



Governor's Monthly Letter

RY 2013-2014

October 2013 Issue

The Governor's Message



Greetings!

October is Rotary's established Vocational Service month wherein we Rotarians are encouraged to serve others through our vocations and to practice high ethical standards in business and professions. We recognize the worthiness of all useful occupations and the dignifying of each Rotarian's occupation as an opportunity to serve society. I am glad to inform everyone that the District thru the Chair for Vocational Service, PP Luz Cotoco, conducted a search wherein Rotary Clubs from the different Zones submitted their nomination for the "D-3800 Vocational Leadership Award".

Nomination Forms were provided to all Rotary Clubs together with the criteria and submitted to the committee their respective nominees. Awarding for the selected winners will be done in March 2014.

Also during the month, as part of our Flagship Project on Environmental Protection, we conducted more tree planting activities in different areas of the District with emphasis on the Watershed Areas in the Sierra Madre Mountains straddling Rizal Province. We planted Robusta Coffee Trees at Pintong Bukawe in San Mateo, Rizal, on October 10, 2013 and indigenous trees in Tanay, Rizal (jointly with District 3780 led by District Governor Francis Rivera) on October 26, 2013 based on the Memorandum of Agreement that we entered into with the Department of Environment and Natural Resources and the Rizal Provincial Government under the leadership of Gov. Rebecca A. Ynares.

As I have emphasized in my message during the said tree planting events, we need to protect the environment and Mother Earth by doing activities geared towards its preservation. Such activity is precisely the planting of trees which our district has done consistently for many years now but with particular big push this Rotary Year in the light of the frequent flooding we experience resulting in days of socio-economic paralysis in the flooded areas. That the more trees we plant and the more people participating, the better it will be.

Also, we have been successful in identifying the "kaingeros" or slash and burn farmers as well as the mag-uuling and convincing them to stop their activities that are harmful to the environment in exchange for our offer of alternative livelihood. Many of them are now our partners in our programs on environmental protection.

Thank you.

Luizo "Louie" C. Ticman

District Governor, RY 2013-2014

Rotary International District 3800

OCTOBER is VOCATIONAL SERVICE MONTH



Spouses' Corner



2nd SPOUSE BREAKFAST MEETING

Valle Verde Country Club September 27, 2013

It was a cheerful morning of gathering of Rotarian spouses. It was a morning of learning, demonstration and sampling of healthy juices, health and wellness lecture, fun and laughter among male and female spouses.

The emcees for the day were Sp. Alice Torres of RC Morong and Sp. Pops Ferminadoza of RC Taytay. The meeting was attended by a total of fifty-three (53) spouses. The attendees were headed by DG Lady Ruby Ticman, six (6) Execom Committee members, thirteen (13) zone coordinators and twenty-seven (27) First Class President Spouses. We were honored to have six (6) PDGL's.

The program was called to order by DGL Ruby Ticman followed by the Invocation of FCP Sp. Cecilia Sta. Maria of RC Pillilia Central and the singing of the National Anthem. The roll call was done by FCP Sp. Charito Manalo of RC Cardona. The welcome remark was delivered by FCP Sp. Vilma Mendoza of RC Antipolo City.

We had the first highlight of the day's activity, the **Laughter Yoga**. The instructor for the laughter yoga was **Esperanza 'Espie' O. San Juan, RN**, a Senior Nurse from PAGCOR.

Everybody obediently followed her instructions. According to RN Espie, Laughter Yoga is a series of movement and breathing exercises designed to stimulate laughter without the use of jokes or humor. The health benefits of Laughter Yoga includes transforming depression, reducing stress, burning calories, decreasing infections and strengthening the immune system.



The group remained in cheerful good mood until the guest speaker, **PP Cecilia Almasa Lucentales** of RC Pasay Central (D3810), a well-trained, practicing naturopathic and the Chairman and President of Richter Alternative Medical Center, Philippines, Inc. and Richter School of Natural Therapeutics Inc. The topic of the lecture was **"Health and Wellness, Organic Juice"**.



The speaker emphasized that modern diseases such as cancer, diabetes, hypertension and heart diseases are often diet related and can be reversed and prevented with healthy diet. Making a commitment to healthy eating is a good start to healthy life. Healthy diet includes eating fresh fruits, fresh greens and vegetables, whole grains and legumes and good fat and to include safety of food, nutrition and sustainability.

According to the lecturer, high fiber foods such as whole grains (e.g. brown rice, oats, and whole meal bread) are healthy heart foods that lower bad cholesterol LDL and triglycerides. Plant foods such as fruits and vegetables, grains, beans and spices are good sources of antioxidants and polyphenols will protect the body against harmful effects of free radicals which damages the body and contributes to ageing process.

She emphasized the plating method of healthy eating such that half of the plate is vegetables and fruits and the use of the food pyramid as guide in making our food choices.

