

# Programme

Volume 46 Weekly Meeting No. 11

September 16, 2010

## Welcome PP Kazuhiko Toujoh

I.	Registration	
II.	Program	
	Call to Order	- Pres. Ronie P. Masangkay
	Invocation	- Rtn. Elmer Tan
	Philippine National Anthem	- Rtn. Manolo Favis
	Rotary Pledge & The 4-Way Test	- Rtn. Alex Manzo
	Introduction of Visiting Rotarians & Guests	- Rtn. Jun Jun Farcon
	Entertainment	- PP Flor dela Paz
	Recognition	- PD Celso Cruz
	Rotary Information	- PP Dindo Santos
	Message	- PP Kazuhiko Toujoh
	Secretary's Time	- Sec. Allan SM Perez
	President's Time	- Pres. Ronie P. Masangkay
	RC Marikina March	
	Adjournment	- Pres. Ronie P. Masangkay
	Weekly Raffle	-
	Fellowship	

Rtn. Carlos Balquiedra  
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, Sumu-  
long Hi-way, Sto. Niño, Marikina City, Philippines 1800  
Tel. 9423720 – url; [www.marikinarotary.org](http://www.marikinarotary.org)

### THE ROTARY PLEDGE

I do solemnly promise to help advance the object of Ro-  
tary, 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 style="text-align: center;"><b>PRAYER</b></p> <p><i>Lord Jesus Christ, You said, “Where two or three are gathered in My name, there I shall also be in their midst. Please stay with us during our meeting—in spirit and in truth.</i></p> <p><i>Allow us to stay with the group physically and mentally. Lord, we pray for an effective setting of goals and priorities. During the meeting, we ask for facilitate behavior, respecting the views and opinion of myself and others; giving value to individuals, giving our full attention to the proceedings; manifesting positive strokes and all kinds of affirmative behavior.</i></p> <p><i>And lastly, Lord, deliver us from hindering and hampering behaviors. With all these requests, we really need You around. Lord. Amen.</i></p>	<p><b>ROTARY CLUB OF MARIKINA MARCH</b></p> <p><b>Music: PP Jimmy Capco</b>  <b>Lyrics: Rtn. Francisco Pascual;</b>  <b>Arranger: Rtn. Allan SM Perez</b></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 style="text-align: center;"><b>PROGRAMME</b></p> <p style="text-align: center;">September 23, 2010</p> <table> <tr> <td>Invocation</td> <td>PP Manny de Guzman</td> </tr> <tr> <td>National Anthem</td> <td>PP Ver Farcon</td> </tr> <tr> <td>Rotary Pledge &amp; The Four Way Test</td> <td>Rtn. Riel Banaria</td> </tr> <tr> <td>Introduction of Visiting Rotarians &amp; Guests</td> <td>PD Claro Capco</td> </tr> <tr> <td>Entertainment</td> <td>Treas. Bernard Cansana</td> </tr> <tr> <td>Recognition</td> <td>Rtn. Jerome Josef</td> </tr> <tr> <td>Raffle</td> <td>Rtn. Dan Sibal</td> </tr> <tr> <td></td> <td>Asec. Val Barcinal</td> </tr> <tr> <td></td> <td>Emcee</td> </tr> </table>	Invocation	PP Manny de Guzman	National Anthem	PP Ver Farcon	Rotary Pledge & The Four Way Test	Rtn. Riel Banaria	Introduction of Visiting Rotarians & Guests	PD Claro Capco	Entertainment	Treas. Bernard Cansana	Recognition	Rtn. Jerome Josef	Raffle	Rtn. Dan Sibal		Asec. Val Barcinal		Emcee	<div data-bbox="1019 1380 1195 1614" data-label="Image"> </div> <p style="text-align: center;"><b><i>Happy Blessed Birthday!</i></b>  Sps. Che Farcon—Sept. 17  PP Emil Cruz—Sept. 21</p> <p style="text-align: center;"><b><i>Happy Wedding Anniversary!</i></b>  Rtn. Charlie Dytan &amp; Sps. Nenita  — Sept. 22</p>
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<p style="text-align: center;"><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>1. Consider my vocation to be another opportunity to serve;</li> <li>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</li> <li>3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation</li> <li>4. Be fair to my employees, associates, competitors, customers, the public and all those with whom I have business or professional relationship;</li> <li>5. Recognize the honor and respect due to all occupations which are useful to society;</li> <li>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 the community.</li> <li>7. Adhere to honesty in my advertising and in all representations to the public concerning my business or profession</li> <li>8. 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>																			

