

WEST SIDE STORY

Rotary
Club of Makati West



 OFFICIAL FACEBOOK PAGE
RCMWD3830

*Volume 13, RY 2020-2021
2,277th Meeting (since 1969)
October 8, 2020*

Cataract Project III Beneficiaries RY 2020-2021



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MONTHLY ACTIVITIES

FIRESIDE CHAT

Date: October 10, 2020/ Saturday
Venue: Zoom Conference
Time: 4:00pm
Hosted: Rtn. Rob Bradshaw
Topic: How to Travel Wisely by Air on Long Haul International Flights on Different Airlines

LUNCH MEETING

Date: October 15, 2020/ Thursday
Venue: Zoom Conference
Time: 12nn - 2pm
GS: Dr. Rachael Marie B. Rosario
Executive Director, Philippine Cancer Society

FIRESIDE CHAT

Date: October 13, 2020/ Tuesday
Venue: Zoom Conference
Time: 5:30pm
Hosted: Mr. Fil Junterreal
Topic: "Gastronome 101"

FIRESIDE CHAT

Date: October 17, 2020/ Saturday
Venue: Zoom Conference
Time: 4:00pm
Hosted: PP Larry Ocampo, PP TG Limcaoco, PP Jay Tambunting & PP Roque Tordesillas
Topic: Athletic Behavior of Makati West Rotarians: Health, Sex, Motivation

TODAY'S PROGRAM

12:15 PM Call to Order
PRESIDENT ALASDAIR J.W THOMSON

Invocation
RTN. NEWTON SMITH

12:20 PM Philippine National Anthem
PRID GUILLER TUMANGAN

RCMW Hymns
PP ERNIE FAJARDO

Introduction of Visiting Rotarians and Guest
Introduction of Distinguished Personalities at the e-presidential table
Committee Announcements

BIRTHDAY CELEBRANTS

Aleena Trinidad (Social Worker) Oct 5
Sps. Trina Reyes Oct 8
Sps. Connie De Venecia Oct 10
Rtn. Paolo Delgado Oct 13

WEDDING ANNIVERSARY

PP Noel Laman
Sps. Minda Oct 8

12:30 PM President's Time
PRESIDENT ALASDAIR J.W THOMSON

12:40 PM Introduction of the Guest Speaker
MR. VINCENT LAI
Manager, International Marketing Singapore Operations Division Parkway Pantai

Speech
DR. RONNY TAN
Urologist
Mount Elizabeth Hospital Singapore

Topic title: "Diseases That Affect Men In General and The Available Treatment Options"

Moderator
PE FRANCO DEL ROSARIO



PRESIDENT'S MESSAGE



ALASDAIR J.W THOMSON
President, RY 2020 - 2021

Men of Action!

Every Monday morning, I have a meeting with our team in the Secretariat to ensure we are clear on the main tasks during the weeks ahead, and to ensure they have the resources and guidance needed to do the best possible job.

We start each meeting with a short round of "Good News" Sometimes this comes in small forms (Cynthia successfully cooking a meal for her family) or in larger forms (a family member recovered from illness), but whichever it is I like to think lifts our spirits for the week ahead and helps us to know each other better. I heartily recommend doing the same in your own work place.

I've only come to know our Secretariat better in the last couple of years. For most of us as club members, they are the invisible force behind the Club that chases us for our contributions, hands us our badge with a smile at our weekly meetings, or is busily running around at our events "doing stuff". What I would like everyone in the Club to be aware of is not just their talent and their dedication but the size of their hearts!

This week I learned that Aleena and Cynthia had paid from their own pockets for a portion of a diagnostic test for one of our cataract beneficiaries. It sort of slipped out in conversation, so I am certain it is not an unusual occurrence, and that the other members of our Secretariat also do the same throughout the years. You only have to spend five minutes talking with them about their work to realise how deeply personal is their link to our project beneficiaries, and how attached they are to Makati West.

As I said at the start of the year, our Club contains many hidden talents, many hidden stories, many undisclosed acts of kindness and generosity. That is as true for those in our Secretariat as it is for our membership. Let's take the time to acknowledge that with our vocal gratitude to them today and in our dealings with them at all times.

