

Programme

Volume 46 Weekly Meeting No. 12

September 23, 2010

Induction of New Members

I.	Registration	
II.	Program	
	Call to Order	- Pres. Ronie P. Masangkay
	Invocation	- PP Manny de Guzman
	Philippine National Anthem	- PP Ver Farcon
	Rotary Pledge & The 4-Way Test	- Rtn. Riel Banaria
	Introduction of Visiting Rotarians & Guests	- Rtn. Jerome Josef
	Entertainment	- Treas. Bernard Cansana
	Recognition	- PP Eric Ignacio
	Rotary Information	- PP Dindo Santos
	Induction of New Members	
	Introduction	- Sec. Allan Perez
	Charging	- SAG Noel Flores
	Induction	- Pres. Ronie P. Masangkay
	Secretary's Time	- Sec. Allan SM Perez
	President's Time	- Pres. Ronie P. Masangkay
	RC Marikina March	
	Adjournment	- Pres. Ronie P. Masangkay
	Weekly Raffle	- Rtn. Dan Sibal
	Fellowship	

A Sec Val Barcinal
Master of Ceremonies

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

Sec. Allan SM Perez – Editor-in-Chief
A Sec. Val A. Barcinal—Deputy Editor-in-Chief
Columnist/Contributors; Pres. Ronie P. Masangkay, A Sec. 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


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;">PRAYER</p> <p><i>Heavenly Father we are grateful for the wonderful mixture of blessings, promises and mercy running through our lives, even the trials and lapses of faith.</i></p> <p><i>Again we ask for your help to meet our goal, to fight the good fight, to finish the race, and to keep the faith. Give us new strength to function best and accomplish the most for the Lord when we do what we've been gifted to do; to benefit others and to fulfill His purpose.</i></p> <p><i>We thank you for all the things to God the Father in the name of our Lord Jesus Christ.</i></p> <p style="text-align: center;"><i>Amen.</i></p>	<p>ROTARY CLUB OF MARIKINA MARCH</p> <p><i>Music: PP Jimmy Capco</i> <i>Lyrics: Rtn. Francisco Pascual;</i> <i>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;">Refrain</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;">PROGRAMME</p> <p style="text-align: center;">Ladies Night/September 30, 2010</p> <table> <tr> <td>Invocation</td><td>Spouse</td></tr> <tr> <td>National Anthem</td><td>Spouse</td></tr> <tr> <td>Rotary Pledge &</td><td></td></tr> <tr> <td> The Four Way Test</td><td>PP George Ty</td></tr> <tr> <td>Introduction of Visiting</td><td></td></tr> <tr> <td> Rotarians & Guests</td><td>PP Roland Garcia</td></tr> <tr> <td>Entertainment</td><td>Dir. Benjie Malaya</td></tr> <tr> <td>Recognition</td><td>PP Kiko Pe Benito</td></tr> <tr> <td>Raffle</td><td>PD Eduard Farcon</td></tr> <tr> <td></td><td>Rtn. Tops Rodriguex</td></tr> <tr> <td></td><td>Emcee</td></tr> </table>	Invocation	Spouse	National Anthem	Spouse	Rotary Pledge &		The Four Way Test	PP George Ty	Introduction of Visiting		Rotarians & Guests	PP Roland Garcia	Entertainment	Dir. Benjie Malaya	Recognition	PP Kiko Pe Benito	Raffle	PD Eduard Farcon		Rtn. Tops Rodriguex		Emcee	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Congratulations!</i></p> <p>PP Joe Lee on your 33rd year—Sept. 29 PP Eric Ignacio on your 16th year —Sept. 30</p> <p style="text-align: center;">In Service of Rotary!</p> <p style="text-align: center;"><i>Happy Blessed Birthday!</i></p> <p>Dir. Pat Corpus—Sept. 23 Sps. Pauline Perez—Sept. 23 Rtn. Jun Jun Farcon—Sept. 25 Sps. Zeny Farcon— Sept. 25 Sps. Bella Alonzo—Sept. 25</p> <p style="text-align: center;"><i>Happy Wedding Anniversary!</i></p> <p>PP Larry Tanpenchang & Sp. Viring — Sept. 29</p>
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<p style="text-align: center;">DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSION</p> <p>As a Rotarian engaged in business or profession, I am expected to:</p> <ol style="list-style-type: none"> 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 3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation 4. Be fair to my employees, associates, competitors, customers, the public and all those with whom I have business or professional relationship; 5. Recognize the honor and respect due to all occupations which are useful to society; 6. Offer my vocational talents; to provide opportunities for young people; to work for the relief of the special needs of others, and to improve the quality of life in the community. 7. Adhere to honesty in my advertising and in all representations to the public concerning my business or profession 8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded to others in a business or professional relationships 																							

Microscopic Findings

Pres. Ronie P. Masangkay



“Pagod “ and “Hirap” are the words that will take on your lips! But behind these words are the adventure, fulfillment, happiness and excitement. These are the adjectives that will be created in your mind during our stay in Baguio.

