

# VALLEY WHEEL

WEEKLY BULLETIN



**Peace**  
Through Service



**Rotary Club of Marikina**

R.I. DISTRICT 3800

2012 - 13

Meets Every Thursday at 7:00pm  
MRYC Building, Sumulong Highway  
Sto. Niño, Marikina City  
Tel. No.: 942.3720 Email: [rcmarikina@mail.com](mailto:rcmarikina@mail.com)  
[www.marikinarotary.org](http://www.marikinarotary.org)





Volume 48 Weekly Meeting No. 04

July 26, 2012

### **SAVE MARIKINA WATER SHED— TREE PLANTING**

- |      |   |                       |
|------|---|-----------------------|
| I.   | Registration                                |                       |
| II.  | Program                                     |                       |
|      | Call to Order                               | - Pres. Benjie Malaya |
|      | Invocation                                  | - Rtn. Joey Ramos     |
|      | National Anthem                             | - Rtn. Gilbert Ong    |
|      | Rotary Pledge & The 4-Way Test              | - PP Manny de Guzman  |
|      | Introduction of Visiting Rotarians & Guests | - PD Nestor Garcia    |
|      | Entertainment                               | - Rtn. Dan Sibal      |
|      | Recognition                                 | - PP Flor dela Paz    |
|      | Rotary Information                          | - PDG Jun Farcon      |
|      | Secretary's Time                            | - Sec. Val Barcinal   |
|      | President's Time                            | - Pres. Benjie Malaya |
|      | RC Marikina March                           |                       |
|      | Adjournment                                 | - Pres. Benjie Malaya |
|      | Weekly Raffle                               | - PP Boy Ong          |
| III. | Fellowship                                  |                       |

Treas. Elmer Tan

Master of Ceremonies

#### **THE ROTARY PLEDGE**

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

#### **THE FOUR WAY TEST**

*Of things we think, say or do:*

**Is it the TRUTH?**

**Is it FAIR to all concerned?**

**Will it build GOODWILL and better FRIENDSHIPS?**

**Will it be BENEFICIAL to all concerned?**



### PRAYER

Lord you created us for yourself and our hearts are restless until they rest in you. Please show us how to love you with all our hearts and our neighbor as our self. Teach us to be practical about loving one another in you and for you as you desire. Show us our immediate neighbor today; the need of others is your call to attention. Remind us that you count as done to you what we do for one another, and that our turning our backs to you. Make us know, love and serve you this life and be happy forever in the next in union with all our brothers and sisters, children of a common Father. To serve you is to reign. Amen.

### Congratulations!

PDG Eren de Guzman on your 30th year—July 29  
PP Boy Ong on your 30th year—July 29  
Treas. Elmer Tan on your 3rd year—July 30  
Pres. Benjie Malaya on your 16th year—Aug. 1

**In Service of Rotary!**

**Happy Blessed Birthday!**

PD Eduard Farcon – July 26  
Sp. Nancy Farcon—July 31

### ROTARY CLUB OF MARIKINA MARCH

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

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

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

### Refrain

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

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

### PROFESSION

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

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
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 relationship.

### DECLARATION OF ROTARIANS IN BUSINESS AND



# *Endoscopic Report*

## *By Pres. Benjie Malaya*



We have important upcoming projects:

Last Thursday meeting was an informative one. The long awaited computer donation with RC Fukushima is forthcoming. It is a welcome development in which forty computers will be donated thru Matching Grant with the district fund. Having a good relationship with a foreign sister club is worthwhile because it can provide us more opportunity to do service project.

The induction ceremony last Monday July 23 of our sister club RC OrtigasCenter attended by eight of our member Rotarians led by Past Governor Efen de Guzman and PGL Pam, PP Rene Florencio, yours truly including Vice President Bernard Cansana, Secretary Val Barcinal, President Elect Hermie de la Paz, Director Bonnie Barotilla, and PD Celso Cruz. It was an event memorable to those who attended, felt the warmth and hospitality and closeness of the two clubs. The vision and mission of the club was featured presentation in the ceremony, an act worth emulating.

Our club hosting of the district fellowship Oktoberfest is fast approaching. It is entitled "Peace Concert" tentatively that will feature two live bands, different singers from the district and a beer drinking session. The event might feature our very own sergeant at arms with his favourite song "Delilah", who knows? The sudden committee meeting last July 22, Sunday was attended by Governor Lirio Sandoval, chairman PP Fabi Cadiz, yours truly, club chairman PP Noel Flores, and Director Willie Reyes.

1. **Signing of Sisterhood** relationship and visit with RC Tanauan in Tanauan Batangas tomorrow – July 27, Friday. The event must be attended specially by the officers of the club. The assembly will be at our Rotary Youth Center around 3 PM. Having another local sister club means experiencing more fun with the visit.

2. **Ceremonial tree planting** – July 28, Saturday at the Marikina watershed area in Wawa Dam in Rodriguez Rizal. Please bring backpack, swimming trunk (just in case), wear rubber hiking shoes for convenience. Assembly is at 6 AM in front of the City Hall. This is our club contribution to save our watershed by planting more trees which could also boost our local tourism aside from giving us green atmosphere, more clean air particularly oxygen for our walkers and joggers doing physical fitness beside the riverbanks.

3. Adopt a barangay thru the Integrated Community Project launching ceremony on Monday July 30 at the covered court of Barangay Nangka in Marikina City at around 1:00 PM. Adopt-a-barangay project will provide the venue for our several service projects.

Our club members who will attend our projects will realize and appreciate the value of helping our less privilege neighbours thru supplemental feeding and planting trees which can provide us more oxygen to breathe. Attending projects will also bring us a very good feeling brought about by the bonding, camaraderie and fellowship. The mere act of giving makes one feel closer to God!



