

ROTARY CLUB OF CENTRAL DAVAO

CLUB NO. 17108 DISTRICT 3860 DAVAO CITY PHILIPPINES CHARTERED AUGUST 25, 1975

CENTERVIEWS

44 YEARS
OF SERVICE



Peace and Conflict
Prevention/Resolution



Disease Prevention
and Treatment



Water and Sanitation



Maternal and child health



Basic Education and literacy



Economic and Community
development

Central Davao
Rotary
Club





18th Regular Meeting

Rotary Foundation Month

Call to Order

Press Carmencita Zurita

Invocation / National Anthem

PT Caridad Canete

Reading of 4way Test & Object of Rotary

PP Quitoy Guevarra

Introduction of Visiting Rotarians/Guests

PP Gerry Napalit

Community Dancing

Winner's Team

Introduction of Speaker

PGD Art Tan

Speaker

Dr. Jimymah M. Coching Ph. D. ND

Guest Speaker : Dr. Jimymah M. Coching Ph. D. ND
Topic : "Health and Wellness"

Secretary's Time

Sec. Maychelle Kanda

President's Time

Press Carmencita Zurita

Adjournment

Press Carmencita Zurita

Master of Ceremony

PP Jonathan Desales



Let us Pray

Heavenly Father, thank you for the gift of life. Thank you for everyone that is gathered in this room. You have protected us throughout the day and have enabled us to be here safe tonight.

God, help us to be united in this meeting. May we be of one spirit and have a common purpose. Help us to be quick to listen and slow to anger when others share their ideas.

We ask these things in your name, Amen.



President's Column

PRES. CARMENCITA R. ZURITA

RY 2019-2020

My Fellow Centralites, Spouses and Guests,

Just this morning , I was accompanied by Past President Gerry Napalit during Patak kontra Polio in Purok St Jude ,NHA ,Buhangin,Davao City. This is already the second round and the third and last round will be this January.

According to the Department of Health ,there are 3 new polio cases as of November 30. There are now 7 recorded cases of polio in the country ,6 of which are in Mindanao. The DOH said the new cases came from Cotabato City, two of which were infants unvaccinated with the polio vaccine while the third case was a 4 year old girl who received incomplete doses.

It is such a pity that a lot of children are falling victim to the vaccine-preventable disease . Let us ensure that the children receive complete doses of the vaccine to fully protect them from polio.

As an update to the Rotary Village the district will be putting up in Magsaysay, Davao del Sur, the design of which is for approval as of this writing, the 25 square meter concrete/amakan house will cost around 55,000 . Some rotarians have already pledged to donate on a per house and some clubs as well. It is up to us if we will pledge one house or individually , a Centralite can pledge for one or more houses.

Tonight we will be celebrating the November Born Centralites natal day. Lets have fun tonight !

Guest Speaker

**DR. JIMYMAH M. COCHING
PH. D. ND**

**TOPIC
“Health and Wellness”**

According to research 90% of all diseases begins with the colon and almost all of these has to do with the parasite no wonder deworming even up to adult is necessity, this is advocacy of Dr. Jimymah Coching.

Dr. Coching is a multi-awarded naturopathic practitioner who has been treating and giving consultations all over the Philippines or even abroad.

A native of Cotabato City Dr. Coching's colorful journey towards a naturopathic medical field started in her college years when someone close to her got diagnose in the digestive related illness.

Upon learning the different approach of the western and eastern medical treatment a natural method inspired her the most. Since then she pursued higher learning a natural medicine and soon becoming expert on the field.

Now she has 13 offices scattered all over the Mindanao, her proficiency in natural medicine gain national attention when she won the prestigious people choice award twice.

She also has several radio programs tv5 and sonshine radio and will soon launching her own video and channels on the web and some programs on T.V.

Dr. Coching has completed the study with

- Live Blood Analysis
- Tongue and Nails Analysis
- Doctor on Ministry in Alternative Medicine with Diploma
- A certified Iridologist and Naturopathic Practitioner (DOH/PITAHC) 19 years.
- Ph.D. in Public Health Major in Parasitology
- Ph.D. in Public Administration Major in Good Governance

The Rotary Foundation inducted into University of Oxford's Chancellor's Court of Benefactors

The Rotary Foundation has been welcomed into the University of Oxford's Chancellor's Court of Benefactors for its continuous support of the university.

