

# REED

## CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

**Rotary**   
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October 11, 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. Aportadera. 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**<sup>†</sup>  
1965-1966



**Tiburcio Cervantes**<sup>†</sup>  
1966-1967; 1968-1969



**Juan Carriedo**<sup>†</sup>  
1967-1968



**Augusto Demafeliz**<sup>†</sup>  
1969-1970



**Salvador Angala**  
1970-1971



**Roman Solitaria**<sup>†</sup>  
1971-1972



**Cesar Nuñez**<sup>†</sup>  
1972-1973



**Francisco Reyes**<sup>†</sup>  
1973-1974



**Benjamin Panganiban**<sup>†</sup>  
1974-1975



**Honesto Cabarroguis**  
1975-1976



**Asterio Uybcob**<sup>†</sup>  
1976-1977



**Jose Campo**<sup>†</sup>  
1977-1978



**Hector Maniquiz**<sup>†</sup>  
1978-1979



**Herminio Villano**<sup>†</sup>  
1979-1980



**Jose Custodio**  
1980-1981



**Edgardo Ereneta**<sup>†</sup>  
1981-1982



**Benigno Magpantay**<sup>†</sup>  
1982-1983



**Reynaldo Reyes**  
1983-1984



**Rizal Aportadera**  
1984-1985



**Dominador Cabrera**<sup>†</sup>  
1985-1986



**Isidro Lahora**  
1988-1989



**Benjamin Geli**  
1987-1988



**Eufrazio de Jesus**<sup>†</sup>  
1988-1989



**Raoul Hilario**<sup>†</sup>  
1989-1990



**Feliciano Salvador**  
1990-1991



**Esteban Gumban**<sup>†</sup>  
1991-1992



**Edgar Benedicto**  
1992-1993



**Bartolome Hernandez**  
1993-1994



**Vito Oscar Paras**  
1994-1995



**Ferdinand Subido**<sup>†</sup>  
1995-1996



**Roselo Toledo**<sup>†</sup>  
1996-1997



**Guillermo Arendain**<sup>†</sup>  
1997-1998



**Edgardo Sancho**  
1998-1999



**Carlos Alovera**<sup>†</sup>  
1999-2000



**Leonardo Chee**  
2000-2001



**Jess Fortich**<sup>†</sup>  
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**<sup>†</sup>  
2007-2008



**Leo Edwin Zantua**  
2008-2009



**Ronald Go**  
2009-2010



**Antonio Ajero**<sup>†</sup>  
2010-2011



**Valentino Dionisio**  
2011-2012



**Florante Santiago**  
2012-2013



**Paul John Yuste**<sup>†</sup>  
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  
**6<sup>TH</sup> REGULAR LUNCHEON MEETING**  
 October 11 2022, 12:00noon Blue Lotus Hotel

*Programme*



**Call to Order**  
**PRES. JAIME SABINO**

**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 DARWIN SANTOS**

**Secretary's Time**  
**SEC. JOEL JUBAHIB**

**Presidents Time**  
**PRES. JAIME SABINO**

**Club Assembly:**  
**PRESENTATION OF**  
**TWO NEW ROTARY SCHOLARS**

**STATUS OF DISTRICT GRANT /**  
**GLOBAL GRANT AUSTRALIA**

**TREASURER'S REPORT**

**Adjournment**  
**PRES. JAIME SABINO**

## INVOCATION

Almighty Father, thank You for the blessings of this new day. Father we ask You to fill our life today with the divine light, strength, mercy and overflowing providence especially with our people who are victims of this super typhoon Karding in Northern, Central and Southern Luzon. Because of the frequency of our country being hit by storms, our government agency keeps on warning and helping early on to prepare and to evacuate. The devastation caused so much damages to properties, farm products and worst on valuable lives specially those rescuers who sacrificed their lives so others maybe saved! With no other recourse, the victims get whatever the government can extend, stand up, pick up the pieces left and start their life anew.