# *The Alchemist* *By Sec. Val Barcinal*



## THE LEADERSHIP JOURNEY

I believe that life is a journey, often difficult and sometimes incredibly cruel, but we are well equipped for it if only we tap into our talents and gifts and allow them to blossom. - Les Brown

Do something good with your power; don't just be good at being powerful. Leaders guide their people to do what is right and not what is wrong. "Everything rises and falls on leadership." says John Maxwell and he is so right.

I read this two quotation above while I was looking for inspiration for this week's article. I was struck by the term "journey" and "leadership" because this is what The Alchemist would like to write about every week, the chronicle of our club's journey and the leadership of our club.

It was inspiring to attend other club's important occasion. I am referring to the RC Ortigas Center Induction & Handover Ceremony last Monday. With only District strength of about 25 or more members, the induction was different from ours since they have the luxury of having their induction exclusively on their own inviting only close friends of the club. I was inspired by their personalized way of conduction their ceremony. You can listen how they introduced each other, very intimate and personalized and not so "formalize or officialise". What was unique in President Liz Jose induction was the

formal unveiling of their "vision" and "mission" statement. That is something we don't have. As a young club, we learned something new and different from them. We will be looking forward to a more productive sisterhood relationship with RC Ortigas Center. And would you believe they are grooming one of their Past President, our friend PP Luz Cotoco to be a future Governor of our District. Knowing her, she could really be an asset to our District.

That induction we attended with PDG Efen and Lady Pam, PP Rene Florencio, VP Bernard Cansana, Director Bonie Barotilla, PD Celso Cruz and President Benjie was an opportunity for our President to bond, link and socialized with his classmates. Seldom do I witness our President do this activity. I just hope that he continuing that effort to further his important role in the Zone.

This Friday, The Alchemist will be looking forward to another experience in formalizing our sisterhood with RC Tanauan. Although, little is known about RC Tanauan, I will get as much information and report it in this column.

What would like me to write about next? Or do you have any comments or suggestions?

Please email me thru [val2146@yahoo.com](mailto:val2146@yahoo.com) or text me 0917.457.5055.

Do you have anything to share or talk about? We will publish it on our next issue just email to me.

Happy reading.





# Service in Action



(Left) PP Dindo during Re-Launching of Website and Launching of eBulletin last July 19 Weekly Meeting (Right) Entertainment portion by PP Dante Verano, Community Singing and Bingo during



Octoberfest committee Meeting with Gov. Lino with Pres. Benjie, PP Fabi, PP Noel and Dir. Willie last July 22 at Marikina



Pres. Benjie & Sp. Julie and Sp. Noemi during Cooking Demo at Marikina City Health Office last July 20



Zone 4 Presidents Meeting last July July 24, 2012



Sister Club RC Ortigas Center Induction Ceremony last July 23, 2012 At Valle Verde Country Club





## REGULAR WEEKLY MEETINGS

All Rotary clubs are required to hold regular weekly meetings. A club may cancel a regular meeting only if: the regular meeting falls on a legal holiday, in case of the death of the club president, or an epidemic or disaster affecting the whole community. For other unspecified causes, the club's board may cancel not more than 2 meetings in one year. Clubs should not fail to meet for more than 2 consecutive times.

Always keep in mind that the regular weekly meeting is the most important fundamental activity of your Rotary club. The success of a club depends greatly on the effectiveness of its weekly meetings. In planning your weekly meetings, think about your objectives first:

### Purpose of Weekly Meetings:

1. Promote acquaintance, fellowship and camaraderie.
2. Discuss club programs, projects and activities.
3. Provide Rotary information.
4. Learn about community concerns and current issues.
5. Motivate members to be active in fulfilling the Object of Rotary.

To enhance the attendance of members, each weekly meeting should be very carefully designed to yield the following results:

*Every member who leaves after the meeting ends must have an inner feeling of satisfaction.*

*As he walks out the door, he must be saying to himself –*

*"That was a wonderful meeting. I really enjoyed it. It was worth my time..."*

If members feel good after every meeting, then they

develop the habit of attendance. The key to a good meeting therefore is to plan a very creative agenda that will elicit satisfaction from the members in attendance. Also remember that every regular meeting is actually an opportunity for fellowship! But since members' interest vary because of their diversified classifications, it is vital to find a healthy balance between fellowship, community issues and Rotary matters.

All meetings should always include some application to Rotary's 4 avenues of service and ideally in consonance with the special observances suggested by R.I. –

|                         |  |
|-------------------------|--|
| <b>July</b>             | Literacy Month   |
| <b>August</b>           | Membership and Extension Month;                            |
| <b>September</b>        | Youth Activities Month;                                    |
| <b>October</b>          | Vocational Service Month;                                  |
| <b>November</b>         | Rotary Foundation Month;                                   |
| <b>January</b>          | Rotary Awareness Month;                                    |
| <b>February</b>         | World Understanding Month;                                 |
| <b>23 February</b>      | Anniversary of R.I. and World Understanding and Peace Day; |
| <b>Week of 13 March</b> | World Rotaract Week;                                       |
| <b>April</b>            | Magazine Month.  |
| <b>June</b>             | Recreational and Vocational Fellowship Month               |

Many clubs usually have a guest speaker in their weekly meetings. Oftentimes, it is the caliber or quality of guest speakers that encourage members' attendance. Many clubs have also been very successful in including a variety of fellowship-oriented programs such as: community singing, humor/joke time, fining/recognition sessions, classification talks, open forum, group discussions, debates, etc.