Since 1949, The Foundation has provided scholarships to more than 200 Oxford scholars including a former American ambassador to the United Kingdom, a Pulitzer Prize-winning author and investigative reporter with the New York Times, and a Director & Senior Fellow at the Ansari Africa Centre.

"The university is enormously grateful to The Rotary Foundation for their support of graduate scholarships at Oxford," said Professor Louise Richardson, Vice-Chancellor, University of Oxford. "For almost 70 years, this support has enabled students from around the world to benefit from all that Oxford has to offer."

Membership of the Court of Benefactors is conferred by the Chancellor on those who have been outstandingly generous towards the university. Members may be individuals, or nominated representatives of companies and trusts.

Michael Webb, trustee of The Rotary Foundation, accepted membership on behalf of the Foundation on 11th October at a ceremony in Oxford.



Mr. Michael Webb, Trustee of The Rotary Foundation and CCB representative, with The Rt Hon Lord Patten of Barnes, CH, Chancellor of the University of Oxford,

"The Rotary Foundation is honoured to receive this designation and I am humbled to accept on its behalf," said Mr Webb. "The Foundation has fostered international interaction and understanding through academic scholars at Oxford for decades, and we will continue our efforts to help develop the world's future leaders through academic support at this prestigious university."

The Rotary Foundation is Rotary's only charity, established over 100 years ago to support Rotary International in its mission to achieve world understanding and peace through international humanitarian, educational and cultural exchange programmes.

It also provides funding for Rotary projects across the world. More than \$277 million (approximately £212 million) has been awarded over the past four years through The Rotary Foundation to support clean water and sanitation, education, prevent and treat diseases, save mothers and children and grow local economies.

The Chancellor's Court of Benefactors celebrates and recognises Oxford's most outstanding friends and supporters. Founded in 1990 by the late Lord Jenkins, the former Labour Chancellor and Home Secretary, today there are more than 250 members from around the globe whose significant contributions have assisted Oxford in being the world leading institution that it is today.

The Rotary Foundation joins a prestigious list of members including, Thomson Reuters Foundation, The Skoll Foundation and others on the Chancellor's Court of Benefactors.



Magnitude 5.9 quake shakes Bukidnon, parts of Mindanao



Courtesy of Phivolcs website



Courtesy of Paul Engbino

MANILA (UPDATE)—A 5.9-magnitude earthquake jolted Bukidnon Monday night, the Philippine Institute of Volcanology and Seismology (Phivolcs) said.

The tectonic tremor struck at 9:22 p.m. at about 8 kilometers northwest of Kadingilan town with a depth of 5 kms.

The following are the reported intensities:

Intensity 6 - Kadingilan, Kalilangan, Don Carlos, Maramag, Kitaotao and San Fernando, Bukidnon

Intensity 5 - Damulog, Talakag and Valencia City, Bukidnon; Midsayap, Cotabato; Kidapawan City; Marawi City

Intensity 4 - Impasugong and Malaybalay, Bukidnon; Malungon, Sarangani; Antipas, Cotabato, Rosario, Agusan Del Sur; Cotabato City; Davao City; Koronadal City; Cagayan De Oro City

Intensity 3 - Malitbog, Bukidnon; Tupi, South Cotabato; Manticao, Misamis Oriental; Tubod and Bacolod, Lanao Del Norte; Alabel, Sarangani; Gingoog City; Pagadian City; Iligan City

Intensity 2 - Polomolok, Lake Sebu and Tampakan, South Cotabato; Kiamba, Sarangani; Mambajao, Camiguin; Sindangan and Polanco, Zamboanga Del Norte; Molave, Zamboanga Del Sur; Dipolog City; General Santos City

Intensity 1 - Zamboanga City

Phivolcs said the quake would cause damage and spawn aftershocks.

Several houses in Don Carlos town, Bukidnon sustained damage from the tremor. It also sent terrified locals into the streets as some buildings shook in Davao City.

In October, a string of powerful temblors struck Mindanao, leaving several dead, dozens hurt and houses and buildings destroyed or damaged.

