

Rotary Club of Calbayog Supports Pink October



16th of October 2021 @ 9 am- The Rotary Club of Calbayog, spearheaded by Life Changing President Sandro Daguman held a Breast Cancer Awareness Campaign in Brgy. Manguino Covered Court, Tinambacan District, Calbayog City.

Rotarian Aileen Reyes, a nurse by profession, shared some insights and information about breast cancer.

In her lecture, she emphasized that this life-threatening disease affects both men and women. She also encouraged women to perform Self Breast Examination at least once a month.



Rotary Club of Calbayog

Afterwards, members of the Rotary Club of Calbayog handed out flyers to attendees with information about Breast Cancer, its causes, symptoms and how and when to seek medical attention. The flyers also included Step-By-Step Instructions on how to do a Self Breast Examination at home. Several questions were posed and addressed following the lecture. Meanwhile, Mr. Ron Aliman, a licensed Zumba expert, led an energetic and entertaining zumba dance which was participated in by Rotarians and members of the Rotary Community Corps of Manguino.





Ways to Reduce Breast Cancer Risk

Know your family history- even your father's. You may be at a higher risk of breast cancer if you have family members (parent, siblings, grandparents, aunts, uncles, cousins, nieces and nephews) who have developed breast, ovarian or prostate cancer—especially at an early age. Men and women with a strong family history of cancer may want to consider genetic counseling. Talk to your doctor or genetic counselor.

Watch your weight and give your body the nutrients it needs. Maintaining a healthy weight throughout life and nourishing your body with fruits and vegetables can help lower risk of breast cancer. Studies have shown that women's breast cancer risk is increased with obesity (being extremely overweight) especially after menopause. Obesity is probably a risk factor for male breast cancer as well.

Get moving! Studies have conclusively shown that exercise can help cut down your breast cancer risk and even help breast cancer survivors live longer. So get out there and dance, run, swim, bike or walk. Exercise at a moderate intensity for at least 30 minutes every day.

Avoid tobacco. If you're a smoker, quit! Smoking not only causes many different cancers including breast cancer, it can also damage nearly every organ in your body, including the lungs, heart, blood vessels, eyes, skin and bones. Smoking causes a number of diseases and is linked to a higher risk of breast cancer in younger, premenopausal women. Avoid second hand smoke whenever possible—it can be just as damaging. Research also has shown that there may be link between very heavy second-hand smoke exposure and breast cancer risk in postmenopausal women.

Limit your alcohol intake. Women should limit their alcohol intake to less than 3 drinks per week. New studies suggest that women who drink 3 to 6 drinks per week of any type of alcohol have a 15% increase in their risk of breast cancer. Men can have high estrogen levels as a result of being heavy users of alcohol, which can limit the liver's ability to regulate blood estrogen levels.

Get screened. Monthly self-breast exams and annual mammograms for women don't prevent cancer, but they can help find cancer at the earliest stages when it's most treatable. Please consult your physician for a specific screening schedule tailored to your risk profile. Cancer research breakthroughs are constantly introducing new tools in the prevention, early detection and treatment of cancer. Support cancer research. Without funding, we are not able to sustain our efforts to find a cure for breast cancer- and all cancers. (National Foundation for Cancer Research)





Rotary Club of Calbayog Service Partners October 2021



City Mayor Diego P. Rivera

PADG Mel Senen Sarmiento

Mr Fernando Mancol, Jr.

Ms Gina Yulo

Mr & Mrs Raul & Belle Isidro

Mr Bobby Galang

DPWH Accounting Office





PADG Mel Senen S. Sarmiento
Economic & Community
Development Chairman
RI District 3860
RY 2021—2022

Economic and Community Development, Serving To Change Lives

The first major period of globalized trade and finance in the world occurred between 1870 and 1914. The same era when Rotary was founded by its visionary leader, Paul Harris. After six years, it became an international organization in Rotary Year 1911-1912. Perhaps Paul Harris envisioned “living in a small world” before it became a term for technological advancement, communications, transportation, and so on. People have become mobile, but the downside to it is what we are experiencing today. The virus is transmitted across borders.

In the Philippines, by joining the World Trade Organization (WTO) in 1995, the country demonstrated its commitment to addressing the challenges of globalization. Embraced the need to work with the rest of the world.

