



# PHILIPPINE REGION

(Philippine Regional Interim Administration Committee)

## Community Service Projects (January – April, 2022)



Reported by: RSD-CS Monina Calingasan

### Regional Project

**Project:** “We Care – Bangon Siargao”, Typhoon Odette Rehabilitation  
**Venue:** Siargao Island, Mindanao  
**Beneficiaries:** 8,441 families from 20 Barangays in Siargao Island  
**Date:** Feb. 10-13, 2022 (overseeing the distribution process)



### Description:

With the added funding (US\$5,000.00) from Area NDERF, the Y’s Men Philippine Region under PRIAC, together with Philippine Region YMCs and Y’s Leaders, were able to provide adequate tools for rebuilding process on houses that suffered damages caused by Typhoon Odette in Siargao Island, in Mindanao Island under the project coordinating Chair PRD Philip O. Lee. A 3-Men Y’s Men Volunteer Team went to Siargao to oversee the orderly distribution of the tools to the affected barangays in the middle of Covid-19 pandemic.



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PHIL. REGION INTERIM ADMINISTRATIVE COMMITTEE  
發動“奧特地”風災 SIARGAO 災區愛心捐建活動

【本報記者報導】菲律賓地區臨時行政委員會（PRIAC）日前在宿務市舉行了一項名為「奧特地風災災區愛心捐建活動」的籌款活動。該活動旨在為菲律賓地區受奧特地颱風影響的災區籌集資金，用於重建受損房屋。PRIAC主席李國強在活動中呼籲各界人士踴躍捐建，以幫助災區人民早日恢復正常生活。

李國強表示，奧特地颱風對菲律賓地區造成了嚴重的破壞，數以萬計的房屋被毀，數以千計的人員傷亡。災區人民目前生活在水深火熱之中，急需資金進行重建。PRIAC將把籌得的資金用於購買建築材料、工具等，用於重建受損房屋。他呼籲各界人士踴躍捐建，以幫助災區人民早日恢復正常生活。

據悉，該活動得到了各界人士的熱烈響應。許多企業、團體和個人紛紛捐建，展現了菲律賓人民團結互助的精神。目前，籌款活動仍在進行中，預計將籌得數百萬比索的資金。

6 GOOD NEWS FEBRUARY 27, 2022  
ISSUE #8

**SIARGAO OFFICIALS, RESIDENTS BELIEVE THEY WILL SOON RECOVER**

SIARGAO ISLAND, PHILIPPINES (Y's Men Philippine Region) — The development and reconstruction of Siargao Island is expected to be completed by the end of 2022, according to officials from the Philippine Regional Interim Administration Committee (PRIAC) and local government officials. The island, which was severely damaged by Typhoon Odette in November 2021, is now in the final stages of rebuilding. Residents are optimistic about the future of their island, believing that they will soon be able to return to their homes and livelihoods. The reconstruction project is being funded by the Philippine government and international organizations. It includes the rebuilding of houses, schools, and other infrastructure. The project is expected to create jobs and improve the quality of life for the island's residents.

PHILIPPINE REGION INTERIM ADMINISTRATIVE COMMITTEE (PRIAC) assists in rebuilding operation for victims of Typhoon Odette

It was a job well done for the Y's Men Philippine Region as they assisted in the rebuilding operation for victims of Typhoon Odette. The Y's Men Philippine Region, in partnership with the Philippine Regional Interim Administration Committee (PRIAC), distributed a set of tools to the affected barangays in Siargao Island. The tools, including saws, wrenches, pliers, and other hand tools, were distributed to the barangays to assist in the rebuilding process. The Y's Men Philippine Region is committed to providing support and assistance to the victims of Typhoon Odette. They will continue to work with the PRIAC and other organizations to help the island recover and rebuild.



