

RED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO





ROTARY CLUB OF EAST DAVAO

"Hope Creating Team"

Rotary Year 2023-2024



Darwin T. Santos
President
RY 2023-2024



Frederick A. Pelayo
President Elect
RY 2024-2025
Vice President Internal



Jesito V. Villamor
President Nominee Designate
RY 2025-2026



Jaime S. Sabino
Imm. Past President
RY 2022-2023



Rossano C. Luga
Secretary



Jovencio S. Cainong
Vice President External



Joel E. Jubahib
Treasurer



Ariel L. Cantil
Director - Club Administration



Lord Eddie I. Aguilar
Director- New Generations



Hiroyuki Kawashima
Director - TRF



Paul Peter R. Digal
Director- Ways & Means



Cirilo N. Casauay
Director- Community



Emmanuel M. Saavedra
Director - Public Relations



Winston C. Lim
Director - Membership



AG Ma. Krizia Ivy Z. Tan
Assistant Governor Area 2C



DG Rozanne C. Gamboa
District Governor, D3860



Pres. R. Gordon R. McNally
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 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



Rodel Riezl Reyes
2005-2006



Virgilio Sojor
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 Ortez
2017-2018



Prudencio Tan
2018-2019



Patrick Capili
2019-2020



Rossano Luga
2020-2021



Cheldone Canes
2021-2022

Jaime Sabino
2022-2023

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. 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. Calidic, 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. 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.



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 41 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.



Club No. 17115 District 3860, Davao City, Philippines
5TH REGULAR LUNCHEON MEETING
Sept. 12, 2023, 12:00noon Roadway Inn

Programme

Call to Order
PRES. DARWIN T. SANTOS

Turnover of Proceedings to the Master of Ceremonies
IPP JAIME SABINO

Invocation
Honorary Member ESTHER DE JESUS

Philippine National Anthem
Rotary Hymn
AVP

Introduction of Dignitaries and Guests
PE FRED PELAYO

Secretary's Time
SEC. ROSS LUGA

President's Time
PRES. DARWIN SANTOS

Introduction of Guest of Honor and Speaker
TREAS. JOEL JUBAHIB

Guest of Honor and Speaker
ENGR. FERNANDO LARASE MASAPOL
President,
SUNRISER SOLAR SYSTEM & SERVICES INC.

OPEN FORUM

Response
RTN. RANZ APOLINARIO

Giving of Certificate of Appreciation and Adjournment
PRES. DARWIN T. SANTOS

Attire:
Business Casual with Dark Blazer

INVOCATION



Dear Lord, with the morning's grace, we rise to a new day.

Bless our endeavors with purpose and success.

Grant us wisdom to navigate challenges and kindness to share. Fill our hearts with gratitude and our actions with positivity. May the day brings growth, joy and connections.

As we step forward,
guide our path and
illuminate our
journey.

Thank You for the
precious gift of life .
Amen



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Infopage
SEC. ROSSANO C. LUGA
 Club Secretary, RY 2023-2024

ATTENDANCE REPORT

Our Attendance for August 14, 2023
- 4th Regular Luncheon Meeting



Present	18
Make Up	08(attended other Meetings/Club Activities)
Visiting Rotarians	04
Guests	04
Rotary Spouses	03
Rotaractors	00
Absent	22
Total Percentage	54%

UPCOMING EVENTS *Mark Your Calendars*

Rotary Zones 1B, 9 & 10

高雄

2023

KAOSHIUNG ROTARY INSTITUTE
 8-10 DECEMBER 2023

SHARING HOPE WITH THE WORLD
 SINGAPORE
 25-29 MAY 2024

#Rotary24
 Rotary

The Rotary Foundation | CREATE HOPE in the WORLD

Rotary International District 3860
GRANT MANAGEMENT
VIRTUAL SEMINAR

SATURDAY
 23 September, 2023
 Via Zoom Meeting | 2 PM

District 3860 Rotary Club | **END POLIO NOW**

East Davao Rotary Club | CREATE HOPE in the WORLD

In partnership with Rotaract Club East Davao | Rotary Scholars Chapter

COASTAL CLEAN UP AND MANGROVE PLANTING
Caring and Protecting Mother Earth

September 16, 2023, Aboitiz Cleanergy Park



President's Report

Darwin T. Santos

President, Rotary Year 2023-2024



August 14, 2023,
Governors Visit
of our beloved DG
Twinkle Gamboa
together with her
District Team,
AG Ish Tan and DS
Ed Ang



