



Increasing Our Capacity to Serve

Vol. 31, RY 2021-2022 | 2,342nd Meeting (since 1969) | Feb. 17, 2022

WEST SIDE STORY

**Men of Zest!
Escape the Cabin Fever,
RCMW way Fellowship**

**Feb 10th, 5:30pm
at Mimi & Bros, BGC**



Today's Guest Speaker:

MS. MARTHA SAZON
PRESIDENT & CEO

New RCMW website  www.rcmakatiwest.ph

[www.fb.com/RCMWD3830](https://www.facebook.com/RCMWD3830)



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QUOTE FOR THE WEEK

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2

“Occasional anxiety is a normal part of life. Anxiety disorders involve repeated episodes of sudden feelings of intense terror that reach a peak (panic attacks) and interferes with daily activities, are difficult to control, are out of proportion to the actual danger.”

- Mayo Clinic Staff

Next Week's Guest Speaker:

Catch PDG Sonny Coloma, Past District Governor D3830

Topic: “Rotary's Four-Way Test in the Era of Fake News ”

Invite your family and friends. Don't miss it!



MONTHLY ACTIVITIES



Joint Club Meeting

Featuring
EIC/PDG Herminio "Sonny" Coloma Jr.
Past District Governor D3830
Rotary Club of Alabang

Date: February 24, 2022/ Thursday
Venue: Zoom Conference
Time: 7pm to 9pm
**(Joint Club Meeting with
Rotary Club of Petaling Jaya)**



Fellowship

Date: March 3, 2022/ Thursday
Venue: Dusit Thani Hotel
Time: 5:30pm to 8pm



Lunch Meeting

Featuring
Mr. Guillermo M. Luz
Private Sector Co-Chairman
National Competitiveness
Council Philippines

Date: March 10, 2022/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



Lunch Meeting

Featuring
Ms. Clarissa Isabelle L. Delgado
CEO
Teach for the Philippines

Date: March 17, 2022/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



Lunch Meeting

Featuring
Ms. Bernadette Nacario
(INVITED)
Philippine Country Director
Google

Date: March 24, 2022/ Thursday
Venue: Zoom Conference
Time: 12nn to 2pm



About our Feb. 24th Guest Speaker



HERMINIO 'SONNY' COLOMA, JR. is the Publisher of the Manila Bulletin Publishing Corporation. He joined the organization as Executive Vice President in September 2016 and is serving concurrently as its Chief Compliance Officer.

He served in the administration of President Benigno Aquino III as Secretary of the Presidential Communications Operations Office (PCOO) from 2010 to 2016. He also served under President Joseph Ejercito Estrada as Undersecretary at the Department of Transportation and Communications (DOTC). During the administration of President Corazon Aquino he was the Head of the Presidential Management Staff (PMS) and Deputy Executive Secretary in the Office of the President after serving as Undersecretary in the DOTC and at the Department of Agrarian Reform.

He served as President of the University of Makati from 1996 to 1999.

In the private sector, he was president of the air and travel division of the Transnational Diversified Group, Inc. He was also vice president of the human resource management group of a leading private commercial bank.

A member of the Rotary Club of Alabang, he has served as District Governor of Rotary International and Training Leader at its International Assembly. He has represented the President of Rotary International at district conferences in Australia, Japan, Taiwan and the Philippines.

He is presently the Editor-in-Chief of the Philippine Rotary Magazine (PRM).



TODAY'S PROGRAM

12:15 PM Call to Order
LCP FRANCO DEL ROSARIO (RCMW)

Invocation
RTN. LUIS ELIZAGA

12:20 PM Philippine National Anthem (video)

RC Makati West Hymn

RI & RCMW 4 way -test
DIR. RON CANG

Introduction of Visiting Rotarians and Guest;

Introduction of Personalities at the e-Presidential table:

Committee Announcements

12:30PM President's Time
LCP FRANCO DEL ROSARIO (RCMW)

Introduction of Guest Speaker
DIR. ZDENEK JANKOVSKY

12:55 PM Speech
MS. MARTHA SAZON
President & CEO
Mynt (Globe Fintech Innovations, Inc.)

Moderator
PP LARRY OCAMPO

THIS WEEK'S CELEBRANTS



February 15
RTN. DAVY LIM
Birthday



February 16
RTN. GERRY LIMCAOCO
Birthday



February 20
RTN. HANS DEL ROSARIO
Birthday

GUEST SPEAKER MS. MARTHA SAZON PRESIDENT & CEO

Is the President & CEO of Mynt, which operates GCash. Previous to the role, Martha was a Senior Vice President at Globe as Head of the Broadband Business.

