

# Programme

Volume 46 Weekly Meeting No. 7

August 19, 2010

## CLASSIFICATION TALK

- |      |                                  |                            |
|------|----------------------------------|----------------------------|
| I.   | Pagpapatala                      |                            |
| II.  | Palatuntunan                     |                            |
|      | Pagsasa-ayos ng Pulong           | - Pres. Ronie P. Masangkay |
|      | Pambungad na Panalangin          | - PD Jessie Cruz           |
|      | Pambansang Awit                  | - Rtn. Harold Nanquil      |
|      | Panata at 4 na Panukat ng Rotary | - VP Dodjie Cabalquinto    |
|      | Pagpapakilala ng mga Panauhin    | - Rtn. Willy Cruz          |
|      | Kasiyahan                        | - PD Nestor Garcia         |
|      | Parangal                         | - PP Eric Ignacio          |
|      | Kaalamang Pang Rotaryo           | - IPP Vincent C. Santos    |
|      | Classification Talk              | - Rtn. Jon Jon Cobarrubias |
|      | Panahon ng Kalihim               | - Sec. Allan SM Perez      |
|      | Panahon ng Pangulo               | - Pres. Ronie P. Masangkay |
|      | RC Marikina March                |                            |
|      | Pagtitindig ng Pulong            | - Pres. Ronie P. Masangkay |
|      | Lingguhang Paripahan             | - PP Manny de Guzman       |
| III. | Fellowship                       |                            |

PD Celso Cruz  
Guro ng Palatuntunan

### 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?

<p><b>PANALANGIN</b></p> <p><i>Mahal naming Ama, kami po'y masayang nagpasalamat sa tagumpay ng mga katatapos naming mga proyekto. Hinihiling naming ang Iyong banal na Espiritu na sumaamin sa lahat ng aming Gawain bilang Rotaryo at mga personal na Gawain. Malugod nawa sa aming kalooban na ibigay ang aming responsibilidad bilang rotaryo.</i></p> <p><i>Bigyan n'yo po ng tibay ng katawan, kaisipan at dam-damin ang bawat isa sa amin upang maisakatuparan ang higit na makakabuti sa aming kinauukulan.</i></p> <p><i>Nawa'y ang lahat ng aming Gawain ay makatulong na mailapit ang bawat nilalang sa Inyo at magawa ang inyong kagustuhan.</i></p> <p><i>Hinihiling naming ito sa Ngalan Iyong Anak na si Hesus. AMEN.</i></p>	<p><b>ROTARY CLUB OF MARIKINA MARCH</b></p> <p><i>Music: PP Jimmy Capco Lyrics: Rtn. Francisco Pascual; Arranger: Rtn. Allan SM Perez</i></p> <p>Come sing with us for fellowship A song of camaraderie Then give your hand in fond friendship To Marikina Rotary</p> <p>We love to share our thoughts with you And lavish in your company So, come each meeting day please do To Marikina Rotary</p> <p style="text-align: center;"><b>Refrain</b></p> <p>Motto of SERVICE ABOVE SELF Is not a mere phraseology Participate with zeal and zest In Marikina Rotary</p> <p>Let us Rotarian serve all Our beloved community Then we can accentuate the goal Of Marikina Rotary</p>																				
<p><b>PROGRAMME</b></p> <p>August 26, 2010</p> <table> <tr> <td>Invocation</td> <td>Spouse</td> </tr> <tr> <td>National Anthem</td> <td>Spouse</td> </tr> <tr> <td>Rotary Pledge &amp;</td> <td>Dir. Chris Meriño</td> </tr> <tr> <td>The Four Way Test</td> <td></td> </tr> <tr> <td>Introduction of Visiting Rotarians &amp; Guests</td> <td>PP George Ty</td> </tr> <tr> <td>Entertainment</td> <td></td> </tr> <tr> <td>Recognition</td> <td>PP Joe Lee</td> </tr> <tr> <td>Raffle</td> <td>PP Dante Verano</td> </tr> <tr> <td></td> <td>PP Tony Fidelino</td> </tr> <tr> <td></td> <td>Emcee</td> </tr> </table>	Invocation	Spouse	National Anthem	Spouse	Rotary Pledge &	Dir. Chris Meriño	The Four Way Test		Introduction of Visiting Rotarians & Guests	PP George Ty	Entertainment		Recognition	PP Joe Lee	Raffle	PP Dante Verano		PP Tony Fidelino		Emcee	
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<p><b>DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSION</b></p> <p>As a Rotarian engaged in business or profession, I am expected to:</p> <ol style="list-style-type: none"> <li>Consider my vocation to be another opportunity to serve;</li> <li>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;</li> <li>Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;</li> <li>Be fair to my employees, associates, competitors, customers, the public and all those with whom I have business or professional relationship;</li> <li>Recognize the honor and respect due to all occupations which are useful to society;</li> <li>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;</li> <li>Adhere to honesty in my advertising and in all representations to the public concerning my business or profession;</li> <li>Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded to others in a business or professional relationships.</li> </ol>	<p><b>Congratulations!</b> PP Romy Cruz on your 39th year —Aug. 19 PP Al Ancheta on your 35th year— Aug. 21</p> <p><b>Happy Blessed Birthday!</b> PD Lito de Vera—Aug. 20 PP Jun Garduño —Aug. 21 Rtn. Tops Rodriguez—Aug. 22 Sps. Vivian Flores—Aug. 23 Sps. Lydia Ignacio—Aug. 23</p>																				

# *Microscopic Findings*

## *Pres. Ronie P. Masangkay*



Ang pagiging isang Pangulo ng samahan ng Rotary ay hindi lamang karangan datapwat isa rin sakripisyo, ngunit sa isang banda ay may hatid ding ligaya at ginhawa sa buo mong pagkatao, lalo na't maraming damdamin ang iyong napapaligaya, maraming kaisipan ang nabigyan mo ng kalikanagan at maraming agam-agam ang nabigyan mo ng kasagutan. Tunghayan ninyo ang aking ulat.