Yours in Zest,
Alasdair Thomson

Today's phrases are somewhat linked:

“Bawbag” (ba-bag)

Literally the scrotum, but very rarely used by doctors or in the medical context. Generally it refers to someone who is an insufferable buffoon (“whit a total bawbag he is”). It occurs to me that Scots dialect has many words for this same type of person, which leads me to question if there are large numbers of them in Scotland, or if we just have a lower tolerance than others. My favourite current synonym to this is the quite amazing “Cockwomble”, with the two being entirely interchangeable.

“Bawhair” (ba-hayr)

In a country famous for its engineering history and innovation, this is a highly specific measurement of the distance between two points, being the precise thickness of a pubic hair. In most cases, it is used to describe a near miss, such as in football (“his shot missed the goal by a bawhair”) or perhaps in a narrowly avoided head-on vehicle collision (“he swerved just in time - I swear we were a bawhair from death”). Interestingly, the phrase whilst once restricted to use by males is now also found in female lexicon.



Scottish Heritage



Oor Wullie

Oor Wullie (English: Our Willie) is a Scottish comic strip first published in 1936 in the newspaper The Sunday Post. It features a character called Wullie (William) Curdew, whose age is somewhere between 8-12. His trademarks are spiky hair, dungarees and an upturned bucket, which he uses as a seat. Think of him as a precursor to Calvin in Calvin & Hobbes.

Wullie and his friends roam the streets of his town (Auchenshoogle), seeking adventure, often in pursuit of unrealistic get-rich-quick schemes that lead to mischief, to the despair of his parents and local policeman P.C. Joe Murdoch. Wullie's gang consists of himself, Fat Boab, Wee Eck, 'Soapy' Soutar and Primrose Paterson (an annoying girl who likes Wullie, but who Wullie often does not want to be in the gang, yet manages to be much better than him in various games and activities such as football, racing, climbing trees and firing a catapult). Wullie is the self-proclaimed leader, a position which is frequently disputed by the others.

As a child, reading Oor Wullie was one of the first things to be done on a Sunday, and the bi-annual compendium of stories was a “must find” in the Christmas stocking. In fact, my Mum still sends me the Oor Wullie Annual every second Christmas, and I have a collection over over twenty of them now.

For those of you with a wish to expand your Scots Vocab, you couldn't find a better place to start!



MODESTY ASIDE



Full name: Victor Mark Tiongco Puyat Jr.

We call you as: Call me Mark

Relationship and family: I have a 16 yr old daughter based in Boston, MA. In a relationship

Education and Training: I studied Economics in Chaminade University of Honolulu and have an MBA from Hawaii Pacific University. Worked for many years in the US as a Financial advisor(UBS AG, Merrill Lynch) before rejoining the family business in Manila 7 years ago.

Day job: I'm the CEO of the KKC Group. Some of our

brands include The Rainbow Cleaning System, Roto-Rooter Plumbing. We are also involved in real estate development specializing in economic housing in The Laguna and Batangas areas.

Work fulfillment: Creating opportunity and helping enrich lives is what keeps me going.

Work challenges: Change is difficult but necessary to emerge from this pandemic in a new and improved equilibrium.

Special Talent/ interesting facts: Badminton player for over 40 yrs. Taught PP Mon how to play resulting in him winning the 1st- ever ACC Men's single championship. And he still has the trophy to prove it

Hang-out place: During normal times, I'm often spotted in MPC working out or playing. Or at night, scouring the metro for good eats with like minded people.



PP Vic Puyat celebrating his 80th Birthday last October 1 with his family and friends in his quarantine home in Batangas



Drink of choice: very berry smoothie at salad stop

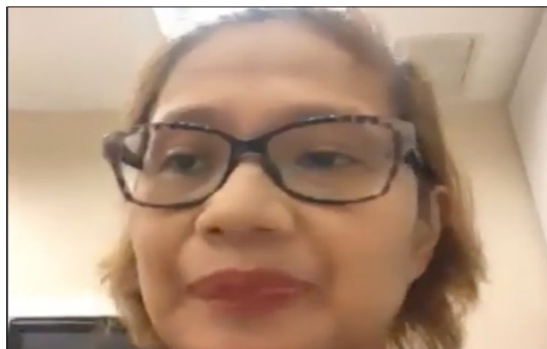
G.O.A.T: The one and only Larry Bird! Boston is the greatest sports town in the US!

Favorite movie: "The killing fields" A story about true friendship.