Source: ABS-CBN NEWS

**DID YOU
KNOW?**



DOST-PHIVOLCS
records an average of
20 earthquakes per day.



www.phivolcs.dost.gov.ph



[/PHIVOLCS](https://www.facebook.com/PHIVOLCS)



[@phivolcs_dost](https://twitter.com/phivolcs_dost)



DOST-PHIVOLCS



unicef
for every child

World Health Organization
Representative Office
for the Philippines

ADUNAY OUTBREAK SA SAKIT NGA POLIO DIRI SA PILIPINAS. DELIKADO KINI SA MGA BATA.

**SABAYANG
PATAK
KONTRA**

POLIO

Pabakunahi ang tanang bata ga-edad ubos lima ka tuig (0-59 months), nabakunahan na kaniadto o wala pa, kinahanglan mabakunahan kada schedule sa **Sabayang Patak Kontra Polio.**

CAMPAIGN SCHEDULE:

ROUND 0	DAVAO CITY, DAVAO DEL SUR, LANAO DEL SUR AND MARAWI CITY	OCT. 14-27, 2019
ROUND 1	MINDANAO WIDE	NOV. 25 TO DEC. 7, 2019
ROUND 2	MINDANAO WIDE	JAN. 6-18, 2020



(082) 305-1903
(082) 227-2463

09194332137 (Smart)
09454458966 (Globe)

Department of Health
Davao Region



UNSA ANG POLIO?

**WALA' Y TAMBAL ANG POLIO.
APAN PWEDE KINING MALIKAYAN.**

Ang Poliomyelitis o Polio, usa ka makabakol nga sakit nga pwedeng makuha gikan sa usa sa 3 ka klase sa virus: polio virus type 1, 2, o 3. Usa kini ka makatakod nga sakit nga naga-apekto sa nervous system nga pwedeng ika-paralisa o ikamatay sa tawong matakdan niini.

KINSA-KINSA BA ANG PWEDENG MATAKDAN SA POLIO?

Pinakadaling matakdan ang wala'y kompletong bakuna



Mga bata nga singko anyos pa-ubos.



Mga tawong huyang ang resistensya



Mga babaeng buntis

PAUNSA MAKUHA ANG POLIOVIRUS?

Fecal-Oral Route

Makasulod ang virus sa lawas sa tawo pinaagi sa baba, kung makakaon kini o maka-inom ug mga pagkaon o tubig nga kontaminado sa hugaw sa tawo. Paspas nagakatag ang poliovirus sa mga lugar nga hugaw o wala'y saktong kalimpyo.

UNSA ANG EPEKTO SA POLIOVIRUS SA ATONG LAWAS?

- Nagadaghan sa tinay
- Nagsulod sa kaugatan
- Ginadaut niini ang nerve cells
- Ginadaut niini ang nervous system nga moresulta sa pagka-paralisa. Usa sa Dos Cientos ka mga kaso sa polio miresulta sa permanenteng pagkabakol. Samtang 5%-10% niini miresulta sa kamatayon.

MGA SINTOMAS

**Flu-like:
Kalintura
Pagpangapoy
Labad sa Ulo
Pagsuka**

Sa mga mas seryosong kaso sa polio, pwedeng maapektohan ang utok ug ang spinal cord, diin makasinati ang tawo ug:

Pagpanggahi sa Liog

- Paresthesia o pagbati ug tusok-tusok sa mga bitiis

Pagpangalay sa bukton ug batiis

- Meningitis o matang sa impeksyon sa utok o spinal cord

MGA PAMAAGI SA PAGLIKAY

BAKUNA

- Ang polio vaccine makahatag og proteksyon sa bata sa tibuok niining kinabuhi

KALIMPYO SA PALIBOT UG PANGLAWAS

- Tama ug saktong mga pamaagi sa paghugas sa mga kamot
- Paggamit og limpyo nga kasilyas
- Limpyo nga pagkaon ug tubig
- Limpyo ug disinfected nga ligu-anan sama sa swimming pool
- Ang DILI paglangoy-langoy sa Davao River, sa mga kanal, ug ubang agi-anan sa tubig

KINAHANGLAN PA BA ANG BOOSTER SHOTS BISAN UG KOMPLETO NA SA BAKUNA?