# Club Fund Custodian Report

## By Treas. Elmer Tan



### Cash Position Report

July 15-19, 2012

|                                       |            |
|---------------------------------------|------------|
| Beginning Balance as of July 15, 2012 | 84,775.20  |
| <u>Cash/Check Receipts</u>            |            |
| Dinner Fees                           | 6,440.00   |
| Fine                                  | 850.00     |
| Dues                                  | 44,100.00  |
| Valley Wheel Ads/Souvenir Ads         | 11,400.00  |
| Total Receipts                        | 62,790.00  |
| Sub-Total                             | 147,565.20 |
| <u>Cash Disbursement</u>              |            |
| Dinner                                | 7,200.00   |
| Pabasa Nutrition Kit for Pre-Schools  | 1,560.00   |
| RC Marikina Web Hosting               | 2,880.00   |
| Print Bulletin - July 14              | 1,475.00   |
| Tarpaulin - Back draft                | 1,584.00   |
| <u>Check Disbursement</u>             |            |
| Jean Salary (July 1-15)               | 7,499.96   |
| Total Disbursement                    | 22,198.96  |
| Ending Balance, July 19, 2012         | 125,366.24 |





# Ecology Matters



## Take the 7Cs Pledge on World Oceans Day

By Susan Colby, June 7, 2012



### What Can You Do to Help Save the Oceans?

June 8th is World Oceans Day and you can make a difference by taking steps to protect the oceans.

Did you know that the planet Earth is 75 percent – that's three quarters – covered by oceans? And that only 5 percent has been explored?

### And did you know that the oceans provide half the oxygen we need to live?

But if we continue to treat the oceans with disrespect by overfishing, polluting and ignoring it, pretty soon there won't be any weird and wonderful creatures and plants to discover.

The oceans need help and this year, a record number of aquariums, zoos, and museums and other organizations around the world are hosting events to inspire you to take action.

So this year, you and your family can take the 7Cs Pledge to make a difference and protect the oceans.

### Take the 7 Cs Pledge.

I Promise to:

#### 1. Commit to Making a Real Difference

Everyone can help protect our world's ocean. Small changes we make in our everyday lives can add up and have a big positive impact on the health of our seas.

#### 2. Conserve in My Home

Use ocean-friendly household cleaning methods.

Use natural fertilizers and pesticides and rethink your garden to complement the native habitat.

Utilize reusable shopping bags and water bottles and reconsider my overall plastics use.

#### 3. Challenge Myself Daily

Try biking, take public transportation regularly, seek carpooling partners, or consider telecommuting.

Reduce my energy use at home. Turn off lights when you leave a room, change your light bulbs to CFLs, get a home energy audit, buy EnergyStar appliances, unplug appliances when you are not using them, lower your thermostat in the winter and raise it in the summer

Buy less stuff.

Think about everything you buy and if you really need it.

#### 4. Consume Consciously

What you eat affects the sea. Choosing foods that are sustainable, local, organic, and lower on the food chain can help protect the ocean and its creatures.

#### 5. Connect in My Community

Get involved in your community to protect our ocean! Think globally, act locally.

#### 6. Communicate My Interests and Concerns

Use your powers of communication to become a powerful voice for our ocean!

Learn more by contacting [thesevencs.org](http://thesevencs.org) and [seastheday.org](http://seastheday.org).

#### 7. Celebrate Our Ocean

Take the time to appreciate all that our ocean has to offer and get inspired to take action!





# Bloggers World

## By PE Hermie de la Paz



An exciting technological development is taking place very soon in our beloved city. WiMAX is coming to our city. Shown here is a WiMAX transmitting tower.

### Citywide WiMax for the City of Marikina

I've learned that the City of Marikina is putting up its own citywide WiFi-WiMax network. A citywide blanket coverage of wireless Internet access sounds great, but cities or even companies aren't going to go around setting up WiMAX base stations out of sheer kindness. Who's going to pay for WiMAX? It depends how it will be used. There are two ways WiMAX can be implemented -- as a zone for wireless connections that single users go to when they want to connect to the Internet on a laptop (the non-line-of-sight "super WiFi" implementation), or as a line-of-sight hub used to connect hundreds of customers to a steady, always-on, high-speed wireless Internet connection.

Under the "super WiFi" plan, cities might pay to have WiMAX base stations set up in key areas for business and commerce and then allow people to use them for free. They already do this with WiFi, but instead of putting in a bunch of [WiFi hot spots](#) that cover a few hundred square yards, a city could pay for one WiMAX base station and cover an entire financial district. This could provide a strong draw when city leaders try to attract businesses to their area.

Some telcocompanies might set up WiMAX transmitters and then make people pay for access. Again, this is similar to strategies used for WiFi, but a much wider area would be covered. Instead of hopping from one hot spot to another, WiMAX-enabled users could have Internet access

anywhere within 30 miles of the WiMAX base station. These telcocompanies might offer unlimited access for a monthly fee or a "pay as you go" plan that charges on a per-minute or per-hour basis.

The high-speed wireless hub plan has the potential to be far more revolutionary. If you have high-speed Internet access now, it probably works something like this: The

cable (or phone) company has a line that runs into your home. That line goes to a cable modem, and another line runs from the modem to your computer. If you have a [home network](#), first it goes to a router and then on to the other computers on the network. You pay the cable company a monthly fee, which reflects in part the expense of running cable lines to every single home in the neighborhood.

### WiMAX Technology at Home

Here's what would happen if you got WiMAX. An Internet service provider sets up a WiMAX base station 10 miles from your home. You would buy a WiMAX-enabled computer or upgrade your old computer to add WiMAX capability. You would receive a special encryption code that would give you access to the base station. The base station would beam data from the Internet to your computer (at speeds potentially higher than today's cable modems), for which you would pay the provider a monthly fee. The cost for this service could be much lower than current high-speed Internet-subscription fees because the provider never had to run cables.

-If you have a home network, things wouldn't change much. The WiMAX base station would send data to a WiMAX-enabled router, which would then send the data to the different computers on





# Walkers World

By PE Hermie de la Paz



We did not conduct the Physical Fitness and Wellness Program last Sunday, July 22, 2012 due to rains and bad weather. So instead of reporting on what transpired last Sunday, I will write on something relevant for all of us Rotarians. We all get stressed in one form or another, even if some of us do try and deny it from time to time. Sometimes a little stress is good, it pushes you forward and keeps you from getting too complacent with the way we operate. However what do you do when it gets just way too much, and the source of the stress just can't be removed. Overbearing workloads can leave us feeling like there aren't enough hours in the day to accomplish everything we need to. Unfortunately, stress can also cause major health problems such as headaches, backaches and increased blood pressure.