Father, today is a significant occasion too where new scholars will be presented. We welcome and wish them luck with a whole heart grasp of the offer for a brighter future for themselves and family! Many thanks to our benevolent sponsors!

Father, our PDG Totoy is still in a bad shape. His family decided to bring and care for him at home. Father, we know You know what is best for him. We keep in touch with the family and extend whichever way we can to help them cope up at this difficult time.

Lastly Father, we pray to please keep our members healthy with the enthusiasm to continue in our service to our community. All these we pray in Jesus name. Amen



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# Presidents's Report

## JAIME S. SABINO

*"Imaginative President"*

Sept. 17, 2022 "Supporting the Environment Project"  
RCED celebrates the International Coastal Day Clean Up by conducting a coastal clean up along the shorelines at Aboitiz Cleanergy Park at Punta Dumalag.



SEPTEMBER 6, 2022  
 District Governor Lilo Aliño celebrates #BasicEducationAndLiteracyMonth with the Rotary Club of East Davao at Alsons Day Care Center at Lizada Village (adopted community). She had a project visit with several members of the club right before the Governor's meeting at Roadway Inn.





September 12, 2022  
 September being the BASIC  
 EDUCATION AND  
 LITERACY Month, Rotary  
 supports activities such as  
 enhancing reading skills for  
 all children. We turnover  
 tons of books and  
 references to Jesus J.  
 Soriano National High  
 School. It was duly received  
 by our former Rotary  
 Scholar Sydney Elaine  
 Adorico Martinez now a  
 faculty of the said school  
 together with her co-  
 Reading Coordinator for  
 Filipino, Mrs. Zarah Jane  
 Manila. In addition, Sydney  
 also received a cash  
 assistance to purchase more  
 reference books for the  
 School Reading Center from  
 PP Kohachi Oikawa of the  
 Rotary Club of Ishinomaki  
 South...Arigato Gozaimasu...



September 30, 2022  
 Conducted a Fireside Chat /  
 Orientation Meeting for One  
 Prospective Member...Special  
 Thanks to our energetic Resource  
 Speakers: Pres. Jim Sabino  
 (Basics of Rotary, RI and RCED  
 History), PDG Boy Reyes (TRF) and  
 VP Jet Villamor (Duties and  
 Obligations)



# TOP 5 REASONS TO ERADICATE POLIO

- 1 THE HUMAN COST:** If we choose to control polio rather than eradicate it, the virus could rebound and cause 200,000 cases annually in the next 10 years.

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- 2 IT'S ACHIEVABLE:** We have effective vaccines to end polio and the means to reach all children.

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- 3 IT'S A GOOD INVESTMENT:** An independent study published in the medical journal Vaccine estimates that the return on the global investment in a polio-free world will reach \$40 to \$50 billion within the next 20 years.

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- 4 IT STRENGTHENS THE SYSTEM:** Our polio eradication efforts have established an active global disease surveillance network that is being used for other health interventions, such as measles vaccinations, deworming tablets, and mosquito bed nets.

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- 5 IT SETS THE STAGE:** The ability to reach all children with the polio vaccine is proof that we can succeed in our next major global health initiative.



[WWW.ENDPOLIO.ORG](http://WWW.ENDPOLIO.ORG)



# Infopage

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



## ATTENDANCE REPORT

### Our Attendance for Sept. 6, 2022

#### - 5th Regular Luncheon Meeting



Present	17
Make Up	06(attended other Meetings/Club Activities)
Visiting Rotarians	00
Guests	06
Rotary Spouses	02
Absent	20
Total Percentage	51%



Mark Your Calendars

# UPCOMING EVENTS

**Rotary District 3860** | **IMAGINE ROTARY**

## THE ROTARY FOUNDATION & MEMBERSHIP SEMINAR 2022

**Building Membership: A Key to Strengthening the Rotary Foundation**

*Host Club: ROTARY CLUB OF WALING WALING DAVAO*  
 October 8, 2022 \* 8AM to 5PM \* Sotogrande Hotel Davao,  
 Davao Riverfront Corporate City, Ma-a, Davao City  
 Registration Fee: P 2,500