## *Microscopic Findings*

### *Pres. Ronie P. Masangkay*



The Matching Grant that was applied for not so long time ago, in partnership with RC Fukushima for the Integrated Impact Feeding in Malanday Elementary School was finally utilized and implemented last Thursday, Sept. 9, thru the effort of PP Boy Ong and his group. In fact, the project was launched and attended by its Principal Mr. Lino de Guzman, PTA officers, parents and guardians of the selected beneficiary students from Prep to Grade 6, Dep Ed, City Health Office, Marikina Valley Med. Society and Inner Wheel Club of Marikina. Congratulations to the Chairman Rtn. Charlie for the success of this endeavor, Asec Val and Dir. Benjie for assisting the project. VP Dodjie, Sec. Allan, IPP Vincent, Dir. Hermie, PP Rudy, PP Flor and Sps. Vising, PD Claro and Baby Rtn. Alex and his spouse were also present to support the project.

Last Friday, Sept. 10, Zone 4 held a Job Fair, a joint project in collaboration with the City Government of Marikina, TESDA and the Employers Assoc. of the Phils. According to the statistics, there are only 3 employed Filipinos out of 10. I must say that this figure is quite true because on my birds eye view the applicants that flocked during the Zone 4 Job Fair were about 2,000 applicants and they were all screened, where, 90 of them were hired on the spot for local employment and 117 for foreign employment. The project was spear headed by RCM Heights, thru their President Ms. Shay Pascual, who is a Conciliator in the Dept. of Labor and Employment. The activity commenced with a brief talk from PE Mayor Del and DG Jun Farcon. Some of our Rotarians who graced the event were VP Dodjie, PD Edward, Rtn. Tops, and Rtn. Jerome and his family.

The Provisional RC Rodriguez, headed by their Prov. Pres. Guildon Villa-Abrille, is still knocking on our doors for us to help them in recruiting additional members. This was one of the requests of their club when we (PP Manny, PD Celso, Sec. Allan and yours truly) visited them last Friday night. So now we make an appeal to all... that if you have friends and relatives residing within the vicinity, please strive to encourage them to join the Prov. RC Rodriguez!

Another Zone 4 Joint Project was held last Saturday, Sept. 11 at the MRYC. The New Generations Conference was attended by 116 delegates including the Interactors, Rotaractors and Children of Rotarians. The Conference's Theme is, Parent and Child: Enhancing Relationships and Leadership for a Better Future. DG Jun Farcon witnessed the success of the event. In his inspirational message, he encouraged the delegates to support and foster the Rotary's program the best way they can. The opening remarks was given by SAG Noel. IPP Vincent, who is the Dist. Chair for New Gen, was there to supervise the proceedings. PP Eric, Sec. Allan and Rtn. Carl were also there in support of this conference. IWC of Marikina Pres. Liza and IPP Eula Santos, who happened to be members of the panel, were among our partners in service who observed the affair.

With more than 80 Rotary Clubs in our District, at last, the Club Inductions and Turn-over Ceremonies were finally finished and completed. The last Club that held an affair which I attended was the RC Tres Escalon last Saturday evening at Club Manila East.

