



Increasing Our Capacity to Serve

Vol. 12, RY 2021-2022 | 2,323rd Meeting (since 1969) | Sept. 16, 2021

WEST SIDE STORY

Maskquerade Joint Project

Rotary Clubs Sapporo West partners with RCMW in PGH donation



Today's Guest Speaker:

2016-2021 Asia's Best CFO
MR. RAFAEL CONSING



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PRESIDENT'S MESSAGE

5



When I changed from “I should “lose weight to “I must lose weight”, I gradually saw change happen. I was convinced then that saying that I must, led me to look for ways to get it done- regardless of the sacrifices involved. My commitment had gone to another level.

Read more on Pres. Franco's *5 Steps to Lasting Personal Change* on President's Message.



Next Week's Guest Speaker:

Oftentimes, the clutter in our minds translate to the clutter in our homes. Catch Sps. Lexi Schulze, Certified KonMari Consultant, talk about 'Decluttering the Home, Head and Heart' next week.



MONTHLY ACTIVITIES



Ladies' Day Lunch Meeting

Featuring
Ms. Lexi Schulze
News Anchor, ANC
Certified KonMari Consultant

Date: Sept. 23, 2021/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm
Speaker starts at exactly 12:15pm



Lunch Meeting

Featuring
Mr. David Celdran
News Anchor, ANC

Date: Sept. 30, 2021/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



Lunch Meeting

Featuring
Mr. Rahul Hora
President & CEO of AXA Philippines

Date: Oct. 7, 2021/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



Lunch Meeting

Featuring
Ms. Karen Jones,
Head of School, CISM

Date: Oct 14, 2021/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



Lunch Meeting

Featuring
Sen. Cynthia Villar
Senate of the Philippines

Date: Oct. 21, 2021/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



TODAY'S PROGRAM

12:15 PM Call to Order
PRESIDENT FRANCO DEL ROSARIO

Invocation
RTN. JON ROCHA

Philippine National Anthem (video)

12:20 PM RC Makati West Hymn
PP MON GUERRERO

Introduction of Visiting Rotarians and Guest;

Introduction of Personalities at the Presidential table;

Committee Announcements

12:30 PM President's Time
PRESIDENT FRANCO DEL ROSARIO

Introduction of Guest Speaker
RTN. NONO IBAZETA

12:35 PM Speech
MR. RAFAEL JOSE CONSING
SVP & CFO, Head of Compliance & Governance, International Container Terminal Services Inc.

Moderator
PP JUNVEE VITAL

THIS WEEK'S CELEBRANTS



September 19
SPS. NIKKI LEVISTE
Birthday



September 19
SPS. BING MALANTIC
Birthday



September 17
RTN. BOK & SPS. BING MALANTIC
Wedding Anniversary

GUEST SPEAKER

Rafael Consing

Chief Financial and
Compliance Officer, ICTSI

Rafael is considered one of today's leading Filipino CFOs, having received multiple awards and recognition for his job all across Asia. In addition to that, he runs tech and brick-and-mortar start-ups, publishes digital books, and photographs nature and wildlife on the side.





PRESIDENT'S MESSAGE

5 Steps to Lasting Personal Change

Too many times I have told myself, "I should lose weight". I start to limit my calorie intake to 3,000 calories a day. I stop eating sweets. I stay away from fried and processed food. But unfortunately, all this was never enough. After a week or so, I would tell myself, "This is too hard" and quit. Then I tried fasting for a couple of days instead. I actually found that easier than dieting. I guess it was easier because there were no decisions on what to eat at all. I just had to zip my mouth!

I realized in time that what was missing for real change in my weight, was the actual decision to change my eating habits. I had to change from a desire to lose weight – to an

actual decision to lose weight! I had to change my "should" to a "MUST".

When I said, "I should lose weight", I actually meant I would go on a diet for as long as it was not so hard and it would not take more effort than I was ready for. When it did get too difficult and inconvenient, I made excuses like, "I don't look that bad anyway or I will just do it another time".

The first step for lasting change is to change our "shoulds" to "musts". When I changed from "I should lose weight" to "I must lose weight", I gradually saw change happen. I was convinced then that saying that I must, led me to look



for ways to get it done- regardless of the sacrifices involved. My commitment had gone to another level.