Right after our 11th weekly meeting, Thursday, Sept. 16, the first group for the “**On to Baguio**”, which was our group composed of PP Roland, PP Kiko, Treas. Bernard, Sec. Allan and yours truly, immediately proceeded to the City of Pines for us to arrive at early morning. Then the second group followed –suit, composed of PP Flor, PP Eric, PP George, Dir. Hermie, Dir. Benjie, and Rtn. Jerome.

On the morning of September 17, Friday, our group arrived at Baguio at 3:00 AM and the second group arrived at 9:00 AM. We were all 12 Rotarians that very moment (including PP Joe Judan and his family). So we divided the group into 2. The 1st group, where yours truly belong, will go to Atok, Benguet for the Book Donation, along with PP Eric, Treas. Bernard, Sec. Allan, Dir. Hermie and Dir. Benjie. The 2nd group that will play golf is composed of PP Joe, PP Roland, PP Kiko, PP George, PP Flor and Rtn. Jerome. We, together with some members of RC Baguio South headed by Pres. Angie travelled three hrs to reach our destination. Along our trip, you couldn’t imagine how our mother land is rich in a breathtaking and stunning scenery. This is the place where you can find the **Phillipine Pali. The Phil. Highest Point highway system with an elevation of 7,400 feet above sea level.**

Upon arrival on the site of our book donation (Sinipsip Elementary School) we were welcomed by the High School and Elementary Principals, Teachers, Students. Alumni, Barangay Councils and Military personnels. They were very thankful for the books that we brought them because they can surely utilize the books for their library. I have been into many places but I think this is the place where you can see “**book shelves without books**”. You couldn’t figure out their facial expression, how grateful these people were.

On the night of that day, Friday, was another activity and this time the highlight of our mission, the signing of **the Sisterhood Pact** with RC Baguio South. Dir. Willie Reyes and Asec. Carl arrived from Manila to support the group. The program started at around 8:30 PM and was held at Baguio Country Club.

Now, I must say that the theme for this Rotary Year “**Building Communities, Bridging Continents**” is genuinely realized.

Another good thing that had happened on our 3 day stay in Baguio was the Fireside Meeting chaired by PP Joe Judan. This was the real **FIRESIDE MEETING!** It happened on the following day, Saturday, at 8:00 PM, the Fireside Meeting was conducted at the residence of Treas. Bernard Cansana. It was literally an authentic fireside meeting! WHY? It’s simply because there was a real bonfire **in** the middle of the discussion that complemented the cozy

Continued on page 24.....

Unli Call & Text Message

Sec. Allan SM Perez



Tonight, let us witness the induction of two gentlemen both invited by our President, namely Mr. Bonifacio Barotilla who is loaned with a classification of motorcycle parts distribution and Mr. Hermogenes Culminas who is loaned with a classification of pest control.

On Saturday, September 25, 2010, all Rotarians who are 3 year and below in service are required to attend the STAR Program chaired by PP Ver Farcon. This training seminar is from 8AM to 10AM here at MRYC. Breakfast will be served at a very minimum cost.

Also Saturday is the Zone Interact Assembly which will take place at Roosevelt College, Cainta, along Sumulong Highway. Let us support PP Dante and our Interact delegates by attending this affair.

District Governor Lady invites everyone on Saturday, September 25, 2010, 6PM, on the occasion of her 50th birthday which will be held at the officer's club in Camp Aguinaldo, Quezon City. For more details, please see the printed invitation inside this bulletin.

On Sunday, September 26, 2010, 11AM, we will be donating school supplies to the beneficiaries of our Integrated Feeding Program in Concepcion. The venue is at the Barangay Hall, back of Concepcion Parish Church.

Also on Sunday, at 10 in the evening, please tune in to DZBB during Rtn. Don Manolo's radio program and listen to the plans of our District Governor Jun Farcon for this Rotary Year. Our very own Global President Ronie P. Masangkay will also be a part of the panel to be interviewed by Don Manolo Favis.