The ability to relax and rejuvenate promotes vivacity and liveliness. Boosting your immune system is an important part of feeling youthful and maintaining your health. Here are ten healthy ways to relieve stress and leave your body feeling relaxed and refreshed.

**1. Take a Warm Bath** - It's a proven fact that warm water relaxes your body muscles and rids your body of stiffness and sore joints. Immersing yourself in hot water before bedtime causes your body temperature to rise, which enhances your ability to fall asleep faster. Also, by adding Epsom Salts to your bath (which are made of the mineral magnesium sulfate - a sedative for the nervous system), your skin will absorb the magnesium sulfate which sedates the nervous system and relaxes muscles. Soft music and candlelight is always a nice touch, too.

**2. Massage Therapy** - Massage plays an im-

portant role in training the body how to relax and getting rid of muscle knots. If your significant other isn't willing to participate in a little massage therapy, there are plenty of spas where you can spend an hour or two pampering yourself. Some massage therapists even have hot tubs that they place you in prior to your massage to loosen up your muscles.

**3. Yoga and Stretching** - Yoga trains you to build up a natural response to stress and bring the relaxed state of mind into your everyday life. The slow move-

ments and controlled positions of yoga improve muscle strength, flexibility, breathing, blood circulation and promote mental focus and calmness. Stretching also reduces tension and anxiety and slows down your heart rate.

**4. Music** - Whether you realize it or not, music plays a big part in our lives. How many times have you exercised and felt motivated by a fast-paced song on the radio? Now, if that song were switched to a Celine Dion ballad, you can bet you wouldn't be running as fast on that treadmill. Listening to relaxing music is a great method of reducing stress and relieving anxiety. The calm, soothing sounds will reduce your tension, blood pressure, and promote feelings of tranquility. Be aware of how you feel when you hear certain songs, and keep listening to the ones that produce a relaxing effect.

**5. Exercise** - Regular physical activity strengthens your muscles and releases endorphins, which reduce pain and induce euphoria, therefore improving your mood and mental concentration. Even if you dedicate fifteen minutes a day to dancing around your house or riding a bicycle around your neighborhood, you'll find yourself feeling less stressed. So, not only is exercise good for the body, but it's good for the mind, too.

**WALK  
FOR  
HEALTH  
AND A  
BETTER  
MARIKINA**



[www.marikinarotary.org](http://www.marikinarotary.org)





# RC Marikina Bikers

*Rtn. Manny Pecho*



## TIMBERLAND HEIGHTS FUN BICYCLING RIDES - 14 JULY 2012

Around 6:30am Saturday morning (14 July 2012), attendees (total 9 riders) went to Timberland Heights by car and parked at the clubhouse. The riders safely circled the area for about 15km, experienced a long loop and biked down the hills. It was a great day and the ride was an ecstatic experience.

### *Members:*

PP Ronnie Masangkay, PP Ronald Garcia, Dir Jerome Josef, Rtn Vic Sabiniano, Rtn Manny Pecho.

### *Guests:*

Richard (Vista Valley Home Owner) Ferdie (Vista Valley Home Owner) Son of Rtn Vic Sabiniano, Son of Richard



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....from page 10 Walkers World

6. **Drink Tea** - Both black and green teas contain an amino acid called L-theanine, which produces a sense of calmness and relaxation by releasing neurotransmitters (like serotonin and endorphins) in the brain.

7. **Sleep** - Getting enough sleep is crucial to your health and has a huge impact on your stress levels. Lack of sleep can leave you feeling cranky, absent-minded and you may have difficulty concentrating on everyday tasks. When you sleep, your body and immune system have time to rejuvenate. Aim to get at least 8 hours of sleep each night because sufficient sleep benefits alertness and memory.

8. **Take a Vacation** - I know, not all of us can afford to hop on a plane whenever we feel stressed, but that doesn't mean that we can't create a mini-vacation of our own that's affordable. Instead of wishing you could escape to a tropical island like Boracay, try opting for a realistic vacation instead. Try finding a relaxing yet fun spot near you that you can venture off to for the weekend for some peace and quiet.

9. **Make a To-Do List** - Sometimes, the burdens of everyday life can be a bit overwhelming at times. I usually find myself getting stressed when I have too much to do and not enough time to finish everything. Whenever this happens, I sit down and write out a to-do list of everything that I need to get accomplished. That way, I know I won't forget any tasks and as I begin to cross off each item one by one, my stress slowly begins to dwindle.

10. **Read a Book** - There's not many things that are more relaxing than sitting down and letting nothing else into your mind except for the words on the page of a good book. Reading is a way to escape any stress in your life, educate yourself and keep your mind active.



# Inner Peace

By VP Bernard H. Cansana



"We are all visitors  
to this time, this place.

We are just  
passing through.  
Our purpose  
here is to observe,  
to learn, to grow,  
to love... and then  
we return home."

- Australian Aboriginal Proverb



Today will Never  
come again. Be a  
blessing. Be a friend.  
Encourage someone.  
Take time to care.  
Let your words heal,  
and not wound.