5 Steps to Lasting Personal Change

1. Change “shoulds” to “musts”
2. Break your pattern
3. Embrace a “I can” mindset
4. Have a clear goal
5. Visualize yourself achieving your goal

Soon, I found that to sustain this effort I had to actually believe I could change! What really helped was becoming aware of my old habits and try to change them. **The second step** for lasting change **is to break your pattern**. There were patterns I had gotten so used to that I had to break. For example - I had the habit

of grabbing cookies and chocolates, and taking them to my easy chair after dinner! I found myself doing this like clockwork- it was a pattern I had established through the years. I found that to break that pattern, I had to interrupt it. So, I decided to try getting up from dinner - and going straight to brushing and going for a short walk or a drive with my wife - before getting comfortable in my easy chair for the night!

You might have found yourselves countless times, saying things like “I don't know what else to do, I've tried everything!” So, we give up. And this “failure” sets us up for other failed attempts.

There are three other steps that are self-explanatory. The **third step** to lasting change is to **embrace an “I can” mindset**, the **fourth step is to have a clear goal** and the **fifth step is to visualize yourself achieving your goal**. Let's not forget the famous words of Walt Disney: “If you can dream it, you can be it!”

Our speaker next week is the spouse of our very own *Javi Berenguer-Testa*: Lexi Schulze, a certified KonMari Consultant. Her topic is, “Decluttering the Home, Head and Heart. She will help us organize our homes, transform our lives, bring more joy into our lives. Don't miss it!

As always, let us live our RCMW theme this year: “increase our capacity to serve” with the 3Rs: Recognize, Retain and Recruit!

FRANCO DEL ROSARIO
President, RY 2021-2022
Rotary Club of Makati West



Full Name: Edgardo G. Balois

We call you as: Ed

Relationship & Family: Married to Dahlia for 42 years with 3 children, 1 daughter in law, 2 sons-in-law and 3 grandchildren.

Education & Training: UP College of Law, Class 1975

Day Job: General Partner, Siguion Reyna, Montecillo & Ongsiako Law Offices

Work Fulfillment: Closing commercial transactions

Work Challenges: Litigation and arbitration

Rotary Goals: Making 4-Way Test a Moral Compass

Rotary achievements: Being President of the Rotary Club of Makati West



Special talents/ interesting facts: Delivering lectures, delivering jokes and delivering justice

Hang-out place: Play area, dining area, home office area and koi pond area all at home

Poison/ Drink of choice: Coffee

Weekend activities: Netflix, Prime Video and YouTube

Post- Covid getaways: Travel and leisure bucket list

G.O.A.T: My wife

Unforgettable Moments: Seeing all my grandchildren jumping on our bed

Dream car: Stainless Jeepney

Favorite movie: Bonnie and Clyde





THE WEEK IN REVIEW SEPTEMBER 9, 2021



DGN Jay Tambunting III acts as Moderator



PP Ricky Trinidad RCMPD acts as Invocator



President Franco del Rosario during his President's Time



IPP Al Thomson Introduce the Guest Speaker



Mr. Martin Lorenzo giving his talk



Mr. Martin Lorenzo receives a Gift of Life certificate from the club



In my early years in RCMW some time in mid or late 1980's, I was involved in career exposure/development of high school students in Makati High. Since I was operating a leased fishpond of around 35 hectares in Hagonoy, Bulacan, I with my "encargado", Pepe brought some 15 students to the farm. Upon reaching the river mouth, the kids wearing borrowed life jackets, boarded 2 wooden "kaskos"(wooden barge) which were towed by a strong 'bangka' to the fish pond along the creek a kilometer away.

After a short familiarization of the ponds by the care-takers, they were furnished improvised fishing rods to fish for bangus or scoop some shrimps and sugpos near the "prinsas" (water way gates) for their lunch. I saw joy and heard laughters resonating in the ever quiet surroundings of the farm which was very gratifying not only for me but also for our farm care-takers.

In the afternoon, Pepe and I, brought them to a fish port in Malabon to see the trading of harvested fish and other sea resources. They also witnessed the sale of catch through the 'consignacion' by public market bidding through the "bulong-bulong" procedure.