On October 2, we will conduct an Essay Writing Contest and Voice of Our Youth Competition to be participated by students from the different High Schools in Marikina. Please support these worthy activities

CALENDAR OF EVENTS

25 Sept 7:30pm	Zone Interact Assembly	Roosevelt
25 Sept 8am	STAR Program Lecture	MRYC
26 Sept 11am	Donation of School Supplies	Concepcion
	Integrated Impact Feeding	Brgy. Hall
26 Sept 10pm	Interview w/ Don Manolo	DZBB
2 Oct 1:00pm	Essay Writing Contest	MRYC
2 Oct. 2:30pm	Voice Of Our Youth	MRYC
3 Oct 8pm	Conflict Resolution Proj.	Calumpang
		Barangay Hall
7 Oct 6pm	Intercity Meeting	CVJ
9 Oct 6pm	Octoberfest	Sports Center
10 Oct 7am	Tenpin Bowling Tournament	Star Mall
13 Oct 1pm	Concern for the Elderly	City Health



People, Events & Places



Past Presidents Eric, Manny, Vincent, Dante, Onie, Flor and PD Celso during Community Singing. (09/16)



PP Kazuhiko Toujoh turning over his cash donation to the club to Pres. Ronie with PE Del and Sec. Allan (09/16/10)

ON TO BAGUIO—BOOK DONATION w/ RC Baguio South Sinipsip Elementary School, Buguias Benguet, Sept. 17, 2010



Pres. Ronie and Pres. Angie turning over to Principal Mencion Sapitan the Books donated to their library.



The different books, old and new donated by RC Marikina and RC Marikina South to Sinipsip Elem. School Library.



Rotary Clubs of Marikina and Baguio South members with some of the students beneficiary showing the books donated



RCM Rotarians at the grounds of Sinipsip Elementary School.

People, Events & Places

ON TO BAGUIO—SISTERHOOD w/ RC BAGUIO SOUTH Baguio Country Club, Sept. 17, 2010



Pres. Ronie and Pres. Angie Signing the Sisterhood Agreement as witnessed by Sec. Allan, PP Eric, PP George and PP Jun of Baguio South



Pres. Ronie and Pres. Angie exchanging club bannerette.



RC Baguio South regular club meeting at Baguio Country Club



RC Baguio South members with the RC Marikina on-to-Baguio delegates .

People, Events & Places

ON TO BAGUIO—FIRESIDE MEETING

House of Treas. Bernard, Sept. 18, 2010



Fireside Chairman PP Joe Judan giving rotary information to the Rotarians present.



Rotarians during Fireside meeting with PP Eric giving some rotary information.



Rotarians who attended the fireside meeting in Baguio.



RCM Members with RC Baguio South members at the Cordillera Mountain.



Pres. Ronie, Sec. Allan, PP Roland, Treas. Bernard and PP Kiko posed at the giant rotary seal on their way home.



ROTARY FRIENDSHIP EXCHANGE

A group of Japanese Rotarians renew old friendships made at an RI Convention with club members from Australia. Italian Rotarian parents of a former Rotary Youth Exchange student spend time with the family who hosted their son in Thailand. Rotarian pediatricians from Ghana travel to Germany to stay with doctors there.

Experiences like these happen all the time through Rotary Friendship Exchange, Rotary's international exchange program for Rotarians and their families. Participants experience other cultures and build friendships by staying in the homes of Rotary club members in another country. This program advances international understanding and peace through personal contact across borders while developing inter-club relationships that lead to fellowship and service projects.

How it works

Types of Friendship Exchanges

- Visitor program - Individual Rotarians, who may be accompanied by family members, spend a few days in a Rotarian's home abroad.
- Team program - Rotarian couples (typically four to six) visit several communities in a host district for up to one month.
- Univocational - Rotarians of the same occupation observe how their job is done in other countries.

Guidelines

- Only Rotarians and their immediate families are eligible for the visitor program, and participation in the team program is limited to Rotarians and their spouses.
- Spouses or children must always be accompanied by Rotarians on an exchange.
- Rotarians interested in participating must apply through their club president. Not every district participates in Friendship Exchange, so prospective applicants should ask their club president about the program.
- District governors from participating districts appoint a district Friendship Exchange chair, who is responsible for coordinating exchanges through a list of chairs from around the world. E-mail friendshipexchange@rotary.org to identify your district chair.



Structural Cash Flow

Treas. Bernard H. Cansana



Weekly Cash Position Report
September 10-16, 2010

Beginning Balance as of September 3, 2010	133,210.33
<u>Cash/Check Receipts</u>	
1st Sem Dues	500.00
Dinner Fees	5,270.00
Fine	510.00
RC Omiya East - PP Toujoh Donation	15,360.00
Total Receipts	21,640.00
Sub-Total	154,850.33
<u>Cash Disbursement</u>	
MG Integrated Impact Feeding Tarpaulin	490.00
Dinner - 40 pax	5,600.00
On to Baguio Tarp	300.00
Bantay Bayan	200.00
Jean (Call/Text - August)	222.00
Coffee/Distilled water	173.50
Print Bulletin #11	800.00
MG Integrated Feeding- PPT Test and Syringe (For reimbursement to MG Funds)	2,000.00
<u>Check Disbursement</u>	
Jean (Salary Sept 1-15)	6,000.00
MG Integrated Feeding- for Sept. 20-24 (For reimbursement to MG Funds)	13,000.00
Building Rentals - July & August	9,600.00
Total Disbursement	38,385.50
Ending Balance, September 16, 2010	116,464.83