Noong Araw ng Huwebes, ika-12 ng Agosto, ang inyong lingkod ay naanyayahang muli sa tangapan ng ikalawang punong lunsod ng Marikina sa pangunguna mismo ng ating Vice-Mayor PP Fabi Cadiz upang ilahad ang mga palatuntunan ng kanyang tanggapan na nauukol sa Bawal na Gamot. Kasama kong dumalo sa nasabing pagpupulong ang ibat-ibang Pangulo ng samahan ng Rotary sa ating Zone. Sa aming pakikipagtalastasan, iginiit muli ni Vice Mayor Fabi ang kahalagahan ng mga Non-Government Organization katulad ng ating samahan, upang mabilis na ma-iparating sa ating komunidad ang mga serbisyon nakalaan para sa mamamayan ng Marikina.

Napaka-gandang pagmasdan ang mga batang animo'y anghel na nag-aaral sa isang Day Care Center sa Barangay Tumana nang aming datnan sa kanilang silid aralan upang mamahagi ng mga gamit sa eskwela noong nakarang Byienes, ika-13 ng Agosto. Ang proyektoro ito ay pinangunahan ni VP Dodjie, kasama sina Sec. Allan at SAG Noel. Katuwang ng ating Samahan sa nasabing proyekto ay ang Inner Wheel Club of Marikina na pinangunahan ng kanilang Pangulo na si Sp. Liza, kasama sina Sp. Fely, Sp. Vising, Sp. Eula, at Sp. Noemi na namahagi naman ng pagkain at inumin at ang Rotaract Club of Marikina na pinamunuan ng kanilang Pangulo na si Tess kasama si DRR Weng Tejada at dating pangulong si Tina na namuno sa pagpapagawa ng pisara na dinag-dagan pa ng kaukulang pananalapi ni SAG Noel.

Napaka-init at halos umusok ang ating Vice Mayor Fabi sa kanyang mga adhikain laban sa mga pinagbabawal na droga! Ang inyong lingkod kasama ng mga Pangulo ng Samahan ng Rotary sa ating Zone ay naimbitahang muli sa isang Forum na ginanap sa Barangay Fortune noong Sabado, ika-14 ng Agosto, na dinaluhan ng ibat-ibang samahan sa Barangay. Nariyan ang Konseho ng Marikina na pinamumunuan ni Konsehal Frankie Ayuson, Punong Barangay at mga Kagawad, Simbahan, Home Owners Association at Kapulisan. Noong araw din ng Sabado, ang inyong lingkod sampa ng aking mga kasama ay kaagad tumulak papunta ng Marikina Rehabilitation Center upang tignan ang mga bagay, pangangailangan at kundisiyon na pwede natin maiambag sa abot ng ating makakaya sa mga kapatid nating nalulon sa ipinagbabawal na gamot.

Kasunod nito, ang Samahan ng Rotary sa ating Zone ay naglunsad ng Motorcade at Public Image sa buong Shell Gasoline Station na pinamunuan mismo ng may-ari ng mga Shell Station sa katauhan ng ating PD Rey Montoya kasama sina SAG Noel, PD Celso at Sec. Allan. Pagkatapos ng Motorcade, pagpupulong naman ng Interact Assemby ang dinaluhan ng inyong lingkod kasamang muli ang mga Pangulo ng Samahan ng Rotary sa ating Zone at si Sec Allan.

Ngayon ay nasa ika-2 Linggo na tayo ng Duckpin Bowling Tournament, Binabati ko ang Chairman ng ating koponan na si PP Onie Aguinaldo sa pag-sasaayos ng torneo noong araw ng Linggo. Ilan sa ating mga manlalaro na dumating sa nasabing torneo ay sina; PP George, PD Celso, PD Rey, Treas. Bernard, Dir. Hermie, Sec. Allan, Rtn. Elmer at Baby Rotarian Riel.

Ngayong gabi, pakinggang natin si Rtn. JonJon Cobarubias upang ilahad ang kanyang Classification.

## *Unli Call & Text Message*

### *Sec. Allan SM Perez*



Ngayong gabi, atin pong pakinggan ang isa pang “Classification Talk” mula sa isa sa pinaka-bata nating kasapi na si Rtn. JonJon Cobarubias.

Sa makalawa, ika-21 ng Agosto, araw ng Sabado, ating masasaksihan ang unang bahagi ng taunang pagsasagawa ng Timpala sa Pagsulat at Pagbigkas ng ating samahan na lalakukan ng mga piling mga mag-aaral na magmumula sa iba’t ibang paaralan sa Marikina at mga karatig na Lungsod. Atin pong bigyan ng tulong at suporta ang mamumuno ng nasabing timpalak na si ikalawang kalihim Carl Tan sa pkikipag-ugnayan ng Inner Wheel Club of Marikina. Ito gagawin ditto sa gusali sa ganap na ika-isa ng hapon. Bigyan po natin ng parangal ang mga mag-aaral na ito sa pamamagitan ng ating pakikiisa at pagdalo.