**END POLIO NOW**

**BREAST CANCER AWARENESS MONTH**

October 15-16 2022  
 Saturday and Sunday  
 Waterfront Insular Hotel  
 - Motorcade  
 - Pink Fun Shoot

**2022 INTER-ROTARY BOWLING TOURNAMENT**

Nov. 6, 13, 20, 2022 (Sundays)  
 SM Lanang Bowling Center

**Rotary** | **IMAGINE ROTARY** | 

## Home Care Management Training on Barangay Health Worker

September 26-27, 2022, Balite Wellness Center, Sitio Balite, Marilig  
 October 3-4, 2022, Tibungco Health Center, Brgy. Tibungco  
 October 10-11, 2022, Caliclic Health Center, Brgy. Caliclic, IGACOS

A Rotary International Global Grant Project No. 1640035

*In partnership with*  
 Rotary Club of Adelaide and Rotary Club of Prospect, RI District 9500, South Australia  
 Rotary Club of East Davao and Rotary Club of Waling Waling Davao, RI District 3860, Philippines  
 DMSF - Institute of Primary Health Care

**Rotary** | **IMAGINE ROTARY** |  |  | 

## CAPACITY BUILDING/TRAINING IN READING STRATEGIES & TECHNIQUES for K 1 to Grade 3 Teachers

November 11-12/18, 2022, Roadway Inn, Bajada

A Rotary International Global Grant Project No. 1640035

*In partnership with*  
 Rotary Club of Adelaide and Rotary Club of Prospect, RI District 9500, South Australia  
 Rotary Club of East Davao and Rotary Club of Waling Waling Davao, RI District 3860, Philippines

DMSF - Institute of Primary Health Care  
 Department of Education - Davao City  
 Caliclic Elem. School, Balite Elem. School and Pichon Elem. School

[www.endpolio.org](http://www.endpolio.org)

# END POLIO NOW



POINT OF VIEW

**VP RAPHAEL E. APOLINARIO VI**

*Editor in Chief, RED Chronicle*

## PEBBLES IN THE BAG

In a small Italian town, hundreds of years ago, a small business owner owed a large sum of money to a loan-shark. The loan-shark was a very old, unattractive looking guy that just so happened to fancy the business owner's daughter.

He decided to offer the businessman a deal that would completely wipe out the debt he owed him. However, the catch was that we would only wipe out the debt if he could marry the businessman's daughter.

Needless to say, this proposal was met with a look of disgust.

The loan-shark said that he would place two pebbles into a bag, one white and one black.

The daughter would then have to reach into the bag and pick out a pebble. If it was black, the debt would be wiped, but the loan-shark would then marry her. If it was white, the debt would also be wiped, but the daughter wouldn't have to marry the loan-shark.

Standing on a pebble-strewn path in the businessman's garden, the loan-shark bent over and picked up two pebbles.

Whilst he was picking them up, the daughter noticed that he'd picked up two black pebbles and placed them both into the bag.

He then asked the daughter to reach into the bag and pick one.

The daughter naturally had three choices as to what she could have done:

Refuse to pick a pebble from the bag. Take both pebbles out of the bag and expose the loan-shark for cheating. Pick a pebble from the bag fully well knowing it was black and sacrifice herself for her father's freedom. She drew out a pebble from the bag, and before looking at it 'accidentally' dropped it into the midst of the other pebbles. She said to the loan-shark;

"Oh, how clumsy of me. Never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked."

The pebble left in the bag is obviously black, and seeing as the loan-shark didn't want to be exposed, he had to play along as if the pebble the daughter dropped was white, and clear her father's debt.

My take: It's always possible to overcome a tough situation throughout of the box thinking, and not give in to the only options you think you have to pick from.