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

Project Report

SOVENIR PROGRAM RY 2010-2011 REPORT

By PP Manny de Guzman



TOTAL SOUVENIR ADS SOLICITATIONS	P 211,000.00
Less: SOVENIR PROGRAM COST	- 51,000.00

TOTAL FUNDS RAISED P 160,000.00

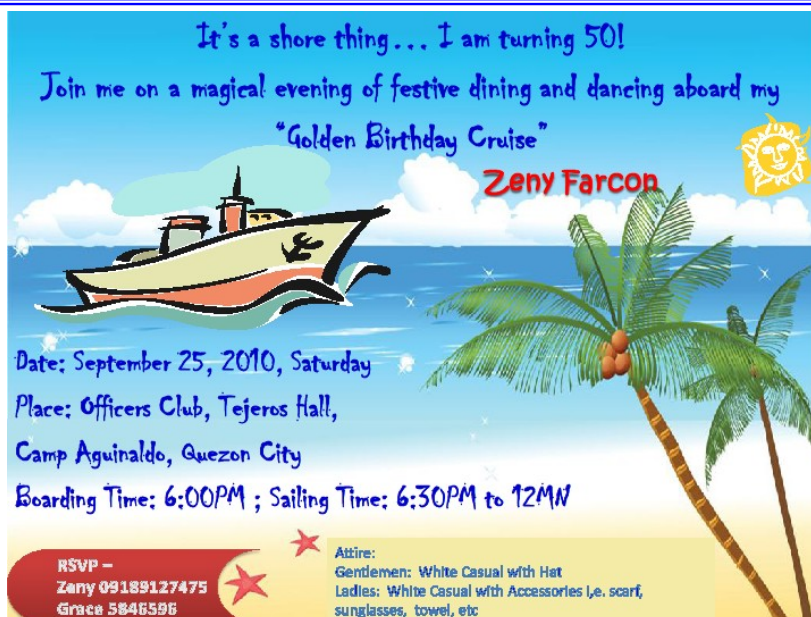
THANK YOU VERY MUCH TO THE FOLLOWING ADVERTISERS:

Pres. Ronie Masangkay, PP Manny de Guzman, PP Boy Ong, DG Jun Farcon, PP Dindo Santos, PE Del de Guzman, Rtn. Jon Jon Cobarrubias, Rtn. Ruth Abeline (RCM North), Rtn. Jon Arcellana, Lt. Gov. Fabi Cadiz, PP George Ty, PP Larry Tanpengchang, Rtn. Jerome Josef, PP Roland Garcia, SAG Noel Flores, PD Boyet Allas, PP Tony Fidelino, PP Joe Judan, PDG Efren de Guzman, Dir. Benjie Malaya, PD Rey Montoya, Westwalk Garden c/o Sec. Allan Perez, Rtn. Patrick Ong, PP Ading dela Paz, Bihag Land Surveying c/o PP Manny de Guzman, PP Dante Verano, PP Flor dela Paz, PP Ver Farcon, VP Dodjie Cabalquinto, Rtn. Charlie Dytan, PD Nestor Garcia, PP Onie Aguinaldo, PP Jimmy Capco, Dir. Pat Corpus, IPP Vincent Santos, Rtn. Carl Tan, Dir. Chris Meriño, PD Jessie Cruz, Rtn. Elmer Tan, Art Matutina c/o Rtn. Carl Tan, Treas. Bernard Cansana, Dir. Willie Reyes, Rtn. Tops Rodriguez, PP Kiko Pe Benito, Chempro Enterprises and Metro Diagnostic c/o Pres. Ronie Masangkay.

It's a shore thing... I am turning 50!

