Voume 46 Weekly Meeting No. 3

July 22, 2010

### WELCOME D2770 GOODWILL VISIT / LADIES NIGHT

- Registration
- II. Program

Call to Order

Invocation

Japan National Anthem

Philippine National Anthem

Rotary Pledge & The 4-Way Test

Introduction of Visiting Rotarians & Guests

Entertainment - Community Singing

Recognition

**Rotary Information** 

IWC of Marikina Induction of New Members

Report of RC Omiya Fund Donation

Message from D2770

Secretary's Time

President's Time

RC Marikina March

Adjournment

Weekly Raffle

III. **Fellowship** 

- Pres. Ronie P. Masangkay
- Dir. Chris U. Meriño
- Japanese Rotarians
- PP Manny P. de Guzman
- Rtn. Jerome D. Josef
- Asec. Val A. Barcinal
- RC Marikina Singers
- PP Ver S. Farcon
- IPP Vincent C. Santos
- Pres. Liza G. Masangkay
- IPP Vincent C. Santos
- PDG Tetsuo Tanaka
- Sec. Allan SM Perez
- Pres. Ronie P. Masangkay
- Pres. Ronie P. Masangkay
- PDG Efren O. de Guzman

### PD Celso C. Cruz Master of Ceremonies

### Valley Wheel is the official bulletin of the Rotary Club of Marikina

Sec. Allan SM Perez - Editor-in-Chief

Asec. Val A. Barcinal—Deputy Editor-in-Chief
Columnist/Contributors; Pres. Ronie P. Masangkay, ASec. Val A. Barcinal, Dir.
Benjie Malaya, IWC of Marikina, RCC Marikina Valley, Rotaract Club of Marikina & Marikina GIMIK, Grupo Singko, Acknowledgement: PP Manny de Guzman, ALS Computer Learning, Mr. Joshua Alonzo Additional Photos by PP Kiko Pe– Benito, PP Manny de Guzman, Pres. Ronie Masangkay, VP Dodjie Cabalquinto The Rotary Club of Marikina was admitted to the Rotary International on

March 18, 1965, with postal address at Marikina Rotary Youth Center, Sumulong Hi-way, Sto. Niño, Marikina City, Philippines 1800

Tel. 9423720 - url; www.marikinarotary.org

### THE ROTARY PLEDGE

I do solemnly promise to help advance the object of Rotary, comply with the constitution and by-laws of Rotary International and the Rotary Club of Marikina, ever putting into practice Rotary's Motto: "SERVICE ABOVE SELF."

### THE FOUR WAY TEST

Of things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and better FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?



### **PRAYER**

Father God, we are humbling ourselves before You. Cleanse us from all transgression with Your Holy Blood. Make us pure and white as snow to be worthy of Your grace.

Father, we see clearly enough what is highly valued in the sight of men. We ask You Father to give us the eyes to see what is Highly valued in Your sight. We want to do service for You while we live, and let Your name be glorified. Also, we want to abide in You, that when You appear, we may have confidence and not be ashamed before You at Your coming.

We are your servants Father, make us to be faithful stewards in Jesus' name. Amen.

### PROGRAM JULY 29

Invocation— PP Jun Garduño
National Anthem-PD Celso Cruz
Rotary Pledge-PP Kiko Pe Benito
Introduction of Visiting Rotarians & guests Entertainment—PP George Ty
Recognition— Rtn. Tops Rodriguez
Weekly Raffle—PP Fabi Cadiz
Emcee-PP Roland Garcia

### DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSION

As a Rotarian engaged in 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 ethical codes of my vocation, to the laws of my country, and to the moral standards of my community
- Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation
- Be fair to my employees, associates, competitors, customers, the public and all those with whom I have business or professional relationship;
- $5. \hspace{1.5cm} \textbf{Recognize the honor and respect due to all occupations which are useful to society};\\$
- 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 the community.
- Adhere to honesty in my advertising and in all representations to the public concerning my business or profession
- Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded to others in a business or professional relationships

### ROTARY CLUB OF MARIKIAN MARCH

Music: PP Jimmy Capco Lyrics: Rtn. Francisco Pascual; Arranger: Rtn. Allan SM Perez

Come sing with us for fellowship A song of camaraderie Then give your hand in fond friendship To Marikina Rotary

We love to share our thoughts with you And lavish in your company So, come each meeting day please do To Marikina Rotary

### Refrain

Motto of SERVICE ABOVE SELF Is not a mere phraseology Participate with zeal and zest In Marikina Rotary

Let us Rotarian serve all Our beloved community Then we can accentuate the goal Of Marikina Rotary



### Happy Blessed Birthday!

Sps. Lanie Capco—July 19 PD Eduard Farcon—July 26



## Microscopie Findings Pres Ronie P. Masangkay



At long last, on July 18, 2010, during the Rotaract District Assembly, the Rotaract leadership was finally turned-over, from Ms. Adette Arce, to Ms. Wheng Tejada as the new District Rotaract Representative. It is always our pride and honor to welcome a new leadership for the Rotaract Club of Marikina because this Rotaract Club is under the helm and nurturing of the Rotary Club of Marikina. Their Club spearheaded the hosting of this event in collaboration with the RC Marikina. Our very own District Governor Jun Farcon delivered his inspirational speech as one of the highlights of the event and Director Hermie dela Paz talked about Club Accounting. A number of Rotarians supported the event like PP Dante Verano as the Chair Responsible for Rotaract, VP Dodjie Cabalquinto and Sec. Allan Perez . Congratulations, Wheng, for a job well done!!!! Rest assured that the RC Marikina will always be there to support you and your club's undertakings every step of the way!