***SERVICE ABOVE SELF! This is out-of-the-box.***



## MESSAGE

Jennifer Jones

October 2022

**“Through our commitment,  
generosity, and sheer determination,  
we will #EndPolio ...**

**I**n August, I was proud to visit Pakistan and highlight Rotary’s top goal, eradicating polio. It was also a tremendous opportunity to spotlight female health workers who are playing a critical role in protecting children from this vaccine-preventable disease.

This month, as we celebrate World Polio Day, we are shining a spotlight on our more than 30-year effort to lead the first global polio eradication campaign and our success in forming partnerships capable of completing this massive goal. We all know that this is one of the most ambitious global health initiatives in history and that we’ve reduced polio cases by more than 99.9 percent worldwide.

Pakistan is one of only two countries in the world where wild poliovirus remains endemic. (The other is neighboring Afghanistan.) I was able to witness and take part in vaccination campaigns in Pakistan, and soon after I left, a monumental nationwide immunization campaign took place, focused on 43 million children under the age of 5. I saw the incredible work of Rotary members on the ground. More than 60 percent of vaccinators in Pakistan are women, and they are doing a remarkable job building trust and convincing mothers to vaccinate their children.

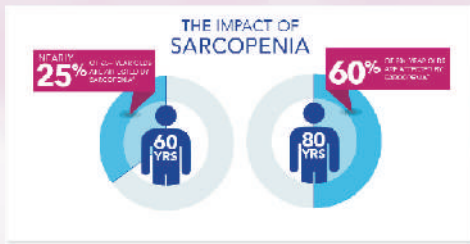
Seeing it all firsthand, I know that the will exists across the Rotary world to end polio, and I’m confident that we have the strategy. The Pakistani media has been very supportive of our efforts as well, and this is making a difference. This month, a new global pledging moment at the World Health Summit in Berlin promises to pull together more resources to fund these time-sensitive eradication efforts. Now it is up to us to do our part and raise \$50 million this year to earn the full 2-to-1 match from the Bill & Melinda Gates Foundation.

There’s great cause for optimism on the polio front — but also some staggering new events that have further raised the stakes. Over the past few months, new polio outbreaks have occurred in Israel, the United Kingdom and, most recently, in the New York City area. These stories are frightening, but in every case, the response is clear — vaccines work, and if polio is spreading, we need to make sure the most at-risk people have kept their vaccinations up to date.

Most importantly, we need to eradicate this virus now. If polio exists anywhere, it can spread everywhere. What I saw in Pakistan convinced me that we can and must finish the job, but it will only happen if we remain committed to a strategy that’s working and back it with all necessary resources.

Through our commitment, generosity, and sheer determination, we will #EndPolio. To a big goal, we make it worth every ounce of our energy.





# Bits & Pieces

## Sarcopenia: The Path to Needless Wheelchair

**W**hat's the worst health problem that can happen to you? I'm sure many readers would say cancer, stroke or Alzheimer's Disease. I agree these are all frightful diseases.

But there's another one that occurs gradually as we age. It's called "Sarcopenia" (loss of muscle mass) & this creeping frailty forces many elderly into nursing homes because their muscles are so weak, they can no longer get off the toilet.

A recent report from Tufts University in Boston says Sarcopenia robs people of their independence & often leads to the risk of falls resulting in serious injury. Visit any nursing home & you'll see multiple examples of Sarcopenia.

Studies show that Sarcopenia begins around age 45 & increases at the rate of 1% a year. (That means that by age 65, sedentary people have lost HALF of their muscle mass. And you cannot lose muscle MASS without losing muscle STRENGTH.) Women are at greater risk than men, as they start out in life with 1/3 LESS muscle mass than men. Moreover since they live longer, there's longer duration of muscle loss.

### So what can you do at an early age to prevent ending your life in a wheelchair?

As the elderly age, they tend to shy away from strenuous tasks that cause discomfort. This sets the stage for Sarcopenia.

First, don't neglect sufficient protein. Dr. Paul Jacques, director of Tufts nutritional program says, "It's estimated that 20% of people between the ages of 51~70 have inadequate protein intake."