East Davao Rotary Club

CREATE HOPE in the WORLD

In partnership with

Rotaract Club East Davao

Rotary Scholars Chapter

COASTAL CLEAN UP AND MANGROVE PLANTING
Caring and Protecting Mother Earth

September 16, 2023, Aboitiz Cleanergy Park

Special Mention to our partners in Service:

Aboitiz Cleanergy Park – Mr. Fermin Edillon and its team Darwin, Sherilyn and Jade
 Rotaract Club of East Davao – Rotary Scholars Chapter led by Pres. Rhegie Torres, PICPA Davao

Chapter led by their Pres. Atty. Dolores T. So and Bookepers Association College of Accountancy Education – University of Mindanao led by their President Kryzyl Laureanne Macailing Romaldon





Rotary
District 3860

CREATE HOPE
in the WORLD

RAIN WATER COLLECTION PROJECT
“for the benefit of *Balite Elementary School*”
September 15, 2023, Sitio Balite, Brgy. Marilog, Marilog District

A project on Disease Prevention & Treatment and Maternal & Child Health, under TRF Global Grant No. 1640035

Joint Project of:
Rotary Club of East Davao and Rotary Club of Waling Waling Davao, Rotary International District 3860
Rotary Club of Adelaide and Rotary Club of Prospect, Rotary International District 9500 Australia

In partnership with:
Davao Medical School Foundation - Institute of Primary Health Care

Rotary Clubs and Partners Unite to Transform Balite Elementary School In a remarkable display of community collaboration on September 15, 2023, Rotary Clubs from around the world, along with key partners, have come together to create a lasting impact at Balite Elementary School. This joint effort, consisting of the Rain Water Collection Project and Back to School Supply Donation, seeks to address critical needs and empower the school's 236 students.



Rain Water Collection Project: Quenching Thirst and Ensuring Health

One of the most pressing challenges faced by Balite Elementary School has been the scarcity of clean water. To alleviate this pressing issue, Rotary Club of East Davao, Rotary Club of Waling Waling Davao, Rotary International District 3860, Rotary Club of Adelaide, and Rotary Club of Prospect, in collaboration with Rotary International District 9500 Australia and the Davao Medical School Foundation - Institute of Primary Health Care, launched the Rain Water Collection Project.



This transformative initiative involves the installation of a cutting-edge water reservoir system. This system guarantees a stable supply of clean water, which not only quenches the school's thirst but also serves as a pillar of Disease Prevention and Treatment and Maternal and Child Health. Adequate access to clean water is fundamental for maintaining a healthy school environment and improving overall hygiene, significantly benefitting the 236 children studying here.



East Davao
Rotary
Club





BACK TO SCHOOL SUPPLY DONATION

"for the benefit of School Children Kinder - Grade 3"
September 15, 2023, Balite Elementary School

In partnership with
Lianchel Trading Phils., Inc.

community SERVICES
Changing lives together



Back to School Supply Donation: Empowering Future Leaders
Complementing the Rain Water Collection Project is the Back to School Supply Donation, made possible through a partnership with Lianchel Trading Phils., Inc. This initiative provided essential school supplies to students ranging from Kinder to Grade 3, ensuring that they are well-equipped for their educational journey.

Notably, this project extended its reach to indigenous children of the Matigsalog tribe, benefitting 100 kids at Mapantow Community Center. An additional 50 school children from grades 1 to 3 at Balite Elementary School were among the beneficiaries. This underscores the project's commitment to the Area of Focus: Basic Education and Literacy.