Sa ika-22 ng Agosto, araw ng Linggo, tayo po ay makiisa sa pagsasagawa ng libreng pagkonsulta sa mga manggagamot ng mata sa pamumuno ni Dating Pangulong Jimmy Capco. Bukod sa libreng konsultasyon, sila din ay mamimigay ng mga gamut pang-mata, libreng salamin at libreng operasyon sa mata (kung kinakailangan). Kung kayo po ay mga kakilalang mga kapatid nating nagangailan ng mga ganitong klaseng lunas, paki-samahan na lang po sila ditto sa ating gusali sa darating na Sabado o di kaya’y makipag-ugnayan sa tanggapan ng ating samahan.

Sa darating na Linggo pa rin, ika-22 ng Agosto, saksihan po natin ang pagpapatuloy ng ika-tatlong Linggo ng District Duckpin Bowling Tournament na ginaganap sa Market Place, Mandaluyong City sa ganap na ika-siyam ng umaga. Ito ay sa pamumuno ni Dating Pangulo Onie Aguinaldo.

Sa Lunes, ika-23 ng Agosto, ang Marikina Zone 4 ay magkakaroon ng isa sa apat na serye ng Inter-City Meeting na gaganapin sa Club Filipino, Greenhills, San Juan, sa ganap na ika-6 ng gabi. Ang lahat po nang dadalo ay pinakikiusapang isuot ang barong na pinamahagi ng ating pangulo.

Inaasahan po namin ang inyong pakikiisa at pagdalo sa lahat ng mga alitutuning ito.

Notice to All Members	CALENDAR OF EVENTS		
The board approved to publish the proposal of Mr. Alexander Manzo and Mr. Antonio Belzunce into Membership. Mr. Manzo is to be loaned with the classification of Special Education Teaching. Mr. Belzunce is to be loaned the classification of Management Consultancy. Article XI, Section 5 of our constitution and by-laws states that: “If no written objection to the proposal stating reasons thereon, is received by the board from any member of the club within 10 days following publication of the names of the prospective members, shall be considered elected to membership”	21 Aug 1:00 PM	Timpalak sa Pagsulat at Pagbigkas (Unang Bahagi)	MRYC
	22 Aug 8AM-12NN	Preventable Blindness	MRYC
	22 Aug 9:00AM	Duckpin Bowling	Market Place Mandaluyong
	23 Aug. 6PM	Inter-city Meeting	Club Filipino
	28 Aug 1:00 PM	Timpalak sa Pagsulat At Pagbigkas (Ikalawang Bahagi)	MRYC
	28 Aug. 1-5pm	District Disaster Management Forum	Valle Verde
	11 Sept 1-5pm	Zone 4	TBA
		New Generation's	

# *Structural Cash Flow*

*Treas. Bernard H. Cansana*



## **Weekly Cash Position Report**

**August 6-12, 2010**

Beginning Balance as of August 5, 2010	84,619.18
<u>Cash Receipts</u>	
1st Sem Dues	32,300.00
Dinner Fees	6,140.00
Fine	360.00
Souvenir Ads/Valley Wheel Ads	17,750.00
<u>Cash Receipts</u>	56,550.00
<b>Sub-Total</b>	<b>141,169.18</b>
<u>Cash Disbursement</u>	
Dinner	5,600.00
Office Supplies	460.00
Tarpaulin - Preventable Blindness Project	420.00
Duckpin T-shirts	3,250.00
Printing-Valley Wheel	720.00
Bantay Bayan	200.00
<u>Cash Disbursement</u>	10,650.00
<b>Ending Balance, August 12, 2010</b>	<b>130,519.18</b>

Note: Above Cash Position does not include other Funds to be accounted for separately such as Matching Grant and WCS Projects.

# People, Events & Places



## Provisional RC Rodriguez Meeting - Aug. 11, 2010



# People, Events & Places

## Drug Abuse Prevention Forum, Aug. 14, 2010, Barangay Fortune



Si Lt. Gov. Fabi at Pres. Ronie kasama ang ibang miyembro ng Rotary Clubs ng Zone 4.

Mga taga Barangay Fortune na nakinig ng Forum.

## Donation of School Supplies at Majestic Glory Day Care Center, Aug. 13, 2010



Pres. Ronie habang nagbibigay ng kanyang mensahe sa Pamumuan at mga estudyante ng Day Care Center.

Pres. Ronie kasama ang mga myembro ng Inner Wheel sa pagbibigay ng bag at school supplies sa mga estudyante.



Pres. Ronie habang nagbibigay ng merienda sa mga estudyante

SAG Noel, Pres. Ronie, Sec. Allan, VP Dodjie, RAC Marikina DRR Weng, IPP Tina at Pres. Tess.

# People, Events & Places



**MARIKINA REHABILITATION CENTER**  
**Hon. JOSE FABIAN I. CADIZ M.D.**  
 Vice-Chairman & Admin Office, Marikina City Council  
**R. DE**  
 City Mayor  
 Marikina Anti-Drug Abuse Council

Pres. Ronie kasama ang mga Zone 4 Presidents at Coun. Ayuson sa kanilang pagbisita sa Marikina Rehabilitation Center. (08/14/10)



Sina Pres. Ronie, Chair PP Onie, PP George, PD Rey, Treas. Bernard, Dir. Hermie, PD Celso, Rtn. Elmer at Rtn. Riel sa nakaraang Duckpin Bowling Tournament (08/15/10)

**Motorcade and Public Image Launching, Shell Gas Stations, AUG. 14, 2010**




Motorcade ng Rotary Clubs ng Zone 4 papunta sa 5 na Shell Gas Stations sa Tuazon, J.P. Rizal, Paliparan, Tañong at Meralco.