The move for the extension of RC Montalban had its 4<sup>th</sup> meeting last July 20, 2010, whereby, PP Manny de Guzman, the Chairman for the Club Extension, together with PP Tony Fidelino, PP Joe Judan, PP Boy Ong, Treas. Bernard Cansana, Sec. Allan Perez and yours truly literally bridged to our neighboring town to charter a new club outside of Marikina. I am truly optimistic that this project of ours will be realized in two months time!

Tonight, let us welcome our Japanese Rotarian friends from District 2770 headed by their Past District Governor Tetsuo Tanaka, PAG Kazuhiko Tojouh, PAG Takashi Iijima, PP Takashi Yamamoto, PP Toshio Motohashi, PP Katuo Kondo, Rtn. Kazuhiko Kikuthi, Rtn. Katuo Horiguthi, Rtn. Hajime Yano and Rtn. Tuneo Maehara.

Let me take this opportunity to thank PE Del de Guzman for lending us the LCD and Wide Screen during the recently concluded Zone 4 Joint Induction and for generously donating one whole lechon baboy for the affair.

Our heartfelt condolences to the bereaved family of Sps. Vivian for the passing away of his beloved father, Mr. Danilo Valentino. May his good soul rest in peace.



## Unli Call & Text Message Sec. Allon SM Perez

Let us all welcome our Rotarian friends from the different clubs of District 2770, Saitama Ken, Japan led by PDG Tetsuo Tanaka, PAG Kazuhiko Tojouh, PAG Takashi Iijima, PP Takashi Yamamoto, PP Toshio Motohashi, PP Katuo Kondo, Rtn. Kazuhiko Kikuthi, Rtn. Katuo Horiguthi, Rtn. Hajime Yano and Rtn. Tuneo Maehara.

This Saturday, July 24, is the District TRF & WCS Seminar. It will be held at Club Filipino in Greenhills, San Juan at 1:00 in the afternoon. We are encouraging everyone, especially the new Rotarians to attend this seminar.

SAG Noel Flores is also calling on all Badminton Players to register for the District Badminton Leveling scheduled to start this Saturday, July 24, at Aerodome Badminton Center, located at Valley Fair Town Center, Ortigas Extension, Taytay, Rizal.

Next week, during our regular meeting, we will have a chance to listen to our very own Mayor/PN Del de Guzman who will talk on the plans of the city government during his term of office.

The next meeting for our club extension in Rodriguez, Rizal will be on August 3, 2010. We are now close to reaching the required club strength of 20 members. Let

us support PP Manny by in-		CALENDAR OF EVENTS					
viting some of our friends	24 July	1:00PM	Club Filipino	TRF & WCS Sem			
from the said area to join and	24 July	6-10AM	Aerodome	District	Badminton		
to meet the very eager group				Leveling			
of prospective Rotarians.	31 July	6-10AM	Aerodome	District	Badminton		
or prospective Rotalians.				Leveling			
	3 Aug	g12:00NN	Popoy's Grill	Club Exte	nsion		
We offer our heartfelt			MTC 2	Meeting			
condolences to the family of			Rodriguez Rizal				
Sps Vivian Flores & PP Rudy	5 Aug	TBA	TBA	A Book Doi			
1	7 Aug	2:00PM	Club Filipino	1 <sup>st</sup> District	t Mass		
Valentino for the untimely	_		_	Induction			
demise of Mr. Danilo Valen-	8 Aug	8:00AM	Market Place	Duckpin I	Bowling		
tino.	_		Mandaluyong	_			
	15 Aug	8:00AM	Market Place	Duckpin I	Bowling		
			Mandaluyong	•			



# People, Events & Places



RC Marikina Rotarians during the 1st Rotary Meeting and the Website Re-Launching held last Thursday, July 15, 2010at MRYC.



RC Marikina Rotarians with Zone 4 Visionary and Global Presidents and their spouses during the Club Awards and Handover Ceremonies of RC San Mateo last July 17, 2010 at Drop Zone, San Mateo Rizal.



# People, Events & Places



DG Jun Farcon, Pres. Ronie, Sec Allan, Rotaract Chair PP Dante, VP Dodjie and one of the Resource Speakers Dir. Hermie in support of New DRR Wheng Tejada during their District Assemby 2010 Handover and Induction Ceremonies at Kapitan Moy last July 18, 2010.



Pres. Ronie and IPP Vincent with the Marikina Zone AGs, presidents and Spouses during Global President's Breakfast Meeting last July 10, 2010 at Club Filipino.



