



Increasing Our Capacity to Serve

Vol. 39, RY 2021-2022 | 2,350th Meeting (since 1969) | May 12, 2022

WEST SIDE STORY



Thursday Lunch Meeting with Guest Speaker Ms. Anna Chua - Norbert May 5th, 2022

Today's Guest Speaker:

MR. FLORIAN GOTTEIN
EXECUTIVE DIRECTOR

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

“As we emerge from the trauma of the past two years, we will be forced to confront our broken sense of security, our fear of normal, and our new precarious reality...As individuals, we must face our self-sabotaging behaviors and more appropriately direct our angst.”

- Dr. Lucy McBride, Internist, Author



Next Week's Guest Speaker:

Catch Sec. Jesli A. Lopus, Chairman, STI Education Services Group Inc.
Invite your family and friends. Don't miss it!



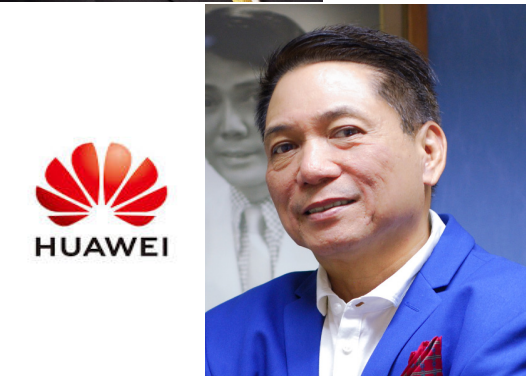
MONTHLY ACTIVITIES



Lunch Meeting

Sec. Jesli "Jing" Lapus
Chairman
STI Education Services Group Inc.

Date: May 19, 2022/ Thursday
Venue: Dusit & Zoom Conference
Time: 12nn to 2pm



Club Fellowship

Sponsored by
Rtn. Robert Yupangco
with Huawei Cloud

Date: May 26, 2022/ Thursday
Venue: Nanten Japanese Restaurant,
Manila Polo Club
Time: 5:30pm to 8pm



Joint Club Meeting with RC Makati

**Note: this meeting is on
a Tuesday not Thursday.**

Manuel L. Quezon III
Columnist
Philippine Daily Inquirer

Date: May 31, 2022/ Tuesday
Venue: Zoom Conference
Time: 12nn to 2pm



Lunch Meeting

Dr. Ciel Habito
Director
Center for Economic
Research & Development
Ateneo de Manila University

Date: June 9, 2022/ Thursday
Venue: Dusit & Zoom Conference
Time: 12nn to 2pm



Club Awards Night

Date: June 16, 2022/ Thursday
Venue: Dusit Thani Hotel & Zoom Conference
Time: 6pm to 8pm



TODAY'S PROGRAM

12:15PM Call to Order
LCP FRANCO DEL ROSARIO

Invocation
PP LOU DEL ROSARIO

12:20PM Philippine National Anthem (video)

RC Makati West Hymn

Introduction of Visiting Rotarians and Guest;

Introduction of Personalities at the Presidential table:

Committee Announcements

Fining Session
Fine Master PP BOBBY LIM

12:45 PM President's Time
LCP FRANCO DEL ROSARIO

Introduction of Guest Speaker
RTN. LARS WITTIG

12:50PM Speech
MR. FLORIAN GOTTEIN
Executive Director
European Chambers of Commerce
of the Philippines