Pres. Ronie, SAG Noel, Sec. Allan kasama ang may-ari ng Shell Gas Stations na si PD Rey Montoya at Sps. Lynn noong Public Image Launching ng Zone 4.




Pres. Ronie, Sec. Allan, PD Celso at PD Rey kasama ang ibang miyembro ng Rotary Clubs ng Zone 4 noong Public Image Launching

Pagpupulong ng Rotary Clubs ng Zone 4 para sa gaganapin Interact Assembly na pinamumunuan ni PP Joe Bernabe.

# *Rotary Information*

*IPP Vincent C. Santos*



## **STAR PROGRAM**

Continuation from last week.....

6. Program Topics – The fundamental Topics for interactive and participatory discussions are:

6.1 History of Rotary and its Object.

6.2 Constitutional Documents of Rotary –

    6.2.1 R.I. Constitution

    6.2.2 R.I. By laws

    6.2.3 Standard Club Constitution plus  
        Recommended By-Laws.

6.3 FOUR AVENUES OF SERVICE

    plus New Generations-

    6.3.1 Club Service

    6.3.2 Vocational Service

    6.3.3 Community Service

    6.3.4 International Service

    6.3.5 New Generations

6.4 Effective Rotary Club -

    6.4.1 Membership

    6.4.2 Service Projects

    6.4.3 Club Administration

    6.4.4 The Rotary Foundation

    6.4.5 Public Relations

6.5 Leadership Development Goals

6.6. Council on Legislation

6.7 Parliamentary Rules

6.8 Terms of Reference for Selecting a DGN

# *Ecology Matters*

## A Sec. Val A. Barcinal

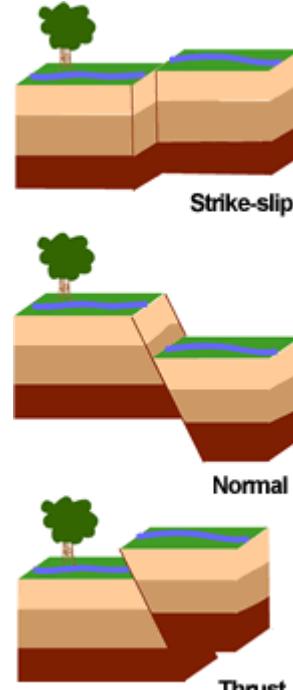


### EARTHQUAKES

After the series of typhoons, I will now start my series on earthquakes. This will help us understand this natural seismic phenomenon and will make us all aware of what to do in times of earthquake. Yes, it is still part of ecology lessons.

#### Naturally Occurring Earthquakes

An **earthquake** (also known as a **quake**, **tremor** or **temblor**) is the result of a sudden release of energy in the **Earth's crust** that creates **seismic waves**. The **seismicity** or **seismic activity** of an area refers to the frequency, type and size of earthquakes experienced over a period of time. Earthquakes are measured with a **seismometer**; a device which also records is known as a **seismograph**. The **moment magnitude** (or the related and mostly obsolete **Richter** magnitude) of an earthquake is conventionally reported, with magnitude 3 or lower earthquakes being mostly **imperceptible** and magnitude 7 causing serious damage over large areas. Intensity of shaking is measured on the modified **Mercalli scale**.



At the Earth's surface, earthquakes manifest themselves by shaking and sometimes displacing the ground. When a large earthquake **epicenter** is located offshore, the seabed sometimes suffers sufficient displacement to cause a **tsunami**. The shaking in earthquakes can also trigger landslides and occasionally volcanic activity.

In its most generic sense, the word *earthquake* is used to describe any seismic event — whether a natural **phenomenon** or an event caused by humans — that generates seismic waves. Earthquakes are caused mostly by rupture of geological **faults**, but also by volcanic activity, landslides, mine blasts, and nuclear experiments. An earthquake's point of initial rupture is called its **focus** or **hypocenter**. The term **epicenter** refers to the point at ground level directly above the hypocenter.

#### Fault types

##### Earthquake fault types

There are three main types of fault that may cause an earthquake: **normal**, **reverse (thrust)** and **strike-slip**. **Normal and reverse faulting** are examples of dip-slip, where the displacement along the fault is in the direction of **dip** and movement on them involves a vertical component. **Normal faults** occur mainly in areas where the crust is being **extended** such as a **divergent boundary**. **Reverse faults** occur in areas where the crust is being **shortened** such as at a convergent boundary. **Strike-slip faults** are steep structures where the two sides of the fault slip horizontally past each other; transform boundaries are a particular type of strike-slip fault. Many earthquakes are caused by movement on faults that have components of both dip-slip and strike-slip; this is known as **oblique slip**.



### Nutrition of Almonds

Consumers have new reasons to enjoy almonds as researchers have recently announced that nuts not only taste good, but they're also good for you. Almonds are one of the most nutritious of all nuts. As more and more consumers become dedicated to healthy life-styles, experts have found that adding natural foods, such as almonds, to your diet may be the prescription for physical wellness in the 21st century. [See this!](#)

Cancer Prevention - Almonds are low in saturated fat and contain many other protective nutrients - calcium and magnesium - for strong bones, vitamin E and compounds called phytochemicals, which may help protect against cardiovascular disease and even cancer.