MEETING REVIEW - OCTOBER 1, 2020



PP Jay Tambunting acts as Moderator



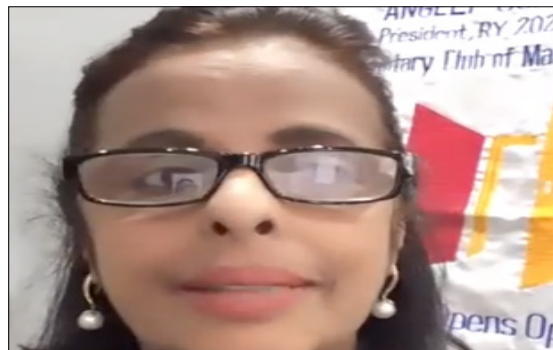
IPP Melanie Omar acts as Invocator



Pres. Al Thomson (RCMW) during his President's time



Pres. Peter Manzano (RCM) during his President's time



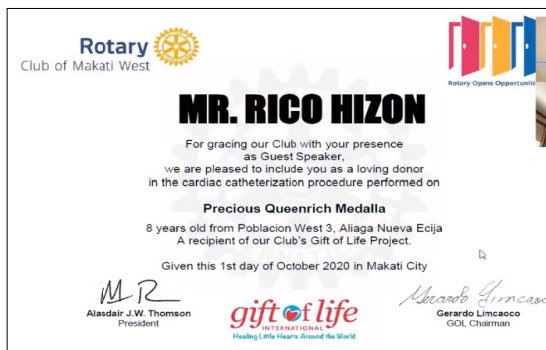
Pres. Angeli Gurnamal (RCMAT) during his President's time



PE Franco Del Rosario introduces the Guest Speaker



Mr. Rico Hizon giving his talk



Mr. Rico Hizon receives a Gift of Life certificate as a token of appreciation from the Club



ABOUT THE GUEST SPEAKER



DR. RONNY TAN

Urologist,
Mount Elizabeth Hospital, Singapore

Advanced Clinical Training

Low intensity extracorporeal shockwave treatment
Treatment of BPH – Urolift, TURP, TUVP (greenlight laser)
Urological prosthetic surgeries

Achievements

Underwent Sexual Medicine Society of North America (SMSNA)-accredited clinical fellowship in Tulane University, New Orleans, USA.

Clinical core faculty member of the NHG Urology Residency Program.

Adjunct Assist. Prof. at the Lee Kong Chian School of Medicine, NTU.

Senior lecturer at the Yong Loo Lin School of Medicine, NUS.

One of the earliest to use intralesional collagenase injections for treatment of Peyronie's disease; reported on the efficacy of the second generation PDE5 inhibitor avanafil for treatment of erectile dysfunction.

Started use of low-intensity extracorporeal shockwave therapy (LiESWT) for erectile dysfunction; earliest to report on efficacy of modality.

One of the earliest urologists who started the clinical service using high power greenlight laser vaporisation for treating benign prostate enlargement; served as department proctoring surgeon for the procedure.

Trained in implantation of Boston Scientific AMS penile prosthesis, artificial urinary sphincters and urethral slings.

Trained in Coloplast Titan Touch penile implant & quadratic urethral sling.

