

REED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

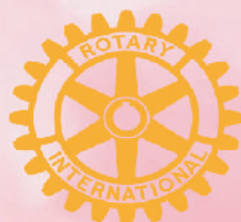
Rotary



Vol. 57 / No. 02
July 19, 2022



East Davao
Rotary
Club



IMAGINE
ROTARY

Rotary Club of East Davao



Club Number : 17115

District : 3860

Charter Date: December 1, 1965

Charter President: Fernando Tecson

Meets every Tuesday at 12:00noon



1.) TWO (2) BED EYE SURGICAL MOBILE VAN "Dapitan" of Maharlika Charity Foundation, Inc. Matching Grant / World Community Service. A Joint project with RC Wakayanagi, RC Funabashi West, District 2520 Iwate Miyagi, Japan and District 2790 Chiba, Japan and PAG Atsushi Sasaki, M.D. **Project Cost: P6M**

2.) 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: P5M**

3.) TRF MATCHING GRANT NO. 65912 COMMUNITY WATER STATION. Provided a water purifier and accessories, reservoir, polyethylene pipes and to install a distribution network to residents (2,000) of Brgy. Caliclic, Island Garden City of Samal. Joint project with RC Wakayanagi and Dr. Atsushi Sasaki. This is rehabilitated in RY 2018-19. **Project Cost: P1.1M / Rehabilitation Cost: .5M**

4.) GLOBAL GRANT #2092854 Renovation / Rehabilitation of Brgy. Vicente Hizon Sr. Health Center (Satellite Office) Rehabilitating the fully dilapidated satellite health center building, provide the necessary medical equipment and furniture to make the center operational for Maternity and Child health care as well as provide Training on Maternal, pre and post-natal

Health Aid AND High Risk Pregnancies for Health Service Providers. A Joint Project with Rotary Club of Daejeon, 3680, Korea. **Project Cost: P1.6M**

5.) TRF MATCHING GRANT NO. 71099 AMBULANCE PROJECT. A brand new ambulance fitted with first aid and emergency medical facilities unit. Turned over to the people of San Isidro, a municipality of Davao Oriental. A joint project with RC Wakayanagi, District 2520, Japan. **Project Cost: P1.2M**

6.) WORLD COMMUNITY SERVICE PROJECT. Ambulance donation to Brgy. Mintal from Rotary Club Wakayanagi and Dr. Atsushi Sasaki. **Project Cost: P1.2M**

7.) RCED-OIKAWA SCHOLARSHIP PROGRAM. A college scholarship grant for Education Course funded by philanthropic Japanese Rotarians of the RC Ishinomaki South, 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. From its inception, the program is proud to have produced **34 graduates.**

8.) 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 six Public Elementary Schools giving free healthy daily meals for severely nourished children.

9.) Provide new laptops computers to our 11 Rotary Scholars.

10.) A "Water System" at Kapatagan, Davao del Sur. TRF MATCHING GRANT PROJECT with RC Wakayanagi, Japan. The project benefits more than 300 families in Sitio Terril & Ranu, Kapatagan. **Project Cost: 1.2M**

11.) OPERATION SAGIP MATA PROJECT. Turned over a Topcon OMS-90 Operation Microscope and other cataract surgical instruments to the Davao Medical Center Ophthalmology Department. Joint with RC of Wakayanagi, Japan, Dr. Atsushi Sasaki. **Project Cost: P700T**

12.) TWO-STORY TWO-CLASSROOM SCHOOL BUILDINGS as a "Centennial Project" at Sasa Elementary School. A World Community Service Project with District 2790 Chiba, Japan, RC Wakayanagi, RC Ishinomaki South, RC Funabashi West and PAG Atsushi Sasaki, M.D., of RC Wakayanagi, Japan and District 2520 Iwate Miyagi, Japan. **Project Cost: P600T**

13.) MOBILE EMERGENCY DISASTER RESCUE EQUIPMENT. Matching Grant / WCS Project with 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 to Philippine National Red Cross - Davao Chapter. **Project Cost: P800T**

14.) 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.