With more than 20 years of experience in various industries like food, OTC drugs, personal care and telco, she is highly experienced in transforming organizations and businesses.

In her 12 years in Globe, she has led various businesses such as postpaid mobile, small and medium business, and broadband.

She has pioneered and executed breakthroughs, all anchored on addressing important customer needs such as the customizable plans in postpaid, introducing tech solutions for SME's, even creating a new industry category in prepaid via the highly successful Globe Home Prepaid Wifi, while building agile and digital capabilities.

Martha has attended and finished IMD and INSEAD executive programs and has a Bachelor of Science degree in Business Administration and Accounting (Cum Laude), from the University of the Philippines, Diliman.





PRESIDENT'S MESSAGE

How Do You Eat An Elephant?

"A 10,000 mile walk, begins with a single step and continues one step at a time."
- Rickson Gracie, Brazilian 9th-degree Jiu-Jitsu Red Belt

The elephant metaphor of one bite at a time resonates with me as it is in keeping with how I feel about daunting tasks; and at this time, the crippling weight of an elephant sitting on my chest.

District Mandatory Requirements

In December, my face turned a whiter shade of pale when I realized that for RY 21-22, our district established mandatory requirements in eight Avenues of Service.

Lo and behold, there is a staggering total of **33 mandatory requirements** for clubs aspiring for 5-Star Club Distinction Award plus 40 out of **79 optional requirements**. In effect, there are 73 mandatory requirements.

In previous years, the district requirements were not nearly as stringent. Membership retention and recruitment are the top two club challenges, particularly during a pandemic.

Onwards

At this point in the year, I am happy to say that our club is well advanced towards meeting 94% of the 33 mandatory requirements.

The most troublesome is the mandatory requirement imposed on our club to achieve a 15% net growth in membership; which means inducting 13 additional members (about three new members each month), between now and the end of June.



When Desmond Tutu said, “there is only one way to eat an elephant: one bite at a time”, he meant that when life seems overwhelming, it can be accomplished gradually by taking on just a little at a time.

The most troublesome is the mandatory requirement imposed on our club to achieve a 15% net growth in membership; which means inducting 13 additional members (about three new members each month), between now and the end of June.

The 3-week period leading up to the Governor’s Visit in January was a stressful time for me.

The tension, anxiety and responsibility surrounding this membership task produced a physiological and psychological effect that I am still managing. While feeling anxious and overwhelmed with worry, my skin flared up with red bumps in my entire body.

I experienced what Mayo Clinic has shared about this subject: “Anxiety disorders involve repeated episodes of sudden feelings of intense fear or terror that reach a peak in panic attacks. These feelings of anxiety interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time.”

Anxiety is a pressing issue for many of us these days. Most of it has been induced by the pandemic. I’m not entirely out of the woods yet but I’m on the road to recovery; as I try to keep in mind, “Anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.” - Charles Spurgeon.

Moving on

The prospect of our club losing the 5-star club distinction it has held for the past six years added to my anxiety, big-time.

But I reminded myself of the exorbitant price I was paying for worry in terms of my physical and mental health. I refused to get stuck in that state and one day I decided to give myself some positive self-talk.

I am now calmer and have realized that no matter the difficult circumstances, we will continue to all be happy men of zest doing what we do best: serving while having fun.

The Serenity Prayer enabled me to once again focus all of my energy and skills optimally towards the task ahead: “God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.”

When Desmond Tutu said, “there is only one way to eat an elephant: one bite at a time”, he meant that when life seems overwhelming, it can be accomplished gradually by taking on just a little at a time. There is wisdom in those words.

Let me close with this quote:

“I cannot do everything, but still I can do something. I will not refuse to do the something I can do.” - Helen Keller

A 5-star Distinction Award is surely an honor and a feat. If the district takes away our stars, it won’t be for a lack of trying.

Men of zest, with the months remaining, let’s work fast and furious to recruit new members by acting on our theme, “Increase Our Capacity to Serve” with our winning 3R’s: Recognize, Retain and Recruit.

I look forward to seeing you all next Thursday at our joint club meeting with the Rotary Club of Petaling Jaya, with our guest speaker, district trainer, PDG Sonny Coloma.

See you then!

A 5-star Distinction Award is surely an honor and a feat. If the district takes away our stars, it won’t be for a lack of trying.

