

WEST SIDE STORY

Rotary
Club of Makati West



OFFICIAL NEWSLETTER OF ROTARY CLUB OF MAKATI WEST

Vol. 35, RY 2022-2023 | 2,389th Meeting (since 1969) | June 8, 2023

June 1 Lunch Meeting group photo with Guest Speaker John Lucas who talked about Philippines' preparation for World Cup 2023



Today's Guest Speaker:

ACE & ANDIE ESTRADA
FOUNDERS
RURAL RISING PHILIPPINES

RCMW website www.rcmakatiwest.ph

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

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Rotary Club of Makati West
 IMAGINE ROTARY

June 1 Lunch Meeting group photo with Guest Speaker John Lucas who talked about Philippines' preparation for World Cup 2023



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GILISM FOR THE WEEK

#GILISM

We have our **God-given abilities** to
change lives.

It may be in small ways,
but do not waste this gift.





MONTHLY ACTIVITIES



Ladies' day
Mr. Ace Estrada & Ms. Andie
Business Owners
Rural Rising

Date: June 8, 2023/ Thursday
Venue: Dusit & Zoom Conference
Time: 12nn to 2pm



Lunch Meeting
Mr. Guillermo M. Luz
Chief Resilience Officer and Advisor
Philippine Disaster Resilience Foundation
(PDRF)

Date: June 15, 2023/ Thursday
Venue: Dusit & Zoom Conference
Time: 12nn to 2pm



Club Awards Night - RSVP Now!

Date: June 22, 2023/ Thursday
Venue: Dusit & Zoom Conference
Time: 6:00pm-8:00pm



RCMW 54th Induction & Handover Ceremony

RSVP NOW!
Date: July 2, 2023/ Sunday
Venue: Tagaytay Highlands
Time: 5:30pm onwards



Rotary International District 3830 Handover

Date: July 3, 2023/ Monday
Venue: Mayuree Ballroom, Dusit Thani Hotel
Time: 6:00pm



TODAY'S PROGRAM

12:15 PM Call to Order
PRES. GIL G. CHUA

Invocation
SPS. JOIE CASTILLO GOH

Philippine National Anthem (video)

12:30 PM RC Makati West Hymn
RCMW Members

Introduction of Visiting Rotarians and Guests;

Introduction of Personalities at the Presidential table;

Committee announcements

12:45 PM President's Time
PRES. GIL G. CHUA

Introduction of Guest Speaker
FL GIGI CHUA

1:00 PM Speech
ACE & ANDIE ESTRADA
Founders
Rural Rising Philippines

Moderator
SPS. ROSANNA ANGELES

THIS WEEK'S CELEBRANTS



June 9
SPS. VANESSA LEDESMA
Birthday



JUNE 10
RTN. RJ LEDESMA
Birthday



JUNE 12
PP MON GUERRERO
Birthday



JUNE 14
RTN. ALEX FLORO
Birthday



JUNE 8
PP BOBBY CABRAL & SPS. CHARI
Wedding Anniversary



JUNE 8
DIR. JUN CUARESMA & SPS. ALFE
Wedding Anniversary

GUEST SPEAKER

ACE & ANDIE ESTRADA

FOUNDERS, RURAL RISING PHILIPPINES

Before Rural Rising, Andie and Ace Estrada were educators and business owners. They ran TESDA school Vivixx Academy and owned the coworking and startup incubation hub Calle Uno.

They were not even remotely involved in agribusiness before they started Rural Rising. This venture started when compassion kicked in and they felt a need to help farmers, who during the pandemic, would throw away their products because they could not sell them or bring them to the markets.

Today Rural Rising is a movement, much needed and very relevant to help farmers and consumers alike.





PRESIDENT'S MESSAGE

CHD

Health is wealth. And as most of us are over 50 years old, we know how true this statement is. They say that we are at an age when all sorts of illnesses appear because of old age.

Most of the time, how bad our health gets is attributed to how unhealthy our lifestyle has been, as well as to the genes we inherited that's why there's what we call hereditary ailments.

