membership. Let us keep up the momentum. I am happy that you have put a spotlight on all we do by organizing projects around the world in our Rotary Days of Service. The future looks brighter than ever for Rotary and our 1.4 million members.

On 11 March 2020, the World Health Organization declared that COVID-19 constituted a pandemic, and two years later it is important that we continue to draw on our expertise in our disease prevention and treatment area of focus to help people worldwide cope with the continuing challenges. The pandemic continues to defy all expectations, but we cannot be frozen in fear. Our work is too important. It is also important that we make time for each other, and I urge you to register for the upcoming 2022 Rotary International Convention in Houston. It is a great way for all of us to safely celebrate Rotary service.

We can continue to build hope and spread peace in the world by using our resources to help the most vulnerable and keeping our faith in the future. The pandemic has had an especially devastating impact on girls worldwide. On the first anniversary of the pandemic, Henrietta Fore, the executive director of UNICEF, said that “immediate action is needed to mitigate the toll on girls and their families.” This need, unfortunately, remains just as strong a year later.

The ripples of the pandemic have affected girls in unique ways — stunting their educational attainment, weakening their job prospects, and contributing to other terrible results such as child marriages and increased human trafficking.

Data from UNICEF reveals why our action is so essential. In the 2010s, important progress was made toward eliminating the practice of child marriage, and UNICEF estimates that 25 million such marriages were averted worldwide. Unfortunately, the pandemic reversed those positive trends, and as a result an additional 10 million girls are vulnerable to becoming child brides by the end of this decade.

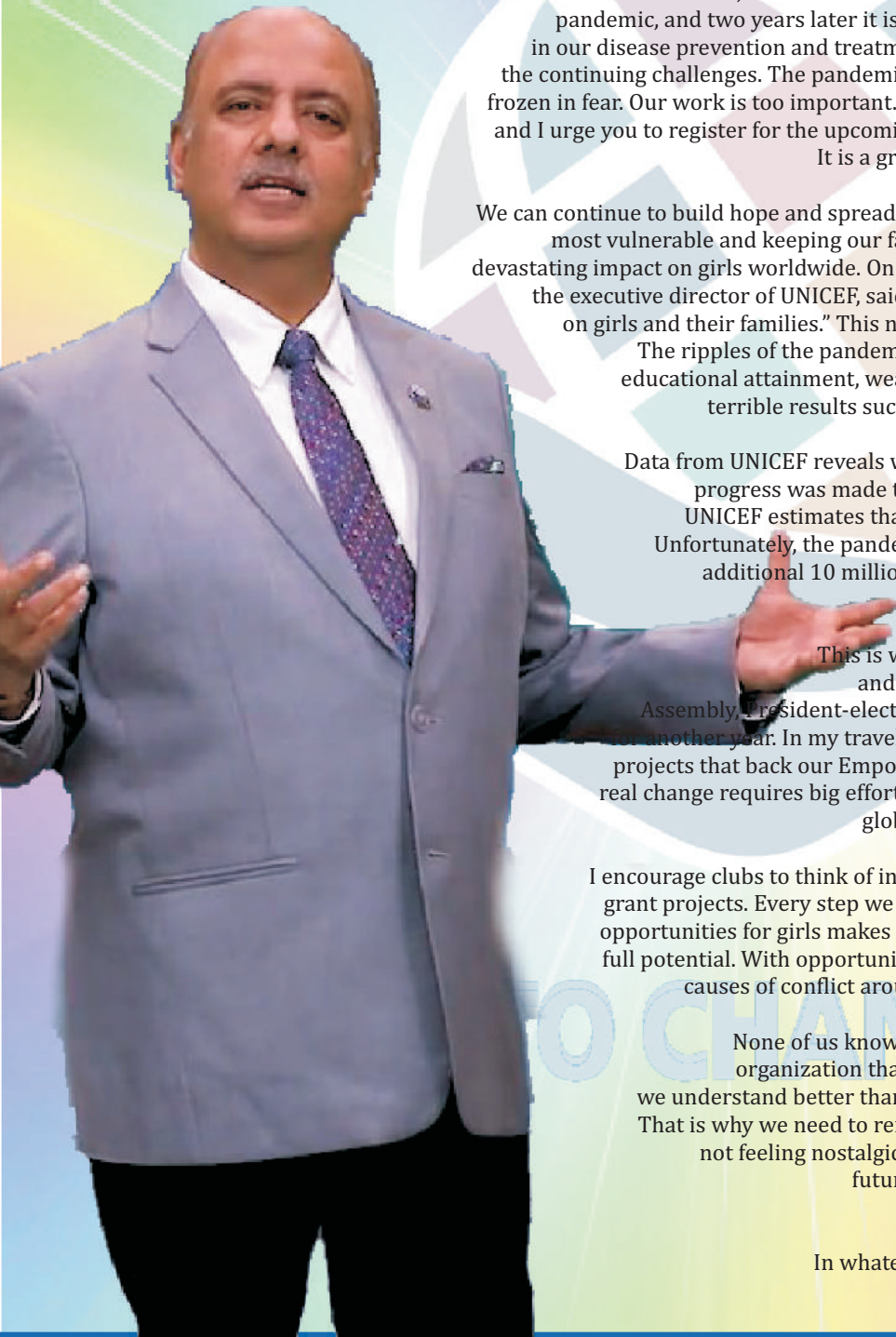
This is why our focus on Empowering Girls is such vital work, and I am delighted that at this year’s virtual International Assembly, President-elect Jennifer Jones committed to continuing this initiative for another year. In my travels, I have witnessed many wonderful examples of club projects that back our Empowering Girls goals. But all Rotary members know that real change requires big efforts sustained over many years. This is the power of our global grants and actions taken within our areas of focus.