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



THE WEEK IN REVIEW

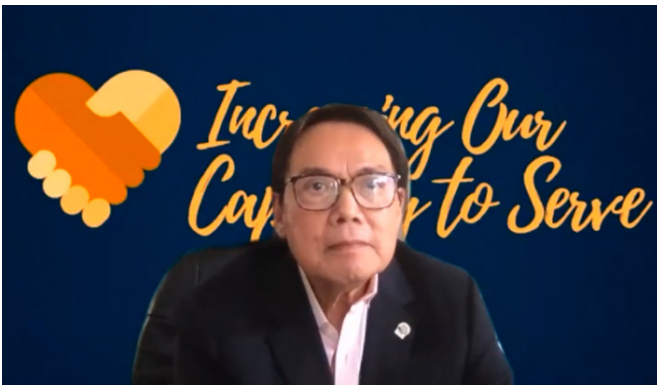
February 10, 2022



Rtn. Butch Hidalgo as Moderator



Rtn. Luis Cantada as Invocator



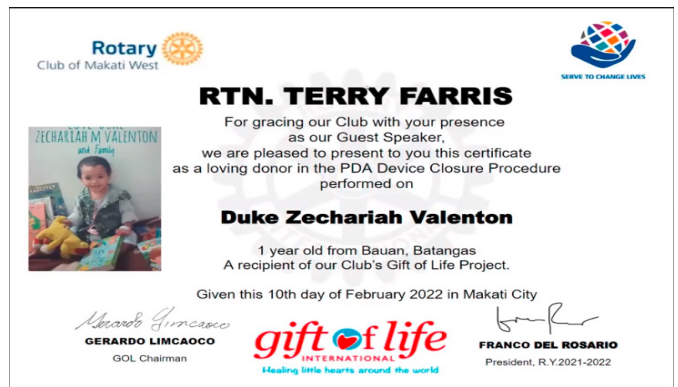
President Franco del Rosario during his President's Time



Rtn. Lars Wittig Introduces the Guest Speaker



Rtn. Terry Farris giving his Speech



Rtn. Terry Farris receives a Gift of Life certificate from the club



Remarks made by IPP Al Thomson, RCMW Board of Directors Meeting, Feb. 10th 2022



“Personally I believe some of the targets set by the District are simply unrealistic in the current environment for a club of our size and in some cases are inappropriate.

President Franco and his team are striving to reach these goals, but it is my view that we need to impress upon him that we in this club do not measure success by awards and club stars;

we do so by the impact we have in our community, our support of Rotary International’s key goals, and by the strength of the bonds we build between us as members.

Obviously we will be pleased to retain our standing in our District, but let us all encourage President Franco that our focus is on our service and our impact first and foremost.

Our own benchmarks are high, and he is certainly surpassing them to the satisfaction of our Board and our members.”

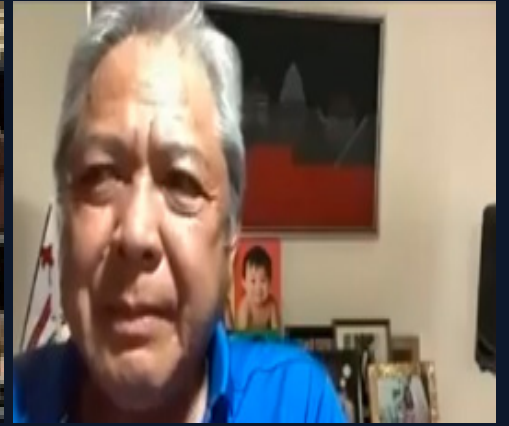
-IPP AL THOMSON



WEST SIDE STORY

4th RCMW Board Meeting Feb 10, 2022

Club Updates | BULLETIN BOARD





VP Jimmy Bautista - RCMW Forms Satellite Clubs

To be able to meet the mandatory requirement of the district to keep our 5 star status we need to recruit additional members from today up to the end of this Rotary Year.

We are appealing to all the directors, advisers and members to invite their friends and colleagues to join RCMW.

Considering the difficulty of attracting and inviting new members, the club to be able to meet the district requirements for membership, we are supplementing our efforts with a plan to organize two satellite clubs.

One satellite club composed of graduates of the University of Makati, and another satellite club composed of children, nephews and cousins of members of RCMW.

Initially working together to achieve this goal are Satellite Committee VP Jimmy Bautista, Co-Chair for Children, Nieces, Nephews Satellite Club and Director Dax Carlos, Co-Chair for UMak Graduates Satellite Club with PP Ed Balois, Satellite Committee Adviser.

We need members to join this committee.

Please contact anyone of us.