## THREE SIMPLE RULES IN LIFE

1. IF YOU DO NOT GO  
AFTER WHAT YOU WANT,  
YOU'LL NEVER HAVE IT.

2. IF YOU DO NOT ASK,  
THE ANSWER WILL  
ALWAYS BE NO.

3. IF YOU DO NOT STEP  
FORWARD, YOU  
WILL ALWAYS BE IN  
THE SAME PLACE.

Emc<sup>2</sup>

# Alper's Brain Teaser

By PD Allan SM Perez



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 2 |   | 8 |   |   |   |   | 9 |
| 8 |   |   | 3 | 9 |   |   |   | 4 |
|   |   | 9 |   |   | 2 |   |   | 1 |
| 1 |   | 5 |   | 6 | 3 | 4 |   |   |
|   |   |   | 1 |   | 4 |   | 8 | 3 |
| 4 |   | 7 |   |   |   |   | 1 |   |
|   | 4 | 8 |   | 3 | 6 |   | 9 |   |
| 5 | 9 |   |   |   | 1 | 6 | 7 |   |
| 7 |   |   | 2 | 5 |   | 3 |   |   |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 | 9 | 3 | 6 | 7 | 8 | 1 | 4 |
| 6 | 7 | 3 | 8 | 1 | 4 | 2 | 5 | 9 |
| 8 | 1 | 4 | 5 | 9 | 2 | 6 | 7 | 3 |
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| 4 | 2 | 8 | 6 | 7 | 3 | 1 | 9 | 5 |
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| 7 | 6 | 1 | 9 | 2 | 5 | 4 | 3 | 8 |
| 1 | 4 | 7 | 2 | 5 | 9 | 3 | 8 | 6 |
| 5 | 8 | 2 | 7 | 3 | 6 | 9 | 4 | 1 |
| 9 | 3 | 6 | 4 | 8 | 1 | 5 | 2 | 7 |

Each column must have the numbers 1-9 occurring just once.  
And the numbers 1-9 must occur just once in each of the 9 sub-boxes of the grid.



# *Inner Wheel Club of Marikina* *By Pres. Julie C. Malaya*



Fellowship with IWC Marikina members  
at Marikina Hotel on July 23, 2012

Meeting with Marikina Zone Presidents  
at Starbucks Coffee, Marquinton on  
July 24, 2012



Walk for Health Project at Marikina  
Sports Center on July 25, 2012





# SERVICE PROJECTS CHAIRMEN FOR RY 2012-2013

## Club Administration - Sec. Val Barcinal

Attendance - PP Dante Verano  
 Program - Sec. Val Barcinal  
 Club Bulletin - Dir. Chris Meriño  
 Internet & eGroup - PE Hermie dela Paz  
 Ways & Means - PD Nestor Garcia  
 Constitution & By-Laws - PP Tony Fidelino  
 Club Historian - PP Romy Cruz  
 Website Update - PP Dindo Santos  
 Fellowship in Sports/Arts - Rtn. Manny Pecho  
 Table Tennis - Rtn. Boyet Culminas  
 Biking - Rtn. Manny Pecho  
 Chess - PP Dante Verano  
 Marathon - Rtn. Dan Sibala  
 Walkers - PP Dante Verano  
 Grievance - PD G. Jun Farcon

## Membership - Dir. Chris Meriño

Classification - PP Ver Farcon  
 Membership - PP Dindo Santos  
 Membership Growth... - PP Tony Fidelino  
 Rotary Information - PRG Jun Farcon  
 Fireside - PP Joe Judan  
 Family Outing - Rtn. Patrick Ong  
 Club Extension - PP Romy Fidelino  
 Club Leadership - PP Onie Aguinaldo  
 Rotary Academy - PP Onie Aguinaldo

## Public Relations - PE Hermie dela Paz

Public Image/Relations - PE Hermie dela Paz  
 Interclub Relations Local - PP Ronie Masangkay  
 Interclub Relations International - PD G. Efrén de Guzman

## Service Projects

### Water Management... - Dir. Willie Reyes

Environmental Protection - Dir. Willie Reyes  
 Water Management - Rtn. Ken Sueno

### Health & Hunger - Dir. Jerome Josef

Disease Prevention - Rtn. August Igliane  
 Operation We Care - Sec. Val Barcinal  
 Bloodletting - PD Doodle Cabalquinto  
 Preventable Blindness - PP Jimmy Capco  
 Adopt-A-Hospital - PP Al Ancheta  
 Operation Tuli - PP Fabi Cadiz  
 Concern for Elderly - PP Rudy Valentino  
 Maternal/Child Health - Sec. Val Barcinal  
 Good Nutrition - Dir. Boni Bardilla

### Poverty Alleviation - Treas. Elmer Tan

Livelihood Training - Treas. Elmer Tan  
 Vocation at Work - PD Celso Cruz  
 Christmas Gift Giving - PD Rey Montoya

## Family of Rotary - Dir. Boni Barotila

Rotary Community Corps - Rtn. Joey Ramos  
 Rotary Volunteers - PP Jun Garduño  
 Rotary Recreation - PP Greg de Guzman

## Literacy / Values Formation - Dir. Alex Manzo

Rotary Scholarship - PD Eduard Farcon  
 Tinipalak sa Pagsulat - Rtn. Carl Tan  
 Student Leadership - Rtn. Boyet Culminas  
 Story Retelling - Dir. Jerome Josef  
 Adopt-A-School - PD Pat Corpus  
 Book Donation - Sec. Val Barcinal  
 Children w/ Special Needs - Dir. Alex Manzo  
 ALS - Dir. Chris Meriño  
 Career Development - PS Allan Perez

## Peace & Conflict Prevention - Dir. Willie Reyes

Drug Abuse Prevention - PP Fabi Cadiz  
 Children at Risk - Dir. Alex Manzo  
 Peace Forum - Sec. Val Barcinal

## New Generation - VP Bernard Cansana

New Generation Conference - VP Bernard Cansana  
 Rotaract/Interact - PD Doodle Cabalquinto

## The Rotary Foundation - IPP Del de Guzman

TRF Contributions - PP Ronie Masangkay  
 Polio Plus - PP George Ty  
 Matching Grant - PP Boy Ong  
 Group Study Exchange - Dir. Willie Reyes  
 Youth Exchange - VP Bernard Cansana  
 World Community Service - PP Tony Fidelino