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. Thus 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.



56 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

“Imaginative Team”

Rotary Year 2022-2023



Jaime S. Sabino
 President
 RY 2022-2023



Darwin T. Santos
 President Elect
 RY 2023-2024



Frederick A. Pelayo
 President Nominee Designate
 RY 2024-2025



Cheldone I. Canes
 Imm. Past President
 RY 2021-2022



Joel E. Jubahib
 Secretary



Jesito V. Villamor
 Vice President External



Alvin M. Pinpin
 Vice President Internal



Dexter L. Ng
 Treasurer



Ariel L. Cantil
 Director - Club Administration



Karl Michael G. Reta
 Director- New Generations



Hiroyuki Kawashima
 Director - TRF



Paul Peter R. Digal
 Director- Ways & Means



Cirilo N. Casauay
 Director- Community



Raphael E. Apolinario
 Director - Public Relations



Winston C. Lim
 Director - Membership



AG Jose Fortunato F. Uy
 Assistant Governor Area 2C



DG Lilo I. Alino
 District Governor, D3860



Pres. Jennifer Jones
 President, Rotary International

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 (1965-2022)



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 Uybcob†
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



Rossano Luga
2020-2021



Cheldone Canes
2021-2022

East Davao
Rotary
 Club



Club No. 17115 District 3860, Davao City, Philippines
2ND REGULAR LUNCHEON MEETING
 July 419, 2022, 12:00noon Roadway Inn (hybrid)/ Zoom

Programme



Call to Order
PRES. JAIME SABINO

Turnover of Proceedings to the Master of Ceremonies
PP ROSSANO LUGA

Invocation
Honorary Member ESTHER DE JESUS

Philippine National Anthem
Rotary Hymn
AVP

Introduction of Visiting Rotarians and Guests
PE DARWIN SANTOS

Secretary's Time
SEC. JOEL JUBAHIB

Presidents Time
PRES. JAIME SABINO

Introduction of Guest of Honor and Speaker
PP ROSSANO LUGA

Guest Speaker
MS. JANE ECHAURE
 Operations Specialist, Reputation and Stakeholders Mgt.
 Therma South, Inc., AboitizPower

Open Forum

Giving of Certificate of Appreciation and Adjournment
PRES. JAIME SABINO

INVOCATION

Blessed Heavenly Father, we entrust in Your hands all those who have been diagnosed with cancer and those who are already suffering from it, as well as those who suffer the consequences of chemotherapy. Touch them and give them your healing and their health and also Lord Covid infection is rampant again and they even say this is more deadly than the initial variant! Please put a stop on it's spread, so much expenditures and difficulties have been incurred to all!

Father just a couple of days ago we lost again a valuable and a close friend to this dreaded disease-Cancer!

Father, we know that prayer doesn't just happen when we kneel or put our hands together, focus and expect things from You. Thinking positive and wishing good for others is our prayer. When we cook something to nourish our family and friends, when we send off our near and dear ones and say, drive safely or be safe, when we are helping someone in need by giving our time and energy, when we forgive, those are our prayers. Prayer is a vibration, a feeling, a thought, the voice of love, friendship, genuine relationship and also an expression of our silent being!

Our Lord, we beg You to keep us healthy and to be concious all the time to take care of our selves and to be able to fulfill 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 July 5, 2022 - 1st Regular Luncheon Meeting



Present	18
Make Up	08(attended other Meetings/Club Activities)
Visiting Rotarians	00
Guests	01
Rotary Spouses	01
Absent	17
Total Percentage	60%



Mark Your Calendars
UPCOMING EVENTS

Rotary  **IMAGINE ROTARY**

Distribution of Medical Kits

Rotary International Global Grant No. 1640035


In partnership with

Rotary Club of Adelaide and Rotary Club of Prospect, RI District 9500, Australia

Rotary Club of East Davao and Rotary Club of Walling Walling Davao, RI District 3860, Philippines