She enumerated some tips to healthy eating and healthy living, as follows:

- Eat a healthy breakfast and eat regularly throughout the day

(continued on page 3)

2nd Spouse Breakfast Meeting

(...continued from page 2)

- Choose filling foods that satiate hunger and keep within allowable caloric amount
- Choose healthy cooking methods such as stir-frying, baking, steaming and grilling rather than deep frying or boiling food
- Use non-stick cookware and limit use of oil
- Get enough aerobic physical exercises such as walking for 30 minutes most days of the week
- Get enough sleep because inadequate sleep results in stress and increased risk of heart problem
- Balance time between work, family and friends and allow time out for yourself.

All the participants enjoyed the free samples of juices.

Very recommendable healthy juices are:

- **CUPAS JUICE** - Carrot, Upo, Pipino, Apple, and Sayote.
- For diabetes - carrots, upo, pipino, ampalaya + luyang dilaw.
- For bleeding - cabbage or ampalaya or malunggay juice + kamote talbos juice of 1 tablespoon each.
- For fever & cough - 3 kutsara calamansi, oregano, cinnamon, honey
- For hypertension - garlic juice
- For heart disease - cayenne tincture, labuyo, native ginger, gin/vodka 5 drops SL 15 days cultured in bottle
- For washing Veggies - use 1 liter water + calamansi + 1 tablespoon rock salt - for soaking.

The Guest Speaker PP Lucentales, the free demonstration and sampling of organic juices and RN Espie, the laughter yoga instructor are all through the courtesy of the writer, FCP Sp. Marlene A. Ramos. RN Espie is one of my staff in the Health Services Unit in PAGCOR.

Tokens of appreciation were given by DG Lady Ruby to the Guest Speaker and Laughter Yoga instructor.

DG Lady Ruby gave an inspiring message to the group and showed pictures and high lights of her recent activities such as the following:

1. Outreach Program at the Kanlungan ni Maria, Home for the Aged. She was joined by the Execom Committee and RC Suburban East Rizal spouses, as they gave to the elderlies pajamas, dusters,

slippers and food;

2. DGL Ruby conducted storytelling, a literacy program among children in a Marikina Day Care Center. She was accompanied by spouses from RC Suburban East Rizal; and
3. She distributed slippers to 150 pupils in Kapitan Moy Elementary School in Marikina City
4. During the governor's visit, GDL Ruby and other spouses made a tour of a factory in Marikina that makes Buntal hats and fans and she purchase some of their products.

The introduction of the host clubs Zone 5A and 5B was done by Sps. Alice Torres of RC Morong. And closing remarks was delivered by DDGL Techie Barredo and thereafter the occasion was adjourned by DGL Ruby Ticman followed by everybody singing the district song "Engage Rotary Change Lives".

Fellowship followed with the giving of tokens to the ten (10) early birds from donors AG Sp. Lot Angala, LDGL Judy Rocamora and PDGL Myrna Enriquez. Everybody sang to the September and October birthday celebrants as they individually blew their cupcakes with candles. Each celebrant including those July and August birthday celebrants who did not received their gifts from the Execom during the 1st breakfast meeting were also given gifts by DGL Ruby Ticman.

Raffles followed thereafter as each attendee received giveaways of tocino and longganisa donated by DGL Ruby Ticman and 100 pieces echo bag donated by DDGL Techie Barredo. Attendees received two to three raffle gifts due to the numerous gifts and raffle donations. Major prizes came from PDGL Edith San Felipe, AG Sp. Lot Angala, FCP Sp. Cecille Sta. Maria, and PP RC Tibay and Execom Angie Pineda is donor of six (6) flat irons. Other donors of raffle prizes came from all First Class President Spouses of Zone 5A and 5B, AG Sps. Al Concepcion, Cora Julian, Baby Villarreal and Lot Angala and Incoming District Governor Marilou Co.

The breakfast meeting ended at about 12:00 noon with everybody going home happy with loads of gifts and giveaways and fully filled-up because of lots of food to munch at the table like suman, boiled peanuts, chichirias and nuts. **FCP Sp. Marlene Ramos, RC Suburban East Rizal**



*First Class Team Tree Planting Project
Sitio Maysawa, Tanay, Rizal*

The First Class Team Tree Planting Project at their own site in Sitio Maysawa in Tanay, Rizal last October 26, 2013 has many firsts: it was attended by no other the mother of the **Rizal Provincial Government, Hon. Governor Rebecca “Nini” Ynares**; co-joined by **District 3790 who came in a group headed by their DG Francis Rivera and District 3800 DENR coordinator PP Butch Madarang**; we missed though the actual participation of Districts 3780 and 3810 after confirmation from District 3810 DG Robert Kuan and the annual participation of the **Gro-A-Forest Foundation**, represented by their Dir. Ramon Flores.

Several Rotarians from our District including a hundred of Rotaractors and Interactors converged as early 5’oclock in the morning in the two assembly areas and formed a motorcade of environmental awareness with tarpaulins in each vehicle serving as Rotary’s public image in the company of Ms. Earth Philippines Eco Tourism 2012 Ms. Bernadette Mae C. Aguirre.