Moderator
RTN. LUIS CANTADA

THIS WEEK'S CELEBRANTS



May 12
IPP AL THOMSON
Birthday



May 13
SPS. CHARY MERCADO
Birthday



May 13
SPS. TERESA RUFINO
Birthday



May 16
PRES. FRANCO DEL ROSARIO
Birthday



May 15
RTN. CHITO & SPS. WINNIE SANTIAGO
Wedding Anniversary

GUEST SPEAKER FLORIAN GOTTEIN EXECUTIVE DIRECTOR

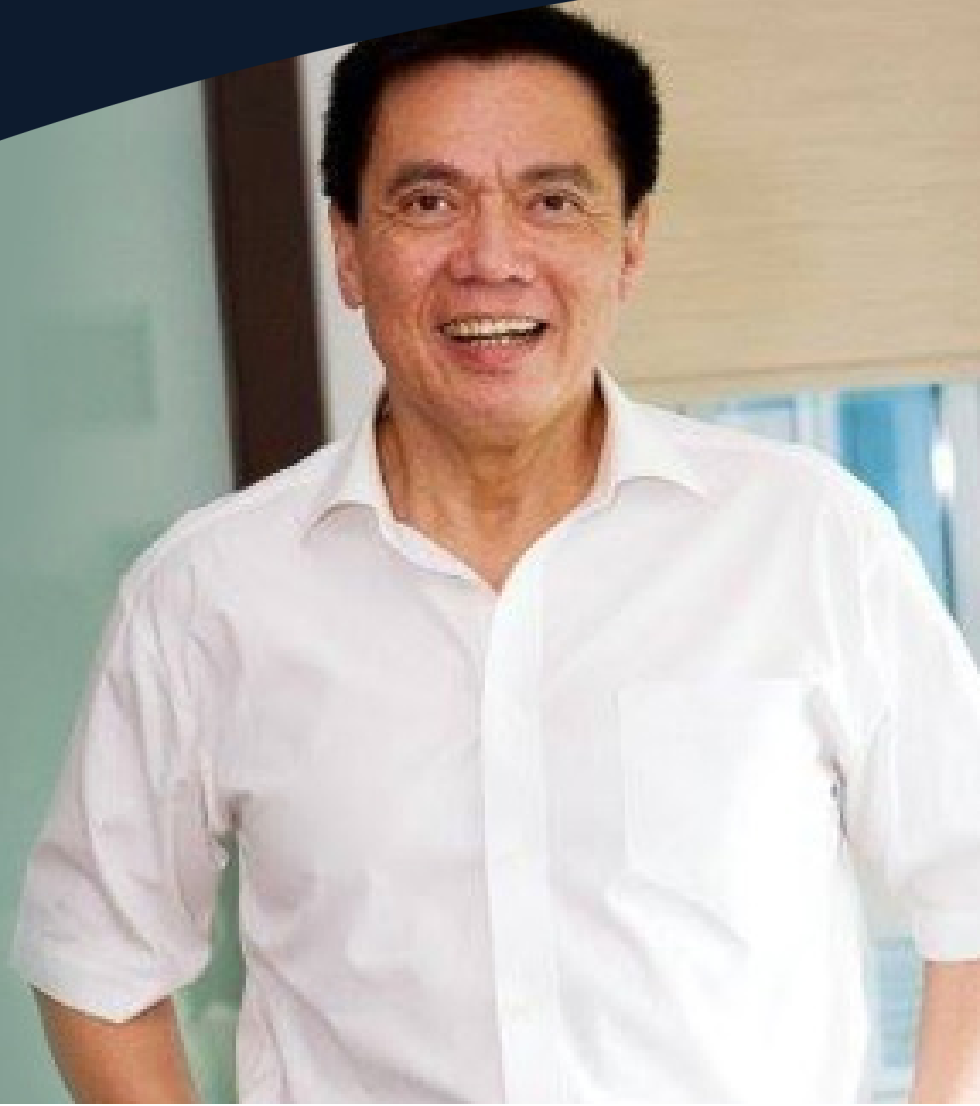
Florian Gottein is the Executive Director of the European Chamber of Commerce of the Philippines (ECCP) – the oldest European Chamber outside of Europe, with close to 800 members.

The ECCP provides a support framework for European companies, and especially SMEs, interested in exporting to or investing in the Philippines and Filipino companies interested in doing business with Europe or European companies already located or doing business in the Philippines.