# Manila Downtown Y's Men's Club

**Project:** Present Community Pantry  
**Venue:** Carmel V. Tandang Sora, Quezon City  
**Beneficiaries:** 100 Families of the Community  
**Date:** March 09, 2022 – 9:00AM



**Description:** In line with 100 Years Celebration of Y's Men International  
*100 Bags of Veggies for 100 Families*



## Manila Downtown Y's Men's Club

**Project:** Reef Buds Deployment  
**Venue:** Debbie & Khry's Beach Resort, Barangay Sampaguita, Bauan, Batangas  
**Beneficiaries:** Protecting and Restoring Endangered Species and Ecosystem  
**Date:** February 09, 2022 – 9:00AM



### Description:

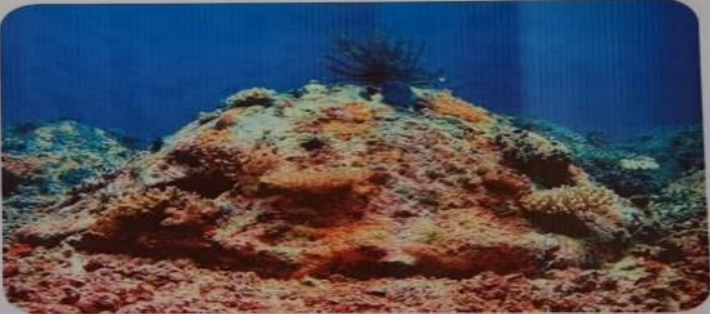
REEF BUDS are organic structures that are placed under the sea and soon can enhance fish to live in this structure then algae will grow on and in it, then corals, then in time the whole place will have healthy reefs with healthy fish. Manila Downtown Y's Men's Club is committed to join this endeavor for the next 5 years starting this February 2022 under the leadership of Club President Jason Magos, Board Directors and Members.

## REEFBUDS DEPLOYMENT

"The Only good thing to drop into the Ocean"




**Reefbuds Sponsors**

1. D3810 District Governor Robert Koa - 4reefbuds
2. RC Manila Metro LCP Andy Alcantara
3. RC Bagumbayan LCP Nick Lim
4. RC Manila San Miguel LCP Marci Supsup
5. RC Carmona LCP Patrick Doloroso
6. RC University District Manila LCP Silvestre Co
7. RC Manila Bobby Joseph – 2reefbuds
8. RC Panday Pira LCP Ben Wong
9. RC Manila Kalaw LCP Judith Landicho
10. Manila Downtown Y's Men's Club President Jason Magos
11. IWCPI National President Yolanda Wycoco
12. IWCPI National Secretary Minerva Elizaga
13. D383 District Chairman Jovita de Jesus
14. D383 District Secretary Marsha Santos
15. IWC Parañaque
16. IWC Parañaque South
17. IWC Parañaque Multinational
18. IWC Makati
19. IWC Makati North
20. D383 Pink First Presidents
21. IWC Central Makati
22. RC Cubao Sunrise D3780



**9:00am February 9, 2022**  
**Debbie & Khrys Beach Resort Brgy. Sampaguita**  
**Bauan Batangas**

Marine Sanctuary Managed by  
RC Parañaque & RC Bauan









# Y's Men's Club of RAHA Philippines




**Project:** YMI Centennial Celebration  
**Cultural Heritage Cookbook Competition**  
**Date:** January 25, 2022  
**Description:** Menu Recipes Entries (6)