DMSF - Institute of Primary Health Care

August 17, 2022 (Tuesday) Distribution of Medical Kits
 Sitio Balite, Marilog District
 Assembly: Roadway Inn at 8:00am
 Attire: any RED shirt

Rotary District 3860  **IMAGINE ROTARY**

PUBLIC IMAGE Seminar 2022

Building Your Rotary Branding Through Multimedia

Host Club: Rotary Club of Downtown Davao
 August 6, 2022 * 8AM to 5PM
 The Ritz Garden Oases
 Assessment Fee: P 2,500

END POLIO NOW

East Davao Rotary Club  **IMAGINE ROTARY**  **Rotary Community Corps Obu-Manuvu Tribe**

Turnover Ceremony Newly Rehabilitated Tribal Community Center and Presentation of RCC Certificate

August 6, 2022 Purok Ladian, Marilog District, Davao City

Funded by: Rotary International District 3860 District Grant Project

For the benefit of: Obu - Manuvu Tribe, Davao City

Wakayanagi Rotary Club  **East Davao Rotary Club**  **IMAGINE ROTARY**

Turnover of Donation IMACs, Macbook Air Laptops and Pianicas / Fund for Maruyama Library

Rotary International World Community Service
 July 26, 2022

In partnership with: Rotary Club of Wakayanagi, RI District 2520, Miyagi, Japan

For the benefit of: Mintal Elementary School



POINT OF VIEW

VP RAPHAEL E. APOLINARIO VI

Editor in Chief, RED Chronicle

The Struggles of Our Life

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it.

She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire.

Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter.

The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners.

He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked. "Daughter, what do you see?"

"Potatoes, eggs and coffee," she hastily replied.

"Look closer" he said, "and touch the potatoes." She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.



Which One Are You

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which one are you?" he asked his daughter.

"When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

Moral of the story:

In life, things happen around us, things happen to us, but the only thing that truly matters is how you choose to react to it and what you make out of it. Life is all about leaning, adopting and converting all the struggles that we experience into something positive.

Let's get to know more our Rotary International President...

Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has been nominated to become Rotary International's president for 2022-23, a groundbreaking selection that will make her the first woman to hold that office in the organization's 115-year history.

Jones will officially become president-nominee on 1 October if no other candidates challenge her.

Jones says she sees Rotary's Action Plan as a catalyst for increasing Rotary's impact.

"As we reflect upon our new strategic priorities, we could have never envisioned that our ability to adapt would become our North Star during what is inarguably the most profound time in recent history," Jones said in her vision statement. "Silver linings rise out of the most challenging circumstances. Using metric-driven goals, I will harness this historic landscape to innovate, educate, and communicate opportunities that reflect today's reality."

As the first woman to be nominated to be president, Jones understands how important it is to follow through on Rotary's Diversity, Equity, and Inclusion (DEI) Statement. "I believe that diversity, equity, and inclusion ... begins at the top and for us to realize growth in female membership and members under the age of forty — these demographics need to see their own reflection in leadership," Jones said. "I will champion double-digit growth in both categories while never losing sight of our entire family."

Jones is founder and president of Media Street Productions Inc., an award-winning media company in Windsor. She was chair of the board of governors of the University of Windsor and chair of the Windsor-Essex Regional Chamber of Commerce. She has been recognized for her service with the YMCA Peace Medallion, the Queen's Diamond Jubilee Medal, and Wayne State University's Peacemaker of the Year Award, a first for a Canadian. Jones holds a Doctor of Laws (LL.D.).

A current Rotary Foundation trustee, Jones has been a Rotary member since 1997 and has served Rotary as RI vice president, director, training leader, committee chair, moderator, and district governor. She played a lead role in Rotary's rebranding effort by serving as chair of the Strengthening Rotary's Advisory Group. She is the co-chair of the End Polio Now Countdown to History Campaign Committee, which aims to raise \$150 million for polio eradication efforts.