Previously the Vice President for Membership and Business Services, Mr. Gottein became Executive Director in March 2016. Prior to this role, Mr. Gottein started his career at the office of the former Secretary of Defense and Interior of Austria in 2008. From 2012 to 2014, he served as the spokesperson of the Governor of the Province of Tyrol. Following his work for the Government in Austria, he joined the Ministry of Interior of the UAE in Abu Dhabi City.

Mr. Gottein graduated with a Master's degree in Political Science from the University of Innsbruck, with a short period of his studies conducted at the University of the Philippines, Diliman.





PRESIDENT'S MESSAGE

Fear of Normal

"For most people, feelings and worries surrounding a re-entry will likely disappear the more you engage with others. Avoiding situations due to social anxiety reinforces your beliefs about yourself and social situations" - Hillary Ammon, University of Pennsylvania, Perelman School of Medicine

The IATF declared the National Capital Region under Alert Level One. Under this status, there are no travel restrictions. Establishments are allowed to operate at full capacity. This is great, except that many establishments are remiss in demanding to see proof of vaccination which is a mandated requirement prior to entry.

Except for the wearing of face mask, which to me personally is no big deal, we are almost back to normal.

Elsewhere in the world, the CDC has declared that masks are no longer necessary for everyone, including the unvaccinated. The change in guidelines reflects the lower overall risk of COVID because of widespread immunity provided by vaccines.

Although WHO still considers that herd immunity needs the vaccination of 70% of the world's population, this easing of restrictions worldwide seems to indicate an unspoken, de facto strategy toward herd immunity.

While most of us have been looking forward to a return to normal, many people have become comfortable with social distancing and the remote lifestyle. Still others are going through re-entry anxiety.

"Though technology allowed us to stay home when it was important to do so, and made it possible to receive groceries and socialize virtually, this adaptation has turned into over accommodation and avoidance".



“As we emerge from the trauma of the past two years, we will be forced to confront our broken sense of security, our fear, and our new precarious reality...As individuals, we must face our self-sabotaging behaviors and more appropriately direct our angst.”

- Dr. Lucy McBride, Internist, Author

These are the people who suffer the uncertainty of not knowing what to expect. This “fear of normal” further contributes to a paralyzing sense of anxiety.

The article, “How to Cope With Post Pandemic Anxiety” explains: “Though technology allowed us to stay home when it was important to do so, and made it possible to receive groceries and socialize virtually, this adaptation has turned into over accommodation and avoidance”.

“Covid-19 has irrecoverably altered our world—and us along with it. As we emerge from the trauma of the past two years, ...we will be forced to confront our broken sense of security, our fear of normal, and our new precarious reality... As individuals, we must face our self-sabotaging behaviors and more appropriately direct our angst.” - Dr. Lucy McBride, Internist, Author

For those that might be still be struggling with a lack of closure for everything that’s been lost over the past 2+ years, experts recommend taking the time to consider the lessons learned from the pandemic.

“Healing from this psychological toll requires embracing our vulnerability in situations outside of our control. We can better manage transition, by first acknowledging our own trauma response”. - Dr. Lucy McBride, Internist, Author

“Take some time to reflect, what do you want it to mean to you and take out of this? Assigning meaning to the suffering of the past years might make it easier to transition into the post-vaccine world.” Cynthia Ackrill, MD, Stress Expert, Editor, American Institute of Stress’s Contentment Magazine

The experts suggest:

“Ask yourself, what are you willing to tolerate? Is it the group size, rules around mask wearing, or the amount of time you are present? Acknowledging your boundaries and sticking to a plan can offer a good sense of confidence when you leave your home...” - Cynthia Ackrill, MD, Stress Expert

There’s more.

“...A classic treatment approach for an anxiety diagnosis is exposure. Rather than avoiding what is feared, it is important to lean into those activities.” - Shannon O’Neill, PhD, Assistant Professor of Psychiatry, Mount Sinai, Icahn School of Medicine

I hope this piece is helpful, particularly to those that have not yet attended in our in-person weekly Thursday lunch meetings.