Phytochemical Powerhouse - Leading nutrition scientists presented their research findings in a symposium entitled "Nuts in a Healthful Diet", as a part of the 1998 Experimental Biology annual meeting. Dr. Gary Beecher, of the USDA-ARS, has analyzed the phytochemical content of almonds and states, "I have never seen this diversity of phytochemicals in a single food source."

Reduce Heart Attack Risk - A Loma Linda School of Public Health study showed those who consumed nuts five times a week had a 50% reduction in risk of heart attack.

Lower Cholesterol - In one clinical study, Dr. Gene Spiller, Director of the Health Research and Studies Center, Inc., showed that almonds added to the diet had a favorable effect on blood cholesterol levels and that none of the study groups experienced weight gain in the study.

Some nuts contain rhizveritrol, the anti-inflammatory agent found in red wines and thought to be responsible for the "French paradox". Many scientists have pointed to the French consumption of red wine as one factor in the lower rate of heart disease despite their diets rich in cream sauces and buttery pastries. The fat in nuts is unsaturated, or the "good" fat and there is no cholesterol in these fats.

If you think almonds are just for satisfying your mid-afternoon munchies, you're in for a surprise! These tasty tidbits pack a nutritional punch, combining tons of essential nutrients in one very delicious package.

One teeny ounce of almonds contains 12 percent of your daily allowance of protein. And absolutely no cholesterol, of course. You'll also get 35 percent of your daily allowance of vitamin E, that valuable antioxidant with so many cancer-fighting qualities. And most of the fat in almonds is monounsaturated, also known as the "good" fat. This little nut is also loaded with minerals like magnesium, phosphorus and zinc, as well as lots of healthy fiber. And don't forget calcium and folic acid - they're in there too! When you get right down to the details, it's no wonder so many people go nuts for almonds!

20-25 almonds (approximately one ounce) contain as much calcium as 1/4 cup of milk, a valuable tool in preventing osteoporosis.

Almonds are the best whole food source of vitamin E, in the form of alpha-tocopherol, which may help prevent cancer.

If you're pregnant, or thinking about it, almonds are a great source of the folic acid you need! Almonds contain more magnesium than oatmeal or even spinach. Are you listening, Popeye?

Build strong bones and teeth with the phosphorus in almonds.

# *Inner Wheel Club of Marikina*

## *Pres. Liza G. Masangkay*



**2nd District 380 Monthly Board Meeting, Aug. 14, 2010, Merced Bake house**



DC Julie presiding the 2nd District Board Meeting, present were Pres. Liza , PDC Elai and PP Noemi.

**Donation of School Supplies at Majestic Glory Day Care Center, Aug. 13, 2010**



Inner wheel Club Members distributing School Supplies

IPP Eula, PP Vising and PP Noemi preparing merienda for the students.



Pres. Liza distributing merienda to the students.



Inner Wheel members , RC Marikina Members, RAC Marikina members with the children beneficiary of the project.

# *RAC in Action*

*by: DRR Wheng Tejada*

Last Friday the Rotaract Club of Marikina headed by Pres. Thess Mondragon, together with RC Marikina and Inner Wheel Club of Marikina visited the King of Jesus Majestic Glory Day Care Center. IPP Thina of RAC Marikina introduced Pres. Ronie Masangkay and Pres. Liza Masangkay and the rest of the members of RC Marikina and Inner Wheel Club of Marikina who were present, and afterwards gave the floor to Pres. Ronie who then delivered his short message and informed the parents and students why we are there. We proceeded to the distribution of school supplies, RC Marikina donated 39 sets of school supplies. Right after the distribution, the Inner Wheel Club of Marikina provided the delicious spaghetti, we were able to serve everybody even the parents who are waiting for the kids. While taking their delicious snacks we can see the smiles on the face of these little angels, not mentioning the teary eyes of the heads of the Day Care Center. Before we leave the students sang a song for us, and says their thank you's.



The day is not finished yet, we have to give our part. So we started to work on the Blackboard that we promised to donate. Rtr. JR Calanda headed the repair and construction of the blackboard. While we are in the middle of the work SAG Noel arrived and donated P500.00 for additional side of blackboard.



# Classification

NORBERTO "JON JON" LEGASPI COBARRUBIAS, Jr.



## Personal Data

Birthday : December 10, 1984  
Address : #45 Lopez Jaena St., Barangay Tañong, Marikina City  
Civil Status : Single

## Education

College : Centro Escolar University (CEU)  
Marketing, 2008  
Secondary : Infant Jesus Academy, 2002  
Elementary : Infant Jesus Academy, 1998

## Business

COBBARUBIAS HATS AND CAPS STORE  
1749 C.M. Recto Manila  
Tel. No. 7349884

To : All Members of the Rotary Club of Marikina  
From : PP Virgilio "Ver" S. Farcon Sr.  
Re : General Membership Meeting of the Rotary Club of Marikina Foundation Inc.

Notice is hereby given to all members of the Rotary Club of Marikina that there will be a general membership meeting on August 26, 2010 (Thursday), 5:00pm at the Marikina Rotary Youth Center. The following Agenda will be taken up:

1. Treasurer's Report
2. Election of the 11 members of the Board of Trustees
3. Other Matters

Your presence is earnestly requested.

Very truly yours,  
(Signed)  
PP Virgilio S. Farcon Sr.