- VP Jimmy Bautista





**WEST SIDE
STORY**

Membership Committee Meeting February 14th, 2022

Club Updates | BULLETIN BOARD



In Attendance in the Membership Committee Meeting with
Pres. Franco del Rosario, VP Jimmy Bautista, PE Gil Chua,
PP Ruy Moreno & MAG Ed Balois



Fellowship @ Mimi & Bros, BGC Feb 10th, 2022





WEST SIDE
STORY

Fellowship @ Mimi & Bros, BGC Feb 10th, 2022

Club Updates | BULLETIN BOARD





**WEST SIDE
STORY**

Catch up lunch with Paolo Cristobal, The Last Chukker, Manila Polo Club, Feb. 14th

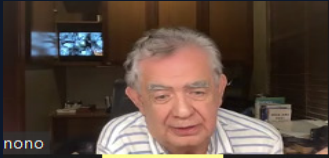
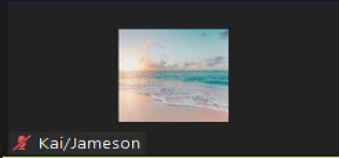




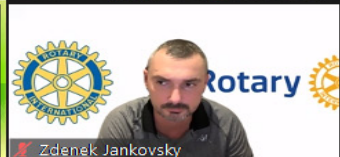
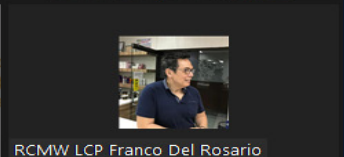

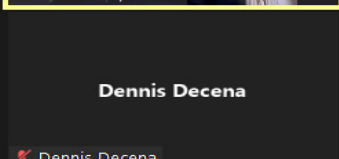
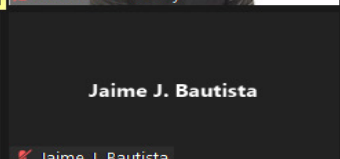
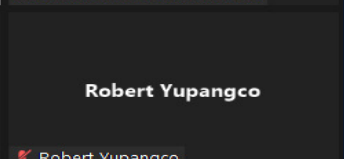
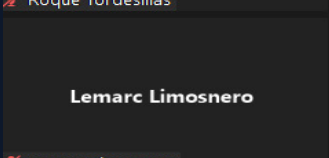
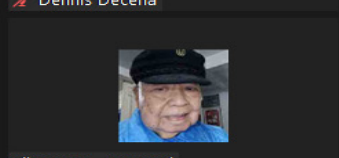
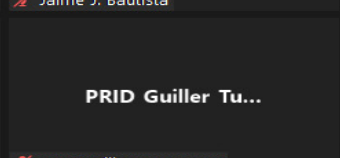
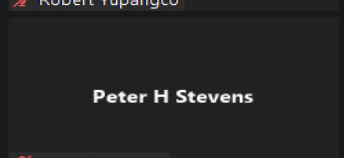
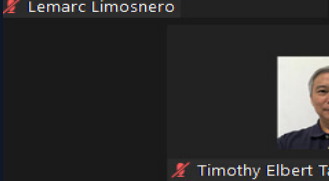
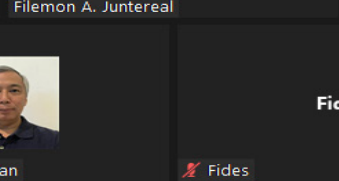
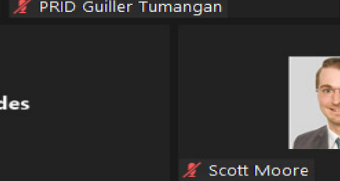

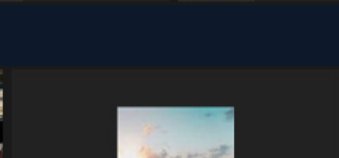
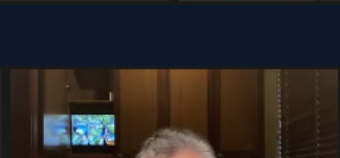
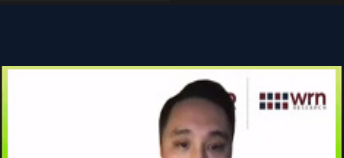