As an after-thought, I should have brought along some plastic sando bags for the students to bring home some fish or shrimps

from my farm as pasalubong for their family. (In the nearby vicinity of the farm there was no trading post or store for us to buy and we refrained from wandering around for at those time, known to our care takers, there were rumors that "banquilos" (NPA's) were roaming around).

I recall another one of the fun experiences I had was a fellowship which included family members in visiting a mango farm of a fellow rotarian. I enjoyed it well because my young family who were with me enjoyed it. (If I may suggest, since we have many young RCMW members with young children, perhaps we should consider having fellowship which include family members - WHILE THEIR KIDS ARE STILL YOUNG.)

"Constant interactions with fellow rotarians have heightened my sensitivity in seeing and appreciating the better traits and character of people."

RCMW helped me enlarge my circle of friends of varied experiences, profession, livelihood, age, station-in-life, etc. It was in RCMW that I became friend to a member who has *actual* personal interactions with 'dwenedes' (dwarves). Of course, other members have interactions with their bankers/creditors, stockbrokers, bosses, fellow members, etc.

Most of us joined RCMW because we were invited by friends. Constant interactions with fellow rotarians have heightened my sensitivity in seeing and appreciating the better traits and character of people. In the course of time, we start gaining new friends whom we can interact freely with, without any pretensions as to our success or achievements in life. As my favorite PRID Guiller used to say, "MODESTY ASIDE", all of us are successful in different ways in life.

“RCMW helped me enlarge my circle of friends of varied experiences, profession, livelihood, age, station-in-life, etc.”

Besides unadulterated friendships, RCMW presents opportunities for me to exchange ideas/ information with respect to business, politics, and other evolving aspects of life with fellow rotarians. Some recent evolutions concern DIGITALIZATION trends, BLOCK CHAIN technology, BITCOIN creation and usage, etc.

Furthermore, being part of projects like GOL, GO Mobility, and Hi School Youth dev't has been impactful to me. RCMW, specially during my early rotary years, provided me the opportunity to *help others* in an organized, efficient, and significant way.



RTN. HONORIO 'NORY' REYES LAO



THE RCMW WEBSITE
IS NOW LOADING

SPECIAL THANKS TO

DIR. ZDENEK JANKOVSKY



"We are working on our new website with professional web designer, you can expect interesting updates in next few weeks ..."



SOBER OCTOBER

I am inviting you all to enroll in the month of Sober October with me. This will be my third year doing this and it's a great reset from normal life. Whether you want to lose some weight, have more productive weekends, or just test your will power to see if you can make it, now is your chance. From my experience, I can tell you that you will have much better sleep and a much clearer mind towards the end of October

In order to stay committed, there is a buy in of PHP4000. As some of us may already have social commitments, it's okay to drink but there's a PHP4000 fine per day. I already plan to pay one fine. Proceeds of your sobriety will go towards the Gift of Life Foundation. It's only PHP50,000 for each surgery to save a life.

I want to stress, while it's great to raise money for charity, the objective here is to stay completely SOBER for the month of OCTOBER!

I hope to see as many cheap dates as possible come the beginning of November.

- Rtn. Scott Moore



Received an award? Reached a milestone? Newborn grandchild?

Share the news with the secretariat, or contribute an article to the West Side Story newsletter. Lift others up and spread good vibes through good news!



Help us take better photos.

Better photos will help the club put its best face forward. If you have a *spare* quality camera-phone or a DSLR lying around, consider donating it to the foundation.



Become a Paul Harris fellow.

Donate at least Php 50 000.00 to the foundation and receive an RCMW NFT token.

Every donation you make helps change lives.

What does being a Rotarian mean to *you*?

SHARE YOUR THOUGHTS

Missed out on past events?

We've got them in archives you can access in just a few clicks.