Jones recently led the successful #RotaryResponds telethon, which raised critical funds for COVID-19 relief and was viewed by more than 65,000. Jones has also received Rotary International's Service Above Self Award and The Rotary Foundation Citation for Meritorious Service. She and her husband, Nick Krayacich, are members of The Rotary Foundation's Arch Klumph Society, Paul Harris Society, and the Bequest Society.





Presidents's Report

JAIME S. SABINO

“ImaginativePresident”



**Disease Prevention
 and Treatment**

July 12, 2022 Distribution of Medical Kits to Brgy. Caliclic, Island Garden of Samala area under Global Grant No. I640035 ...A joint project with RC Adelaide, RC Prospect, RI District 9500 Australia, RC Waling Waling Davao Davao and Rotary Club of East Davao, RI District 3860 Philippines in partnership with Davao Medical School Foundation, Inc. - Institute of Primary Health Care



July 14, 2022 Participated in the Area 2 Joint Meeting hosted by RC Davao with Sen. Imee Romualdez Marcos as the Guest of Honor and Speaker...



July 14, 2022 Attended the Area Coordination Meeting



July 15, 2022 Conducted a fireside chat / orientation meeting for one prospective member. Special thanks for the resource speakers PDG Boy Reyes, PP Ross, and yours truly.. Present during the meeting are Dir. Winston Lim (our membership director). Dir. Ranz Apolinario and Sec. Joel Jubahib...



Attended the final burial of late member Rtn. Sol Hayag



July 16, 2022 One District One Rotary, Rotary Day of Service “Bloodletting Activity” for Area 2A, 2B, 2C and 2E Rotary Clubs held at Amosup Seamens Hospital in partnership with Philippine National Red Cross – Davao Chapter and 711



Disease Prevention
and Treatment



MESSAGE

Jennifer Jones

Rotary International President 2022-23

July 2022

“So, what are your stories and who can help tell them? I hope you might consider your own Imagine Impact efforts ...”

Every month since I joined Rotary, I’ve looked forward to reading this magazine, especially the opening essay from our Rotary president. I’ll admit that as much as I appreciate a digital copy, I still revel in the tactile sensation of sitting down and leafing through the glossy pages. They are a treasure trove of photos and memorable stories about our great organization — the one we all know and love. I have learned so much over the years about service projects and lives that each of you have transformed.

As a communications professional, I have longed for the day that our stories were a regular part of mainstream media and that our flagship magazine might populate doctor’s offices, coffee shops, or anywhere else people sit, wait, and browse. It’s great that Rotary members are better informed about all we do, and wouldn’t it be that much better if more people knew our stories.

All this was top of mind as I thought about our plans for promoting Rotary worldwide in the upcoming year. Over the next 12 months, we are going to shine a light on projects that put Rotary service on display to the world, and we are going to do it strategically. Nick and I will focus on some of the highest impact, sustainable, and scalable Rotary projects from our areas of focus in what we call the Imagine Impact Tour.

We are inviting top-tier journalists, thought leaders, and influencers to use their channels to help us raise awareness by reaching people who want to serve but have not yet realized they can do it through Rotary.

But there was another important issue to consider — our carbon footprint. I take seriously Rotary’s emerging leadership position on environmental issues. The example set by our members during the pandemic is fundamental to how we carve out our future.

That means we will harness digital technology to tell these stories — we will be tweeting, posting, and “going live” to anyone who will listen. We must consider our environment, and part of that means not always traveling but continuing to connect in meaningful ways as we have for the past two years.

Of course, we are social people, and we still need to be together. We simply need to be more mindful of our decisions and think about how we get together just a little bit differently. For example, if we travel to visit a project, we will plan successive visits in neighboring areas.

So, what are your stories and who can help tell them? I hope you might consider your own Imagine Impact efforts — your story might be something you can promote just as easily on social media or during a Zoom call. Think about ways to showcase notable projects in your clubs and districts.

We all feel the impact that Rotary service and values have on us. Now it’s our opportunity to share that feeling with others.



TRIVIA

Random Trivia That Might Just Come in Handy

Laughing is good for the heart and can increase blood flow by 20 percent.