As an international organization, we sometimes question as Rotarians, why there is an IR President and a Governor’s challenge. A lot of things we get asked to do as a club.

And we have month-to-month themes : July New Leadership Month August – Membership and Extension Month September – Basic Education and Literacy Month October – Economic and Community Development Month November – Rotary Foundation Month December – Disease Prevention and Treatment Month January – Vocational Service Month February – Peace and Conflict Resolution Month March – Water and Sanitation Month April – Maternal and Child Health Month May – Youth Service Month June – Rotary Fellowship Month.

It is imperative for every member of Rotary to know WHY we are challenged by our District leaders. Hopefully, as a resident of this world, we will be motivated to do more for the club.

It is because Rotary International is a service organization. With the motto “Service Above Self”, it accepted the call to support the global effort of the 191 UN member

states. Beginning with the Millennium Development Goals, committed to helping achieve the following by 2015:

1. To eradicate extreme poverty and hunger
2. To achieve universal primary education
3. To promote gender equality and empower women
4. To reduce child mortality
5. To improve maternal health
6. To combat HIV/AIDS, malaria, and other diseases
7. To ensure environmental sustainability
8. To develop a global partnership for development

At the end of the MDGs, the Sustainable Development Goal was set out in 2015 by the United Nations General Assembly and is expected to be achieved by 2030. The SDGs aim to achieve 17 objectives:

- GOAL 1: No Poverty
- GOAL 2: Zero Hunger
- GOAL 3: Good Health and Well-being
- GOAL 4: Quality Education
- GOAL 5: Gender Equality
- GOAL 6: Clean Water and Sanitation
- GOAL 7: Affordable and Clean Energy
- GOAL 8: Decent Work and Economic Growth
- GOAL 9: Industry, Innovation and Infrastructure
- GOAL 10: Reduced Inequality
- GOAL 11: Sustainable Cities and Communities
- GOAL 12: Responsible Consumption and Production
- GOAL 13: Climate Action
- GOAL 14: Life Below Water
- GOAL 15: Life on Land
- GOAL 16: Peace and Justice Strong Institutions
- GOAL 17: Partnerships to achieve the Goal

Under MDG Objective 8 and SDG Objective 17 that encourages multi-stakeholder partnerships, the RI again acceded to the challenge. To enrich the global partnership for sustainable development, complemented by multi-stakeholder partnerships that mobilize and share knowledge, expertise, *continue to Page 5*



Economic and Community Development, Serving To Change Lives...continuation from Page 4

technology and financial resources, to support the achievement of the sustainable development goals in all countries, in particular developing countries. Likewise, to foster and promote effective public, public-private and civil society partnerships, building on the experience and resourcing strategies of partnerships.

As a result, in addition to our organizational themes, our monthly theme is aligned with the SDGs. The economic disruption brought about by the pandemic will certainly have an impact on community development within the SDGs.

The economic disruption brought about by the pandemic will certainly have an impact on community development within the SDGs. All the more reason for Rotarians to help address the pandemic as prescribed in Goal 6 of the MDGs and now Goal 3 of the SDGs. And above all, to revive the local economy, which will contribute greatly to the achievement not only of extreme poverty and hunger, but also of other objectives, in general.

It is true that the pandemic will make achieving these goals more difficult. But as Rotarians, we can perhaps help achieve our National Roadmap, the SDGs inclusive Ambisyon Natin 2040.

Our Constitution called for public participation in governance, so when government was decentralized with the adoption of the 1991 Local Government Code, it was also stipulated.

Recently, in addition to BIR collection, the Supreme Court decided that the revenues of the Customs Bureau would be included in the determination of the Internal Revenue Allotment. It is distributed to local governments and will be called the National Tax Collection starting next year.

As a result of this decision, EO 130 s2021, which included RULE XII, was issued to remind province, cities, municipalities and barangays of the ROLE OF CIVIL SOCIETY ORGANIZATIONS.

Some of the mandated functions are to localize the SDGs. It is incumbent upon local governments to partners with service organizations like Rotary. Rotary International has also given members of the Rotary Clubs the mandate to partner and support its programs relevant to SDGs.

Local governments now have the resources to meet the objectives and should take advantage of the diversity of human resources and reach of Rotarians across the country.