Pres. Ronie exchanging banner with Rotaract Laura Wong from Kota Kinabalu, Malaysia as witnessed by Sec. Allan, VP Dodjie, DRR Weng & IPDRR Adet. (7/20)



Pres. Ronie, IPP Vincent and Sec. Allan during Integrated Feeding for Street children meeting with Concepcion Uno Volunteer workers. (07/19/10)



# People, Events & Places



Formation of Rotary Club of Rodriguez Meeting last July 20, at Popoys Grill, Rodriguez Rizal. Present were Pres. Ronie, PP Manny, PP Tony, PP Joe Judan, PP Boy, Sec. Allan, Dir. Bernard and PD Celso.



L.Gov. Fabi, Pres. Ronie, Sec. Allan, Rtn. Carl and Rtn. Patrick during Japanese Goodwill Visit Committee Meeting (07/19/10).

Pres. Ronie, Sec Allan and Rtn. Carl during Meeting in preparation of Timpalak sa Pagsulat at Pagbigkas Contest. (07/16/10)



### Seven Habits of Highly Effective Rotarians by Dr Jagdish Bhatt, D3140 India

### 1. ATTENDANCE:

Effective Rotarians always try to attend their club meetings or make up at other clubs as much as possible. They are aware that regular attendance is an important part of their membership commitment and do not miss a chance to attend. They participate on committees which they are members of, plus others if invited. They are keen to attend all club events and district functions. They participate in the District Assembly and District Conference each year, and have attended a recent Rotary International Convention.

### 2. FELLOWSHIP:

Effective Rotarians enjoy meeting other members and often feel this fellowship is as important to Rotary as the actual business part of a meeting. They go out of their way to talk to those whom they do not know and believe a stranger is just a friend they have not met yet. Outside of Rotary they also enjoy meeting people and getting acquainted with them. At large Rotary gatherings they make an effort to meet others, rather than just fraternizing with friends from their own club.

### 3. VOCATION:

Effective Rotarians respect every vocation and understand how the classification system is the basis of Rotary. They firmly believe that each vocation provides a cog in the wheel and is important, however insignificant it may appear. They firmly believe each member should try to excel in their job and they try to support and help others to reach their full potential.

### 4. DISCIPLINE:

Effective Rotarians understand the value of self-discipline and know that productive accomplishments are hard to achieve without it. They realize that both inner and outer discipline must be maintained in a proper balance and can enforce both disciplines when and where required.

### 5. TIME, MONEY & ENERGY:

Effective Rotarians know they have a purpose in Rotary and fully realize they must earmark a certain amount of time, money and energy to maintain this commitment. They also realize these three things should be shared in proper balance between their family, vocation and community.

### 6. EMPATHY:

Effective Rotarians put themselves in the position of the other person, especially if that person is in difficulty. They know that mere sympathy may not be enough, can be empathetic and feel compassion for the difficulties of others. They believe that what they are doing for their community is merely returning a small part of what they have already received from it. While they may appreciate recognition for their efforts they do not hanker for it.

### 7. IMAGE OF ROTARY:

Effective Rotarians may sometimes feel that all is not right with Rotary or there are too many 'politics'. They know some elements in Rotary need improvement but rather than be negative they use a positive approach to help rectify things. They maintain a positive attitude and portray a good image of Rotary, both inside and outside the organization.





### TO IMPROVE NUTRITION:

- 1. Buy whole foods -- whether canned, frozen, or fresh from the farm -- and use them in place of processed foods whenever possible.
- Reject foods and drinks made with corn syrup, a calorie-dense, nutritionally empty sweet-ener that many believe is worse for the body than sugar, says Katz.
   Start each dinner with a mixed green salad. Not only will it help reduce your appetite for more caloric foods, but it also will automatically add veggies to your meal.

### TO IMPROVE PHYSICAL FITNESS:

- 1. Do a squat every time you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will build strength.
- 2. Every time you stop at a traffic light (or the bus does), tighten your thighs and butt muscles and release as many times as you can. (Don't worry, no one will see it!) This will firm leg and buttock muscles, improve blood flow -- and keep you mildly amused!
  3. Whenever you're standing on a line, lift one foot a half-inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes.

### TO IMPROVE STRESS CONTROL:

- 1. Give your partner a hug every day before work. Studies show this simple act can help you remain calm when chaos ensues during your day, Katz says
- 2. Have a good cry. It can boost your immune system, reduce levels of stress hormones, eliminate <u>depression</u>, and help you think more clearly
- 3. Twice a day, breathe deeply for three to five minutes

### TO IMPROVE SLEEP:

- 1. Sprinkle just-washed sheets and pillowcases with lavender water. The scent has been shown in studies to promote relaxation, which can lead to better sleep.
- 2. Buy a new pillow. Katz says that studies show that pillows with an indent in the center can enhance sleep quality and reduce <u>neck pain</u>. Also, try a "cool" pillow -- one containing either all-natural fibers or a combination of sodium sulfate and ceramic fibers that help keep your head cool.
- 3. Eat a handful of walnuts before bed. You'll be giving yourself a boost of <u>fiber</u> and essential fatty acids along with the amino acid tryptophan -- a natural sleep-inducer.