Another AT LAST! was the recently concluded Duckpin Bowling Tournament, last Sunday, Sept. 12. After 4 weeks of eliminations, our team landed to Class D which is the last Group among the clusters of groups. Class D was composed of 6 teams and I'm proud that we bagged the 2<sup>nd</sup> runner-up for this Division. Let me thank Chairman PP Onie for arranging and organizing the entire tournament of our team and also the members of the team for giving time and space just to attend the 5 Sundays

*Continued on page 24.....*

# Unli Call & Text Message

## Sec. Allan SM Perez



Let us give a warm welcome to our brethren from the land of the rising sun, PAG Kazuhiko Toujoh who is here on a personal visit until Saturday, September 18, 2010.

After tonight’s meeting, some of the Rotarians will go straight to Baguio the others will leave by 3 in the morning. At 8 o’clock, there will be a book donation to a school in the Cordillera area while the others will play a friendly game of golf with some of the members of the RC Baguio South at 10:00 am. In the evening of September 17, 2010, the delegates will all attend the regular meeting of RC Baguio South for a Sisterhood Pact. The next day, Saturday, September 18, 2010, RC Marikina Rotarians will conduct a Fire-side Meeting chaired by PP Joe Judan at 6:00 pm in the Rest House of Treas. Bernard Cansana. The group leaves Baguio on Sunday, September 19, 2010.

On Thursday, September 23, 2010, everyone is invited to join the second part of our computer donation to H. Bautista Elementary School at 9:00am to 10:00am.

Next Saturday, September 25, 2010, at 8:00 am to 10am, is the start of our Star Program headed by PP Ver Farcon. We are inviting all Rotarians especially those who are 3 years and below in membership to attend and have a deeper understanding of Rotary. This event will take place here at MRYC. Breakfast will be served to those attending at a very minimum cost.

Also on that day is the scheduled District Interact Assembly which will be held in Roosevelt College Cainta, along Sumulong Highway, from 7:30 to 12 noon. Let us support our Interact chair PP Dante Verano and our Interactors.

Lastly, on September 26, 2010 at 9:00pm, some of the RC Marikina Rotarians with our District Governor Jun Farcon will be heard over the radio nationwide, through the initiative of Rtn. Don Manolo Favis, at DZBB, GMA radio network.

We would like to apologize to Rtn. Don Manolo and DZBB for the misprint of the station’s name on our previous bulletin.

CALENDAR OF EVENTS			
23	Sept	Computer Donation	H. Bautista
25	Sept	Zone Interact Assembly	Roosevelt
25	Sept	STAR Program Lecture	MRYC
26	Sept 11am	Donation of School Supplies	Concepcion
		Integrated Impact Feeding	Brgy. Hall
26	Sept	Interview w/ Don Manolo	DZBB
2	Oct 1:00pm	Essay Writing Contest	MRYC
2	Oct. 2:30pm	Voice Of Our Youth	MRYC



# People, Events & Places



**Matching Grant: Integrated Impact Feeding Launching at Malanday Elementary School (September 9, 2010).** The project launching was attended by RC Marikina members, Principal Mr. Lino de Guzman, PTA officers, parents and guardians of the selected beneficiary students from Prep to Grade 6, Dep Ed, City Health Office, Marikina Valley Med. Society and Inner Wheel Club of Marikina.



Regular Meeting Guest Speaker RC Loyola Xavier Marikina Pres. Norberto “Bing” Quite on his topic Social Responsibility. (09/09)

Guest Speaker Pres. Bing Quite receiving tokens of appreciation from Pres. Ronie with PP Onie and Sec. Allan (09/09/10)



**Zone 4 Job Fair with the City Government of Marikina, Sept. 10, 2010**

Zone 4 Presidents and members with DG Jun Farcon and PE Mayor Del de Guzman.

At the background of Pres. Ronie, Pres. Carla and Pres. Levi were the thousands of Job hunters who flocked the Job Fair.

# People, Events & Places



**District Duckpin Tournament Awarding Ceremonies (September 12, 2010).** RC Marikina Duckpin Bowling Team receiving the Class D 2nd Runner-up trophy from DG Jun Farcon with DGL Zeny, PP Joey Sy and Tournament Host Pres. Pedie San Juan.