## Songs for the Rotary Club

<p><b>MANILA</b></p> <p>Intro:</p> <p>Maraming beses na kitang nilayasan Iniwan at iba'ng pinuntahan; Parang babaeng ang hirap talagang malimutan, Ikaw lamang ang aking lagging binabalikan.</p> <p>I</p> <p>(Manila) Manila, I Keep coming back to Manila, Simply (ain't) no place like Manila:     Manila, I'm coming home, I've walked the streets of San Francisco,     I've tried the rides in Disneyland;     Dated million girls in Sydney, Somehow, I feel like I don't belong.</p> <p>Chorus:</p> <p>Hinahanap-hanap kita, Manila Ang ingay mong kay sarap sa tanga:     Mga Jeepney mong nagliliparan,     Mga babae mong naggagandahan Take me back in your arms, Manila Anf promise me you'll never let go.</p> <p>Repeat 1<sup>st</sup> stanza Repeat Chorus</p> <p>Manila, Manila, miss you like hell, Manila No place in the world like Manila     I'm comin' home to stay.</p>	<p><b>MAMANG SORBETERO</b> <b>Celeste Legaspi</b></p> <p>I</p> <p>Mamang Sorbetero, ano'ng ngalan mo? Tinda mong ice cream, gustong –gusto ko; Init ng buahy, pinapawi mo, Sama ng loob, nalilimutan ko</p> <p>Koro</p> <p>Mamang Sorbetero, tayo'y sumayaw, Kalembang mong hawak, muling ikaway; Batang munti, sa'yo'y naghihintay, Bigyang-ligaya ngayong tag-araw.</p> <p>II</p> <p>Masdan ang ulap sa himpapawid, Korteng sorbetes sa pisngi ng langit; Mata ng dalaga'y nananaginip, May'rong sikretong nasasaisip.</p> <p><i>Ulitin ang koro</i></p> <p>III</p> <p>Mainit na labi, nagbabagang mata, Sunog na pag-ibig, parang awa mo na; Mamang Sorbetero, o nasaan ka? Init ng buhay, pawiin mo na.</p> <p><i>Ulitin ang Koro</i> Koda:     La la la...     La la la.... <i>Ulitin ang Koro 2x</i></p>
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Go! Go! Global!*