PAST WEEKLY MEETINGS

[Click to explore >](#)



52ND INDUCTION & HANDOVER

[Click to explore >](#)

WEST SIDE STORY

[Click to explore >](#)

Fireside Chat

[Click to explore >](#)



PROJECT UPDATES

GIFT OF LIFE
GOL RY 2021-2022

GIFT OF PROTECTION
MASKQUERADE JOINT PROJECT with RC Sapporo West



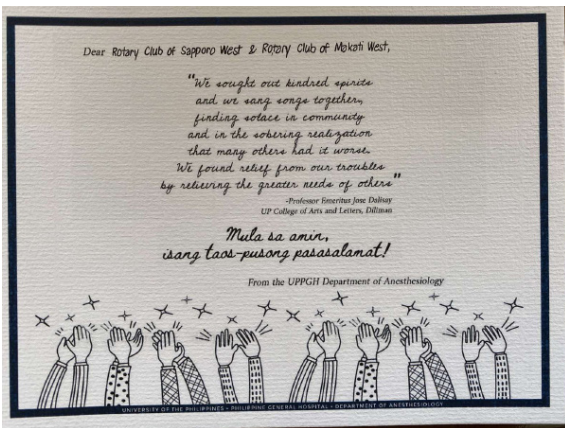


MASKQUERADE JOINT PROJECT IN PARTNERSHIP WITH RC SAPPORO WEST

Philippine General Hospital, Manila
September 10, 2021

Delos Santos Medical Center, QC
September 15, 2021

As medical professionals continue to fight in the frontlines of the battle against Covid-19, PPEs remain essential yet scarce. We have partnered with RC Sapporo West to donate 3M™ masks to hospitals in need. PGH and DSMC were the most recent recipients of this initiative.



A certificate of appreciation (top) and a thank you poster (right) from PGH staff



Nurses of Delos Santos Medical Center strike a pose with the banner and donated goods.



Special thanks to GOL Chair Gerry Limcaoco for donating PHP10,000 last August 2, 2021 to the Gift of Life. The amount was used to help fund 3-year old Chelsea Reyn Perreras of Purok 4, Mambog, Hermosa, Bataan. She received a PDA Device Closure from DLSMC two days after.



GIFT OF LIFE (GOL) BENEFICIARIES RY 2021-2022

Delos Santos Medical Center, QC
September 8, 2021

Four children had a successful operation last Wednesday, September 8, 2021. They have expressed their gratitude in writing for a second chance in life — this is all thanks to your continuous service and donations to the Rotary foundation.



10-month old Jea Amari falls asleep while waiting for surgery

7-year old Price Reyver feeling anxious in his wheelchair





Pre-Operation



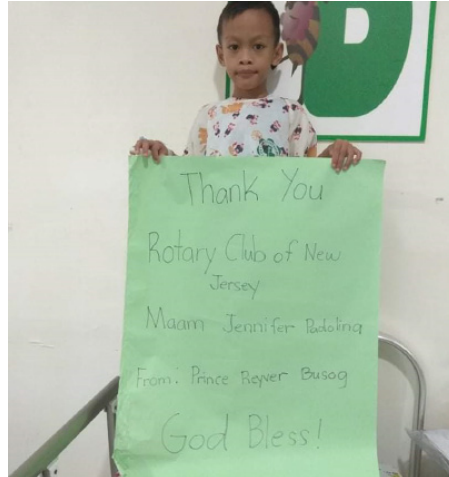
Post-Operation

Rishialyn Sarili

4 years old
Orion, Bataan



Pre-Operation



Post-Operation

Prince Reyver Busog

7 years old
Gen. Tinio, Nueva Ecija

Patrisha Lindzey Ogahayon

6 years old
Liyang Pilar, Bataan



Pre-Operation



Post-Operation

Jea Amari Asegurado

10 months old
Gumaca, Quezon City



Pre-Operation



Post-Operation



Community Service Seminar

Life-Changing Presidents, District Officers, Fellow Rotarians, and Rotaractors,

Let's come together on Sept 18 at 8:30 am (pre-program energizer), 9 am (actual program start) for the Community Service Seminar! Together, let us Serve to Change Lives!

We will cover RI President Mehta's three main Initiatives and Path to Sustainable Projects:

- Empowering Girls
- Path to Sustainable Service Projects
- Rotary Days of Service
- Learn More about the RI Presidential Conference

Nov. 26-28, 2021

- Find out how the District's Partnerships with TESDA, Philippine Red Cross, Puregold and other Partners can help your Club

Please extend this invite to your Club Service Committee heads and Club members. This is the first time that we will be tackling empowerment and sustainability from both a methodology and case study point of view.