## Zone 4 New Generations Conference - Sept. 11, 2010, MRYC



Marikina Zone Presidents with DG Jun Farcon and Dist. New Gen Chair IPP Vincent Santos.



Pres. Ronie and Sec. Allan with RC Marikina Rotaractors, ALS students and Artista ng Bayan members.



New Generations Conference participants during their activities.



# People, Events & Places



<b>Zone 4 Dengue Awareness and Fogging at Barangay Tumana, Sept. 1, 2010</b>	
Pres. Ronie, Sec. Allan, Dir. Benjie, Dir. Hermie, Sec. Allan, Dir. Hermie and Rtn. Charlie with the Kapitana Baby and other Zone 4 Rotarians.	Pres. Ronie and Dir. Hermie distributing Dengue Awareness flyers to the residents of Brgy. Tumana.

## Integrated Impact Feeding at Malanday Elementary School- Sept. 13, 2010



160 malnourished school children being fed with Sopas with bread and juice.



Asec Val Barcinal talking with the beneficiaries of the Feeding.



Pres. Ronie, Chair Chairlie, Dir. Hermie, Sec. Allan, Asec. Val and Dir. Benjie overseeing the implementation of the First day of the feeding at Malanday

# People, Events & Places



District Ways and Means Meeting with Gov. Jun and guest PP Toujoh then afterwards they visited the office of Gov. Jun.



On to Baguio Meeting at Okavango and Fellowship with guest PP Toujoh. (09/14/10)



Pres. Ronie and Rtn. Patrick with PP Toujoh at St. Ignatius office. (09/15/10)



Pres. Ronie, SAG Noel, and Rtn. Patrick fellowship with PP Toujoh at Café Lupe. (09/15/10)



# People, Events & Places



RC Rivercity Marikina Charter Anniversary and Governor's Visit , Sept. 10, 2010, CVJ Clubhouse.



Pres. Ronie, PP Manny, PD Celso and Sec. Allan with Prov. Pres. Guildon Villa-Abrille and some members during their meeting.



Pres. Ronie with PDG, Ferdie, PDG Mac, IPDG Rudy, Pres. Bing and Pres. Jerry during Club Induction of RC Tres Escalon.



Welcome Snack for AG Toujoh with Pres. Ronie, Rtn. Patrick and SAG Noel. (09/13/10)



Welcome Dinner for AG Toujoh with Pres. Ronie, Rtn. Patrick, SAG Noel, PDG Efren, Treas. Bernard, Rtn. Tops and Rtn. Dan. (09/13/10)



## GROUP STUDY EXCHANGE

The Rotary Foundation's Group Study Exchange (GSE) program is a unique cultural and vocational exchange opportunity for businesspeople and professionals between the ages of 25 and 40 who are in the early stages of their careers. The program provides travel grants for teams to exchange visits in paired areas of different countries. For four to six weeks, team members experience the host country's culture and institutions, observe how their vocations are practiced abroad, develop personal and professional relationships, and exchange ideas.

In a typical four-week tour, applicants participate in five full days of vocational visits, 15 to 20 club presentations, 10 to 15 formal visits and social events, two to three days at the district conference, three to four hours per day of cultural and site tours, and three to four hours per day of free time with host families.

For each team member, the Foundation provides the most economical round-trip airline ticket between the home and host countries. Rotarians in the host area provide for meals, lodging, and group travel within their district.

### **Team member responsibilities**

As a team member, you're expected to act in a mature and responsible manner during your travels and to stay with your team at all times unless accompanied by a host Rotarian. You must enter and leave the host district at the same time as your team, and you are responsible for any private, post-tour travel. Maintain an open mind, be positive, and have fun.

### **Application process for team members**

All applicants must first have their candidacy endorsed by a Rotary club near their home or workplace. From there, endorsed applications are considered at the district level. Club and district application deadlines vary, but they often fall six months before travel. Applications sent to The Rotary Foundation without club and district endorsement will be returned.