Join me on a magical evening of festive dining and dancing aboard my
"Golden Birthday Cruise"

Zeny Farcon



Date: September 25, 2010, Saturday
Place: Officers Club, Tejeros Hall,
Camp Aguinaldo, Quezon City
Boarding Time: 6:00PM ; Sailing Time: 6:30PM to 12MN

RSVP -
Zeny 09189127475
Grace 5846596

Attire:
Gentlemen: White Casual with Hat
Ladies: White Casual with Accessories i.e. scarf,
sunglasses, towel, etc



ROTARY FELLOWSHIPS–CIRCA 2010

by PP Joe Judan



*September 2010 marks a milestone like no other in the history of the Marikina Rotary Club. The ‘**Trek to the uplands**’ in several hilarious batches of Rotarians led by Pres. Ronnie Masangkay; the ‘**Sisterhood Pact**’ with the **Rotary Club of Baguio South**; the 7-hour trip to the Cordilleras for the ‘**Book Donation**’; the ‘**Golfing Fellowships**’ at the Baguio Country Club; and, the no-holds barred ‘**Fireside Meeting**’ and ‘**Culinary Contest**’ among rotarians at the Bernard Cansana residence – all compressed in a 48-hour swing ... plus the ensuing ‘**Group sight-seeing and shopping sprees**’ - bespeaks of a special bonding among Rotarians – old and new - that augurs well for the motherclub. .. (Pleasant memories from this poetry)*

Pines, flowers & grass

*Gripping me with melancholy, ...
this chill numbs my senses
Yet unfolds this starkly beauty ...
...Nature, nurtured by man’s caring !*

*Sun-drenched at mid-morning,
thru the early showers of afternoon
Foreboding as the gloom
...of darkening clouds raking the sky !*

*Thin mountain air, were it not ...
for fogs and mist a-rolling,
In moistened breeze so cool...
.....a sweat that’s held perspiring !*

*My proclivities not withstanding, ...
to whack a golf ball... to the woods...to the shrubs, ...
where, ... like my emotionsit hides,
... only...to be found,... and whacked ... yet again !*



CAUSES OF CLIMATE CHANGE ASEC VAL A. BARCINAL

Referring to outline in the previous article, the following sequence will explore the causes of climate change:

- I. Causes
 - 1.1 Plate tectonics
 - 1.2 Solar output
 - 1.3 Orbital variations
 - 1.4 Volcanism
 - 1.5 Ocean variability
 - 1.6 Human influences

Factors that can shape climate are [climate forcings](#). These include such processes as variations in [solar radiation](#), deviations in the Earth's [orbit](#), [mountain-building](#) and [continental drift](#), and changes in [greenhouse gas concentrations](#). There are a variety of [climate change feedbacks](#) that can either amplify or diminish the initial forcing. Some parts of the climate system, such as the oceans and ice caps, respond slowly in reaction to climate forcing because of their large mass. Therefore, the climate system can take centuries or longer to fully respond to new external forcings.

Plate tectonics

Over the course of millions of years, the motion of tectonic plates reconfigures global land and ocean areas and generates topography. This can affect both global and local patterns of climate and atmosphere-ocean circulation.

The position of the continents determines the geometry of the oceans and therefore influences patterns of ocean circulation. The locations of the seas are important in controlling the transfer of heat and moisture across the globe, and therefore, in determining global climate. A recent example of tectonic control on ocean circulation is the formation of the [Isthmus of Panama](#) about 5 million years ago, which shut off direct mixing between the [Atlantic](#) and [Pacific](#) Oceans. This strongly affected the [ocean dynamics](#) of what is now the [Gulf Stream](#) and may have led to Northern Hemisphere ice cover.^{[5][6]} During the [Carboniferous](#) period, about 300 to 360 million years ago, plate tectonics may have triggered large-scale storage of carbon and increased [glaciation](#). Geologic evidence points to a "megamonsoonal" circulation pattern during the time of the [supercontinent Pangaea](#), and climate modeling suggests that the existence of the supercontinent was conducive to the establishment of monsoons.



Health effects of tea

The **health effects of tea** have been examined ever since the first infusions of Camellia sinensis about 4700 years ago in China. The legendary emperor Shennong claimed in *The Divine Farmer's Herb-Root Classic* that Camellia sinensis infusions were useful for treating conditions including tumors, abscesses, bladder ailments, and lethargy.^[1] The possible beneficial health effects of tea consumption have been suggested and supported by some studies, but others have found no beneficial effects. The studies contrast other claims, including antinutritional effects such as preventing absorption of iron and protein, usually attributed to tannin. The vast majority of studies have been of green tea; however, some studies have been made of the other types of tea derived from Camellia sinensis, such as white, oolong, and black tea. Green tea has been claimed^[2] to be helpful for atherosclerosis, LDL cholesterol, cancer, inflammatory bowel disease, diabetes, liver disease, weight loss, neurodegenerative diseases, and even halitosis.

Potential benefits

ANTI-CANCER PROPERTIES

An article in New Scientist magazine^[3] mentions that numerous studies suggest that green tea protects against a range of cancers, including lung, prostate and breast cancer. The reason cited is the antioxidant epigallocatechin gallate (EGCG), according to Hirofumi Tachibana's team at Kyushu University. Their research showed that growth of human lung cancer cells with a cell receptor called 67 LR is slowed significantly after drinking just two or three cups of green tea, which contains EGCG. The research also showed that 67 LR is involved in the propagation of prion diseases such as human Creutzfeldt-Jakob (related to mad cow disease in animals). This is not direct evidence of tea's effect on prion diseases, but a hint that EGCG's effect on 67 LR is an interesting lead in the search for treatments.^[4]

White tea has been claimed to be more effective, based upon preliminary work by Santana-Rios et al.