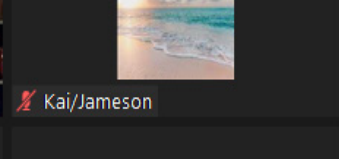
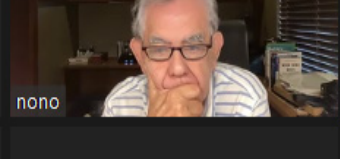
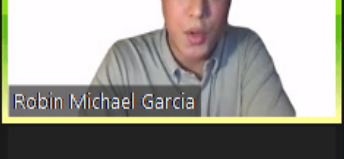
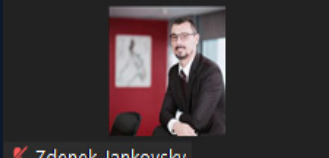
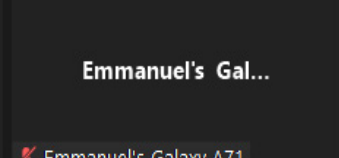
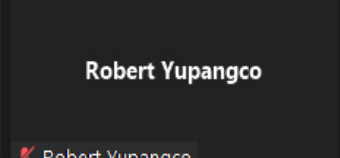
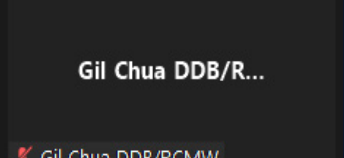
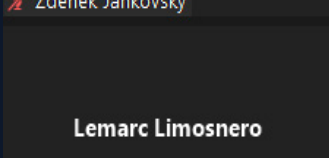
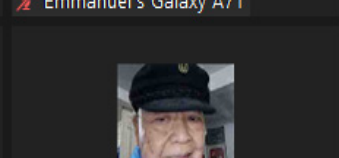
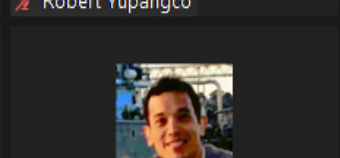
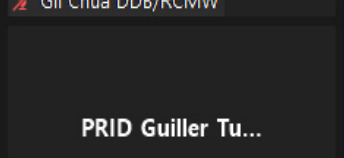




WEST SIDE STORY

Fireside Chat with Rtn. Nono Ibazeta & Rtn Robin Garcia Feb 15th

Club Updates | BULLETIN BOARD

 nono	 Kai/Jameson	 Ronald Cang	 Emmanuel's Galaxy A71
 Jun Alvendia	 Gil Chua DDB/RCMW	 Zdenek Jankovsky	 RCMW LCP Franco Del Rosario
 Roque Tordesillas	 Dennis Decena	 Jaime J. Bautista	 Robert Yupangco
 Lemarc Limosnero	 Filemon A. Juntereal	 PRID Guiller Tumangan	 Peter H Stevens
 Timothy Elbert Tan	 Fides	 Scott Moore	
 Ronald Cang	 Kai/Jameson	 nono	 Robin Michael Garcia
 Zdenek Jankovsky	 Emmanuel's Galaxy A71	 Robert Yupangco	 Gil Chua DDB/RCMW
 Lemarc Limosnero	 Filemon A. Juntereal	 Tristan Choa	 PRID Guiller Tumangan
 Peter H Stevens	 Timothy Elbert Tan	 RCMW LCP Franco Del Rosario	 Jun Alvendia