You are invited to a Zoom meeting.

What: Community Service Seminar

When: Sept. 18, 2021 Saturday 8:30am (pre-program),
9:00am start of program until 12:15pm

See poster below for the details and registration link.



Rotary
District 3830



SERVE TO
CHANGE LIVES

Rotaract



Register Now!

COMMUNITY SERVICE SEMINAR

Sep 18, Saturday

 Via Zoom

9:00am – 12 noon



[Click to Register](#)



Hello Life-Changing Team, Rotarians, Rotaractors and Interactors,
THIS IS IT!

To gather, together, come on let's have some fun

Here and now, it's time for celebration so let's make gatherings possible this September 25, 2021 with District Rotaract Interact Assembly at 9:00 in the morning!

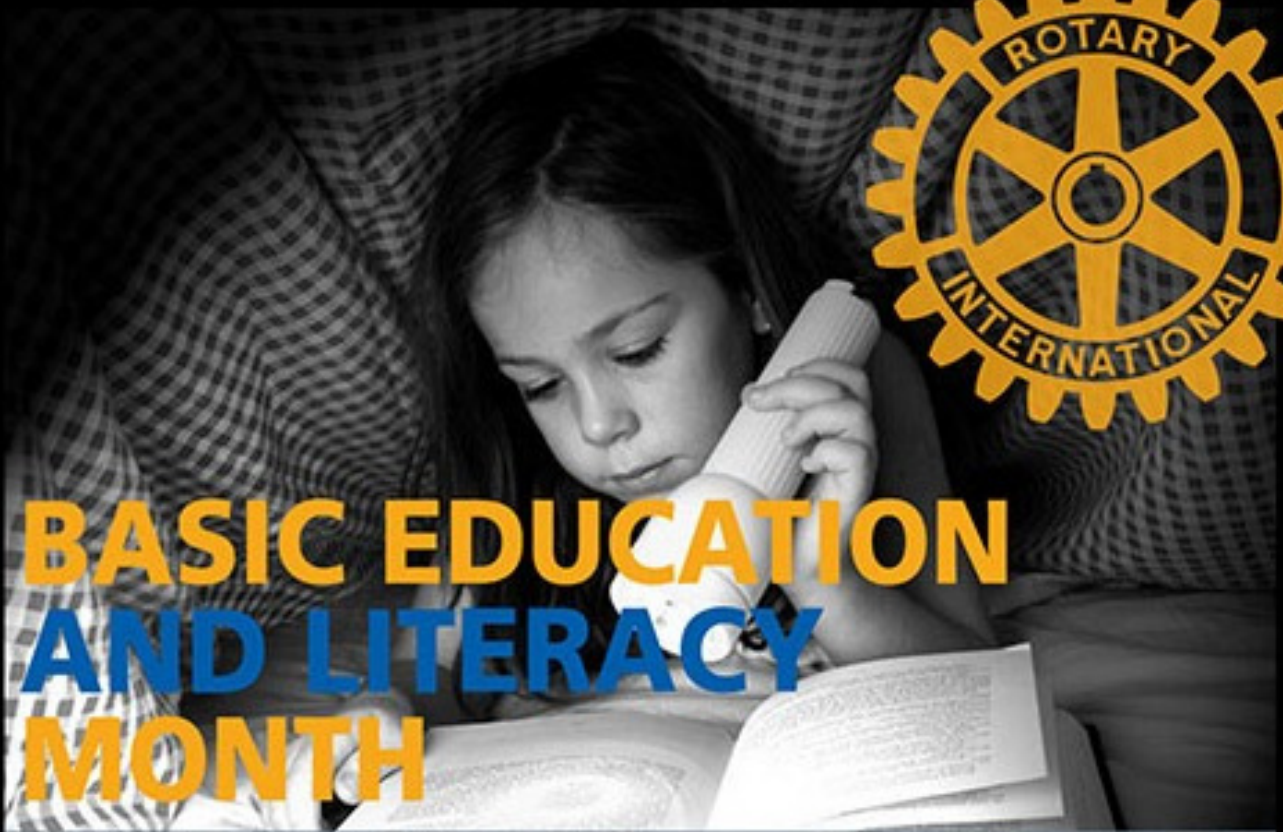
The dream is here! Join us, be inspired, and experience the fun! This Rotary Year, DRIA will be held in Gather Town App where amazing booths and rooms full of surprises await you.