## Special Events - PE Hermie dela Paz

Induction - PE Hermie dela Paz  
 District Assembly - PE Hermie dela Paz  
 District Conference - VP Bernard Cansana  
 Souvenir Program - Rtn. Carl Tan  
 Christmas Party - Dir. Alex Manzo  
 Club Anniversary - PE Hermie dela Paz  
 Photo Exhibit - PP Manny de Guzman  
 Tenpin Bowling - PD Rey Montora  
 Duckpin Bowling - PP Onie Aguinaldo  
 District Golf Tournament - PP Boy Ong  
 PalaRotary - Rtn. Boyet Culminas  
 Awards & Recognition - PP Tony Fidelino  
 Valentines Party - PP George Ty  
 Awards Night - PP kko Pe Benito  
 Governor's Visit - VP Bernard Cansana  
 RI Convention - PP Roland Garcia





# Roster of Members



|    | Rotarian                 | Classification                       | Induction  | Spouse    | July |    |    |    |
|----|--------------------------|--------------------------------------|------------|-----------|------|----|----|----|
|    |                          |                                      |            |           | 5    | 14 | 19 | 26 |
| 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                | 10/26/2007 | Ella      |      |    |    |    |
| 4  | Balquiedra, Carlos P.    | Banking - Commercial                 | 05/07/2009 | Ruby      | M    |    |    |    |
| 5  | Barcinal, Val A.         | Medicine-Pediatric                   | 02/11/2010 | Arlene    | P    | P  | P  |    |
| 6  | Barotilla, Boni M.       | Motorcycle Parts Distribution        | 09/23/2010 | Herminia  | M    | P  | P  |    |
| 7  | Cabalquinto, Dodjie N.   | Building Construction                | 01/20/2005 | Dolly     | P    | P  | M  |    |
| 8  | Cadiz, Fabi I.           | Medicine - General                   | 03/16/2000 |           | M    | M  | P  |    |
| 9  | Cansana, Bernard H.      | Horizontal Construction              | 07/06/2007 | Carol     | P    | P  | P  |    |
| 10 | Capco, Claro L.          | Education                            | 07/05/2002 | Jehan     |      |    | P  |    |
| 11 | Cobbarrubias, Jon Jon L. | General Merchandise - Wholesale      | 08/28/2008 | Kristelle |      | P  | P  |    |
| 12 | Corpus, Pat S.           | Secondary Administration             | 10/26/2006 |           | M    | P  | P  |    |
| 13 | Cosare, Raul C.          | Broadcasting-Equipment Rental        | 11/06/2010 | Susan     | P    | M  | M  |    |
| 14 | Cruz, Celso C.           | Insurance - Non-Life                 | 6/18/1998  |           | P    | P  | P  |    |
| 15 | Cruz, Jessie F.          | Real Estate Brokerage                | 11/4/1993  | Isay      | M    | P  | P  |    |
| 16 | Cruz, Willy R.           | Architecture                         | 10/6/2005  | Liza      | M    | M  | M  |    |
| 17 | Culminas, Boyet G.       | Pest Control                         | 09/23/2010 | Imelda    | P    | P  | P  |    |
| 18 | De Guzman, Del R.        | Sash Manufacturing                   | 12/3/1998  | Amy       | P    | P  | P  |    |
| 19 | De Guzman, Efen O.       | Memorial Service                     | 7/29/1982  | Pam       | P    | P  | M  |    |
| 20 | Dela Paz, Flor S.        | Ladies' Shoes Manufacturing          | 1/23/1969  | Vising    | P    | P  | P  |    |
| 21 | Dela Paz, Hermie R.      | Financial Consultancy                | 12/4/2008  |           | P    | P  | P  |    |
| 22 | Farcon, Eduard G.        | Auto Parts and Accessories Retailing | 10/11/2001 | Nancy     | P    | P  | P  |    |
| 23 | Farcon, Jun G.           | Taxation                             | 4/22/1988  | Zeny      | 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      | M    | P  | M  |    |
| 26 | Florencio, Rene A.       | Jewelry Manufacturing & Marketing    | 3/16/2001  | Cora      | P    | P  | M  |    |
| 27 | Flores, Gee S.           | Music                                | 3/31/2011  | Lita      | P    | P  | P  |    |
| 28 | Flores, Noel S.          | Vertical Construction                | 1/17/2002  | Vivian    | P    | P  | P  |    |
| 29 | Garcia, Nes C.           | Hospital Administration              | 7/1/2000   | Nora      | M    | M  | M  |    |
| 30 | Garcia, Roland C.        | Marketing and Sales Services         | 11/14/1991 |           | P    | P  | P  |    |
| 31 | Iglane, August R.        | Orthodontics                         | 9/29/2011  | Almira    | P    | P  | M  |    |
| 32 | Ignacio, Eric C.         | Real Estate Developing               | 9/29/1994  | Lydia     | P    | P  | P  |    |
| 33 | Josef, Jerome D.         | Pharmaceutical Distribution          | 10/12/2009 | Cheri     | P    | P  | P  |    |
| 34 | Malaya, Benjie V.        | Medicine - Gastroenterology          | 8/1/1996   | Julie     | P    | P  | P  |    |
| 35 | Manzo, Alex P.           | Special Education Teaching           | 8/26/2010  | Tetet     | P    | P  | P  |    |
| 36 | Masangkay, Ronie P.      | Laboratory Service                   | 1/17/2002  | Liza      | P    | P  | P  |    |
| 37 | Merino, Chris U.         | Civil Construction                   | 3/6/2008   | Minna     | P    | P  | P  |    |
| 38 | Montoya, Rey P.          | Gasoline Distribution                | 7/7/1994   | Lyn       | P    | P  | P  |    |
| 39 | Ong, Gilbert E.          | Printing Products Distribution       | 04/26/2012 |           | P    |    |    |    |
| 40 | Ong, Patrick T.          | Concrete Products Manufacturing      | 09/03/2009 |           | M    | M  |    |    |
| 41 | Pe Benito, Francis I.    | Banking - Savings & Thrift           | 12/3/1998  | Monette   | P    | M  | M  |    |
| 42 | Pecho, Manny F.          | Engineering-Marine                   | 11/06/10   | Marivic   | P    | P  | M  |    |
| 43 | Perez, Allan S.M.        | Telecommunications                   | 4/6/2006   | Pauline   | P    | P  | P  |    |
| 44 | Ramos, Joey C.           | Computer Services Provider           | 04/26/2012 |           | P    | P  | P  |    |
| 45 | Reyes, Willie E.         | Marketing & Trading                  | 10/6/2005  | Rina      | P    | P  | P  |    |
| 46 | Rodriguez, Tops N.       | Real Estate Marketing                | 3/17/2006  | Vanz      | M    | M  | M  |    |
| 47 | Sabiniano, Vic A.        | Shoe Manufacturing                   | 3/18/2004  | Miniam    | M    | M  | M  |    |
| 48 | Santos, Dindo C.         | Medicine - Family                    | 8/14/1997  | Cecil     | P    | P  | P  |    |
| 49 | Santos, Vincent C.       | Medicine - Endocrinology             | 7/1/2000   | Eula      | P    | P  | P  |    |