Your skin works hard. Not only is it the largest organ in the body, but it regulates your temperature and defends against disease and infection.

Always look on the bright side: being an optimist can help you live longer.

Exercise will give you more energy, even when you're tired.

Sitting and sleeping are great in moderation, but too much can increase your chances of an early death.

A lack of exercise now causes as many deaths as smoking.

39% of adults in the world are overweight.

Between 2000 and 2015, the average global life expectancy increased by five years.

Less than 1% of Americans ride their bike to work, while 50% of Copenhagen residents bike to work or school.

The US spends almost three times more on healthcare than any other country in the world, but ranks last in life expectancy among the 12 wealthiest industrialized countries.

Chocolate is good for your skin; its antioxidants improve blood flow and protect against UV damage.

Bits & Pieces

Almonds, avocados and arugula (the three 'A's) can boost your sex drive and improve fertility.

Tea can lower risks of heart attack, certain cancers, type 2 Diabetes and Parkinson's disease. Just make sure your tea isn't too sweet!

Eating oatmeal provides a serotonin boost to calm the brain and improve your mood.

Although it only takes you a few minutes to eat a meal, it takes your body hours to completely digest the food.

Women below the age of 50 need twice the amount of iron per day as men of the same age.

An apple a day does keep the doctor away. Apples can reduce high levels of cholesterol to keep your heart healthy.

The amino acid found in eggs can help improve your reflexes.

DID YOU KNOW?

Eating an apple is a more reliable method of staying awake than consuming a cup of coffee.





"Lord"
Aguilar, Lord
Eddie I.
Accounting Service
Academe
Spouse:



"Pol"
Alquiza, Apollo R.
Unibanking
Services
Spouse: **Mila**



"Ariel"
Aquino, Ariel
Fish Food Product
Distribution
Spouse:



"Ranz"
Apolinario,
Raphael Basilio
E. VI
Non-Life Insurance
Spouse: **Raquel**



"Ruben"
Bangayan,
Ruben A.
Appliance
Distribution
Spouse: **Cathy**



"Anton"
Banzali,
Anthony P.
Civil Law
Spouse: **Jam**



"Totoy"
Cabarroguis,
Honesto A.
Civil Law
Spouse: **Clara**



"Bebot"
Cainong,
Jovencio S.
Real Estate
Development
Spouse:



"Don"
Canes,
Cheldone I.
General
Merchandise Dist.
Spouse: **Lilian**



"Patrick"
Capili,
Patrick S.
Real Estate
Development



"Eloy"
Casauy, Cirilo N.
Engineering:
Electrical
Spouse: **Helen**



"Ariel"
Cantil, Ariel L.
Engineering
Spouse: **April**



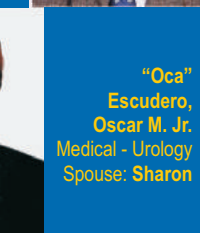
"Peter"
Digal, Paul
Peter R.
Architecture
Spouse: **Aika**



"Val"
Dionisio,
Valentino L.
Truck Dealership
Spouse: **Cris**



"David"
Evans, David
Samuel
Chartered
Quantity Surveyor
Spouse: **Elsa**



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



"Ronnie"
Go, Ronald C.
Car Rentals
Spouse: **Kim**



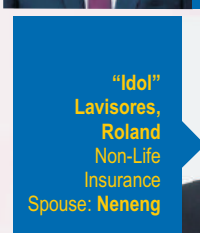
"Jamal"
Kanan, Jamal
Manpower
Services



"Joel"
Mubahib, Joel E.
Beauty Products
Distribution
Spouse: **Novie**



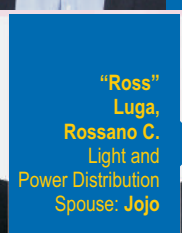
"Hiro"
Kawashima,
Hiroyuki
Medical
Equipment Dist.
Spouse: **Gina**