REGISTER NOW!!!
Per Participant
P250.00/pax

Be a PARTNER CLUB
PHP2,000 with free 10 Rotaractors/Interactors and 2 Rotarians.

[Click to Register](#)

SEPTEMBER IS



BASIC EDUCATION AND LITERACY MONTH

"The more you read, the more things you will know. The more that you learn, the more places you'll go."

Dr. Seuss, "I Can Read With My Eyes Shut!"



www.rotary.org

September is Rotary International Basic Education and Literacy Month.

This theme has never been more relevant. In this pandemic, many children and parents have struggled to continue schooling with the necessary shift to online learning in place.

Not many Filipinos have good access to the internet, proper learning resources, or parents/ guardians who can keep up with the home-schooling setup. Unicef warns that the longer children stay out of school, the less likely they are to return.

As people of action, share your ideas on how we can further help (apart from our existing Guardian Angel Program), or start small in your respective homes and communities.





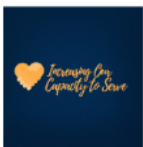
THE FOUR WAY TEST OF THE THINGS WE THINK, SAY AND DO

ROTARY INTERNATIONAL

- I. Is it the **Truth**?
- II. Is it **FAIR** to all concerned?
- III. Will it build **GOOD WILL** and **BETTER FRIENDSHIPS**?
- IV. Will it be **BENEFICIAL** to all concerned?

ROTARY CLUB OF MAKATI WEST

- I. Is it **RECOGNITION**?
- II. Is it **RETENTION**?
- III. Is it **RECRUITMENT**?
- IV. Is it **FUN**?



Your one-stop hub for all your cash and payment-related transactions

- REMITTANCE
- LOANS
- BILLS PAYMENT
- CASH-IN/CASH-OUT Services



RY 2021-2022 Officers, Directors & Club Advisers

President	Franco Del Rosario
Vlce President	Jaime Bautista
Secretary/ PE	Gil Chua
Treasurer	Tristan Choa
Director	Ronald Cang
Director	Epifanio Delos Santos
Director	Leonardo Cuaresma, Jr.
Director	Elmer Francisco
Director	Zdenek Jankovsky
Director	Gerardo Laperal
Director	Lauro Leviste
Sgt.-At-Arms	Juan Antonio Carlos
Ex-Officio Dir.	Alasdair Thomson
Club Adviser	PRID Guiller Tumangan
Club Adviser	PDG Oscar De Venecia
Club Adviser	PP Carmelino P. Alvendia, Jr.
Club Adviser	PP Enrico Angeles
Club Adviser	PP Edgardo Balois
Club Adviser	PP Aurelio Paulo R. Bartolome
Club Adviser	PP Dennis Decena
Club Adviser	PP Luis Del Rosario, Jr.
Club Adviser	PP Ramon Guerrero
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Club Adviser	PP Larry Ocampo
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Club Adviser	PP Enrico B. Tensuan
Club Adviser	PP Roque Tordesillas
Club Adviser	PP Victor L. Vital

Honorary Members

Hon. Secretary Albert del Rosario,
Mr. Rob Raylman and Dheeraj Wadhvani

THE WEST SIDE STORY STAFF

Secretariat: Shekinah Yarra
Royce Ann Ladan
Jameson Manlangit



Thank you for
your continuous service.

[Click here to see the list of payees.](#)

Remain part of our cause by sending your
dues to:

ROTARY FOUNDATION
OF MAKATI WEST, INC.

ACCOUNT NO: 001680053572
BRANCH: PHILAM TOWER VALERO
BANK NAME: BANCO DE ORO

If you have paid but don't see your name on
the list of payees, please send proof of
deposit to the Secretariat:

roycercmw@gmail.com
kai.rcmw2@gmail.com

Stay up to date with club happenings via

www.fb.com/RCMWD3830
rcmakatiwest2020@gmail.com
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