Dr. Ammon encourages people to consider outings as experiments.

“If people are feeling anxious about attending social outings, the first step is to acknowledge that they are feeling worried and consider what are they worried will happen? They can then revisit those initial worries and check the facts. Did that feared outcome happen and if it did, was it as bad as expected?” - - Hillary Ammon, UPenn, Perelman School of Medicine

In closing, let me leave you with some encouraging words from Chivonna Childs, PhD, Clinical Psychologist, Cleveland Clinic’s Center for Adult Behavioral Health

“While there may be bumps in the road—each day in a post-COVID-19 society will be different—it might be beneficial to focus on the silver linings of the pandemic when you’re feeling overwhelmed. If the pandemic has shown us nothing else: We’re resilient. Let’s carry that forward!” -

Today, our guest speaker, Florian Gottein will share with us the key initiatives of the European Chamber of Commerce of the Philippines.

Finally, as always, Makati West Men of Zest, let’s execute on our theme, “Increase Our Capacity to Serve” and remember our winning 3R’s: Recognize, Retain and Recruit.

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

“While there may be bumps in the road—each day in a post-COVID-19 society will be different—it might be beneficial to focus on the silver linings of the pandemic when you’re feeling overwhelmed. If the pandemic has shown us nothing else: We’re resilient. Let’s carry that forward!” -



THE WEEK IN REVIEW

May 5, 2022



Rtn. Patrick Dionisio as Moderator



PP Jun Alvendia as Invocator



President Franco del Rosario during his President's Time



PP Lito Jimenez Introduces the Guest Speaker



Ms. Anna Chua Norbert giving her Speech



Ms. Anna Chua Norbert receives a Gift of Life certificate from the club



Men of Zest Singing the Makati West Hymn



Rtn. Terry Farris Birthday Celebrant



Concert Committee Co-Chair Gerry Limcaoco



Fine Master Rtn. Lito Mercado





Q & A PP AP Bartolome to the Guest Speaker





Rotaractors Czarina Marille Santos & Maica Gomez attended the RYLA RY 2021-2022 on May 7, 2022 at Makati Sports Club





SOLAIRE

presents

MARTIN NIEVERA

LIVE AGAIN!

(The Best of the Concert King)

June 25, 2022 | 8:00 PM

THE THEATRE  SOLAIRE

For the benefit of **Rotary**  Club of Makati West **Gift of Life Charity**





Rotary Club of Makati West



Sponsorship Packages

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PP VICTOR VITAL
Club Advisers

Platinum Sponsor (max 2)
Includes 8 VIP seats

Diamond Sponsor (max 4)
6 VIP seats

Gold Sponsor
4 VIP seats

Silver Sponsor
2 SVIP seats

Bronze
1 VIP seat

Early Bird
Php 200,000

Regular
Php 250,000

Php 160,000

Php 200,000

Php 100,000

Php 125,000

Php 55,000

Php 65,000

Php 35,000

Php 45,000

SPONSORSHIP FORM

TO : ROTARY CLUB OF MAKATI WEST
VIBER NO. : (0917) 543-1709, (0917) 543-1704

Company Name: _____

Contact Person: _____ e-mail address _____

Contact Details: mobile _____

I would like to sign us up as a sponsor

Platinum Diamond Gold Silver Bronze

Please send payment by 5 May 2022 to avail of the early Bird rate

PAYMENT DETAILS:

CASH We will deposit to your account at

BDO Account No. 0016 8005 3572

Bank account: Rotary Foundation of Makati West Inc

Please Viber or email the deposit slip to jamesonrcmw@gmail.com or kai.rcmw@gmail.com

Check for Php _____ payable to Rotary Foundation of Makati West Inc .