But what is worse than having ailments at the latter part of one's life is having disease present from birth or what we call congenital or birth defects.



The most common birth defect affecting an estimated 6 to 8 out of 1,000 births worldwide is congenital heart defect or CHD. In the Philippines, roughly 8 out of 1,000 Filipinos are born with CHD and 2 of those will need medical intervention within the first year of life.

According to the Delos Santos Medical Center (DLSMC), the most common heart problems surrounding CHD include holes in the heart that did not close, heart valves that did not open, or valves that are defective.

Without surgery to correct their medical condition, patients will die in more cases; or if they survive at all, they do not live normal and productive lives. CHD patients suffer from general weakness, while being susceptible to pneumonia and other respiratory and cardiovascular complications.

To correct this, the CHD patients' families would have to spend a lot. But unfortunately, 94 percent of those who suffer from CHD come

from indigent families who cannot afford this.

To save the lives of CHD pediatric patients in the country and help alleviate the country's problem with congenital heart disease, the Rotary Club of Makati West partnered with the Gift of Life International (GOLI) Foundation in 2004 to adopt the Gift of Life program as its flagship humanitarian project. It was PP Lou del Rosario who brought GOL to the Philippines through RCMW.

Since then, RCMW has been providing free heart surgery to CHD patients – from infants to 18 years old belonging to poor families.

As I have been reporting these past weeks, I am happy that we are able to exceed a record number of 200 GOL surgeries this Rotary Year, in fact, as of today, we have already done 235 surgeries or medical procedures on our CHD patient-beneficiaries under Gift of Life.

Among the 10 patients operated on just yesterday were three members of the Domingo family from Romblon



The Domingo family with the DLSMC medical team.

discovered by the team of Dra. Louisa Go. The dad, as well as their two kids, all had CHD. Dra. Go and her team performed operation on them yesterday to close their heart defects.

If they have not been operated on, they might have suffered the fate of two of their other relatives who died of the same health problem without seeing a doctor.

Thank you to DLSMC and our other partner hospitals and to our tireless doctors like Dra. Go who make our Gift of Life program truly a gift for Filipinos with congenital heart disease.

We also thank the Rotary Anns for their Preloved to Reloved project led by FL Gigi as proceeds from sale of

their donated stuff was able to help provide the said family from Bohol with money for their swab tests, accommodation and part of their living expenses in Manila. Please coordinate with the secretariat if you have in-kind donations for this initiative of the Rotary Anns.

As I also mentioned last week, we have just received the highest foreign grant ever since the GOL program started, amounting to US\$112,446.70 (approx. Php6.3 million). Thanks to DGE Jay Tambunting for working on this. This will ensure that we will be able to continue the momentum of our GOL program in the next Rotary year. Of course, we still need more donations because the list of CHD patients needing help is quite long.

For our other projects, we already had two batches of cataract surgeries under our Gift of Sight program, with a total of 27 beneficiaries now living a normal life after their eye operation. Next batch of patients is scheduled for eye surgeries on June 24.

For Gift of Mobility, we have done batches of castings for 34 amputee



patients, eight of whom have already received their artificial limbs while the rest will also receive theirs once finished.

That's it for our three main "Gifts" programs - Gift of Life, Gift of Sight, and Gift of Mobility.

For our Mass Wedding, Hand Wash Station, Breast and Cervical Cancer Screening and other projects, our beneficiaries have been very appreciative of our club's assistance.

We thank all our project chairs and all our members for getting involved in these projects.

Thank you, Men of Zest, for also being present in our lunch meetings and fellowships. Thanks for making time for your club. This means a lot to me.

Today, we are fortunate to have for our guest speakers in today's weekly meeting a husband-and-wife tandem of entrepreneurs, Ace and Andie Estrada, who have been helping save the livelihood of our precious farmers through their accidental advocacy dubbed Rural Rising.