### **Eligibility criteria**

Team members must be

- Between the ages of 25 and 40
- Employed full time in a recognized profession

Team members cannot be

- A Rotarian, honorary Rotarian, or Rotary employee
- The lineal descendant of a Rotarian, honorary Rotarian, or Rotary employee, or the lineal descendant's spouse
- The spouse of another team member
- An ex-Rotarian who resigned less than 36 months before the time of application
- The lineal descendant of an ex-Rotarian or ex-Rotary employee who resigned less than 36 months before the time of application, or the lineal descendant's spouse

# *Structural Cash Flow* *Treas. Bernard H. Cansana*



## Weekly Cash Position Report September 3-9, 2010

Beginning Balance as of September 3, 2010	81,047.76
<u>Cash/Check Receipts</u>	
1st Sem Dues	3,222.00
Dinner Fees	5,430.00
Fine	290.00
Souvenir Ads/Valley Wheel Ads	9,000.00
Excess ALS Funds from RY 2009-2010	46,522.57
<b>Total Receipts</b>	<b>64,464.57</b>
Sub-Total	145,512.33
<u>Cash Disbursement</u>	
Food - Bloodletting	1,500.00
Food - Board Meeting	1,000.00
Bantay Bayan	200.00
Dinner - 40 pax	5,600.00
Print Bulletin #10 - 46 copies	920.00
Fruit basket/Frame for Guest Speaker	523.00
<u>Check Disbursement</u>	
Jean - SSS Contribution (August)	1,560.00
Smartbro (Jul 26-August 25)	999.00
<b>Total Disbursement</b>	<b>12,302.00</b>
Ending Balance, September 9, 2010	<b>133,210.33</b>

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





**Climate change** is a change in the statistical distribution of **weather** over **periods of time** that range from decades to millions of years. It can be a change in the average weather or a change in the distribution of weather events around an average (for example, greater or fewer extreme weather events). Climate change may be limited to a specific **region**, or may occur across the whole **Earth**.

In recent usage, especially in the context of **environmental policy**, climate change usually refers to changes in modern **climate**. It may be qualified as **anthropogenic** climate change, more generally known as "global warming" or "anthropogenic global warming" (AGW).

In the following series of article, my objective to make everyone learn and understand how climate change affects us as individual, our community, the economy and the whole ecosystem. The discussion will be according to the following outline:

- I. Terminology
- II. Causes
  - 2.1 Plate tectonics
  - 2.2 Solar output
  - 2.3 Orbital variations
  - 2.4 Volcanism
  - 2.5 Ocean variability
  - 2.6 Human influences
- III. Physical evidence for climatic change
  - 3.1 Historical and archaeological evidence
  - 3.2 Glaciers
  - 3.3 Vegetation
  - 3.4 Ice cores
  - 3.5 Dendroclimatology
  - 3.6 Pollen analysis
  - 3.7 Insects
  - 3.8 Sea level change

### **Terminology**

The most general definition of *climate change* is a change in the statistical properties of the climate system when considered over periods of decades or longer, regardless of cause. Accordingly, fluctuations on periods shorter than a few decades, such as **El Niño**, do not represent climate change.

The term sometimes is used to refer specifically to climate change caused by human activity; for example, the **United Nations Framework Convention on Climate Change** defines climate change as "*a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods.*"

In the latter sense climate change is synonymous with **global warming**.



## 'Superfoods' Everyone Needs

Experts say dozens of easy-to-find 'superfoods' can help ward off heart disease, cancer, cholesterol, and more.

By Susan Seliger

WebMD Feature

Reviewed by [Charlotte E. Grayson Mathis, MD](#)

Imagine a superfood -- not a drug -- powerful enough to help you lower your [cholesterol](#), reduce your risk of [heart disease](#) and cancer, and, for an added bonus, put you in a better mood. Did we mention that there are no side effects? You'd surely stock up on a lifetime supply. Guess what? These life-altering superfoods are available right now in your local supermarket.