WEST SIDE
STORY

Rtn. Lemarc Lemosnero Visit With GOL Beneficiaries, Wednesday, Feb. 16th 2022

Club Updates | BULLETIN BOARD



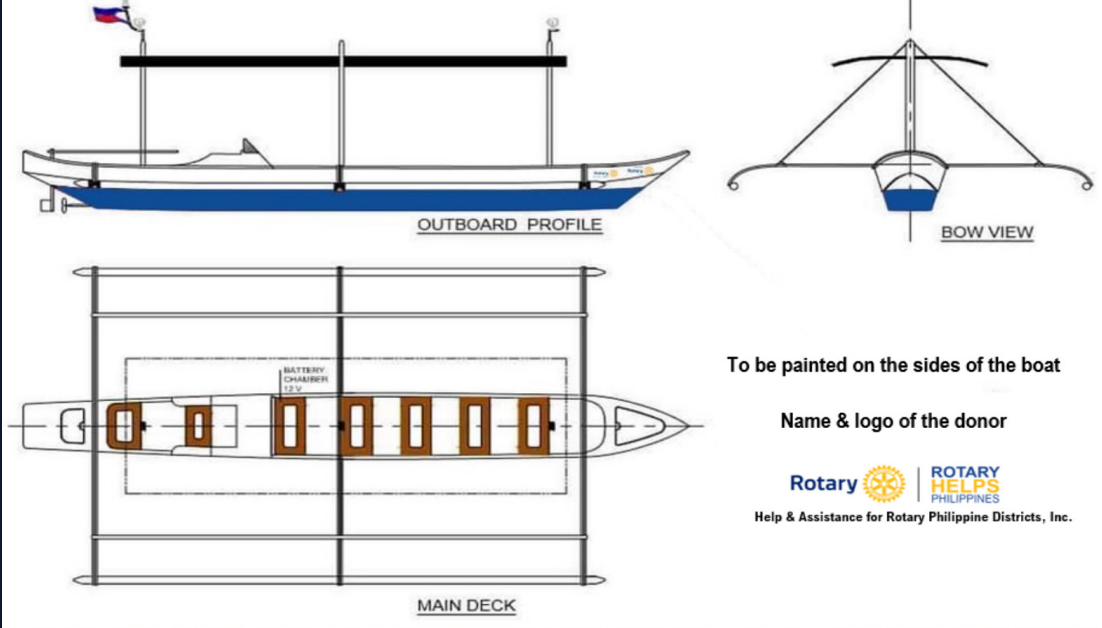








20-footer fiberglass fishing boat with 16hp engine





Water Project with RC Makati West & RC Edson



I'm thrilled to announce we have secured CAD\$10,000 in funding from the Rotary Club of Edson Alberta for the Alangan Mangyan Tribe water project in Dulangan 11, Baco, Oriental Mindoro.

Their water source was damaged in the typhoons and is no longer drinkable.

The CAD\$10,000 CAD will be invested into a water tower (\$3300) and repair main water line (\$6700).

The target date is July 1 – 14 where a few Rotarians from Edson, Alberta with a large group of teenage school children will visit the Philippines to have some hands on work with the project. -Rtn. Scott Moore

We look forward to welcoming our Canadian friends to the country!



Left photo of the current water source that will be repaired.



**WEST SIDE
STORY**

Club Updates | BULLETIN BOARD



Past Presidents'
DINNER

FEBRUARY

23

5:30 PM

Apartment 1B at The Henry

2680 Compound, F.B Harrison St., Pasay City

Attire: Smart Casual

PHP 1,800/pax, cash only





Viber Message Received by PRID Guiller From Classmate RI Pres. Shekhar



Had an excellent meeting with the acting President of Brazil,
the Vice President Mr Hamilton Mourao.

An outstanding personality, he talked eloquently about Rotary's
humanitarian efforts.

I was happy to apprise him about Rotary today and it's major
initiatives.

- RI President Shekhar Mehta





February 10, 2022 VOLUME 2, NO. 19

THE NORWICH TIMES

NORWICH • BOZRAH • GRISSWOLD • LISBON • SPRAGUE • DUNSTON

"Certain mental health problems can have symptoms that manifest as heart issues." DR. KATHERINE DECENA



Cardiologist Katharine Decena of Hartford HealthCare Medical Group is affiliated with Backus and Windham Hospitals.

Mysteries of the Heart

By JAM TORMAY

Hearts are used to symbolize love on Valentine's Day and all year long. In real life, our feelings and sense of love lost or loneliness due to a breakup, divorce, rejection or death might just impact us physically, as well as emotionally and mentally.

This state of mind can even lead to Broken Heart Syndrome, also called stress-induced cardiomyopathy or takotsubo cardiomyopathy, which researchers are just "starting to learn the causes, and how to diagnose and treat it," according to the American Heart Association's website, heart.org. "It could even happen after a good shock (like winning the lottery)."

Also, the site states, "Broken heart syndrome may be misdiagnosed as a heart attack because the symptoms and test results are similar. In fact, tests show dramatic changes in rhythm and blood substances that are typical of a heart attack. But unlike a heart attack, there's no evidence of blocked heart arteries in broken heart syndrome." Even though this condition can sometimes "lead to severe, short-term heart muscle fail-

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ure," it is usually treatable, according to heart.org. "Most people who experience it make a full recovery within weeks, and they're at low risk for it happening again (although in rare cases it can be fatal)."

Cardiologist Katharine Decena of Hartford HealthCare Medical Group said during a telephone interview that "certain mental health problems can have symptoms that manifest as heart issues. So, for example, patients who are anxious and have histories of panic attacks feel like they're having heart attacks."

She said their goal is to "rule out coronary disease" before considering mental/emotional distress situations. "It's not something to take lightly. At the office, we do see a lot of patients who manifest with a lot of cardiac symptoms. Then after completing their workup, she said often "nothing organic" is found. After a while, Decena said patients do admit to being under a lot of mental and emotional stress "from home and work situations."