For our last weekly luncheon under this Rotary Year, we will have Guillermo "Bill" Luz, chief resilience officer of the Philippine Disaster Relief Foundation (PDRF) as our guest speaker. He will walk us through PDRF's projects all aimed at preparing our countrymen for disasters.

On June 22, we will have our "Pasasalamat" (*Appreciation*) Party at 6:00 pm onwards in Dusit. We have prepared exciting recognitions and gifts for all of you. You would not want to miss this. Attendance is a must! RSVP now to Kai or Jameson.

Also, I would like to thank PRID Guiller Tumangan and Rotarian Judd Balayan for representing the club at the 50th Anniversary celebration of our Sister Club, the Rotary Club of Bacolod North. They also signed the Sister Club agreement for the continuation of our partnership. Thank you PRID Guiller and Judd.

So that's my weekly updates. Maraming salamat po!

Gil G. Chua
President, RY 2022-2023
Rotary Club of Makati West



FORETHOUGHT

by: Craig Lonnee

POWERFUL BELIEFS, BETTER LEADERSHIP

I've always liked this Omnicom University Green Paper by Professor Luis Huete.

Some of you may recall we've discussed it at TBS programmes over the years.

It a perennial thought piece. Wise advice for us all.

The world is not moved by ideas but by convictions, beliefs. The difference is subtle but real.

Convictions are the cornerstone of the mind within which we operate. That which we don't want to mistrust, which makes sense, which has been proven to work and besides, which we want emotionally to be true.

Ideas themselves don't have all these attributes. At best they are intellectual states of mind with a certain logic, but they lack the strength of the will for them to be true and of having "seen" they work.

The great battle of leadership lies in the convictions with which their managers operate.

If these convictions are healthy, they increase the probability of good management. If these convictions are poor, management is weakened. One can also apply to businesses the principle that leaders become what they think.

Over time, I have observed the convictions of the managers with whom I have worked, and I have been keeping a record of those I considered to be the best.

The following is a summary of these convictions.

1. The macro (what happens in the world) and the micro (what happens inside everyone) are different things. The micro can go well even if the macro doesn't. And the other way round. Do they influence each other? Yes. Which one has the greatest impact? Whichever is stronger. **A strong micro is the hope that the macro will improve.**

2. The world is as it is but, for each of us, the world is as our mind interprets it. The interpretation is what triggers the feelings one lives, and the quality of decisions made. Poor interpretation leads to poor emotions, poor choices. No matter what the world is like. And the other way round. **He who controls his own interpretation, controls his world as well.**



3. Repetition in the way of interpreting things creates mental habits that, over time, determine the way of looking at them. There are worse habits: pessimism, passivity, playing the know-it-all and egocentricity. **There are better ones: optimism, pro-activeness, enthusiasm for learning and a teamwork culture.** One can choose.

4. Strong emotions, a result of “strong” interpretations, kidnap intelligence, especially when these emotions are negative. It is also important to be careful with euphoria as it is the beginning of all economic bubbles. **Intelligence works best when one lives in positive emotions of middle intensity.**

5. Change is inevitable and will definitely occur. Tolerance of uncertainty favors openness to change. More insecurity means more resistance to change. **Resistance is painful and useless.**

6. **Change, when positive, is called improvement. When it is negative, it is called regression.** There may be no greatest failure in life as evolving professionally and regressing personally. There are many ways to grow professionally, which inevitably entail a personal regression.

7. **The most important business in our lives is ourselves.** The more we develop our potential, the better our future prospects will be.

8. The brain is plastic. We are all sculptors of our brain. Inside the brain, the subconscious has 30,000 times more neurons than the conscious. Unless we master the subconscious, it will boycott our conscious projects. The subconscious is shaped with what has emotional intensity and is repetitive. The subconscious is also shaped by what one says to oneself. **We’d better control the subconscious, or it will boycott our projects.**

9. **People are powerful but fragile.** Around 30% of the adult population has behavior disorders and many managers have “the illness of power”. Maladjustments tend to be more likely the more toxic our work environment is, the less our personal abilities are compensated and, above all, the worse the emotional diet to feed our basic desires is.