"The effect that diet can have on how you feel today and in the future is astounding," says nutritionist Elizabeth Somer, author of [Nutrition for a Healthy Pregnancy](#), [Food & Mood](#), and [The Essential Guide to Vitamins and Minerals](#).

"Even people who are healthy can make a few tweaks and the impact will be amazing," Somer says. "I'd say that 50% to 70% of suffering could be eliminated by what people eat and how they move: heart disease, diabetes, cancer, [hypertension](#) can all be impacted."

### TOP SUPERFOODS OFFERING SUPER HEALTH PROTECTION

Beans, Blueberries, Broccoli, Oats, Oranges, Pumpkin, Salmon, Soy, Spinach, Tea (green or black), Tomatoes, Turkey, Walnuts, Yogurt

#### BLUEBERRIES -- ANTIOXIDANT SUPERFOOD

Packed with antioxidants and phytoflavonoids, these berries are also high in potassium and vitamin C, making them the top choice of doctors and nutritionists. Not only can they lower your risk of heart disease and cancer, they are also anti-inflammatory.

"Inflammation is a key driver of all chronic diseases, so blueberries have a host of benefits," says Ann Kulze, MD, of Charleston, S.C., author of *Dr. Ann's 10-Step Diet, A Simple Plan for Permanent Weight Loss & Lifelong Vitality*. When selecting berries, note that the darker they are, the more anti-oxidants they have. "I tell everyone to have a serving (about 1/2 cup) every day," Dr. Kulze says. "Frozen are just as good as fresh." Be sure to include lots of other fruits and vegetables in your diet as well. Remember too that, in general, the more color they have, the more antioxidants.

#### OMEGA 3-RICH FISH -- SUPERFOODS FOR THE HEART, JOINTS, AND MEMORY

"We know that the omega 3s you get in fish lower heart disease risk, help arthritis, and may possibly help with memory loss and Alzheimer's," Somer says. "There is some evidence to show that it reduces depression as well."

Omega-3s are most prevalent in fatty, cold-water fish: Look for wild (not farmed) salmon, herring, sardines, and mackerel. Aim for two-to-three servings a week. Other forms of omega 3s are available in fortified eggs, flax seed, and walnuts. These superfoods have the added benefit of being high in monounsaturated fats, which can lower cholesterol.

# Inner Wheel Club of Marikina

## Pres. Liza G. Masangkay

Pres. Liza with Guest Speaker Ms. Shalani Soledad during 1st Intercity Meeting (09/04/10)

PP Vising dela Paz and Spouse Tetet Manzo with RCM Rotarians and parents of student beneficiaries during Integrated Feeding Launching at Malanday Elementary School. (09/0/10)

Pres. Liza and IPP Eula during Zone 4 New Generations Conference at MRYC. (09/11/10)

DC Julie, Pres. Liza, PCD Elai, PP Leonor with Tumana Barangay Captain during Dengue Awareness in Tumana. (09/13/10)

DC Julie assisting in the feeding of Malnourished students of Malanday Elementary School. (09/13/10)

DC Julie, Pres. Liza, PDC Elai, PP Vising and IPP Leonor during Integrated Feeding at Malanday Elementary School.







## LET THERE BE PEACE ON EARTH

Let there be peace on earth  
And let it begin with me.  
Let there be peace on earth  
The peace that was meant to be.

With God our creator  
Children all are we.  
Let us walk with each other  
In perfect harmony.

Let peace begin with me  
Let this be the moment now  
With every step I take  
Let this be my solemn vow.

To take each moment  
And live each moment  
In peace eternally....  
Let there be peace on earth  
And let it begin with me.