Hon. Rody Mande, a representative from the indigenous community, expressed profound gratitude for this initiative. The united efforts of these Rotary Clubs and their invaluable partners have transformed Balite Elementary School into a thriving learning environment. By addressing critical issues such as water scarcity and providing essential school supplies, they have opened doors to a brighter future for the school's 236 students. This inspiring example of community support highlights the profound impact of collaboration and underscores the potential for positive change when people come together for a common purpose.



Rotary Clubs Collaborate on Final Renovation Project at Balite Wellness Center, Sitio Balite, Brgy. Marilog, Marilog District - September 15, 2023

In a commendable display of international collaboration and commitment to community well-being, Rotary clubs from different corners of the world have joined forces to complete the final renovation project at the Balite Elementary School. This initiative, undertaken as part of TRF Global Grant No. 1640035, focuses on Disease Prevention and Treatment and Maternal and Child Health, reflecting the Rotary International's dedication to humanitarian causes.

The project, a joint effort involving the Rotary Club of East Davao, Rotary Club of Waling Waling Davao, Rotary International District 3860, Rotary Club of Adelaide, and Rotary Club of Prospect from Rotary International District 9500 Australia, has not only breathed new life into the school but also touched the lives of the community it serves. At the heart of this initiative is the Balite Wellness Center, where the final renovation work concentrated on the center's ceiling. Managed efficiently by the Balite Women's Association, the wellness center serves as a focal point for various community activities and health-related endeavors.

The Balite Wellness Center has become a multifunctional hub for Sitio Balite residents. Among its numerous functions, the center hosts community meetings and gatherings, provides a platform for livelihood programs like rags making and coffee production, and offers monthly health consultations conducted by personnel from the Marilog Health Center.

For the residents of Sitio Balite, this center has emerged as a sanctuary for wellness, both physical and social. Its significance goes beyond a mere structure; it stands as a testament to the power of collaboration and the Rotary Club's unwavering dedication to improving lives.

The successful completion of this final renovation project not only marks a milestone for the Rotary clubs involved but also reinforces the enduring impact that humanitarian organizations can achieve when they come together with a shared vision. The Balite Wellness Center now shine as a beacon of hope and health in the Marilog District, thanks to the tireless efforts of these Rotary clubs and their partners, including the Davao Medical School Foundation - Institute of Primary Health Care.

As the community in Sitio Balite continues to benefit from this initiative, it serves as a reminder that change, progress, and transformation are attainable when hearts and hands unite for a common purpose. Rotary's commitment to "Service Above Self" remains unwavering, exemplified by this remarkable endeavor in the heart of Marilog.

Rotary
District 3860

CREATE HOPE
in the WORLD

INSTITUTE OF PRIMARY HEALTH CARE
1978

FINAL RENOVATION PROJECT

"for the benefit of Balite Wellness Center"
September 15, 2023, Sitio Balite, Brgy. Marilog, Marilog District

A project on Disease Prevention & Treatment and Maternal & Child Health, under TRF Global Grant No. 1640035

Joint Project of:
Rotary Club of East Davao and Rotary Club of Waling Waling Davao, Rotary International District 3860
Rotary Club of Adelaide and Rotary Club of Prospect, Rotary International District 9500 Australia

In partnership with:
Davao Medical School Foundation - Institute of Primary Health Care
Balite Women's Association



MESSAGE

R. Gordon R. McNally

President 2023-24

SEPTEMBER 2023

The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members

from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us. sheer determination, we will #EndPolio. to a big goal, we make it worth every ounce of our energy.





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.



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.

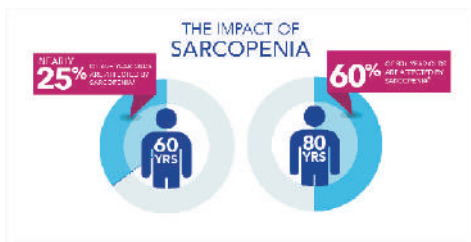
However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"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.



Bits & Pieces

Sarcopenia: The Path to Needless Wheelchair

What'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.