Source: http://www.medicinenet.com/health\_tips/article.htm



### **Lesson learned from storms**

I hope everyone reading this article remembers my last was about Typoon Basyang. I missed last Club meeting and was not able to get feedback. As promised I will add a rejoinder about typhoon. This topic was taken from Philippine Daily Enquirer July 16, 2010 issue under the column Lotus Pond by R. Valencia Bismark.

"STORMS COME and go. The important thing is, we should learn valuable lessons from them:

We must not be lulled into the illusion of perfect weather, or that storms are too far away to touch us. They can strike anytime, and we must make sure that we have a solid shelter to protect us from the wind and rain. In life, we must also prepare for problems that can creep up on us unpredictably and cause suffering. We must have a powerful refuge—the Supreme Protector is stronger than any storm.

In the eye of the storm, there's calm. If the center of our existence is the Supreme Being, we can find calmness even if storms are all around us.

Storms are temporary. Similarly, situations also come and go. Don't swim in floods of attachment, fly with the winds of gossip or get buried in the landslide of material competition and intrigue. Focus on the Supreme, not on material existence.

Storms can topple trees and wash away homes. If you have strong roots in your life, no storm can topple you.

### **Burdens**

Storms remind us of what is basic and necessary. Forget trivial things, they're burdens that hinder our movement. At the very last storm of our existence, the only things we can take with us are our spiritual treasures rooted in our connection with the Supreme. The rest will be washed away.

A wise man doesn't do battle with a storm. He seeks shelter in its origin. He sits untouched and undisturbed in the warmth of spiritual love and views the raging storm through the window, because he finds safety and security in the grace of the Supreme."



## Inner Wheel Club of Marikina Pres. Liza G. Masangkay



## BOARD OF OFFICERS, DIRECTORS AND ADVISERS

MA. EDELIZA G. MASANGKAY President

VICKY C. SMITH Vice-President

PDC ELISA S. FIDELINO Secretary

LESLIE JEAN B. ALLAS Asst. Seretary

GEOLEANA M. TY Treasurer

PP ELEANOR M. TY Asst. Treasurer

PP ERLINDA C. AGUINALDO Auditor

PP VIVIAN V. FLORES ISO

PDC LYDIA S. IGNACIO ESO

IPP EULA MARTHA S. SANTOS Ex—Officio

DIRECTORS: AMELIA DE GUZMAN VISITACION I. DE LA PAZ OFELIA A. LEE IMELDA S. NAVARRO NOEMI D.A. VERANO

PDC PAM C. DE GUZMAN Adviser

PNP ZENY Y. FARCON Adviser



Inner Wheel Club of Marikina members with DGL Zeny during District 3800 Handover & Induction Ceremonies last July 1, 2010 at Crowne Plaza.



Inner Wheel Club of Marikina members with Mayor PE Del de Guzman during Tree Planting and Integrated Medical Mission last July 4, 2010 in San Mateo.



Pres. Liza, PDC Lydia and PDC Elai during Rotary District Breakfast Meeting last July 10, 2010 at Club Filipino.

## Project Report



By PP Dindo Santox

On July 1, 2001, we launched our website **rcmarikina.org**. It was the very first club website in RI District 3800. It was under a free hosting service. Every year we re-launch our website with a new design and new features. In 2007, we acquired a paid hosting service with the help of VP Dodjie Cabalquinto. The domain rcmarikina.org also expired in the same year and we lost it, thus we acquired **rcmarikina.com** for a while until we re-acquired rcmarikina.org again. In 2008, we followed the RI-suggested naming of Rotary websites hence we have

the domain marikinarotary.org now.

It could have been great if the very first website is still in existence. However since the company that offered free hosting service closed down last October, all the webpages from 2001 to 2007 can no longer be viewed. I also used to have all the backup files but it was destroyed during *Ondoy*. Reconstructing 6 years of data and pictures is crazy, so we have to be contented with what were left – from Rotary Year 2007-2008 up to the present.

Our website was awarded the Best Website of District 3800 in RY 2007 - 2008.

For this Rotary Year, our Valley Wheel is now downloadable from the website. Sec. Allan Perez converted it to PDF file and it can be opened using Acrobat Reader. Maybe in a year or two, we can go paperless, not just to save on printing cost but also to do our share in saving Mother Earth. No more printed version, just download the bulletin and read it in your own computer. We also incorporated banner ads on the front page for members to advertise their businesses. And just like before, the weekly activities will be updated regularly two to four times a month.

Having our website helped the club to provide information not only to our members and other Rotarians but to the whole world as well. To mention a few, before Facebook became popular, the son of PP Flor dela Paz in the US visits our website to see his dad in the pictures. Our project sponsors can also monitor the status of our projects by visiting the activity page. I was surprised last Christmas party when our friend PP Kazuhiko Toujoh of RC Omiya East asked me why our website was not updated. These are proofs that our website has regular visitors.

So please visit our website and give your suggestions to make it **BIGGER**, **BETTER** and **BOLDER**.

For a copy of this bulletin, please visit our website www.marikinarotary.org
Go! Go! Global!