10. **Complexity activates in people the so-called defense mechanisms.** Its duty is to dissociate external “pressure” from the somatic answer to those issues. All these defense mechanisms play their short-term role as they “buffer” the impact of the environment. But we need to distinguish defense mechanisms favoring personal development from those that hinder it.

11. Among the former, there is good humor, the ability to dissect the problem in several pieces or **knowing how to unwind with a healthy leisure.** Among the latter, there is blaming others, aggressiveness or rejecting to see reality as it is.

12. **Gratitude is the most valuable and useful feeling in professional life.** Gratitude “cleans” one’s head and heart of toxic contents. It significantly reduces cortisol, the bad-stress hormone.

The best tribute to an idea is to copy it ... and to turn that idea into a firm conviction.

ABOUT CRAIG LONNEE

Lonnee is the Chief Development Officer at DDB Group Philippines, where he provides strategic and operational counsel to clients and DDB’s senior leadership. He also leads The Bernbach School, DDB Group Philippines’ exclusive learning hub.

He had worked for worldwide marketing communications network DDB for over two decades, gaining vast and varied experience across Asia and the Pacific. Over this time, he held local, regional, and global responsibilities, including co-chief operating officer of regional operations of DDB Asia and chief development officer across 23 offices in 14 countries.



THE WEEK IN REVIEW

June 1, 2023 - Weekly Meeting



Rtn. Patrick Dionisio as Moderator



Rtn. Charlie Rufino as Invocator



Pres. Gil Chua in his President's Time



Rtn. Judd Balayan Introduces the Guest Speaker



Mr. John T. Lucas during his talk



Mr. John T. Lucas receives a Gift of Life certificate from the club



RCMW members enjoying lunch with guest speaker John Lucas (rightmost).





RCMW Zest Satellite Club and RCMW Rotaract Club members attend the June 1 meeting.





A moment of silence during the Invocation.





Guest speaker John Lucas drums up excitement for World Cup 2023 with his multimedia presentation.





RCMW members show how big basketball fans they are during the Q&A portion.





WEST SIDE
STORY



Rotary
District 3830

Rotary
Club of Makati West

CREATE HOPE
in the WORLD

RSVP NOW
UNTIL JUNE 9, 2023 ONLY

07 02 23
SUN

**ROTARY CLUB OF MAKATI WEST
54TH INDUCTION CEREMONY**



**ATTIRE: BARONG TAGALOG FOR MEN
FILIPINIANA FOR LADIES
JULY 2, 2023 5:30PM
TAGAYTAY HIGHLANDS**



CLICK THE PHOTO TO BE REDIRECTED TO THE GOOGLE FORM



PRID Guiller Tumangan and Rtn. Judd Balayan at the 50th Anniversary of RCMW's sister club, Rotary Club of Bacolod North with Club President Shirley Maghari and District 3850 Governor John Michael Ng (leftmost).



Signing of sister club agreement.



Congratulations to proud grandparents PRID Guiller Tumangan and Spouse Letty for having a very bright granddaughter, Adrianna Jasmine Tumangan, who graduated with high honors at Peref Woodrose School.



Adrianna Jasmine Tumangan Cayetano

AWARDS RECEIVED

- Special Citation (Consistent Gold Awardee from Grade 1 to 6)
- Recipient of the Year-end Academic Award (Gold)
- Recipient of the Woodrose Student Award
- Subject Achievement Awards (Language, Mathematics, Science, Filipino, HE & PE) *To qualify for the award, the student must have obtained the highest year-end and total average of 95% or higher in the subject from Grade 1 to 6*