But the Tufts report also states that most North Americans get plenty of protein, but they obtain it the wrong way. (Cheeseburgers & Fried Chicken provide protein, but they also provide too much saturated fat & calories!) Researchers stress another important point. You should not only get adequate protein at dinner, but also at other meals.

### So what's the appropriate protein math to prevent Sarcopenia?

The proposed average is 40~70 gms. a day, depending on body weight (0.8 gms. of protein per 2.2 lbs). So a 125-lb. woman would require 46 gms. & a 175-lb. man, 64 gms. In addition, the amount depends on daily activity.

### What about exercise?

It's been known for decades that weight-lifting & working on resistance machines increases muscle mass & strength in young people. But when this approach was tried on older people, their muscles did not get larger. The reason for these poor results was the initial fear that to push older people too hard is unwise.

I say "Amen" to that, because I've seen cases of snapped tendons due to the loading of excessive weights. But there is a positive side if weightlifting is done with caution & not pushed to the limit. When researchers used increasing weights for those between 60~72 years, it DOUBLED their strength in 12 weeks of training. Some frail 90-y.o.'s tossed their canes away in 8 weeks of graduated exercise.

There are other benefits to preserving muscle mass. During an illness, the body withdraws protein from muscles to aid in the healing process & produces antibodies to fight infection. When Sarcopenia is present, there's less ammunition to fight illness. Dr. William Evans, at the University of Arkansas, cites a study in Finland in which men in their late 60s who had lifted weights for years, had muscle mass similar to non-athletes in their 20s.

Joggers however, are not protected from Sarcopenia as the stress produced by this sport can't compete with lifting weights. The message is here is that to maintain muscle mass, you require an adequate dietary intake of protein--along with exercise, preferably using weights. This is not news I like to hear. I've enjoyed sports, but not lifting weights. But reluctantly, I keep a pair of weights close to my computer & intermittently use them.

I also enjoy replenishing my protein with a 6-oz. steak (63 gms.) & baked potato with skin (5 gms.). And, to ease my anxiety that I may be "protein-deficient", I enjoy 5 ozs. of red wine 0.3 gms. of protein.

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



**"Alvin"**  
Pinpin, Alvin M.  
Accounting  
Services  
Spouse: Sandra



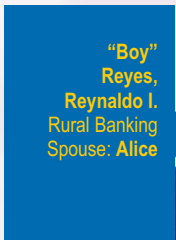
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Pelayo,  
Frederick A.  
Beverage  
Distribution  
Spouse: Imelda



**"Karl"**  
Reta, Karl  
Michael G.  
Estate  
Administration  
Spouse: Pinky



**"Rene"**  
Real, Francis  
Rene L.  
Universal Banking  
Spouse: Ndag



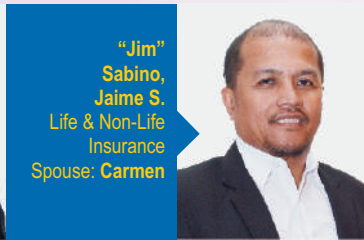
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Reyes,  
Reynaldo I.  
Rural Banking  
Spouse: Alice



**"Riz"**  
Reyes, Rodel  
Riezl S.J.  
Heavy Equipment  
Leasing  
Spouse: Anne



**"Jim"**  
Sabino,  
Jaime S.  
Life & Non-Life  
Insurance  
Spouse: Carmen



**"Darwin"**  
Santos,  
Darwin T.  
Engineering  
Construction



**"Dante"**  
Simangan,  
Dante M.  
Education Special:  
Boys Scouting  
Values Formation  
Spouse: Mary Jane



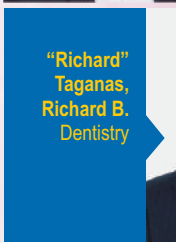
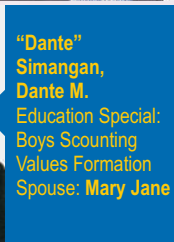
**"Edsa"**  
Sancho,  
Edgardo R.  
Real Estate  
Leasing  
Spouse: Flor