# Roster of Members



|                 | Rotarian               | Classification                      | Induction  | Spouse     | July |    |    |    |
|-----------------|------------------------|-------------------------------------|------------|------------|------|----|----|----|
|                 |                        |                                     |            |            | 5    | 14 | 19 | 26 |
| 50              | Sibal, Dan C.          | Automotive Servicing                | 5/11/2006  | Ying       | P    | P  | P  |    |
| 51              | Sueno, Kennedy V.      | Government Service                  | 12/01/2011 | Zenaida    | P    | P  | P  |    |
| 52              | Tan, Carl S.           | Food Service Equipment Distribution | 5/7/2009   |            |      |    | P  |    |
| 53              | Tan, Elmer J.          | Corporate Give Away                 | 7/30/2009  | Ellen      | P    | P  | P  |    |
| 54              | Ty, George S.          | Electronics Service                 | 8/10/1989  | Leonor     | P    | P  | P  |    |
| 55              | Verano, Dante L.       | Engineering - Electrical            | 3/17/1991  | Noemi      | P    | P  | P  |    |
| <b>Exempted</b> |                        |                                     |            |            |      |    |    |    |
| 56              | Ancheta, Al Q.         | Management Consultancy              | 8/21/1975  | Bella      | E    | E  | E  |    |
| 57              | Capco, Jimmy P.        | Aesthetic Plastic Surgery           | 1/4/1988   | Lanie      | P    | M  | P  |    |
| 58              | Cruz, Emil I.          | Textile Printing                    | 10/6/1976  | Mely       | E    | E  | E  |    |
| 59              | Cruz, Romy M.          | Medicine - Radiology                | 8/19/1971  | Cora       | E    | E  | P  |    |
| 60              | De Guzman, Greg S.**   | Orthodontics                        | 3/18/1965  | Dely       | E    | E  | E  |    |
| 61              | De Guzman, Manny P.    | Architecture                        | 8/26/1982  | Zeny       | P    | P  | P  |    |
| 62              | Dela Paz, Ading G.     | Medicine - Internal                 | 10/7/1971  | Casing     | P    | E  | P  |    |
| 63              | Farcon, Ver S.         | Law - Corporate                     | 3/17/1971  |            | P    | P  | P  |    |
| 64              | Favis, Manolo G.       | Radio / TV Broadcasting             | 8/10/1989  |            | P    | P  | P  |    |
| 65              | Garduño, Jun A.        | Medicine - Internal                 | 10/6/1977  | Linda      | P    | E  | E  |    |
| 66              | Judan, Joe A.          | Engineering—Civil                   | 3/17/1991  | Minia      | M    | M  | M  |    |
| 67              | Lee, Joe P.            | Real Estate Developing              | 9/29/1977  | Fely       | M    | M  | M  |    |
| 68              | Navarro, Ed B.         | Medicine - General                  | 10/28/1982 | Meldy      | M    | P  | M  |    |
| 69              | Ong, Boy B.            | Hardware Distribution               | 7/29/1982  | Corie      | P    | P  |    |    |
| 70              | Sumulong, Vic C.       | Optometry                           | 2/3/1986   | Maring     | E    | E  | E  |    |
| 71              | Tanco, Ting N.**       | Cotton Spinning                     | 3/18/1965  | Alice      | E    | E  | E  |    |
| 72              | Tanpengchang, Larry C. | Lumber Distribution                 | 12/8/1977  | Viring     | E    | P  | E  |    |
| 73              | Valentino, Rudy B.     | Shoe Retailing                      | 2/11/1982  |            | E    | E  | E  |    |
| 74              | Don Emilio Yap         | HONORARY MEMBER                     |            |            |      |    |    |    |
| 75              | Kazuhiro Toujoh        | HONORARY MEMBER                     |            |            |      |    |    |    |
| 76              | Antonio L. Co          | HONORARY MEMBER                     |            |            |      |    |    |    |
|                 | ** Charter Member      |                                     |            |            |      |    |    |    |
|                 | LEGEND:                | P-Present                           | M-Make-up  | E-Exempted |      |    |    |    |

## MAKE-UP

### District 3820 Speaker TRF Seminar (July 8)

PDG Jun Farcon

### Physical Fitness Program - Sunday Walkers Club Walk (July 8)

Rtn. Raul Cosare-07/14

Dir. Dodje Cabalquinto-07/19

PP Joe Judan-07/19

### Coordinating Meeting for Korean Visitors (July 13)

PDG Efrén de Guzman-07/19

### Rotary eClub of D3310 of Singapore (July 19) Lesson 13

PD Nestor Garcia-07/19

### Dinner Fellowship with Korean Visitors (July 13)

Rtn. Raul Cosare-07/19

PP Joe Lee-07/19

PP Tony Fidelino-07/19

Rtn. August Iglane-07/19

Rtn. Manny Pecho-07/19

### Physical Fitness Program - Sunday Walkers Club Walk (July 15)

Rtn. Willy Cruz-07/19

PP Joe Judan-

### Physical Fitness Program - Bikers (July 14)

Rtn. Vic Sabiniao-07/19

### Pabasa Nutrition "Nutri Bingo" (July 17)

PP Kiko Pe Benito-07/19

Rtn. Tops Rodriguez-07/19

### RC Ortigas Center (July 23)

PP Rene Florencio-07/19

## EXTRA ATTENDANCE

### Maternal Health "Buntis Party for Teenage Pregnant" (July 16)

Pres. Benjie Malaya, Sec. Val Barcinal, PE Hermie dela Paz

### Pabasa Nutrition "Nutri Bingo" (July 17)

Pres. Benjie Malaya, Sec. Val Barcinal, Dir. Bonie Barotilla, PE Hermie dela Paz, PD Allan Perez, PP Kiko Pe Benito, PP George Ty