### Kagitil & Pastil


CP Majafaro Tindoy-Atayde  
Y's Men Club of RAHA Philippines



This dish is one of a kind and very popular in Mindanao region because this is what they called Food for the forest in Tagalog, "Pagkain pang Ibonok". Why? It is because you can bring it to the forest that cannot be perish and with the longer shelf life... I remember one of my god father farmer who used to bring it to the rice field as their pack lunch and snack. I was so amazed with the banana leaf shape like a small packaging of their food. As we usually join them they share their pack food that the taste and even the texture full of flavor and richness that I fond of eating with them, now that I have my own family and I cook this kind of pack lunch for my kids when they go to school and fond of having the banana leaf aroma that added taste and keeping the food fresh and warm. I learned this Pastil to my god father farmers wife and as I found out that this variants is a Halal food and being the heritage food of Maranao of Mindanao province. Pastil is a Filipino packed rice dish made with steamed rice wrapped in banana leaves with dry shredded beef, chicken, or fish. It originates from the Maguindanao people and is a popular, cheap breakfast meal in Mindanao, especially among Muslim Filipinos. Other variant if it is rice toppings with tomatoes and boiled egg it is called Kagitil




### The Story



PP MONINA U. CALINGASAN  
Y'S MEN CLUB OF RAHA PHILS.


### Adobong Nueva Ecija



This recipe comes from my great grandmother Isobel who resides in Nueva Ecija in the Philippines. My mom used to live with her in Sta. Rosa and she told me that because she was her favorite granddaughter, Lola Isobel's recipes were passed down to her. Since I loved to cook as well, my mom Isabella gave me the very same recipe. Adobo is a very famous dish among Filipinos, it's as if everyone in the country lives and breathes for it. People from other countries love adobo as well. Notable personalities who love this dish are Dre Barrimore, Vanessa Hudgens, Zac Efron, Tom Maurer, and Meghan Markle. Because of its delicious flavor and preserving qualities, Adobo is a staple comfort food for everyone. Its shelf life is notable as well because it lasts for days even without a refrigerator. Some say that the older it gets, the more flavorful it is. It's a guarantee that Adobo has a mark on everyone's lives and it's present in the most special occasions we celebrate. It's a delight to know that all it takes is a reheat, a side of hot steamed rice and a deliciously salted egg, and maybe even some tomato, to serve Adobo for breakfast, lunch, dinner, or even merienda (Filipino snack time).

### CS Maria Socorro "Marie" Vedan

Y's Men's Club of RAHA Philippines




### Mutya of Amadeo, Cavite

Amadeo, Cavite is best known for its Pahimis Festival, which showcases the town's coffee industry. It is in this town that the Vedan's bloodline originated. The family has been accustomed to bonding every week or holiday. And because of the meeting there is an affiliated meal, which is a family passion.


Some of you may know about the Mutya of Cavite which comprises of mostly seafood ingredients. However, a unique version of Mutya was discovered by my husband's eldest brother Ricardo Vedan. There was red tide crisis at the time so they had a hard time finding seafood. Because of this, pork is their alternative. He experimented a new dish that is different from their usual taste.

He marinated all the ingredients that are available and came up with this dish that truly amazed the whole family. Each member of the family got interested to it which includes me. Thus, it became a signature dish to be served on multiple events. The resulting recipe turned out to be great. Soon, they called it Mutya like an amulet that gives charm to the family.



### CS Maria Socorro "Marie" Vedan

Y's Men's Club of RAHA Philippines




### Pinoy Style Spaghetti

Filipinos love to feast on many occasions big or small. It is a tradition deeply engraved in our culture. It is the essence of what makes us closer together. The thing is, there are some dishes that always appear at different occasions. Some say it must be eaten on birthday celebrations because it can prolong life. But mostly because it taste so good. What is this dish? It's called the Pinoy Style Spaghetti.

Every Filipino has their own style of cooking spaghetti. They like to add, substitute, or manipulate ratios of different ingredients such as mushrooms, meats, creamers, or condiments. My family has a specific recipe that dates back to my husband's bloodline which I have adapted as I cook for my family. It is our unique modification of the sweet style spaghetti. It contains flavorful and nutritious ingredients that give happiness to anyone who eats it.

What's the secret? Aside from the recipe, love is the special element. Attention to detail and timing is manifested from it. Plus, the smell and joyous atmosphere that the cook radiates can surely entice anyone who's about to eat it. And that makes our cuisine delicious.