RCMW GIFT OF LIFE (GOL) BENEFICIARY RY 2020-2021

National Children's Hospital, Quezon City

September 28, 2020



*Liam Solenn Tumanon, 5 months old, PDA
Ligation Surgery - Tondo Manila*

**PRE-OPERATION CATARACT
RY 20-21**

**POST-OPERATION CATARACT
RY 20-21**



Angelina Mateo, 56 yrs old, Imus, Cavite



Eleuterio Mateo, 54 yrs old, Imus, Cavite



Gerundio Elias, 64 years old, Taguig City

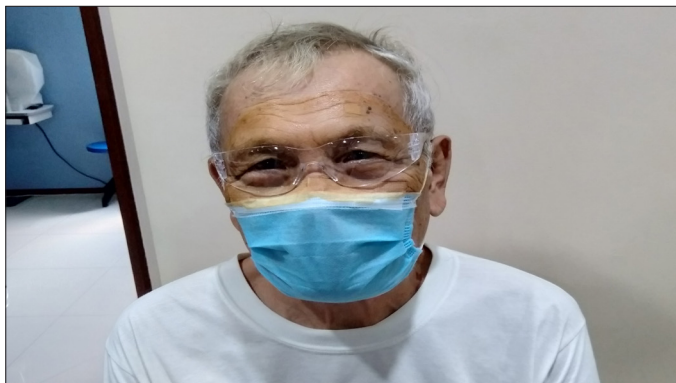


Maria Bonita Elbo, 65 yrs old, Paranaque City

**PRE-OPERATION CATARACT
RY 20-21**



**POST-OPERATION CATARACT
RY 20-21**



Jesus Brinquez, 74 yrs old, Taguig City



Juanita Anciano, 63 yrs old, Makati City



Maggeline Estrellado, 53 yrs old, Taguig City

RCMW CATARACT PROJECT III RY 20-21

Med Surg Eye Center, BF Homes Paranaque City

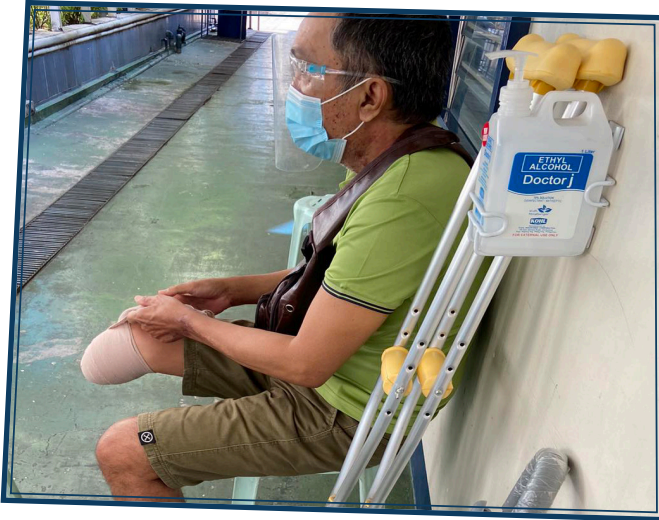
October 3, 2020



RCMW ARTIFICIAL LIMBS PROJECT RY 20-21

UERM Memorial Hospital, Quezon City

October 5, 2020



Arnel Dela Rea, 52 yrs old, Taguig City



Jocelyn Capalad, 33 yrs old, Tanay Rizal



Joel Hernandez, 40 yrs old, Tondo Manila



Loued Salesana 24 yrs old, Makati City (Bilateral)



Romualdo San Pascual, 65 yrs old, San Mateo Rizal



Sachico Camacho, 33 yrs old, Makati City



RCMW ARTIFICIAL LIMBS PROJECT RY 20-21

report by: Cynthia Andrade

This long-running project of RCMW provides prostheses or limbs to amputees. Those who lose the use of their legs (above or below knee) due to amputation are generally either military servicemen, those who met accidents, and those who suffered from severe diabetes. Our project aims to restore the use of their legs to walk again and to relieve them of full disability so that their lives may return to some degree of normality. The aim is to improve their lives, make them more independent and to reduce their dependence on family members to care and assist them in moving around.

This Artificial Limbs Project, which benefits from a US\$33,700 Global Grant, is in partnership with RC Honchu Lily, the Rotary Foundation and the Rehabilitation Department, Phil. General Hospital, and aims to benefit up to 129 amputees.

The project committee led by Chairman Robbie Leviste with support from PRID Guiller, Pres. Al PP Jay Tambunting, PP Lito Jimenez, Rtn, Nory Reyes-Lao, Rtn Rany Rono and Rtn RJ Tabuena have had to adapt swiftly in the face of the ongoing pandemic. As PGH is a dedicated Covid hospital, it was key to identify an appropriate place for measurement and fitting of limbs. Potential beneficiaries are screened by submitting a whole body photo standing and close up photo of an amputated limb to the team of Dra. Josephine Bundoc.

Through the gracious support of PP Marivic Del Pilar of the Rotary Club of Paseo de Roxas, a Victory Liner Terminal in Quezon City owned by PP Marivic Del Pilar of the Rotary Club of Paseo De has been made available to us. Thank you PP Marivic!!

The casting of limbs will be done for 40 patients over the course of one week, followed by two weeks' fabrication of the limbs themselves. The patients will be informed of the date of fitting and release of the artificial limbs. The cycle will then repeat.