### **SERVICE PROJECTS CHAIRMEN FOR RY 2010-2011**

	SERVICE .	PROJECTS (	CHAIRWIEN FOR RY 2	010-2011	
CLUB ADMINISTRATION	Director Responsible:	Sec. Allan Perez	E. LITERACY & VALUES FORMATION	Director Responsible: VP	Dodiie Cabalquinto
1. Attendance	PP Dindo Santos	PP Flor Dela Paz	Rotary Scholarship	PP Ver Farcon	PE Del de Guzman
2. Club Bulletin	ASec. Val Barcina	Rtn. Harold Nanguil	Timpalak sa Pagsulat		
3. Program	Sec. Allan Perez	Asec. Val Barcinal	at Pagbigkas	Asec. Carl Tan.	Rtn. Jon Cobarrubias
Constitution & By-Laws	PP Tony Fidelino	PP Al Ancheta	Student Leadership Award	Rtn. Jon Cobarrubias	Rtn. Dan Sibal
5. Ways & Means	PP Kiko Pe Benito	PP Eric Ignacio	Storytelling Contest	Rtn. Jerome Josef	Rtn. Tops Rodriguez
Club Historian	PP Romy Cruz	PP Flor dela Paz	5. Adopt-A-School	PP Ver Farcon	PP Flor dela Paz
7. Website	PP Dindo Santos	VP Dodiie Cabalquinto	6. Book Donation	Rtn. Jon Arrellana	Rtn. Willie Reves
8. Fellowship and Arts	Rtn. Jun Jun Farcon	Rtn. Elmer Tan	School for Children with Special Needs	PP Noel Flores	PD Claro Capco
Sports Table Tennis Tournamen		run Emor run	Alternative Learning Center	Rtn. Tops Rodriguez	PP Fabi Cadiz.
Chess Tournament	PP Dante Verano		Career Development	Rtn. Joel Valenzuela	Rtn.Tops Rodriguez
Marathon	PD Eduard Farcon		3. Career Development	Min. Joer valerizaela	Min. rops Mounguez
10. Grievance	PP Tony Fidelino		THE ROTARY FOUNDATION	Director Responsible: PE	Del de Guzman
To. Grievance	11 Tony Flacino		TRF Contribution	PP Roland Garcia	PP Onie Aguinaldo
			2. Polio Plus	PD Nestor Garcia	PP Jun Garduño
MEMBERSHIP	Director Responsible:	Dir Chris Meriño	3. Matching Grant	PP Boy Ong	PP Tony Fidelino
1. Classification	PP Boy Ong	PP Eric Ignacio	Group Study Exchange	PP Dante Verano	PP Noel Flores
Membership	PP Tony Fidelino	PP Fabi Cadiz	Youth Exchange	PP Fabi Cadiz	PP Rudy Valentino
Membership Growth & Dev't	PP Joe Lee	PP Eric Ignacio	World Community Service	PP Tony Fidelino	PP Joe Judan
Rotary Information	IPP Vincent Santos	PDG Efren de Guzman	o. World Community Corvice	11 Tony Fidolino	i i doc dadan
Rotary Academy/Fireside	PP Joe Judan	PP Boy Ong	NEW GENERATION	Director Responsible: IPP	Vincent Santos
Family Outing	Rtn. Patrick Ong	PP Dante Verano	1. New Gen. Conference	ASec. Carl Tan	PD .Boyet Allas
7. Club Extension	PP Manny de Guzman	PP Boy Ong	Artista ng Bayan	Rtn. Harold Nanguil	Rtn. Tops Rodriguez
7. Oldb Exterioloff	TT Mailing de Guzilian	11 boy ong	3. Rotaract / Interact / RYLA	PP Dante Verano	Rtn. Jon Cobarrubias
			o. Houseof, mordot, HTZT	77 Danie Volane	rian con cobarrabiao
CLUB PUBLIC RELATIONS	Director Responsible:	Dir. Pat Corpus	SPECIAL EVENTS	Director Responsible: Dir.	Willie Reyes
1. Public Relations	Rtn. Manolo Favis	PP Rene Florencio	Induction of Officers	PE Del de Guzman	
2. Public Image	PD Rey Montoya	PP Onie Aguinaldo	2. District Assembly	PE Del de Guzman	
Interclub Relations Local	PP George Ty	PP Noel Flores	3. Christmas Party	PP Eric Ignacio	PP Flor dela Paz
Interclub Relations International		PP Fabi Cadiz	Club Anniversary	PP Fabi Cadiz	PP Eric Ignacio
			5. District Conference	Rtn. Willy Cruz	PP Fabi Cadiz
			Photo Exhibit	PP Manny de Guzman	PP Dindo Santos
SERVICE PROJECTS			7. Souvenir Program	PPManny de Guzman	PP Dante Verano
A. FAMILY OF ROTARY	Director Responsible:	Dir. Hermie dela Paz	Tenpin Bowling	PP Joe Judan	PP Kiko Pe Benito
Children at Risk/Child			9. Duckpin Bowling	PP Onie Aguinaldo	PD Celso Cruz
Protection Program	PD Claro Capco	PD Ed Navarro	10. District Golf Tournament	PP Boy Ong	PP Noel Flores
Rotary Community Corps	Rtn. Dan Sibal	Rtn. Tops Rodriguez,	11. Palarotary	Rtn. Jon Cobarrubias	Rtn. Willy Cruz
Rotary Volunteers	PP Rudy Valentino	PP Rene Florencio	12. Awards & Recognition	PP Manny de Guzman	•
Rotary Recreation &	TT Trady Valoriano	77 71070 7 70707070	13. Club Valentines Party	PP Flor dela Paz	Rtn. Jon Arcellana
Vocational Fellowship	PP Rene Florencio	PP Al Ancheta	14. Club Awards Night	PE Del de Guzman	
vocational i cilowonip	77 None Florence	77 70701010td			
B. HEALTH and HUNGER Dire	ector Responsible: Dir. E	Benjie Malaya	OFFICER	S RY-2010-2011	
Medical & Dental Services	ASec. Val Barcinal	PD Nestor Garcia	PRESIDENT:	RONIE P. MASANGKA	Υ
2. Blood Letting	PP Jun Garduño	PD Ed Navarro	VICE-PRESIDENT:	JAIME N. CABALQUIN	
Emergency & Disaster Svcs	Rtn. Vic Sabiniano	PP Joe Judan	PRESIDENT-ELECT:	DEL R. DE GUZMAN	
Preventable Blindness	PP Jimmy Capco	PP Dindo Santos	SECRETARY:	ALLAN S.M. PEREZ	
Adopt-A-Hospital	PP Al Ancheta	PP Ading dela Paz	ASSISTANT SECRETARY – ADMIN:	VAL A. BARCINAL	
Dengue Prevention	ASec. Val Barcinal	PD Ed Navarro	ASSISTANT SECRETARY – SERVICE:	CARL JEFFREY S. TAI	N
			TDE 1010ED		