### Ensalada




This make our family heritage fill in for so many decades that we came from the influence of Spanish and Chinese. I want it to share to commemorate my Mama Tetchu in which a great influence for us to do the kitchen chores and also the recipes that being handover through many generations. That the complex variation of variety of flavors and recipes that make our food very diverse and array of memories

ENSALADA. This word is from the Spanish language. The Filipino-style fresh salad includes tomatoes, red onions, and greens. This was our family ensalada that my mother used to prepared as a side dish in all our fried and saucy dishes, that compliment and neutralized the flavor of all the variant being match. The best of it that this salad that being pass it on by our mother that used to hand over by our ancestor.




Y's Olivia Tindoy  
Y's Men Club of RAHA Philippines

### Bistek Tagalog



PP MONINA U. CALINGASAN  
Y'S MEN CLUB OF RAHA PHILS.



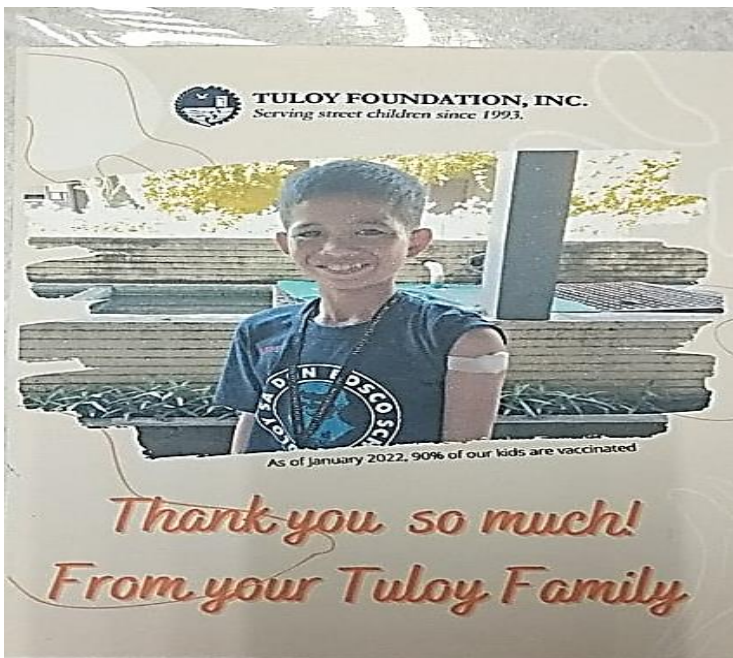
#### Ingredients

- 1 Kilo of Pork
- 30 pcs Philippine lime
- 6 tbsp of Soy sauce
- 1-2 pcs of medium or big White Onion