Another study from the Life Science journal *Carcinogenesis* showed that green tea, in combination with tamoxifen, is effective in suppressing breast cancer growth in vitro human breast cancer tumors and in vivo animal experiments in mice.^[5] A study at Taiwan's Chung Shan Medical University found that people who drank at least one cup of green tea per day were five times less likely to develop lung cancer than those who did not.^[6]

The anticarcinogenic effect of green tea on gastric cancer was refuted by a large-scale, population-based, prospective cohort study in Japan that involved more than 26,000 residents.^[7] Several case control studies suggest an inverse relation between green tea consumption and gastric cancer. Further evaluation is needed to assess the role of green tea and gastric cancer reduction.^[8]

Topical applications of green tea extracts (EGCG) have protective effects on UVA- and UVB-induced skin damage (photoaging and carcinogenesis).

In a July 2005 review of claims made about the health benefits of green tea, the U.S. Food and Drug Administration concluded that it was highly unlikely that green tea reduces the risk of breast and prostate cancer. The FDA believes that the evidence does not support qualified health claims for green tea consumption and a reduced risk of cancer.

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



Board Meeting at MRYC (09/16/10)



Pres. Liza, PDC Elai and PDC Lydia during RC Rivercity Charter Anniversary. (09/08/10)

Pres. Liza, Pres. Ronie and PE Del with other Zone 4 Rotarians and Spouses during RC Rivercity Charter Anniversary. (09/08/10)



Pres. Liza and PDC Elai 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 with RCM Rotarians during Integrated Feeding at Malanday Elementary School.. (09/13/10)



IMAGINE

John Lennon

Imagine there's no Heaven
It's easy if you try
No hell below us, above us only sky
Imagine all the people
Living for today...ah.

Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion too
Imagine all the people
Living life in peace...you...

You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one.

Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man
Imagine all the people
Sharing all the world, you

You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will live as one

ANG PIPIT

May pumukol sa Pipit sa sanga ng ng
isang kahoy
At nagahip ng bato ang pakpak ng
munting ibon

Dahil sa sakit, di nakaya pang lumipad
At ang nangyari ay nahulog ngunit
parang taong bumigtas
Mamang kay lupit, ang puso mo'y di na
nahabag

Pag pumanaw ang buhay ko, may isang
pipit na iiyak
May isang pipit na iiyak, may isang pipit
na iiyak



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

SERVICE PROJECTS CHAIRMEN FOR RY 2010-2011					
CLUB ADMINISTRATION		Director Responsible: Sec. Allan Perez		E. LITERACY & VALUES FORMATION	
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				
MEMBERSHIP		Director Responsible: Dir. Chris Merino		THE ROTARY FOUNDATION	
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			
CLUB PUBLIC RELATIONS		Director Responsible: Dir. Pat Corpus		NEW GENERATION	
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. District Assembly	Rtn. Harold Nanquil	Rtn. Tops Rodriguez
3. Interclub Relations Local	PP George Ty	PP Noel Flores	3. Christmas Party	PP Dante Verano	Rtn. Jon Cobarrubias
4. Interclub Relations International	PDG Efen de Guzman	PP Fabi Cadiz			
SERVICE PROJECTS		Director Responsible: Dir. Hermie dela Paz		Director Responsible: Dir. Willie Reyes	
A. FAMILY OF ROTARY				PE Del de Guzman	
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. HEALTH and HUNGER		Director Responsible: Dir. Benjie Malaya		OFFICERS RY-2010-2011	
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	
C. POVERTY ALLEVIATION		Director Responsible: Dir. Willie Reyes			
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			
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			