7. Concern for The Elderly / Handicapped
8. Integrated Impact Feeding
9. Operation Tuli PP Ading dela Paz PP Greg deGuzman ASec. Val Barcinal Rtn. Harold Nanquil Rtn. Charlie Dytan, PD Ed Navarro Rtn. Carlos Balquiedra

### C. POVERTY ALLEVIATION 1. Livelihood Training & Skills Director Responsible: Dir. Willie Reyes

10. Drug Abuse Prevention

Development

2. Vocation at Work/ Rtn. Elmer Tan PD .Eduard Farcon PD Celso Cruz PD Jessie Cruz Vocational Awareness 3. Christmas Gift Giving PD Jessie Cruz Rtn. Charlie Dytan

 D. WATER MANAGEMENT & ENVIRONMENTAL CONCERN

 Director Responsible: Treas. Bernard Cansana

 1. Environmental Protection
 ASec. Val Barcinal
 PP George Ty

 2. Water Mgmt Projects
 PD Boyet Allas
 PP Boy Ong

TREASURER: BERNARD H. CANSANA ASSISTANT TREASURER: AUDITOR: NORBERTO L. COBARRUBIAS JR. ELMER J. TAN ELMER J. TAN
PATRICK T. ONG
ROLANDO C. GARCIA
MANUEL P. DE GUZMAN
CELSO C. CRUZ
VIRGILIO S. FARCON SR.
EDUARD G. FARCON ASSISTANT AUDITOR: ASSISTANT ADDITOR.
CHIEF SERGEANT-AT-ARMS:
ASSISTANT SERGEANT-AT-ARMS:
ASSISTANT SERGEANT-AT-ARMS: ASSISTANT SERGEANT-AT-A PROTOCOL: P.R.O.: ASSISTANT P.R.O.: CLUB TRAINER: ASSISTANT CLUB TRAINER: JEROME D. JOSEF DINDO FERDINAND C. SANTOS ANTONIO B. FIDELINO EX-OFFICIO: DIRECTORS: VINCENT C. SANTOS PATERNO S. CORPUS CHRISTOPHER U. MERIÑO MARIO HERNANDO R. DE LA PAZ BENJAMIN EDSEL V. MALAYA WILFREDO E. REYES