"Idol"
Lavisores,
Roland
Non-Life
Insurance
Spouse: **Neneng**



"Winston"
Lim, Winston C.
Materials
Handling Services
Spouse: **Donna**



"Ross"
Luga,
Rossano C.
Light and
Power Distribution
Spouse: **Jojo**



"Jonas"
Mascarinas,
Jonas O.
Accounting
Management
Spouse:



"Gio"
Mata, Giovanni G.
Law: Litigation Law
Spouse: **Sophia**



"Datu Mande"
Mande, Datu
Rodolfo M.
Tribal Management
Spouse:



"Jonas"
Mascarinas,
Jonas O.
Accounting
Management
Spouse:



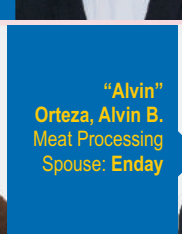
"Mickey"
Miyake, Hikaru S.
Vegetable Export



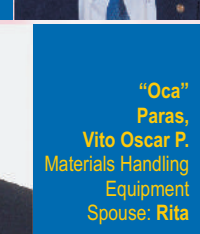
"Manny"
Nierra,
Manuel R.
Equipment Part
and Services
Spouse: **Metah**



"Dex"
Ng, Dexter L.
Government
Service Taxation
Spouse: **Marnie**







"Alvin"
Orteza, Alvin B.
Meat Processing
Spouse: **Enday**



"Oca"
Paras,
Vito Oscar P.
Materials Handling
Equipment
Spouse: **Rita**




	<p>"Alvin" Pinpin, Alvin M. Accounting Services Spouse: Sandra</p>		<p>"Fred" Pelayo, Frederick A. Beverage Distribution Spouse: Imelda</p>		<p>"Karl" Reta, Karl Michael G. Estate Administration Spouse: Pinky</p>		<p>"Rene" Real, Francis Rene L. Universal Banking Spouse: Nidang</p>
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	<p>"Boy" Reyes, Reynaldo I. Rural Banking Spouse: Alice</p>		<p>"Riz" Reyes, Rodel Riezl S.J. Heavy Equipment Leasing Spouse: Anne</p>		<p>"Jim" Sabino, Jaime S. Life & Non-Life Insurance Spouse: Carmen</p>		<p>"Darwin" Santos, Darwin T. Engineering Construction</p>
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	<p>"Edsa" Sancho, Edgardo R. Real Estate Leasing Spouse: Flor</p>		<p>"Vir" Sojor, Virgilio S. Banana Growing Spouse: Lodi</p>		<p>"Take" Sumikawa, Takeyoshi Marine Eng'g. Consultancy Spouse: Yukiko</p>		<p>"Dante" Simangan, Dante M. Education Special: Boys Scouting Values Formation Spouse: Mary Jane</p>
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	<p>"Richard" Taganas, Richard B. Dentistry</p>		<p>"Brian" Toh, Brian U. Industrial Gases Distribution Spouse: Mimi</p>		<p>"Jun" Tan, Prudencio C., Jr. Structural Engineering Spouse: Bodeth</p>		<p>"Winston" Tapiz, Winston A. Computer: Information Security Spouse:</p>
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	<p>"Jet" Villamor, Jesito V. Life Insurance Management Spouse: Cris</p>		<p>"Fred" Yelinek, Fred Martin Housing Construction Spouse: Lily</p>		<p>"Edwin" Zantua, Leo Edwin C. Non-Life Insurance Spouse: Nadeth</p>
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	<p>"Dr. Sasaki" PP Atsushi Sasaki RC Wakayanagi Miyagi, Japan District 2520</p>		<p>"Ester" Rtn. Estrellita E. De Jesus Spouse of Late PP Eufrazio "Tino" De Jesus</p>		<p>"Inday" Rtn. Marilyn A. Hilario Spouse of Late PDG Raoul Hilario</p>		<p>"Art" PP Arthur Malatag RC Palanyag Paranaque</p>
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	<p>"Oikawa" PP Kohachi Oikawa RC Ishinomaki South Miyagi, Japan RI District 2520</p>		<p>"Onodera" PP Koukichi Onodera RC Wakayanagi Miyagi, Japan District 2520</p>		<p>"Hasebe" PP Hideyuki Hasebe RC Ishinomaki South Miyagi, Japan RI District 2520</p>		<p>"Consul Miwa" Hon. Yoshiaki Miwa Consul General of Japanese Consulate Office in Davao City</p>
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 & Spouse Anne Marie**
**PDG Reynaldo I. Reyes &
 Spouse Alice**
**PDG Raoul E. Hilario &
 Spouse Marilyn**
**PDG Herminio A. Villano &
 Spouse Aurora**
**PP Hikaru S. Miyake &
 Spouse Juliet**
Rtn. David Samuel Evans
PP Paul John C. Yuste & Spouse Dolly Grace
PP Eufracio A. De Jesus & Rtn. Estrellita