Happy and proud parents
Christine Joy & Roy Allan



Proud grandparents PRID Guiller & Spouse Letty





Tiffany Ivanka Mores Versa
6 year old, female
PNR Site, Dagupan City

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



Danison Lupas Borja
2 years old, male
South Navotas, Navotas City

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



PROJECT UPDATES

GIFT OF LIFE

GOL RY 2022-2023



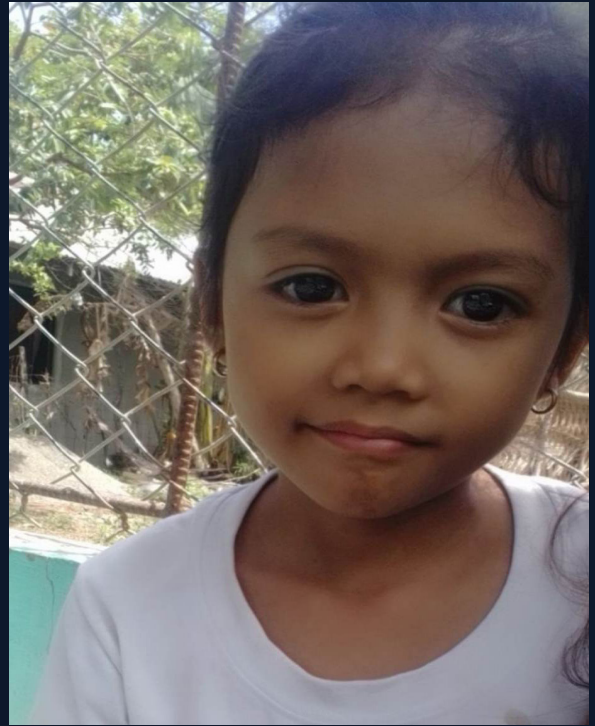
Nishalyn Galiy Galido
2 years old, female
Alcantara, Romblon

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



Rhein Galarío Domingo
11 years old, male
Alcantara, Romblon

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



Ziah Galarío Domingo
7 years old, female
Alcantara, Romblon

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



PROJECT UPDATES

GIFT OF LIFE

GOL RY 2022-2023



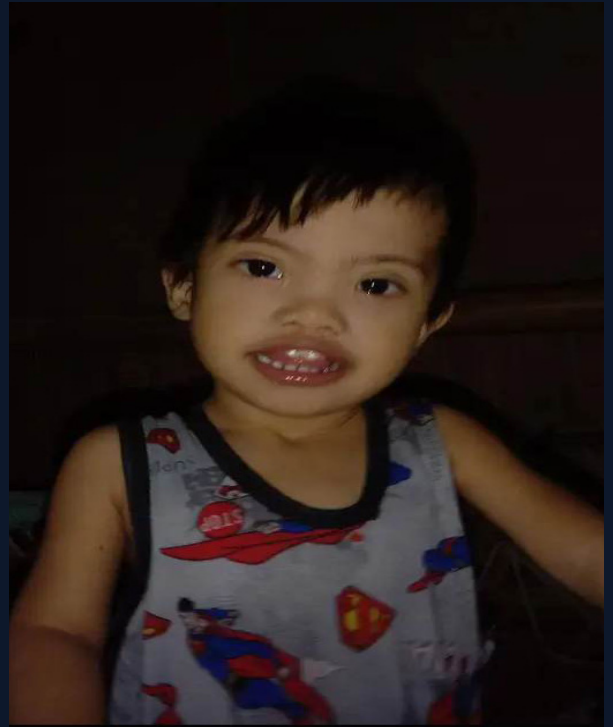
Nellyza Briones Gallego
6 years old, female
Quezon City

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



Dave Macasaet Britanico
10 years old, male
Odiongan, Romblon

PPBV
De Los Santos Medical Center
June 7, 2023



John Andrei Subong Salinio
3 years old, male
Negros Occidental

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



PROJECT UPDATES

GIFT OF LIFE

GOL RY 2022-2023



**Samantha
Pilapil Puyat**

Samantha Pilapil Puyat
10 years old, female
Puerto Princesa City, Palawan

PDA Device Closure
De Los Santos Medical Center
June 7, 2023



Three members of the Domingo family from Romblon were among the 10 patients operated on yesterday. Aside from siblings Rhein and Ziah, their 36-year-old father who also has CHD was operated on.