SERVICE PROJECTS CHAIRMEN FOR RY 2010-2011				
<b>CLUB ADMINISTRATION</b>	<b>Director Responsible: Sec. Allan Perez</b>		<b>E. LITERACY &amp; VALUES FORMATION</b>	<b>Director Responsible: VP Dodjie Cabalquinto</b>
1. Attendance 2. Club Bulletin 3. Program 4. Constitution & By-Laws 5. Ways & Means 6. Club Historian 7. Website 8. Fellowship and Arts 9. Sports Table Tennis Tournament Chess Tournament Marathon 10. Grievance	PP Dindo Santos ASec. Val Barcina Sec. Allan Perez PP Tony Fidelino PP Kiko Pe Benito PP Romy Cruz PP Dindo Santos Rtn. Jun Jun Farcon PP Onie Aquinaldo PP Dante Verano PD Eduard Farcon PP Tony Fidelino	PP Flor dela Paz Rtn. Harold Nanquil Asec. Val Barcinal PP Al Ancheta PP Eric Ignacio PP Flor dela Paz VP Dodjie Cabalquinto Rtn. Elmer Tan	1. Rotary Scholarship 2. Timpalak sa Pagsulat at Pagbigkas 3. Student Leadership Award 4. Storytelling Contest 5. Adopt-A-School 6. Book Donation 7. School for Children with Special Needs 8. Alternative Learning Center 9. Career Development	PP Ver Farcon Rtn. Jon Cobarrubias Asec. Carl Tan. Rtn. Jon Cobarrubias Rtn. Jerome Josef PP Ver Farcon Rtn. Jon Arellana PP Noel Flores PP Tops Rodriguez Rtn. Joel Valenzuela
<b>MEMBERSHIP</b>	<b>Director Responsible: Dir. Chris Merino</b>		<b>THE ROTARY FOUNDATION</b>	<b>Director Responsible: PE Del de Guzman</b>
1. Classification 2. Membership 3. Membership Growth & Dev't 4. Rotary Information 5. Rotary Academy/Fireside 6. Family Outing 7. Club Extension	PP Boy Ong PP Tony Fidelino PP Joe Lee IPP Vincent Santos PP Joe Judan Rtn. Patrick Ong PP Manry de Guzman	PP Eric Ignacio PP Fabi Cadiz PP Eric Ignacio PDG Efren de Guzman PP Bay Ong PP Dante Verano PP Boy Ong	1. TRF Contribution 2. Polio Plus 3. Matching Grant 4. Group Study Exchange 5. Youth Exchange 6. World Community Service	PP Roland Garcia PD Nestor Garcia PP Boy Ong PP Dante Verano PP Fabi Cadiz PP Tony Fidelino
<b>CLUB PUBLIC RELATIONS</b>	<b>Director Responsible: Dir. Pat Corpus</b>		<b>NEW GENERATION</b>	<b>Director Responsible: IPP Vincent Santos</b>
1. Public Relations 2. Public Image 3. Interclub Relations Local 4. Interclub Relations International	Rtn. Manolo Favis PD Rey Montoya PP George Ty PDG Efren de Guzman	PP Rene Florencio PP Onie Aquinaldo PP Noel Flores PP Fabi Cadiz	1. New Gen. Conference 2. Artista ng Bayan 3. Rotaract / Interact / RYLA	ASec. Carl Tan Rtn. Harold Nanquil PP Dante Verano
<b>SERVICE PROJECTS</b>	<b>Director Responsible: Dir. Hermie dela Paz</b>		<b>SPECIAL EVENTS</b>	<b>Director Responsible: Dir. Willie Reyes</b>
<b>A. FAMILY OF ROTARY</b>			1. Induction of Officers 2. District Assembly 3. Christmas Party 4. Club Anniversary 5. District Conference 6. Photo Exhibit 7. Souvenir Program 8. Tenpin Bowling 9. Duckpin Bowling 10. District Golf Tournament 11. Palarotry 12. Awards & Recognition 13. Club Valentines Party 14. Club Awards Night	PE Del de Guzman PE Del de Guzman PP Eric Ignacio PP Fabi Cadiz Rtn. Willy Cruz PP Manny de Guzman PPManny de Guzman PP Dante Verano PP Joe Judan PP Onie Aquinaldo PD Celso Cruz PP Boy Ong PP Noel Flores Rtn. Jon Cobarrubias PP Manny de Guzman PP Flor dela Paz PE Del de Guzman
<b>B. HEALTH and HUNGER</b>	<b>Director Responsible: Dir. Benjie Malaya</b>		<b>OFFICERS RY-2010-2011</b>	
1. Medical & Dental Services 2. Blood Letting 3. Emergency & Disaster Svcs 4. Preventable Blindness 5. Adopt-A-Hospital 6. Dengue Prevention 7. Concern for The Elderly / Handicapped 8. Integrated Impact Feeding 9. Operation Tuli 10. Drug Abuse Prevention	ASEc. Val Barcinal PP Jun Garduño Rtn. Vic Sabiniano PP Jimmy Capco PP Al Ancheta ASEc. Val Barcinal PP Ading dela Paz Rtn. Charlie Dyhan, PD Ed Navarro Rtn. Carlos Balquiedra	PD Nestor Garcia PD Ed Navarro PP Joe Judan PP Dindo Santos PP Ading dela Paz ASEc. Val Barcinal PP Greg deGuzman ASEc. Val Barcinal Rtn. Harold Nanquil Rtn. Vic Sabiniano	PRESIDENT: VICE-PRESIDENT: PRESIDENT-ELECT: SECRETARY: ASSISTANT SECRETARY - ADMIN: ASSISTANT SECRETARY - SERVICE: TREASURER: ASSISTANT TREASURER: AUDITOR: ASSISTANT AUDITOR: CHIEF SERGEANT-AT-ARMS: ASSISTANT SERGEANT-AT-ARMS: ASSISTANT SERGEANT-AT-ARMS: PROTOCOL: P.R.O.: ASSISTANT P.R.O.: CLUB TRAINER: ASSISTANT CLUB TRAINER: EX-OFFICIO: DIRECTORS:	RONIE P. MASANGKAY JAIME N. CABALQUINTO DEL R. DE GUZMAN ALLAN S.M. PEREZ VAL A. BARCINAL CARL JEFFREY S. TAN BERNARD H. CANSANA NORBERTO L. COBARRUBIAS JR. ELMER J. TAN PATRICK T. ONG ROLANDO C. GARCIA MANUEL P. DE GUZMAN CELSO C. CRUZ VIRGILIO S. FARCON SR. EDUARD G. FARCON JEROME D. JOSEF DINDO FERNAND C. SANTOS ANTONIO B. FIDELINO VINCENT C. SANTOS PATERNO S. CORPUS CHRISTOPHER U. MERINO MARIO HERNANDO R. DE LA PAZ BENJAMIN EDS V. MALAYA WILFREDO E. REYES
<b>C. POVERTY ALLEVIATION</b>	<b>Director Responsible: Dir. Willie Reyes</b>			
1. Livelihood Training & Skills Development 2. Vocation at Work/ Vocational Awareness 3. Christmas Gift Giving	Rtn. Elmer Tan PD Celso Cruz PD Jessie Cruz	PP George Ty PP Boy Ong		
<b>D. WATER MANAGEMENT &amp; ENVIRONMENTAL CONCERN</b>	<b>Director Responsible: Treas. Bernard Cansana</b>			
1. Environmental Protection 2. Water Mgmt Projects	ASEc. Val Barcinal PD Boyet Allas	PP George Ty PP Boy Ong		

# Roster of Attendance

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

# Roster of Attendance

	<u><b>Rotarian</b></u>	<u><b>Classification</b></u>	<u><b>Induction</b></u>	<u><b>Spouse</b></u>	<u><b>July/August</b></u>				
					<b>22</b>	<b>29</b>	<b>05</b>	<b>12</b>	
<b>Exempted</b>									
52	Ancheta, Al Q.	Management Consultancy	8/21/1975	Bella	P	E	E	E	
53	Capco, Jimmy P.	Medicine - EENT	1/4/1968	Lanie	P	P	P	P	
54	Cruz, Emil I.	Textile Printing	10/6/1976	Mely	E	E	E	E	
55	Cruz, Romy M.	Medicine - Radiology	8/19/1971	Cora	E	E	E	E	
56	De Guzman, Greg S.**	Orthodontics	3/18/1965	Dely	E	E	E	E	
57	De Guzman, Manny P.	Architecture	8/26/1982	Zeny	P	P	P	M	
58	Dela Paz, Ading G.	Medicine - Internal	10/7/1971	Casing	E	E	E	P	
59	Farcon, Ver S.	Law - Corporate	3/17/1971		P	P	P	M	
60	Favis, Manolo G.	Radio / TV Broadcasting	8/10/1989		E	E	P	P	
61	Garduño, Jun A.	Medicine - Internal	10/6/1977	Linda	E	E	E	E	
62	Lee, Joe P.	Real Estate Developing	9/29/1977	Fely	E	P	E	P	
63	Navarro, Ed B.	Medicine - General	10/28/1982	Meldy	P	P	E	E	
64	Ong, Boy B.	Hardware Distribution	7/29/1982	Corie	P	P	P	P	
65	Sumulong, Vic C.	Optometry	2/3/1966	Maring	E	P	E	E	
66	Tanco, Ting N.**	Cotton Spinning	3/18/1965	Alice	P	E	E	E	
67	Tanpengchang, Larry C.	Lumber Distribution	12/8/1977	Viring		P	E	E	
68	Valentino, Rudy B.	Shoe Retailing	2/11/1982		E	P	P	E	
69	Don Emilio Yap	HONORARY MEMBER							
** Charter Member		***Exempted due to protracted illness							
LEGEND:		P-Present		M-Make-up	E-				