Roster of Attendance

	Rotarian	Classification	Induction	Spouse	September			
					02	09	16	
1	Aguinaldo, Onie S.	Dairy Product Distribution	12/22/1983	Linda	P	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		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	P	
7	Cabalquinto, Dodjie N.	Building Construction	01/20/2005	Dolly	P	P	P	
8	Cadiz, Fabi I.	Medicine - General	03/16/2000		P	M	M	
9	Cansana, Bernard H.	Horizontal Construction	07/06/2007	Carol	P	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	M	
13	Cruz, Celso C.	Insurance - Non-Life	6/18/1998		P	P	P	
14	Cruz, Jessie F.	Auto Parts Distribution	11/4/1993	Isay	P	P	P	
15	Cruz, Willy R.	Architecture	10/6/2005	Liza				
16	De Guzman, Del R.	Sash Manufacturing	12/3/1998	Amy	P	M	P	
17	De Guzman, Efren O.	Memorial Service	7/29/1982	Pam	P	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	
20	Dela Paz, Hermie	Financial Consultancy	12/4/2008		P	P	P	
21	Dytan, Charlie J.	Shoe Supply Distribution	3/18/1999	Nenita	P	P	P	
22	Farcon, Eduard G.	Auto Parts Distribution	10/11/2001	Nancy	P	P	P	
23	Farcon, Jun G.	Taxation	4/22/1988	Zeny	M	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	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	P	
28	Garcia, Nes C.	Hospital Administration	7/1/2000	Nora	M		P	
29	Garcia, Roland C.	TV Programming & Marketing	11/14/1991		P	P	P	
30	Ignacio, Eric C.	Real Estate Developing	9/29/1994	Lydia	P	P	P	
31	Josef, Jerome D.	Pharmaceutical Distribution	10/12/2009	Cheri	M	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	
34	Manzo, Alex P.	Special Education Teaching	8/26/2010	Tetet	P	M	P	
35	Masangay, Ronie P.	Laboratory Service	1/17/2002	Liza	P	P	P	
36	Meriño, Chris U.	Civil Construction	3/6/2008	Minna	P	P	P	
37	Montoya, Rey P.	Gasoline Distribution	7/7/1994	Lyn	P	M		
38	Nanquil, Harold S.	General Surgery	10/25/2007	Mars				
39	Ong, Patrick T.	Conrete Products Manufacturing	09/03/2009		M	M	M	
40	Pe Benito, Francis I.	Banking - Savings & Thrift	12/3/1998	Monette	M	P	P	
41	Perez, Allan S.M.	Telecommunications	4/6/2006	Pauline	P	P	P	
42	Reyes, Willie E.	Marketing & Trading	10/6/2005	Rina	M	M	P	
43	Rodriguez, Tops N.	Real Estate Marketing	3/17/2006	Vanz	P	M	M	
44	Sabiniano, Vic A.	Shoe Manufacturing	3/18/2004	Miriam				
45	Santos, Dindo C.	Medicine – Family	8/14/1997	Cecil	P	P	P	
46	Santos, Vincent C.	Medicine – Endocrinology	7/1/2000	Eula	M	P	P	
47	Sibal, Dan C.	Automotive Servicing	5/11/2006	Ying	P	M	P	
48	Tan, Carl S.	Food Service Equipment Distribution	5/7/2009		M	M	P	
49	Tan, Elmer J.	Corporate Give Aways	7/30/2009	Ellen	M	P	P	
50	Ty, George S.	Electronics Service	8/10/1989	Leonor	P	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	P	