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Years of Service

Est1969

Unit 1903 Cityland Herrera Tower, V.A. Rufino cor. Valero Sts., Salcedo Village, 1227 Makati City, Philippines
Mobile (+63) 917 543-1709 / (+63) 917 543-1704; Tel. (63-2) 8753-3098; Email: rcmakatiwest2020@gmail.com



Rotary Club of Makati West



SERVE TO CHANGE LIVES

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PP ROQUE TORDESILLAS
PP VICTOR VITAL
Club Advisers

Below are the media values this event has for potential sponsors:

Media Values	Platinum	Diamond	Gold	Silver
One booth placement at the Theatre lobby to showcase your products or services. (No wet and dry sampling)	✓			
Pull-up banners at the Theatre lobby (Maximum of 4 pcs.)	✓	✓		
One full page ad in a major newspaper one week before the event.	✓	✓	✓	
Acknowledgement by Martin Nievera during the event. Logo to be shown at LED on stage.	✓	✓	✓	✓
Voice-over acknowledgement prior to the event.	✓	✓	✓	✓
Logo inclusion in all digital event posters to be shown one month before at:				
• Edsa Orense LED (largest in the Philippines) 10 second spots / 2 per hour, 6am - 10pm.	✓			
• Edsa Orense LED 10 second spots / 2 per hour; 6am - 10pm.	✓	✓		
• C5 Northbound LED. 10 second spot 7 spots per hour, 8am to 10pm	✓	✓	✓	
• C5 Southbound LED. 10 second spot 7 spots per hour, 8am to 10pm	✓	✓	✓	
• Two Solaire LED on its façade 10 second spots / 14 per hour; 10am - 11pm.	✓	✓	✓	✓
• Theatre Lobby LED 30 second spots / 30 per hour; 11am - 10pm.	✓	✓	✓	✓
• Email blast (EDM) to Solaire patron database (65,000 pax) one week prior to event	✓	✓	✓	✓
• Solaire social media posts leading to the event (Facebook, Instagram, Twitter 1.3M followers)	✓	✓	✓	✓
• Event landing page at the Solaire website.	✓	✓	✓	✓

Bronze sponsors will have their logos included in the Solaire email blast, all Solaire social media posts and the event landing page of the Solaire website.

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Years of Service
Est1969

"Please submit your article on what being a Makati West Rotarian mean to me. This will be published on our website and the West Side Story."

SHARE YOUR THOUGHTS



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!



Bring in a New Member.

Receive the prestigious, Limited edition Non-Fungible Token that exist in the Ethereum Blockchain Network for every new member inducted.



How to receive RCMW NFT?

STEP 1: Download Trust Wallet from Apple App Store for iOS or from Google Playstore for Android.

STEP 2: Create an Ethereum Wallet in-app and send your Ethereum Wallet address to Dir. Elmer Francisco.

STEP 3: View your collectible tab after receiving your notification your RCMW NFT has been sent to you.

STEP 4: The secretariat will send you a digital copy of your certificate and the serial number of your RCMW NFT.

Missed out on past events?

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



[Click to explore >](#)

52ND INDUCTION & HANDOVER



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WEST SIDE STORY

[Click to explore >](#)

Fireside Chat & All-Cluster Meetings

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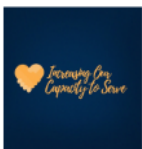
THE FOUR WAY TEST OF THE THINGS WE THINK, SAY AND DO

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

MAY IS

YOUTH
SERVICE
MONTH



"We cannot talk about the future without talking about children. They are our future." - PRIP James L. Lacy 1998-99

Rotary  YOUTH LEADERS

www.rotary.org

Rotary
Club of Makati West



SERVE TO CHANGE LIVES



Digital Remittance Platform

Transform the way you expand your business.
Connect to multiple remittance brands!

✔ **Open Platform**

Integrate easily and go live quickly

✔ **Cost-efficient**

Only connect to one platform to connect to different user bases

✔ **Expand Network**

Attract new customers to your platform



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RY 2021-2022

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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:

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kai.rcmw2@gmail.com

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(63-2) 8753 3098

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V.A. Rufino cor. Valero St., Salcedo
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