## MAKE-UP

### RC Cainta Induction (Aug. 2)

PDG Efren de Guzman-08/12 DG Jun Farcon-08/12

### Board Meeting (Aug. 2)

Rtn. Willie Reyes-08/05 Rtn. Patrick Ong-08/12  
Dir. Benjie Malaya-08/12 PP Manny de Guzman-08/12

### Drug Abuse Forum (Aug. 5)

Rtn. Joel Valenzuela-08/12

### RC San Juan (Aug. 5)

PP Ver Farcon-08/15

### District Duckpin Tournament (Aug. 8)

PD Rey Montoya-08/12

### Book Donation (Aug. 5)

PP Tony Fidelino-08/12

### RCC Marikina Valley (Aug. 8)

Rtn. Willy Cruz-08/12

### EXTRA ATTENDANCE

#### Drug Abuse Prevention Seminar (Aug. 5)

Pres. Ronie Masangkay, Sec. Allan Perez, PP Boy Ong, Dir. Hermie dela Paz, Rtn. Caloy Balquiedra, Rtn. Joel Valenzuela, SAG Noel Flores, PP George Ty, Rtn. Tops Rodriguez, VP Dodjie Cabalquinto, PP Dante Verano, Rtn. Willy Cruz

#### City Nutrition Committee Meeting (Aug. 6)

Pres. Ronie Masangkay, Asec. Val Barcinal

#### First District Mass Induction (Aug. 7)

Pres. Ronie Masangkay, Sec. Allan Perez, Treas. Bernard Cansana, Dir. Hermie dela Paz, SAG Noel Flores, VP Dodjie Cabalquinto, Dir. Benjie Malaya, PD Eduard Farcon

## EXTRA ATTENDANCE

### RCC Marikina Valley Meeting (Aug. 8)

Rtn. Dan Sibal, Rtn. Joel Valenzuela, Rtn. Willy Cruz

### Duckpin Bowling Tournament Opening (Aug. 8)

Pres. Ronie Masangkay, PP George Ty, Dir. Hermie dela Paz, DG Jun Farcon, PP Roland Garcia, PP Onie Aguinaldo, Sec. Allan Perez, PD Celso Cruz

### District Finance Committee Meeting (Aug. 11)

DG Jun Farcon, Dir. Hermie dela Paz

### Provisional RC Rodriguez Meeting (Aug. 11)

Pres. Ronie Masangkay, VP Dodjie Cabalquinto, PP Boy Ong, PP Manny de Guzman, PD Celso Cruz, Treas. Bernard Cansana

### School Supplies Donation (Aug. 13)

Pres. Ronie Masangkay, Sec. Allan Perez, VP Dodjie Cabalquinto, SAG Noel Flores

### Zone 4 Public Image Launching/Motorcade (Aug. 14)

Pres. Ronie Masangkay, Sec. Allan Perez, PD Rey Montoya, SAG Noel Flores, PD Celso Cruz

### Drug Abuse Prevention Forum (Aug. 14)

Pres. Ronie masangkay, Lt. Gov. Fabi Cadiz

### Zone 4 Meeting (Aug.13 & 14 )

Pres. Ronie Masangkay, SAG Noel Flores

### Marikina Rehabilitation Visitation (Aug. 14)

Pres. Ronie Masangkay

### Duckpin Bowling Tournament (Aug. 15)

DG Jun Farcon, Pres. Ronie Masangkay, Treas. Bernard Cansana, Dir. Hermie dela Paz, PP Onie Masangkay, Rtn. Riel Banaria, PP George Ty, PD Rey Montoya, PD Celso Cruz, Rtn. Elmer Tan



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

**Alper  
GRAPHICS**

*Sec. Allan SM Perez*

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*ASec. Carl Tan*

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CYW-152 (0.5HP)

KC-20/Yaa(0.8HP)

KC-25 (1.0HP)

### Portable Type



KY-25(1.2HP)

### Manual Type



KT3C-50 (2.0HP)

KC-25 (1.0HP)  
KC-32 (1.5HP)



CP-25 (1.0HP)

## **CHIGO Air Conditioners**

### Wall Mounted Split Type



CS-25C2 (1.0HP)  
CS-31C2 (2.0HP)

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U15WVQ (3TR)

### Inverter Type



1.0HP 1.5HP 2.0HP

### Ceiling Suspended Type



UF75WLD (3HP)  
UF100WLD (3TR)

*Rtu. Patrick Ong*

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# Notes

## Make-Up Corner

Name of Visiting Rotarian

---

Signature of Club Secretary

---

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