I encourage clubs to think of innovative ways to empower girls when designing their grant projects. Every step we take to improve education, health care, and economic opportunities for girls makes an important difference in helping them achieve their full potential. With opportunity we create hope, and with hope we address the root causes of conflict around the world, setting the stage for sustainable peace.

None of us know how long the COVID-19 virus will linger — and as an organization that has worked tirelessly for decades to eradicate polio, we understand better than most the difficult work that lies ahead for the world. That is why we need to remain focused on the future and on what is possible — not feeling nostalgic for the way our lives were, but looking hopefully to a future that uses this opportunity to Serve to Change Lives.

I look forward to continuing this good work with you.

In whatever we do, remember that we must push ourselves to grow more, do more as we Serve to Change Lives.



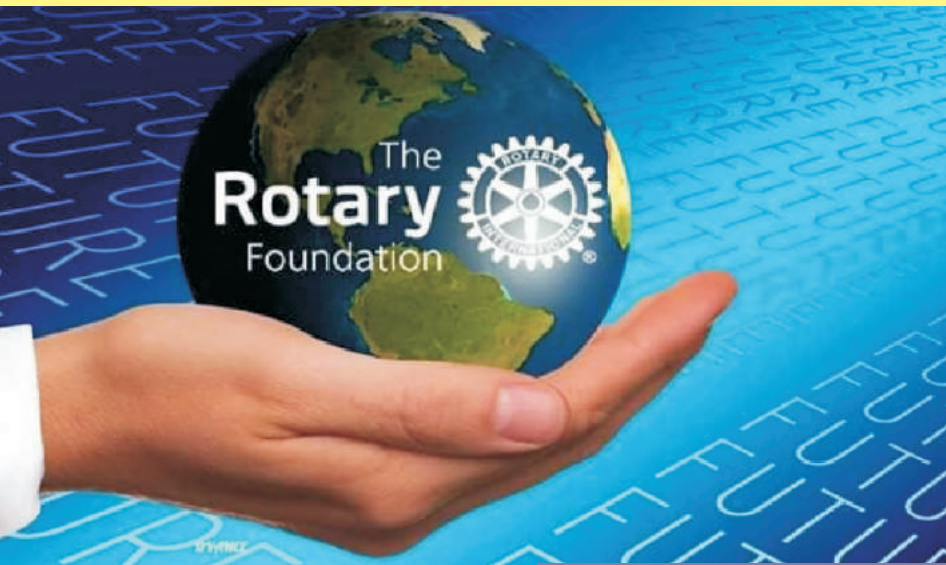
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