## SAPAGKAT KAMI AY TAO LAMANG

Puso, kahit hindi turuan  
Nakapagtataka natututuhan din ang  
magmahal

Tunay kami'y nagmamahalan  
Kung kasalanan man ay sapagkat  
Kami ay tao lamang  
Kahit Diyos na ang siyang may utos  
Dahil sa pagsinta  
Damdamin din ang siyang nasusunod

Di ba tayo ay tao lamang  
Ganyan tayong lahat  
O kay saklap ng buhay  
At kung iyan may ay kasalanan  
Ay sapagkat kami ay tao lamang



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



# Roster of Attendance

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





# Roster of Attendance

						September	
	Rotarian	Classification	Induction	Spouse	02	09	
Exempted							
53	Ancheta, Al Q.	Management Consultancy	8/21/1975	Bella	E	E	
54	Capco, Jimmy P.	Medicine - EENT	1/4/1968	Lanie	P	P	
55	Cruz, Emil I.	Textile Printing	10/6/1976	Mely	E	E	
56	Cruz, Romy M.	Medicine - Radiology	8/19/1971	Cora	E	E	
57	De Guzman, Greg S.**	Orthodontics	3/18/1965	Dely	E	E	
58	De Guzman, Manny P.	Architecture	8/26/1982	Zeny	P	P	
59	Dela Paz, Aiding G.	Medicine - Internal	10/7/1971	Casing	P	E	
60	Farcon, Ver S.	Law - Corporate	3/17/1971		P	P	
61	Favis, Manolo G.	Radio / TV Broadcasting	8/10/1989		P	P	
62	Garduño, Jun A.	Medicine - Internal	10/6/1977	Linda	P	P	
63	Lee, Joe P.	Real Estate Developing	9/29/1977	Fely	P	P	
64	Navarro, Ed B.	Medicine - General	10/28/1982	Meldy	E	E	
65	Ong, Boy B.	Hardware Distribution	7/29/1982	Corie	P	E	
66	Sumulong, Vic C.	Optometry	2/3/1966	Maring	E	E	
67	Tanco, Ting N.**	Cotton Spinning	3/18/1965	Alice	E	E	
68	Tanpengchang, Larry C.	Lumber Distribution	12/8/1977	Viring	E	E	
69	Valentino, Rudy B.	Shoe Retailing	2/11/1982		P	P	
70	Don Emilio Yap	HONORARY MEMBER					
	** Charter Member	***Exempted due to protracted illness					
	LEGEND:	P-Present	M-Make-up	E-Exempted			
<b>MAKE-UP</b> Timpalak sa Pagsulat at Pagbigkas Part 2(Aug. 28) PP Tony Fidelino-09/09 RC San Juan Gems Induction (Aug. 31) DG Jun Farcon-09/09 PDG Efren de Guzman- 09/09 SAG Noel Flores-09/09 Zone 4 Anti Hunger Mitigation Program (Aug. 27) Lt. Gov. Fabi Cadiz-09/09 Board Meeting (Sept. 6) PE Del de Guzman-09/09 PP Joe Judan-09/02 Rtn. Tops Rodriguez-09/09 Rtn. Willie Reyes-09/09 Integrated Feeding at Malanday Elem. School (Sept. 9) Rtn. Alex Manzo-09/09 Zone 4 New Generations Conference (Sept. 11) Rtn. Carl Tan-09/02 Welcome PAG Toujoh (Sept. 13 & 14) Rtn. Patrick Ong-09/02 & 09/09 On to Baguio Meeting (Sept. 14) PP Joe Judan-01/09 PP Kiko Pe Benito-09/02 Rtn. Carl Tan-09/09 Rtn. Riel Banaria-09/09				<b>EXTRA ATTENDANCE</b> RC Tres Escalon Induction (Sept. 11) Pres. Ronie Masangkay Duckpin Bowling (Sept. 12) Pres. Ronie Masangkay, Sec. Allan Perez, PP Onie Aguinaldo, PP Dante Verano, Dir. Hermie dela Paz, DG Jun Farcon, PP George Ty Integrated Impact Feeding - Malanday ES (Sept. 13) Pres. Ronie Masangkay, Rtn. Charlie Dytan, Asec. Val Barcinal, Dir. Hermie dela Paz, Dir. Benjie Malaya, Sec. Allan Perez Zone 4 Dengue Awareness (Sept. 13) Pres. Ronie Masangkay, Rtn. Charlie Dytan, Asec. Val Barcinal, Dir. Hermie dela Paz, Dir. Benjie Malaya, Sec. Allan Perez Welcome PP Toujoh (Sept. 13) Pres. Ronie Masangkay, Treas. Bernard Cansana, PDG Efren de Guzman, SAG Noel Flores, PDG Efren de Guzman, Rtn. Tops Rodriguez, Rtn. Dan Sibal Welcome PP Toujoh (Sept. 14) Treas. Bernard Cansana On to Baguio Meeting (Sept. 14) Pres. Ronie Masangkay, SAG Noel Flores, Treas. Bernard Cansana, Rtn. Dan Sibal, Rtn. Jerome Josef, Rtn. Tops Rodriguez, Dir. Benjie Malaya, VP Dodjie Cabalquinto, PP Roland Garcia, PDG Efren de Guzman, Dir. Willie Reyes, PP George Ty, Sec. Allan Perez, Rtn. Patrick Ong, Lt. Gov. Fabi Cadiz District Ways & Means Committee Meeting (Sept. 15) Pres. Ronie Masangkay, Sec. Allan Perez, Dir. Hermie dela Paz, PP Onie Aguinaldo			