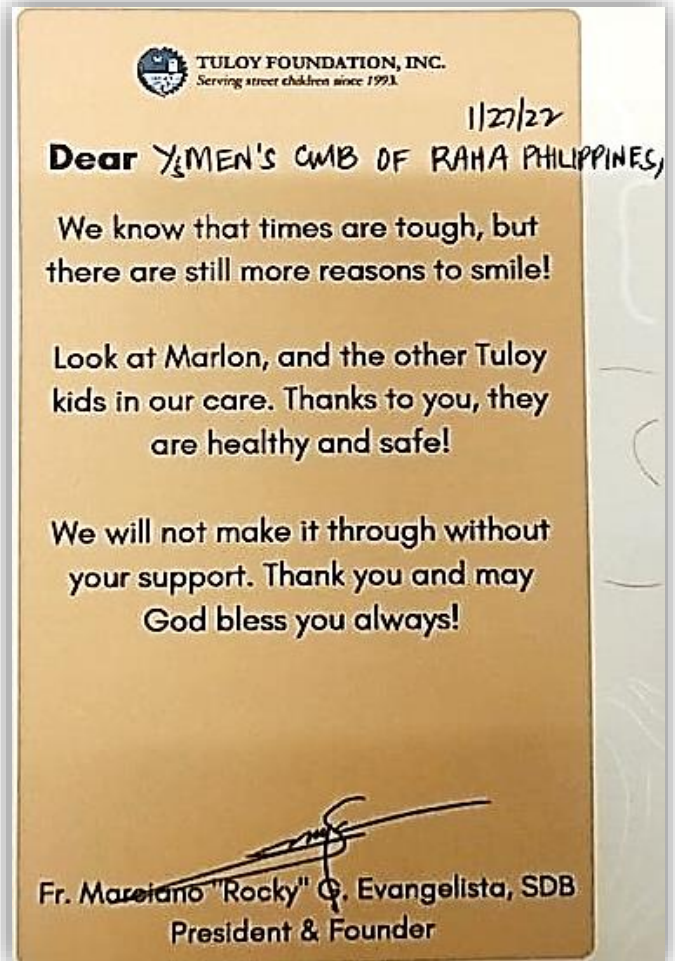
## Y's Men's Club of RAHA Philippines



**Project:** 2<sup>nd</sup> Batch Vegetables Donation  
**Beneficiaries:** Tuloy Don Bosco Street Children Village  
**Drop-Off:** P. Noval Corner J. Berlin, Sampaloc, Manila  
**Date:** January 27, 2022



It is a heartwarming and unexplained happiness when after you serve the 2<sup>nd</sup> batch of vegetables to the people in need, you will receive Tuloy Don Bosco Street Children those messages from the children and to the President and Founder of the foundation, Fr. Rocky Evangelista thanking you for your generosity



# Y's Men's Club of RAHA Philippines



**Project:** Webinar Awareness On Fire Safety @ HOME  
**Date:** February 19, 2022  
**Venue:** via Zoom Meeting  
**Description:**

In collaboration with Y's Men Club of RAHA Paranaque, RC of RAHA Sulayman, Rotaractors of RAHA, RAHA Fire Volunteers and Medic; Important experience and knowledge was gained.

**SAVE THE DATE**  
**FEB 19, 2022**  
**FIRE SAFETY AT HOME**

Meeting ID: 884 7065 7982  
Passcode: NOTOFIRES

Rotary Club of Raha Sulayman Manila  
Rotaract Raha Sulayman Volunteers

Rotary Club of Raha Sulayman Manila  
in partnership with Rotaract Raha Sulayman Volunteers  
present

**PLAN FOR THE BIG ONE:  
Family Disaster Action Plan**

5:00PM | SATURDAY, 19TH FEBRUARY 2022

MEETING ID: 825 0070 8905  
PASSCODE: THEBIGONE

**SPEAKER**  
**Gladwin Abram So, PhD, REMT**  
Admin Chief,  
Association of Volunteer Fire Chiefs and Firefighters of the Philippines, Inc.  
Emergency Services Division

7:16 75%

Zoom Leave

maja tindoy RAHA

**FEB 19 2022**  
**FIRE SAFETY AT HOME**

**Avelardo Dualan to Everyone**  
**MAGANDANG GABI PO SA LAHAT**

Unmute Stop Vide Share Participa More

7:21 74%

Zoom Leave

**KEYNOTE SPEAKER**  
Ret. Col. Arnold Ulanday, RMEE  
Bureau of Fire Protection

Unmute Stop Vide Share Participa More

# Y's Men's Club of RAHA Philippines



**Project:** Coron Mission of ONE RAHA  
**Date:** February 19, 2022 – March 15, 2022  
**Venue:** Coron, Palawan  
**Description:**

In collaboration with Y's Men Club of RAHA Paranaque, ONE RAHA and other NGOs for Environment Vocational and Community; distribution of Covid Medical Supplies.