**"Vir"**  
Sojor, Virgilio S.  
Banana Growing  
Spouse: Lodi



**"Take"**  
Sumikawa,  
Takeyoshi  
Marine Eng'g.  
Consultancy  
Spouse: Yukiko



**"Richard"**  
Taganas,  
Richard B.  
Dentistry



**"Brian"**  
Toh, Brian U.  
Industrial  
Gases Distribution  
Spouse: Mimi



**"Jun"**  
Tan, Prudencio  
C., Jr.  
Structural  
Engineering  
Spouse: Bodeth



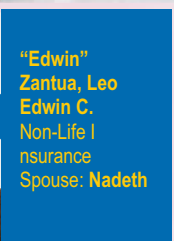
**"Manny"**  
Saavedra,  
Emmanuel M.  
Restaurant: Fastfood  
and Takeout  
Spouse: Imee



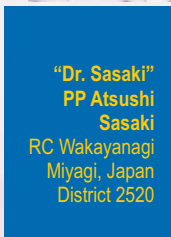
**"Jet"**  
Villamor,  
Jesito V.  
Life Insurance  
Management  
Spouse: Cris



**"Fred"**  
Yelinek,  
Fred Martin  
Housing  
Construction  
Spouse: Lily



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**"Dr. Sasaki"**  
PP Atsushi  
Sasaki  
RC Wakayanagi  
Miyagi, Japan  
District 2520



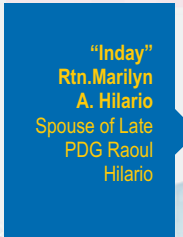
**"Ester"**  
Rtn. Estrellita  
E. De Jesus  
Spouse of  
Late PP Eufrazio  
"Tino" De Jesus



**"Inday"**  
Rtn. Marilyn  
A. Hilario  
Spouse of Late  
PDG Raoul  
Hilario



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PP Arthur  
Malatag  
RC Palanyag  
Paranaque



**"Oikawa"**  
PP Kohachi  
Oikawa  
RC Ishinomaki  
South  
Miyagi, Japan  
RI District 2520



**"Onodera"**  
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Onodera  
RC Wakayanagi  
Miyagi, Japan  
District 2520



**"Hasebe"**  
PP Hideyuki  
Hasebe  
RC Ishinomaki  
South  
Miyagi, Japan  
RI District 2520







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**PDG Herminio A. Villano &  
 Spouse Aurora**  
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**PP Paul John C. Yuste & Spouse Dolly Grace**  
**PP Eufracio A. De Jesus & Rtn. Estrellita**



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| PDG Honesto A. Cabarroguis | MPHF +2 |
| PAG Apollo R. Alquiza      | MPHF +2 |
| PAG Ronald C. Go           | MPHF +2 |
| Rtn. Manuel R. Nierra      | MPHF +2 |
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| PP Fred Yelinek            | MPHF +1 |
| PP Rossano C. Luga         | MPHF +1 |
| Dir. Hiroyuki Kawashima    | MPHF +1 |
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| IPP Cheldone I. Canes      | MPHF +1 |

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 Consorcia SJ. Reyes  
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 Pauline Grace G. Yuste  
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 Dominic Eligan E. De Jesus  
 Jo Ann Carol de Jesus-Africa  
 Johannah De Jesus  
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 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  
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 Spouse Flor B. Hayag  
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 Rtn. Manuel Gaerlan  
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 Rtn. Kenneth T. Sy  
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 Rtn. Jude D. Deyto

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| Hon. Member Veronica D. Tirol | MPHF +2 |
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| PP Amador C. Macatangay       | MPHF +2 |
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| PP Jesse A. Fortich           | MPHF +2 |
| Rtn. Cresencio E. Arrieta     | MPHF +1 |
| PP Leonardo Chee              | MPHF +1 |
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| Rtn. Harold Thomas Kelleher   | MPHF +1 |
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| Rtn. Danilo G. Bernardo       | MPHF +1 |
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