"Regarding suicide/depression and heart disease, we can say that patients with heart disease now live longer with modern therapy," Decena said in an email. "Depression may de-

SEE PAGE 11

Hearts can stay healthy with plenty of sleep, exercise and good diet

FROM PAGE 1

velop as an effect of new limitations to their previous quality of life, sometimes exacerbated by little social support or being/feeling isolated because of their chronic illness. There are some authors who reviewed the topic of depression and CV disease and suggested that biologic variables associated with depression include elevated catecholamine levels (stress hormones), increased inflammation and dysfunction of the lining of our vessels, all of which contribute to cardiovascular disease. It is unknown whether depression causes heart disease or heart disease causes depression."

"Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States," according to the Centers for Disease Control and Prevention's website, cdc.org. "One person dies every 36 seconds in the United States from cardiovascular disease. About 658,000 people in the United States die from heart disease each year—that's one in every four deaths."

Decena said heart attack symptoms can present differently in men and women. Typical symptoms include shortness of breath and "some chest pain when you exert yourself," which is "relieved by rest or with medication like nitroglycerin. That's not always the case with women, not just heart attacks, but heart disease in general."

Other heart attack symptoms people may experience include nausea, vomiting, sweating and pain or discomfort in one or both arms, the jaw, neck, back or stomach, according to heart.org. Call 911 if you are experiencing any of these symptoms.

If someone thinks they are having a heart attack, Decena said they could take four baby aspirin (enteric) or one regular aspirin. This can help delay "further damage to the heart, but not necessarily the symptoms," she said. Warning: Before taking any aspirin, she said people should check with their primary doctor or cardiologist to ensure it won't harm them because of their medical history.

"With strokes and heart attacks, the common theme there is any accumulation of plaque in our vessels can rupture and can cause an acute or a sudden decrease of blood flow to that portion of the body. So if it's in the heart vessel, it would cause a heart attack. If it's in our neck or brain arteries, it can cause a stroke."

Decena said hypertension (high blood pressure) should be watched closely. Our blood vessels "get a little bit stiffer" as we age and become more sedentary. This condition can also develop "if we don't watch our salt intake," or if we have a genetic predisposition to it.

Monitoring our cholesterol numbers annually as part of a regular routine primary care visit, makes up a big portion of cardiovascular prevention, with or without heart disease, she said.

"So getting it checked at least once a year, and talking with your doctor" (to discuss) if cholesterol medication is right for you would be advisable. "If the cholesterol numbers are high, their physicians can guide them in determining what their risk would be for cardiovascular disease" and if they "would benefit from a cholesterol medicine," which "may be key in not only reducing the amount of bad cholesterol in the body that contributes to plaque buildup, but also keeping any plaque stable and stuck to the wall so that it does not rupture."

Sedentary individuals might want to consider leaving shoveling and snow plowing to the professionals. Dr. Decena said some studies "have shown that shoveling would even exceed the amount of workload on a cardiac stress test. Add to that it is physiologically cold outside. Our vessels would spasm and contract, constrict from the cold."

Blood is then shunted to our peripheries, "because we need the warmth in our hands and feet, because that's what's moving a lot. And so it's all a perfect storm that contributes to heart attacks: the physical condition of the individual, the environment and the amount of workload that shoveling puts on our bodies."

She recommends people who've had heart attacks and have low heart muscle function from it "should probably not shovel at all." There may also be a link between sleep and cardiovascular disease, according to a paper in the American College of Cardiology that Decena cited in an email. The 2020 study followed about 2,000 people who did not have active cardiac disease.

"The findings suggested that participants with the most irregular sleep duration had a greater than twofold increase in developing disease over that period of time," Decena said.

In addition to getting a good night's sleep, a healthy lifestyle includes stress management, good diet, good mental health and exercise. "There is still merit (in) all of these small changes that we make throughout our life also do accumulate and contribute to a longer life and better quality of life."

Perhaps we would be healthier and experience less burnout if we followed the two-hour siesta tradition of some European countries, Decena said. That time can be utilized for rest, as well as pursuing other interests, and then return to work refreshed. She recommends eating a lot more plant-based foods, such as vegetables, legumes and nuts, and getting our protein from plants rather than from animals. Meat choices should be palm-sized servings (4-to-6-ounce servings) of lean chicken, pork or beef.

Also, salmon and tuna are especially good for us, because they contain fatty acids with Omega-3 and Omega-6, which our bodies also healthy for us; they just don't contain much Omega-3. For healthier carbohydrates, substitute sweet potatoes for white ones.

Try whole wheat, red lentil or gnocchetti pasta, which provide more soluble fiber, compared to the traditional, white starchy pasta. Additionally, choose plant-based olive, sunflower and canola oils instead of tropical ones. When supermarket shopping, avoid processed foods by staying on the outer aisles where the fresh produce and dairy products are.