Taking time for a photo-op at the Recovery room after their operation.



Coloring materials donated by Rtn. Scott Moore were distributed to the GOL patients yesterday.



JUNE IS



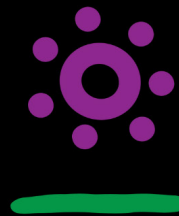
ROTARY FELLOWSHIPS MONTH

"Don't adventures ever have an end? I suppose not. Someone else always has to carry on the story." - J.R.R. Tolkiens, The Fellowship of the Ring



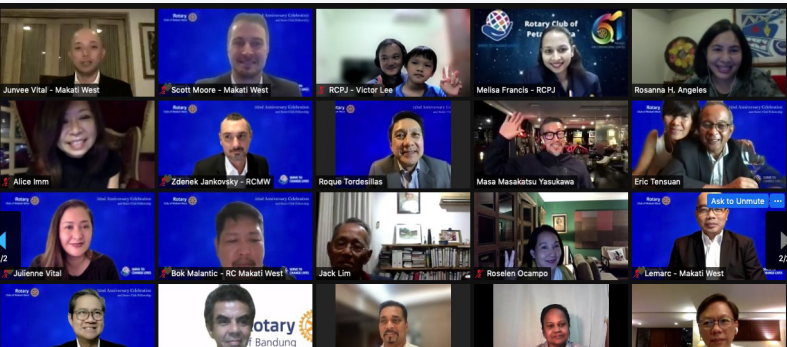
www.rotary.org

Rotary Club of Makati West



IMAGINE ROTARY

Missed out on past events?
We've got them in archives you can
access in just a few clicks.



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53rd INDUCTION & HANDOVER

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WEST SIDE STORY

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Project Photos

[Click to explore >](#)



Rotary

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**?



RCMW 54TH INDUCTION CEREMONY & HANDOVER 2023

JULY 2 - 3, 2023 | RSVP NOW!



RY 2022-2023

Officers, Directors & Club Advisers

President	Gil Chua
Vice President	Jaime Bautista
Secretary/ PE	Juan Antonio Carlos
Treasurer	Gerardo Laperal
Director	Tristan Choa
Director	Leonardo Cuaresma, Jr.
Director	Paul Daza
Director	Epifanio Delos Santos
Director	Elmer Francisco
Director	Scott Moore
Director	Charles Bernard Reyes
Sgt.-At-Arms	Javier Berenguer-Testa
Ex-Officio Dir.	Franco Del Rosario
Club Adviser	PRID Guiller Tumangan
Club Adviser	PP Carmelino P. Alvendia, Jr.
Club Adviser	PP Dennis Decena
Club Adviser	PP Noel Laman
Club Adviser	PP Teodoro Limcaoco
Club Adviser	PP Amando Jesulito Jimenez
Club Adviser	PP Larry Ocampo
Club Adviser	PP Roque Tordesillas
Club Adviser	PP Antonio Tambunting III
Club Adviser	PP Enrico Angeles
Club Adviser	PP Ramon Guerrero
Club Adviser	PP Edgardo Balois
Club Adviser	PP Aurelio Paulo R. Bartolome
Club Adviser	PP Victor L. Vital
Club Adviser	PP Ruy Moreno
Club Adviser	PP Dave Caldwell
Club Adviser	PP Luis Del Rosario, Jr.
Club Adviser	PP Enrico B. Tensuan
Club Adviser	PP Alasdair Thomson

Honorary Members

Hon. Secretary Albert del Rosario(+), Mr. Rob Raylman, PDG Joey Benedicto and PDG Leo de Guzman

THE WEST SIDE STORY STAFF

Secretariat:	Shekinah Yarra Jameson Manlangit
DDB Team:	Maricar Manuzon-Angeles Hiedy Enriquez



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:

jamesonrcmw@gmail.com
kai.rcmw2@gmail.com

Stay up to date with club happenings via

<http://rcmakatiwest.ph>
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