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R/C Marikina Past President R/Y 2002-2003  
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# Notes

...from page 3 **MICROSCOPIC FINDINGS**  
of the tournament such as PP Roland, PP George, PP Dante, PD Celso, PD Rey, Dir. Hermie, Dir. Bernard, Sec. Allan, Rtn. Elmer and Rtn. Riel.  
The 1<sup>st</sup> day of our Integrated Impact Feeding was fulfilled last Monday, Sept 13 at Malanday Elementary School. 160 malnourished school children were fed with Sopas paired with Pan de Regla bread. The IWC of Marikina headed by Pres. Liza, DC Julie, Sps. Vising, Sps. Elai and Sps. Leonor donated some utensils used for this program. Chaiman Rtn. Charlie, Asec. Val, Dir. Hermie, Dir. Benjie, Sec Allan were also there to witness the progress of the program, that will continue to run for 90 days.  
After the Feeding, our group went on at once to another Zone 4 Joint Project which was the Dengue Prevention Campaign at Barangay Tumana. This time the lead club for this project is RCM North, headed by Pres. Dodjie Leyva, who is in the Pest Control business. Other than the Rotary Clubs in Zone 4, the project was also attended by the Pest Control Assoc. of the Phils., barangay officials including the Brgy. Captain, IWC of Marikina and Marikina Valley Med. Society  
Before 1PM of that day, yours truly, SAG Noel and Rtn. Patrick immediately proceeded to the airport to fetch our Japanese friend, PAG Kasuhiko Tojo of RC Omiya East, from Dist. 2770 in Japan. In one of our discussions he mentioned to us that the WCS fund (2,500 dollars) that we are waiting for will be given on his next visit this coming December.  
**Until next week at MARAMING SALAMAT PO!!!!!!!!**

<div>Make-Up Corner</div> <div>Name of Visiting Rotarian</div> <div></div> <div>Signature of Club Secretary</div> <div></div>	<div>RACE Printers</div> <div>Social &amp; Commercial Printers</div> <div>Offset Printing • Risograph • Digital Printers • Letterpress</div> <div>Services Offered: Printing of books, Manuals, Souvenir Programs</div> <div>Brochures, Flyers, Office forms, etc</div> <div>Deng &amp; Baby de Guzman</div> <div>Owners</div> <div>#2 St. Patrick St., dela Costa Homes, Barangla, Marikina City</div> <div>Tel/fax: 933-8016, 409-7490 • Cel: 0906-2172977 • e-mail add: raceprints@yahoo.com</div>
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