Roster of Attendance

					September			
	Rotarian	Classification	Induction	Spouse	02	09	16	
Exempted								
53	Ancheta, Al Q.	Management Consultancy	8/21/1975	Bella	E	E	E	
54	Capco, Jimmy P.	Medicine - EENT	1/4/1968	Lanie	P	P	P	
55	Cruz, Emil I.	Textile Printing	10/6/1976	Mely	E	E	E	
56	Cruz, Romy M.	Medicine - Radiology	8/19/1971	Cora	E	E	E	
57	De Guzman, Greg S.**	Orthodontics	3/18/1965	Dely	E	E	E	
58	De Guzman, Manny P.	Architecture	8/26/1982	Zeny	P	P	P	
59	Dela Paz, Aiding G.	Medicine - Internal	10/7/1971	Casing	P	E	E	
60	Farcon, Ver S.	Law - Corporate	3/17/1971		P	P	P	
61	Favis, Manolo G.	Radio / TV Broadcasting	8/10/1989		P	P	E	
62	Garduño, Jun A.	Medicine - Internal	10/6/1977	Linda	P	P	P	
63	Lee, Joe P.	Real Estate Developing	9/29/1977	Fely	P	P	E	
64	Navarro, Ed B.	Medicine - General	10/28/1982	Meldy	E	E	P	
65	Ong, Boy B.	Hardware Distribution	7/29/1982	Corie	P	E	E	
66	Sumulong, Vic C.	Optometry	2/3/1966	Maring	E	E	E	
67	Tanco, Ting N.**	Cotton Spinning	3/18/1965	Alice	E	E	E	
68	Tanpengchang, Larry C.	Lumber Distribution	12/8/1977	Viring				
69	Valentino, Rudy B.	Shoe Retailing	2/11/1982		P	P	E	
70	Don Emilio Yap	HONORARY MEMBER						
	** Charter Member	***Exempted due to protracted illness						
	LEGEND:	P-Present	M-Make-up	E-Exempted				
<div><div><div>MAKE-UP</div><div>Breakfast Meeting(Sept. 4) PDG Efen de Guzman-09/16 Lt. Gov. Fabi Cadiz-09/16 Board Meeting (Sept. 6) Dir. Pat Corpus-09/16 Zone 4 District Billboard Launching (Sept. 8) PP Tony Fidelino-09/16 Zone 4 Job Fair (Sept. 10) Rtn. Tops Rodriguez-09/16 Zone 4 New Generations Conference (Sept. 11) Rtn. Carl Tan-09/02 On to Baguio Meeting (Sept. 14) Rtn. Patrick Ong-01/16 On to Baguio-Golf Fellowship w/ RC Baguio South (Sept. 17) PP Joe Judan-09/16</div><div>EXTRA ATTENDANCE</div><div>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 - Mandalay 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 Efen de Guzman, SAG Noel Flores, PDG Efen de Guzman, Rtn. Tops Rodriguez, Rtn. Dan Sibal</div></div><div><div>EXTRA ATTENDANCE</div><div>RC Marikina South (Sept. 13) Dir. Willie Reyes Welcome PP Toujoh (Sept. 14) Treas. Bernard Cansana On to Baguio Meeting (Sept. 14) Pres. Ronie Masangkay, SAG Noel Flores, Treas. Bernard Cansana, Rtn. Jerome Josef, Rtn. Tops Rodriguez, Dir. Benjie Malaya, VP Dodjie Cabalquinto, PP Roland Garcia, PDG Efen de Guzman, Dir. Willie Reyes, PP George Ty, Sec. Allan Perez, Lt. Gov. Fabi Cadiz District Ways & Means Committee Meeting (Sept. 15) Pres. Ronie Masangkay, Sec. Allan Perez, Dir. Hermie dela Paz, PP Onie Aguinaldo Golf Fellowship w/ Toujoh (Sept. 14 & 16) SAG Noel Flores-09/16 On to Baguio—Golf Fellowship w/ RC Baguio South (Sept. 17) PP Joe Judan, PP Roland Garcia, PP George Ty, PP Flor dela Paz, Rtn. Jerome Josef, PP Kiko Pe Benito On to Baguio—Book Donation (Sept. 17) Pres. Ronie Masangkay, PP Eric Ignacio, Treas. Bernard Cansana, Sec. Allan Perez, Dir. Hermie dela Paz, Dir. Benjie Malaya On to Baguio—RC Baguio South Sisterhood (Sept. 17) Pres. Ronie Masangkay, PP Eric Ignacio, Treas. Bernard Cansana, Sec. Allan Perez, Dir. Hermie dela Paz, Dir. Benjie Malaya, PP Roland Garcia, PP George Ty, PP Flor dela Paz, Rtn. Jerome Josef, PP Kiko Pe Benito, Rtn. Willie Reyes, Rtn. Carl Tan On to Baguio—Fireside Meeting (Sept. 18) Pres. Ronie Masangkay, PP Eric Ignacio, Treas. Bernard Cansana, Sec. Allan Perez, Dir. Hermie dela Paz, Dir. Benjie Malaya, PP Roland Garcia, PP George Ty, PP Flor dela Paz, Rtn. Jerome Josef, PP Kiko Pe Benito, Rtn. Willie Reyes, Rtn. Carl Tan, Dir. Chris Meriño</div></div></div>								



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*Engr. Dante L. Verano,
R/C Marikina Past President R/Y 2002-2003
Spouse Noemi Verano, W/C Marikina Past President
And Rotakid Dante Leonardo Verano & Toffie*

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Notes

...from page 3 **MICROSCOPIC FINDINGS**
and cold weather condition of the surrounding. The Fireside meeting was very much appreciated by the not so new Rotarians as well **as the** veteran Rotarians. The discussions were interactive and there's a lot of concern **that** sprouted in every aspect of the topic. Even the 3-5 long range plan of the club was also given a glimpse of discussion. My heartfelt thanks to the **ever-reliable** Sec. Allan, who served as our **"Chief Cook"**, Treas. Bernard, Dir. Willie and Dir. Benjie as **the "Assistant Cook(s)"**. To the Past Presidents who served as resource speakers like PP Flor, PP Roland, PP Eric, PP Kiko and PP George. Dir. Hermie, Asec. Carl and Rtn Jerome, **thank you for your unwavering support**. Dir. Cris Merino who arrived at Baguio around 9:00 PM just to attend the Fireside Meeting, departed back to Manila at 12:00 Midnight. **A trooper indeed!** And PP Joe Judan for the relentless effort he **exerted** for the success of our mission in **the ON TO BAGUIO. Maraming Salamat po! At Hanggang sa muli!!!!**

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