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| PAG Valentino L. Dionisio | MPHF +3 |
| Rtn. Ruben A. Bangayan | MPHF +3 |
| PP Virgilio S. Sojor | MPHF +2 |
| PDG Honesto A. Cabarroguis | MPHF +2 |
| PAG Apollo R. Alquiza | MPHF +2 |
| PAG Ronald C. Go | MPHF +2 |
| Rtn. Manuel R. Nierra | MPHF +2 |
| PP Leo Edwin C. Zantua | MPHF +1 |
| PP Fred Yelinek | MPHF +1 |
| PP Rossano C. Luga | MPHF +1 |
| Dir. Hiroyuki Kawashima | MPHF +1 |
| PP Prudencio C. Tan, Jr. | MPHF +1 |
| IPP Cheldone I. Canes | MPHF +1 |

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 Charles Reginald D. Reyes
 Raymond D. Reyes
 Raphael D. Reyes
 Herminio C. Villano, Jr.
 Consorcia SJ. Reyes
 Roberto Elias L. Reyes
 Spouse Elsa C. Echevarria
 Kelly Grace G. Yuste
 Pauline Grace G. Yuste
 Arsenio Emmanuel E. De Jesus
 Dominic Eligan E. De Jesus
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 Johannah De Jesus
 Spouse Catherine Y. Bangayan
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 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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 Hon. Member Arthur O. Malatag
 Hon. Member PP Atsushi Sasaki
 Hon. Member Kohachi Oikawa
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 PP Roselo T. Toledo
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 PP Rizal D. Aportadera
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 Rtn. Yoichi M. Amano
 Rtn. Renante B. Andres
 Rtn. Neil W. Mckay
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 Rtn. Constancio C. Bernas
 Rtn. Francisco C. Santos, Jr.
 Rtn. Jude D. Deyto

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- | | |
|-------------------------------|---------|
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| Hon. Member Veronica D. Tirol | MPHF +2 |
| Rtn. Antonio Teh | MPHF +5 |
| PP Amador C. Macatangay | MPHF +2 |
| Rtn. Sol T. Hayag | MPHF +2 |
| PP Jesse A. Fortich | MPHF +2 |
| Rtn. Cresencio E. Arrieta | MPHF +1 |
| PP Leonardo Chee | MPHF +1 |
| Rtn. Reynaldo T. Fuentes | MPHF +1 |
| Rtn. Harold Thomas Kelleher | MPHF +1 |
| PP Feliciano T. Salvador | MPHF +1 |
| PP Hector M. Maniquis | MPHF +1 |
| Rtn. Efren D. Marquez | MPHF +1 |
| Rtn. Danilo G. Bernardo | MPHF +1 |
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| Rtn. Eduardo P. Tan, Jr. | MPHF +1 |
| Rtn. William H. Luy Tan | MPHF +1 |
| Rtn. Vicente W. Toh | MPHF +1 |
| PP Dominador O. Cabrera | MPHF +1 |

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 PP Vito Oscar P. Paras
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 PND Frederick A. Pelayo
 Rtn. Brian U. Toh
 PE Darwin T. Santos
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