# Roster of Attendance

					July			
	Rotarian	Classification	Induction	Spouse	<u> </u>		Ī	
	<u> </u>			· ·	1	10	15	
1	Aguinaldo, Onie S.	Dairy Product Distribution	12/22/1983	Linda	Р	Р		
2	Allas, Boyet A.	Plumbing	10/30/2003	Lalaine	M	Р		
3	Arcellana, Jonathan A.	Trading and Marketing	10/25/2007	Ella				
4	Balquiedra, Carlos P.	Banking - Commercial	05/07/2009	Ruby				
5	Barcinal, Val A.	Medicine-Pediatric	02/11/2010	Arlene	Р	Р	M	
6	Cabalquinto, Dodjie N.	Building Construction	01/20/2005	Dolly	Р	Р	Р	
7	Cadiz, Fabi I.	Medicine - General	03/16/2000		Р	Р	Р	
8	Cansana, Bernard H.	Horizontal Construction	07/06/2007	Carol	Р	Р	Р	
9	Capco, Claro L.	Education	07/05/2002	Jehan				
10	Cobbarrubias, Jon Jon L.	General Merchandise - Wholesale	08/28/2008		Р			
11	Corpus, Pat S.	Secondary Administration	10/26/2006		Р	М		
12	Cruz, Celso C.	Insurance - Non-Life	6/18/1998			М	Р	
13	Cruz, Jessie F.	Auto Parts Distribution	11/4/1993	Isay	Р	Р	Р	
14	Cruz, Willy R.	Architecture	10/6/2005	Liza	Р			
15	De Guzman, Del R.	Sash Manufacturing	12/3/1998	Amy	Р	Р	Р	
16	De Guzman, Efren O.	Memorial Service	7/29/1982	Pam	Р	Р	Р	
17	De Vera, Lito P.***	Medicine – General	6/18/1998	Lil				
18	Dela Paz, Flor S.	Ladies' Shoes Manufacturing	1/23/1969	Vising	Р	Р	Р	
19	Dela Paz, Hermie	Financial Consultancy	12/4/2008		Р	Р	Р	
20	Dytan, Charlie J.	Shoe Supply Distribution	3/18/1999	Nenita	Р	Р	Р	
21	Farcon, Eduard G.	Auto Parts Distribution	10/11/2001	Nancy	Р	Р	Р	
22	Farcon, Jun G.	Taxation	4/22/1988	Zeny	Р	Р	Р	
23	Farcon, Jun Jun M.	Bakeshop Products Distribution	7/5/2002	Che	Р			
24	Fidelino, Tony B.	Law - Civil	8/26/1993	Elai	Р	Р	Р	
25	Florencio, Rene A.	Jewelry Manufacturing & Marketing	3/16/2001	Cora	Р	Р		
26	Flores, Noel S.	Vertical Construction	1/17/2002	Vivian	Р	Р	М	
27	Garcia, Nes C.	Hospital Administration	7/1/2000	Nora				
28	Garcia, Roland C.	TV Programming & Marketing	11/14/1991	Marivic	Р	Р	Р	
29	Ignacio, Eric C.	Real Estate Developing	9/29/1994	Lydia	Р	Р	Р	
30	Josef, Jerome D.	Pharmaceutical Distribution	10/12/2009	Cheri	М	М	М	
31	Judan, Joe A.	Engineering - Civil	3/17/1991	Minia		Р	Р	
32	Malaya, Benjie V.	Medicine - Gastroenterology	8/1/1996	Julie	Р	M	Р	
33	Masangkay, Ronie P.	Laboratory Service	1/17/2002	Liza	Р	Р	Р	
34	Meriño, Chris U.	Civil Construction	3/6/2008	Minna	Р	Р	Р	
35	Montoya, Rey P.	Gasoline Distribution	7/7/1994	Lyn				
36	Nanquil, Harold S.	General Surgery	10/25/2007	Mars				
37	Ong, Patrick T.	Conrete Products Manufacturing	09/03/2009		Р	Р		
38	Pe Benito, Francis I.	Banking - Savings & Thrift	12/3/1998	Monette	Р	Р	Р	
39	Perez, Allan S.M.	Telecommunications	4/6/2006	Pauline	Р	Р	Р	
40	Reyes, Willie E.	Marketing & Trading	10/6/2005	Rina	Р	Р	Р	
41	Rodriguez, Tops N.	Real Estate Marketing	3/17/2006	Vanz	Р	М		
42	Sabiniano, Vic A.	Shoe Manufacturing	3/18/2004	Miriam				
43	Santos, Dindo C.	Medicine – Family	8/14/1997	Cecil	Р	Р	Р	
44	Santos, Vincent C.	Medicine – Endocrinology	7/1/2000	Eula	Р	Р	Р	
45	Sibal, Dan C.	Automotive Servicing	5/11/2006	Ying	М		Р	
46	Tan, Carl S.	Food Service Equipment Distribution	5/7/2009		Р	М		
47	Tan, Elmer J.	Corporate Give Aways	7/30/2009	Ellen	Р	Р	Р	
48	Ty, George S.	Electronics Service	8/10/1989	Leonor	Р	Р	Р	
49	Valenzuela, Joel	Health & Wellness product Distribution	5/07/2009	Elsa	М			
50	Verano, Dante L.	Engineering - Electrical	3/17/1991	Noemi	Р	Р	Р	