ROTARY OPENS OPPORTUNITIES for collaboration with the LGUs in the midst of the pandemic. Together, we can ‘SERVE TO CHANGE LIVES’ for a better next normal. A public service partnership is a must. I always believe that the Government CANNOT do much by WORKING FOR the people. But I CAN DO MORE by WORKING WITH the people.

A partnership between local governments and a Rotary Club will help achieve our national road map for a bigger and stronger middle class by 2040. A vibrant economy will translate to community development.


I was invited by UNDP to a panel session on how to effectively implement the MDGs in Mumbai, India. We concluded with the adoption of the Mumbai Declaration on Localizing the Goals. I also presented the Philippines Report on the MDGs at a side event at the United Nations General Assembly meeting in New York in 2009. From a personal perspective, I would like collaboration to take place.

Let us celebrate Economic and Community Development by serving above self.

Time for Family
Time for Work
Time for Community

Rotary 

Time to make
A DIFFERENCE
Time for Rotary


ROTARY'S VISION STATEMENT
TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES


Rotary Club of Calbayog Service Partners October 2021



Polio Awareness Infographics



“ ROTARY AND ITS PARTNERS HAVE REDUCED POLIO CASES BY 99.9% SINCE 1988. ”

WORLD POLIO DAY IS 24 OCTOBER endpolio.org 

Symptoms of Poliomyelitis

Only 5% of Infected People will Develop Flu-like Symptoms


- Fever
- Fatigue
- Headache
- Nausea & Vomiting


“ LESS THAN 1% OF PEOPLE INFECTED WITH POLIO DEVELOP MUSCLE WEAKNESS ”

VACCINES WORK. THE FIGHT TO END POLIO IS PROOF.

#ENDPOLIO #VACCINESWORK

WORLD IMMUNIZATION WEEK 2020 ENDPOLIO.ORG







POLIO VACCINES ARE SAFE AND EFFECTIVE


Polio vaccines have been used all over the world to protect more than 2 billion children from polio.


POLIO WILL BE THE 2ND HUMAN DISEASE IN HISTORY TO BE ERADICATED.


#VaccinesWork  endpolio.org


PROTECT YOURSELF AND YOUR LOVED ONES FROM POLIO

 Ensure your child is vaccinated multiple times

 Wash your hands regularly with soap and water


 Use a toilet


 Consume food that is fully cooked

 Drink safe water*

*If the safety of your water is in doubt, boil it

“ DID YOU KNOW POLIO COULD BE THE SECOND HUMAN DISEASE TO EVER BE ERADICATED? ”

WORLD POLIO DAY IS 24 OCTOBER endpolio.org 

I WANT TO END POLIO 

endpolionow.org | #worldpolioday



- Rtn Dave Murjani 04
- Rtn Bon Calvara 08
- Rtn Irene Obong 14
- Rtn Michelle Bolante 20
- Rtn Ritchie Rono 21
- Rtn Richard Alovera III 22
- PAG Jerry Perol 24
- PAG Gil Lentejas 27

Rotary Club of Calbayog Distributes Board Games to San Vicente de Paul College Seminary

After the MIND MATTER webinar, the club offered mass to those people who committed suicide and persons who are suffering from depression and other forms of mental illness.

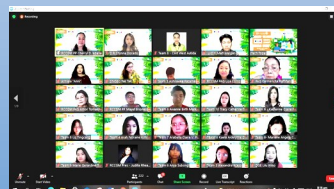
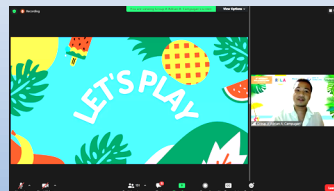
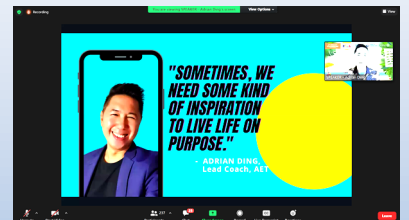
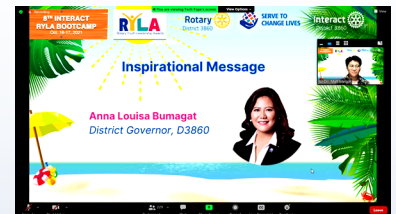
Subsequently the Rotary Club of Calbayog handed over some board games to the seminarians of St Vincent de Paul Seminary of Calbayog last October 03, 2021. The board games were intended to alleviate their mood being away from their family especially this pandemic.