We were able to **plant 4,000 trees** that day in the strip brass style of land preparations. We would have preferred a horizontal one to have better soil erosion prevention. A day before however, October 25 to be exact with the help of our community partners, I took the liberty of reviving the **Visionary Team Tree planting site of 2010**, now closer now to the national road with 400 kamagong tree seedlings to replace the previously planted mahogany/narra trees which did not survived the harsh elements of the summer of 2010;

300 kamagong seedlings were likewise planted at the Global Team and another 300 for the **Peace Builder Team tree planting sites** respectively as replacements for the seedlings majority of which got suffocated by the thick bushes and died eventually because of lack of regular maintenance.

It will be an exercise in futility should the same will happen to the seedlings the FCP Team planted in its own site that is why we appealed for a Php 1,000 per club as assessment fee to build a buffer fund to include the three year maintenance expense of P 5.00 per seedling twice a year and also as part of the livelihood aspect of our tree planting to our community partners.

That is why we are very thankful with the **Rotary Club of Pasig North** who budgeted **Php 10,000 in early August 2012 and Php 25,000 mid October this year** from their club funds to save many of the previously seedlings as part of their environmental advocacy. They also created the **Eastwest Bank C/A #: 050-02-01006-04 J. P. Rizal Marikina city branch solely for this purpose.**

At this point in time, **let me commend and give thanks to the many Rotary clubs of our district who were able to contribute Php 1,000** for this tree planting as we appeal for the other clubs to give theirs to assure the maintenance and survival of the seedlings planted as a club service project for the environment and public image. **PP Gener Dizon, Tree Planting Chair**



District Reminders

(...continued from page 6)

DISTRICT ACTIVITIES

- Oct. 6 Opening of Tenpin Bowling Tournament
Coronado Lanes, Star Mall, EDSA, 8 AM
Hosted by RC Navotas
- Oct. 18 2nd Leg Golf Tournament
Mimosa Golf & Country Club
Hosted by RC Metro Valenzuela
- Oct. 26 Tree Planting
Barangay Sawa, Tanay, 7 AM
Hosted by RC Pasig North
- Octoberfest/Songfest
Rizal High School Gym, 6 PM
Hosted by RC Mandaluyong Central
- Nov. 16 3rd First Class Team Breakfast Meeting
Valle Verde Country Club, 7 AM
- 2nd Mass Induction
Club Filipino, 1 PM
Hosted by RC San Juan

First Class Team Tree Planting Project Sitio Maysawa, Tanay, Rizal





District Reminders

By District Secretary Danilo "Dan" Santos



REMINDERS FOR CLUBS

- 1) Please submit your duly accomplished SAR and remittance of payment accordingly. First Semester Semi-Annual dues = \$ 26.50 per member plus an additional US \$1.00 to defray the costs of the Council of Legislations. The current exchange rate the month of October is PHP 43.00 to a \$ 1.00.
- 2) Please remit payment for first semester subscription to the Philippine Rotary Magazine (PRM) at P270.00 per member.
- 3) Kindly report of any change in your club meeting day, venue and time.
- 4) In the preparation for the Governor's Visit, submit Planning guide (July 1) and copy of the Plans and Programs in advance (two weeks before the Official Visit). Prepare payment for the District Fund, P500 per member.
- 5) President's Monthly Report (PMR) is to be submitted on line using the district portal (<http://rotarians.district3800>). Deadline for the September PMR is on October 15.
- 6) Post your E-Bulletin in our Club Bulletin Hub (facebook.com/groups/cbhrotary3800) not later than the 15th of the following month.
- 7) Monthly club attendance report should be emailed to attendance_report@yahoo.com not later than 15 days from the last club meeting day for the month.

(continued on page 5)

CONTACT INFORMATION

Rotary International (Phil. Consulting Office)

2nd Deck Penthouse , Salamin Bldg.
197 Salamin St. Legaspi Village , Makati City
Telephone Numbers 8673921/8178858 Fax no. 8100101

Philippine Rotary Magazine

G/F Rotary Center Foundation Building
Roces corner Mother Ignacia Avenue, Quezon City 1103
Telephone No. 416-3800; Telefax No. 332-5729
Email address: office@philrotary.com
Website: www.philrotary.com

District Office

RUBLOU Market Place, Ortigas-Brookside, Cainta, Rizal
Telephone Number: 654-0059
Ms. Mags Basa – 0915-6285813

THE EDITORIAL BOARD

District Governor : Luizo Ticman
District Governor Lady: Ruby Ticman
District Trainers : PDG Fabian Enriquez and
PDG Rodolfo San Felipe
District Secretary : Danilo Santos
Editor –in-Chief : Maria Rita Carla Dejerres
Associate Editors : Renato Reside ♦ Ferdinand Santos ♦
Rizalino Timbol ♦ Rolando Maningas ♦ Prisco Rivera
Photography Documentation Officer:
Jonas Rivera
Contributor (Spouses' Corner) : Sp. Lin Liboro

The GML is published every month. Please send materials for publication to gml@dfcsantos.com.

Oktoberfest / Songfest
Rizal High School Gym, Pasig City



RC Mandaluyong Central chaired by PP Adriel Bersola hosted the Oktoberfest / Songfest last October 26, 2013 at the Rizal High School Gym, Pasig City.