## Roster of Attendance

					July			
	<u>Rotarian</u>	Classification	Induction	Spouse				
					1	10	15	
	npted							
51	Ancheta, Al Q.	Management Consultancy	8/21/1975	Bella	Р	Е	E	
52	Capco, Jimmy P.	Medicine - EENT	1/4/1968	Lanie	Р	Р	Р	
53	Cruz, Emil I.	Textile Printing	10/6/1976	Mely	Е	Е	Е	
54	Cruz, Romy M.	Medicine - Radiology	8/19/1971	Cora	Е	Е	Е	
55	De Guzman, Greg S.**	Orthodontics	3/18/1965	Dely	Е	Е	Е	
56	De Guzman, Manny P.	Architecture	8/26/1982	Zeny	Р	Р	Р	
57	Dela Paz, Ading G.	Medicine - Internal	10/7/1971	Casing	E	E	Р	
58	Farcon, Ver S.	Law - Corporate	3/17/1971		Р	Р	Р	
59	Favis, Manolo G.	Radio / TV Broadcasting	8/10/1989		Е	Е	Р	
60	Garduño, Jun A.	Medicine - Internal	10/6/1977	Linda	Е	Е	Р	
61	Lee, Joe P.	Real Estate Developing	9/29/1977	Fely	Е	Р	Р	
62	Navarro, Ed B.	Medicine - General	10/28/1982	Meldy	Р	Р	Р	
63	Ong, Boy B.	Hardware Distribution	7/29/1982	Corie	Р	Р	M	
64	Sumulong, Vic C.	Optometry	2/3/1966	Maring	Е	Р	Е	
65	Tanco, Ting N.**	Cotton Spinning	3/18/1965	Alice	Р	E	E	
66	Tanpengchang, Larry C.	Lumber Distribution	12/8/1977	Viring				
					Р	Е	Р	
67	Valentino, Rudy B.	Shoe Retailing	2/11/1982		Е	Р	Р	
68	Don Emilio Yap	HONORARY MEMBER						
	** Charter Member	***Exempted due to protracted						
		illness						
	LEGEND:	P - Present	M - Make-	E-				
I			up	Exempted				

### MAKE-UP

RC San Mateo (Jul. 17)

PD Celso Cruz-07/10 Asec. Val Barcinal-07/14

Club Forrmation Rodriguez (Jul. 20)

PP Boy Ong-07/15

Public Image Launching/Motorcade (Jul. 4)

Dir. Pat Corpus-07/15 Rtn. Jerome Josef-07/15

### EXTRA ATTENDANCE

Public Image Launching/Motorcade (Jul. 4)

Pres. Ronie Masangkay, VP Dodjie Cabalquinto, PP Manny de Guzman, Treas. Bernard Cansana, Dir. Hermie dela Paz, Sec. Allan Perez, Dir. Chris Meriño, PP Fabi Cadiz

Board Meeting (Jul. 5)

Pres. Ronie Masangkay, IPP Vincent Santos, Sec. Allan Perez, Treas. Bernard Cansana, Dir. Pat Corpus, Dir. Hermie de la Paz, PE Del de Guzman, Dir. Benjie Malaya, VP Dodjie Cabalquinto, Dir. Wilie Reyes, Dir. Chris Meriño, Rtn. Tops Rodriguez, Rtn. Patrick Ong, PP Dindo Santos, Asec. Val Barcinal, Rtn. Jerome Josef, PP Fabi Cadiz District Officers Meeting (Jul. 6)

SAG Noel Flores, PP Eric Ignacio, Treas. Bernard Cansana, Dir. Hermie de la Paz

RC Metro Marikina (Jul. 7)

VP Dodjie Cabalquinto

RC Northbay East (Jun 6), RC Cosmo San Juan (Jun 25), RC Downtown San Juan (Jun 28), RC Pasig (Jun 29)RC San Juan North (Jul. 8), RC Grace Park (Jul.9), RC Valenzuela (Jul.13), PDG Efren de Guzman

Rotaract Distas (Jul. 18)

DG Jun Farcon. Pres. Ronie Masangkay, Sec. Allan Perez, VP Dodjie Cabalquinto, PP Dante Verano, Dir. Hermie dela Paz RC San Mateo (Jul. 17)

DG. Jun Farcon, Pres. Ronie Masangkay, PP Manny de Guzman, IPP Vincent Santos, Sec. Allan Perez, Treas. Bernard Cansana Club Forrmation Rodriguez (Jul. 20)

Pres. Ronie Masangkay, Sec. Allan Pérez, PP Manny de Guzman, PP Joe Judan, PD Celso Cruz, Treas. Bernard Cansana



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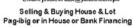
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### Rtn. Christopher U. Meriño

Rotary Club of Marikina Rotary International District 3800

Cell No: 0908 5840599



Phone No:

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Assistant General Manager

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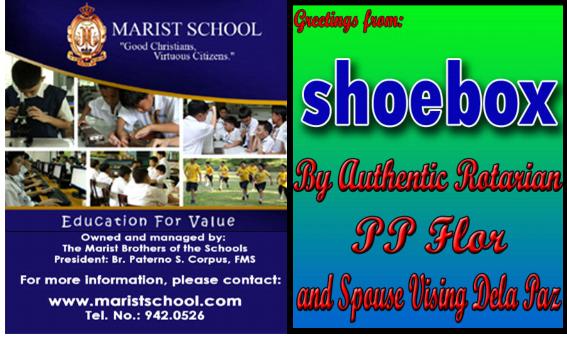
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## DR. BENJAMIN EDSEL MALAYA

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Engr. Dante L. Verano, RC Marikina Past President RV 2002-2003 Spouse Noemi Verano, IWC Marikina Past President And Rotakid Dante Leonardo Verano & Toffie





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	Make-Up Corner	
Name of Visiting Rotarian		
Signature of Club Secretary		