President-Elect Richard Alovera III



- Isa Geraldine Raceles
- Bea Palomeras
- Nikki Phylline Daguman
- Trou Lucio
- Patricia Labian
- Clint West Autida
- Rov Luistro



Rotary Community Corps (RCC) of Manguinoo



Rotary Community Corps of Manguinoo with the Rotary Club of Calbayog

A Rotary Community Corps (RCC) is a group of non-Rotarians who share Rotary's commitment to changing the world through service projects.

RCC members plan and carry out projects in their communities and support local Rotary club projects. Sponsored by a Rotary club, an RCC leverages Rotary's network, brand, and mentorship by partnering with clubs to plan and implement service projects. RCCs increase Rotary's impact and expand its reach by bringing the knowledge and talents of local people to strengthen their community through sustainable projects.

There are more than 11,000 corps in 105 countries and 257 districts. RCCs are active everywhere Rotary is present: in urban and rural areas, and in both developed and developing countries. (rotary.org)

Program Goals:

- Promote sustainable solutions to community needs
- Support community members in addressing community needs while recognizing their unique ability to identify pressing concerns and appropriate solutions
- Develop partnerships between Rotarians and non-Rotarians in a joint effort to strengthen the community (rotary.org)



Rotary Community Corps (RCC) of Manguinoo



Left picture: RCC President Cathy Abela delivers a speech **Middle picture:** Club President Sandro Daguman inducts officers of RCC Manguinoo. **Right picture:** officers and members of RCC Manguinoo

"Whatever Rotary may mean to us, to the world it will be known by the results it achieves."

-Paul Harris



Shekhar Mehta RI President Elect 2021-22

"Service is the rent that we pay, for the space that we occupy on this earth."

Service Above Self

Rotary Club of Calbayog Service Partners October 2021



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Online and In-Person Meetings, Training and Seminars

October 01: Online 2nd Quarterly Meeting with AGs and Club Presidents



October 03, 2021: Breakfast Meeting at McDonald's Calbayog



October 10, 2021: In-Person Meeting at Shakey's Calbayog

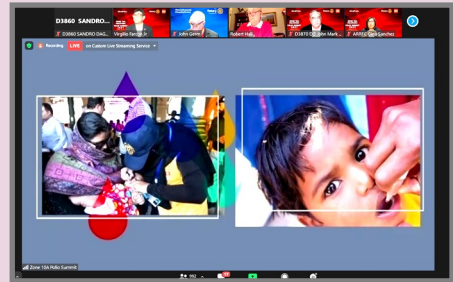
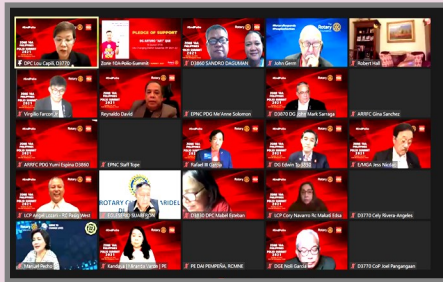


Online and In-Person Meetings, Training and Seminars

October 13: In-Person Meeting at SAj Cafe



October 18, 2021: Online Polio Summit 2021

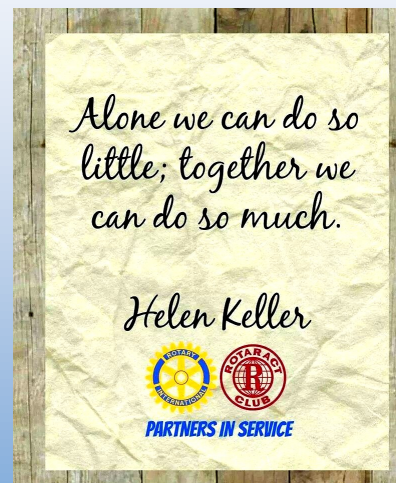


October 23, 2021: Public Image Online Seminar



The best way to find yourself
is to lose yourself in the
service of others.

The Making of Rotary of Calbayog's Breast Cancer Awareness Video Campaign



Rotary Club of Calbayog Service Partners October 2021