Decena said she is concerned about people's health during the pandemic. "With patients being depressed and also not being able to do the things that they take pleasure in, they can develop unhealthy habits that can increase their risk for coronary disease. They become more sedentary. They would probably be eating more (unhealthy) snacks when they're sitting and watching TV."

She suggested, "If you have friends that you can talk to about your mental health problems, you will most likely be less anxious" and "feel loved and seen," which also greatly contributes "to a person's wellbeing overall, not just not just cardiac-wise," she said adding, "We were not made to be isolated creatures."

"Sitting is the new smoking," she said, emphasizing the importance of moving for good health. "So continue getting up several times an hour," which has been made easier with Smart watches to remind us.

Her tips include taking the stairs instead of the elevator as much "as you can manage," parking farther away from stores when shopping to get more steps in, walking around a mall or your neighborhood and getting a dog, which will force you to walk.

Cardiologist Katharine Decena of Hartford HealthCare Medical Group is affiliated with Backus and Windham Hospitals.

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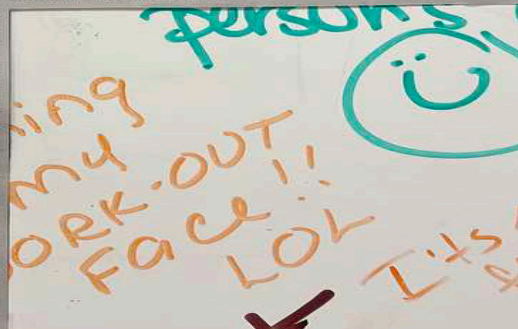
HEART ATTACK SIGNS

■ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then returns. It can feel like uncomfortable pressure, squeezing, fullness or pain.

■ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

■ Shortness of breath. This can occur with or without chest discomfort.

■ Other signs, possible including breaking out in a cold sweat, nausea or lightheadedness.



She used to appear in our Rotary induction shows during her childhood.

-PP Dennis Decena

Congratulations!!!



Rotary District 3830

DISCON
2022

TOGETHER, WE SERVE
TO CHANGE LIVES

APRIL 29
ONLINE

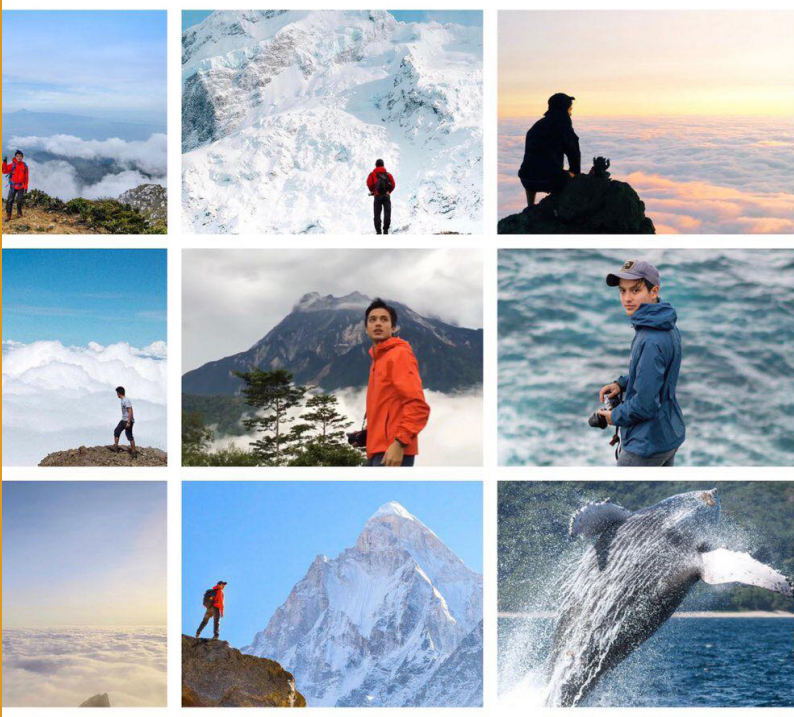
APRIL 30
MARRIOTT GRAND BALLROOM

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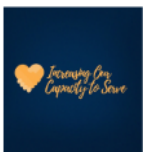
THE FOUR WAY TEST OF THE THINGS WE THINK, SAY AND DO

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**?





**WEST SIDE
STORY**



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IS THE ROTARY MONTH WHEN WE
THINK AND BUILD PEACE**

Rotary
Club of Makati West



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currencies



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