### Nutri-Bingo (Balubad Health Center) (July 18)

Sec. Val Barcinal, Dir. Bonie Barotilla

### Physical Fitness Program - Walkers Club & Bikers (July 14 & 15)

(Extra attendance listing at the columns of Walkers World and Bikers Club)

### Oktoberfest Committee Meeting (July 22)

Pres. Benjie Malaya, PP Fabi Cadiz, PP Noel Flores, Dir. Willie Reyes

### RC Ortigas Center (July 23)

Pres. Benjie Malaya, PE Hermie dela Paz, Sec. Val Barcinal, Dir. Bonie Barotilla, PD Celso Cruz, VP Bernard Carsana, PDG Efrén de Guzman



# Calendar of Activities RY 2012-2013

| JULY         | Committee                    | Activity                          | Venue                      | Person Involve                     |
|--------------|------------------------------|-----------------------------------|----------------------------|------------------------------------|
| 27<br>3pm    | Interclub Relations          | Sisterhood with RC Tanauan        | Tanauan, Batangas          | PP Ronie                           |
| 28<br>6AM    | Environmental Protection     | Program Ceremonial Tree planting  | Wawa River, Rodriguez      | Dir Willy, IPP Del, Sec Val        |
| 30<br>1PM    | Integrated Community Program | Adopt-a-Barangay Launching        | Nangka Covered Court       | Pres. Benjie, Sec. Val, Dir. Bonie |
| AUGUST       | Literacy Month               |                                   |                            |                                    |
| 2<br>1pm     | Maternal health              | Buntis Party for Teen Pregnant    | San Roque Health Center    | Sec. Val, Dir. Bonie               |
| 5<br>5:00 AM | Maternal health              | Takbo Pinay                       | C & B Mall Marikina Height | Sec. Val, Sunday Walkers Club      |
|              | Basic Education & Literacy   | Timpalak sa Pagsulat at Pagbigkas |                            | Rtn. Carl Tan                      |
| 18-19        | New Generation               | Rizal Leadership Institute        | City Council Hall          | VP Bernard, Pres. Benjie           |

....from page 8 Our eGroup

your network. You could even combine WiFi with WiMAX by having the router send the data to the

computers via WiFi.

WiMAX doesn't just pose a threat to providers of DSL and cable-modem service. The WiMAX protocol is designed to accommodate several different methods of data transmission, one of which is [Voice Over Internet Protocol](#) (VoIP). VoIP allows people to make local, long-distance and even international calls through a broadband Internet connection, bypassing phone companies entirely. If WiMAX-compatible computers become very common, the use of VoIP could increase dramatically. Almost anyone with a laptop could make VoIP calls.

Source: [www.howstuffworks.com](http://www.howstuffworks.com)

## PROGRAMME

Aug. 2, 2012

|  |                    |
|--|--------------------|
| Invocation                                     | PP Jun Garduño     |
| National Anthem                                | Rtn. Gilbert Ong   |
| Rotary Pledge &<br>The Four Way Test           | PP Manny de Guzman |
| Introduction of Visiting<br>Rotarians & Guests | PD Nestor Garcia   |
| Entertainment                                  | Rtn. Dan Sibal     |
| Recognition                                    | Rtn. Gee Flores    |
| Raffle   | PP Fabi Cadiz      |
|  | Treas. Elmer Tan   |
|  | Emcee              |

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

Dir. Chris Meriño - Editor-in-chief, Sec. Val A. Barcinal - Deputy Editor-in-Chief, Columnist Contributors: President Benjie Malaya, PE Hermie de la Paz, VP Bernard Cansana, Treas. Elmer Tan, PD Allan Perez, Inner Wheel Club of Marikina, RCC Marikina Valley, Rotaract Club of Marikina, Acknowledgement PP Manny de Guzman for Designing our Cover

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 Markina City, Philippines, Tel. No. 9423720 E-mail [rcmarikina@mail.com](mailto:rcmarikina@mail.com), Website [www.marikinarotary.org](http://www.marikinarotary.org)









# Sponsors



**Engr. Dante L. Verano**  
Past President RY 2002-2003  
Spouse Noemi & DL

## Make-Up Card

Name of Visiting Rotarian: \_\_\_\_\_

Date of Attendance: \_\_\_\_\_

Signature of Club Secretary: \_\_\_\_\_

Sec. Val A. Barcinal

The very essence of leadership is that you have to have vision. You can't blow an uncertain trumpet.

- Theodore M. Hesburgh

*Greetings from:*

# shoebox

*By Authentic Rotarian*

*PP Flor dela Paz*

*& Sps. Vising*



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***Peace Builder President Benjie Malaya, M.D.,  
Inner Wheel District 380 Past District Chair Julie,  
sons Justin and Bennard***

**Dr. Benjamin Edsel V. Malaya**

Internist/Gastroenterologist

Clinic: Marikina Valley Medical Center

MWF 10:30-12nn Room 403

Contact No: 0922-8495607 / 09062529382

**Julieta Cruz-Malaya**

General Manager

TECHNICON ENGINEERING & DESIGN

Cell # 0920-9797929





***IPP Del R. de Guzman  
& Spouse Amy***

***Delan Andro, Dean Anvielo,  
Alysia Danella, David Alfie***





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From DTEC President / Dir. Alex P. Manzo