ARTIFICIAL LIMBS PROJECT

Provides free prosthesis to indigent amputees to help them fulfill their dreams and to continue the things they used to do

A Project of
The Rotary Club of Makati West
The Rotary Club of Honchu Lily

In cooperation with **Philippine General Hospital – Rehabilitation Department,**
PP Marivic Del Pilar of Rotary Club of Makati Paseo de Rosas, and Victory Liner.

YOUR CLUB IN THE CLOUD

<https://drive.google.com/drive/folders/1nxigVxYpiCR5R09BePZH>

Weekly Meeting Videos

<https://drive.google.com/drive/folders/1RHNBRUCUvP6vbvb4sMV3000T?usp=sharing>

Induction & Handover

https://drive.google.com/drive/folders/1B3VwucxVYyERj8ioFTWO_HbZC8loHuLNP?usp=sharing

Fireside Chat Archive

West Side Story

<https://drive.google.com/drive/folders/1oa3zrZT6FzmWOYRX7i3Y6TYKAiyQsct3?usp=sharing>



RY 2020-2021 Officers Directors & Club Advisers

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VP / Pres. Elect	Franco Del Rosario
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Treasurer	Tristan Choa
Director	Gil G. Chua
Director	Epifanio Delos Santos
Director	Christopher Dino Dumatol
Director	Gerardo Oliverio Laperal
Director	Lauro Leviste
Director	Davy Lim
Director	Lito Mercado
Sgt.-at-Arms	Juan Antonio Carlos
Ex-Officio Director	Enrico B. Tensuan
Club Adviser	PRID Guiller Tumangan
Club Adviser	PDG Tony Rufino
Club Adviser	PDG Oscar De Venecia
Club Adviser	PP Carmelino P. Alvendia, Jr.
Club Adviser	PP Roque Tordesillas
Club Adviser	PP Antonio Tambunting III
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Club Adviser	PP Fern Peña
Club Adviser	PP Eric Angeles
Club Adviser	PP Ramon Guerrero
Club Adviser	PP Aurelio Paulo R. Bartolome
Club Adviser	PP Victor L. Vital

Honorary Members:

Hon. Secretary Albert del Rosario, PDG
Lito Colona, Mr. Rob Raylman and Dheeraj
Wadhwani

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Tower, V.A. Rufino cor. Valero St., Salcedo
Village, Makati City, 1227

THE WEST SIDE STORY STAFF

Secretariat: Shekinah Yarra &
Royce Ann Ladan

Thank you for paying your dues!!!

PDG Tony Rufino	Dir. Gil Chua
Rtn. Elmer Francisco	Rtn. Ramesh Dargani
Rtn. Timmy Chuidian	Rtn. Derrick Santos
Rtn. Nono Ibazeta	Rtn. Miguel Pertiera
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PP Lou Del Rosario	Rtn. Rj Tabuena
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PP Ed Balois	Rtn. Mark Sambar
PP Jay Tambunting	Rtn. Mark Puyat
Rtn. Isaji Minoru	Rtn. Robert Yupangco
Rtn. Toshi Ishikawa	Rtn. Javi Berenguer Testa
PP Noel Laman	Rtn. Zdenek Jankovsky
IPP Eric Tensuan	Rtn. Lars Wittig
Rtn. Joey Avellana	Rtn. Newton Smith

Paul Harris Fellow Sign Ups

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PP Eric Angeles	PP Larry Ocampo
SAA Dax Carlos	Rtn. Rany Roño
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Dir. Gil Chua	Rtn. Rj Tabuena
PE Franco Del Rosario	PP Jay Tambunting
PDG Oskie De Venecia	IPP Eric Tensuan
Treas. Dino Dumatol	Pres. Al Thomson
Rtn. Elmer Francisco	PRID Guiller Tumangan
Rtn. Toshi Ishikawa	PP Junvee Vital
Dir. Gerry Laperal	
Rtn. Gerry Limcaoco	

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must be payable to:

**ROTARY FOUNDATION
OF MAKATI WEST, INC.**

Bank Details:

ACCOUNT NO: 001680370551
BRANCH: PHILAM TOWER VALERO
BANK NAME: BANCO DE ORO

Please send deposit slip to the Secretariat

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

If you are unavailable to send your
deposit slip, your payment will
remain outstanding in our records.

"We have unidentified deposits in our account, if
you have already paid it is important for us to
receive your deposit slip so we can account.

Thank you"