Arrival of Volunteers in Coron, Palawan – February 21, 2022



# Y's Men's Club of RAHA Philippines



**Description:** Training of DRRMD Tour Guide Bangkeros in Bag Tag and CPR @ Brgy. Tagumpay, .

**Date:** February 24, 2022



**Description:** Mangroves Planting (500 propagules plant) with Shalom Women Biodiversity Conservation @ Brgy. Tagumpay.

**Date:** February 27, 2022



# Y's Men's Club of RAHA Philippines



**Description:** Transporting all remaining donations

**Date:** February 28, 2022



**Description:** Dissemination and distribution of all donations to Barangay recipient of Lajal, Cabugao and Banuang Daan, Coron Rural Health Unit Medical supplies and PPE for frontliners, water purifier for water treatment, milk for children, books and school supplies

**Date:** March 01 - 05, 2022



## Y's Men's Club of RAHA Philippines



**Project:** Binyagan Sa Tag-Araw (Operation Tule)  
**Venue:** Brgy. 149 Raxabago corner Lucban St. Tondo, Manila  
**Beneficiaries:** 196 Children  
**Date:** March 10, 2022  
**Description:**

Operation tule is now more than five (5) years in service to the community spearheaded by Congressman Yul Servo in partnership with Y's Men's Club of RAHA Philippines, Raha Fire, and Medic Volunteers. The project was conducted every summer in time for the school vacation so each child can benefit from the free circumcision. This summer, the project is entitled "Binyagan sa Tag-araw



# Y's Men's Club of RAHA Philippines



**Project:** Binyagan Sa Tag-Araw (Operation Tule)  
**Venue:** District 3, Plaza Del Carmen near San Sebastian Manila  
**Beneficiaries:** 247 Children  
**Date:** March 12, 2022



## Y's Men's Club of RAHA Philippines



**Project:** Binyagan Sa Tag-Araw (Operation Tule) and Anti-Bullying Campaign  
**Venue:** District 6 Brgy. 646 Nepomuceno St. San Miguel, Manila  
**Date:** March 15, 2022  
**Description:**

While waiting for their turn to be circumcised, Y's Men Club of RAHA Philippines officers took the opportunity to promote to the children the anti-bullying campaign. We taught them the importance of choosing the positive behavior and the negative effect of bullying.



## Y's Men's Club of RAHA Philippines



**Project:** Binyagan Sa Tag-Araw (Operation Tule)  
**Venue:** Robert Ortega Covered Court, Brgy. 737 Zone 80, Mataas na Lupa Malate Manila  
**Date:** March 17, 2022





## Y's Men's Club of RAHA Philippines

**Project:** Binyagan Sa Tag-Araw (Operation Tule)  
**Venue:** District 5 Baseco, Intramuros Ermita, Malate, Manila  
**Beneficiaries:** 213 Children  
**Date:** March 19, 2022





## Y's Men's Club of RAHA Philippines



**Project:** Gift Giving (Toys) & Foods to Orphanage Children of Meritxell, Marikina  
**Date:** March 22, 2022  
**Venue:** #24 Peach Street, Marikina City  
**Description:**

Meritxell Children's World Foundation is a facility for abandoned, neglected, orphaned, and abused children. It is a great joy in our hearts to see the smile on the lips of the children. Despite their bitter experience, their innocence remains.





## Y's Men's Club of RAHA Philippines



**Project:** Feeding Program, Distribution of Hygiene Kit, Seedlings, Agricultural Materials & a Water Pump  
**Venue:** Morong, Bataan  
**Beneficiaries:** 100 Families  
**Date:** April 30, 2022

**Description:** Y's Men Club of RAHA Philippines once again pays a visit to Aetas Tribe in Morong, Bataan. 100 families benefited from the projects conducted including feeding program, the donation of hygiene kit. To sustain their everyday needs in livelihood, we donated seedlings, avocado trees, and agricultural materials. For clean water to drink, we endorsed a water pump. These will surely help them to uplift their lives