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Rotary Membership
PURPOSE
FUELS
PASSION

YOU ARE THE MISSING PIECE...
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We need more #Rotarians
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Rotary Code of Conduct



As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve Rotary
3. Conduct all my personal, business and professional affairs ethically encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings.
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work of the relief of the special needs of others, and to improve the quality of life in my community.
7. Honor trust that Rotary and other Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or other Rotarians
8. Not seek from a fellow a privilege or advantage not normally accorded others in a business or professional relationship

DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSIONS

The Declaration of Rotarians in Businesses and Professions was adopted by the Rotary International Council on Legislation in 1989 to provide more specific guidelines for the high ethical standards called for in the Object of Rotary:

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public, and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to all occupations which are useful to society;
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community;
7. Adhere to honesty in my advertising and in all representations to the public concerning my business or profession;
8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.



OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST:

The development of acquaintance as an opportunity for service;

SECOND:

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD:

The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH:

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



THE FOUR-WAY TEST of the things we think, say or do

- I. Is it the TRUTH?
- II. Is it FAIR to all concerned?
- III. Will it build GOODWILL & BETTER FRIENDSHIPS?
- IV. Will it be BENEFICIAL to all concerned?

WHY THE ROTARY YEAR BEGINS 1 JULY?



Ever wonder why the Rotary year begins 1 July? The international convention initially played a key role in determining the start date of our fiscal and administrative year.

Rotary's first fiscal year began the day after the first convention ended, on 18 August 1910. The 1911-12 fiscal year also related to the convention, beginning with the first day of the 1911 convention on 21 August.

At its August 1912 meeting, the Board of Directors ordered an audit of the International Association of Rotary Clubs' finances. The auditors recommended that the organization end its fiscal year on 30 June to give the secretary and treasurer time to prepare a financial statement for the convention and board, and determine the proper number of club delegates to the convention.

The executive committee concurred, and at its April 1913 meeting, designated 30 June as the end of the fiscal year. This also allowed for changes to the schedule for reporting club membership and payments. Even *The Rotarian* changed its volume numbering system to correspond to the fiscal year (beginning with vol. 5, July 1914).

Rotary continued to hold its annual conventions in July or August until 1917. Delegates to the 1916 event in Cincinnati, Ohio, USA, approved a resolution to hold future conventions in June, mainly because of the heat in cities where most of them occurred. The next one was held 17-21 June in Atlanta, Georgia.

The term "Rotary year" has been used to signify Rotary's annual administrative period since at least 1913. An article in *The Rotarian* that July noted, "The Rotary year that is rapidly drawing to a close has been signaled by several highly successful joint meetings of Clubs that are so situated as to assemble together easily and conveniently."

Since the executive committee's decision in 1913, the end of the Rotary year has remained 30 June.

Mission

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

Diversity and Rotary

Rotary International recognizes the value of diversity within individual clubs. Rotary encourages clubs to assess those in their communities who are eligible for membership, under existing membership guidelines, and to endeavor to include the appropriate range of individuals in their clubs. A club that reflects its community's diversity with regard to professional and business classifications, gender, age, religion, and ethnicity is a club with the key ingredients to its successful future.



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Register today at convention.rotary.org



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**2023 Rotary Institute for
Zones 1B, 9 & 10 will be held on
6-8 December 2023
in Kaohsiung, Taiwan.**

Please register now!
<https://2023kaohsiungrotaryinstitute.org>

**2023 Singapore RI Convention.
May 25-29, 2024.**



首頁 | 2023 Kaohsiung
Rotary Institute

2024 Rotary International Convention Registration Fees

All Registration prices are shown in U.S. dollars and include any applicable taxes. Depending on your country, online payment in your local currency may be available. Nonmembers may attend at the age-based rates listed below.

REGISTRATION CATEGORY	27-31 MAY 2023	01 JUNE TO 15 DECEMBER 2023	16 DECEMBER 2023 T O 31 MARCH 2024	01 APRIL TO 29 MAY 2024
Club member, Nonmember, or guest, age 31 or over	\$450	\$500	\$595	\$695
Club member, Nonmember or guest, age 30 or under	\$150	\$175	\$225	\$275
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship	\$60	\$60	\$60	\$100

Registration Link <https://convention.rotary.org/en-us/registration>