OO! Alang sa mga bata nga edad 5 anyos paubos

Visit the Davao City Health Office or Barangay Health Centers for more information or call (082) 227-4749



MAYCHELLE A. KANDA
Secretary
RY 2019-2020

SECRETARY'S NOTES

Weekly Attendance	Oct 07	Oct 28	Nov 04	Nov 11	Nov 18
Total Members (Less Honorary)	35	35	35	35	35
Members excluding from attendance (senior active)	03	02	04	02	02
Attendance Base (UNADJUSTED)	32	33	31	33	33
Actual Present	21	10	10	16	17
+ Make-Ups / Advance	5	11	10	5	5
Adjusted	26	21	20	21	22
% Attendance ADJUSTED / UNADJUSTED	81.25%	63.63%	64.51%	63.63%	66.66%

MAKE-UPS / ADVANCE ATTENDANCE

VISITING ROTARIANS, GUESTS, & SPOUSES

SPOUSES

SP Jean Desales
SP Elsa Guevarra
SP Carmen Napalit
SP Amy Oropeza
SP Julie Rosalem

GUESTS

Bernie Calceta
Felix Steve Calceta
Randy Daumar
Dianne Sy
Emeline Uy Tesy

VISITING RTNS

Happy Birthday

November 07 - PP Arthur Escalante
November 11 - Rtn Richmond Alejo
November 17 - PP Ronald Rellosa
November 18 - SP Jean Camina
November 20 - PAG Jun Rosalem
November 28 - DMC Chi Uy

Happy Anniversary



*Happy Anniversary
to a cute couple...
And two lovely hearts
who are inseparable !*

NOVEMBER

MILLENNIAL TEAM	WINNER TEAM	ACHIEVER TEAM
Leader : Rtn Eric Moreno	Leader : PP Ron Rellosa	Leader : PE Jerome Camina
Members :	Members:	Members:
Rtn Joseph Solicar	Rtn Benjo Battung	Rtn Richmond Alejo
Rtn Ana Marie Allones	PT Caridad Canete	PAG Rommel Benedicto
Sec Maychelle Kanda	PP Jon Desales	Rtn Marlo Colimbo
VP Tadashi Kanda	PP Quitoy Guevarra	PP Art Escalante
Rtn Micah Uy	PP Al Lopez	PP Josie Manaois
Treas Krizia Z. Tan	PP Gerry Napalit	PP Joel Mermida
Rtn Lalaine Valmores	PP Roger Oropesa	Rtn Virgie Olaivar
Rtn Michelle Adobas	PAG Jun Rosalem	PP Theng Reyes- Ching
Rtn Junald Lagod	PDG Art Tan	DMC Chair Chi Uy
	PSAG Lulu Ventosa	IPP Mike Zurita
	Rtn Enggay Tan	Dir. Andrea Jamias



ROTARY MONTHLY THEME

NOVEMBER



Rotary Club of Central Davao

Attendance Certificate

This CERTIFIES that _____
of the Rotary Club of _____
_____ attended our meeting this _____
of _____, _____

Club Secretary

Club President

Who's Next?

Be ready for next meeting:

In charge:

Emcee :

Invocation & Pambansang Awit:

Reading of the 4 Way Test
& Object Rotary:

Introduction of Visting Rotarians
& Guests :

November 18, 2019- 17th Regular Meeting



November 18, 2019- 17th Regular Meeting



November 25, 2019- Round 2 of Sabayang Patak Kontra Polio



WHEN & WHERE CLUBS MEET

Monday	<p>RC CENTRAL DAVAO Grand Menseng Hotel - 6:30 pm Contact person : Maribel - 09176597165/09487673228 e-mail : rccentraldvo@yahoo.com.ph</p>
Tuesday	<p>RC EAST DAVAO Marco Polo Davao - 12:00 nn / Contact person : Sheila - 3028956</p> <p>RC MATINA DAVAO Lispher Inn - 12:00 nn / Contact person : Rose - 0922 8508181</p>
Wednesday	<p>RC DOWNTOWN DAVAO Grand Menseng Hotel - 12:00 nn</p> <p>RC SOUTH DAVAO Marco Polo Hotel - 12:00 nn / Contact Person - Chat-Chat 0922 8927018</p> <p>RC PAG-ASA DAVAO Lispher Inn Hotel - 6:30 PM / Contact Person - Janeth : 0923 1575259</p> <p>RC DAVAO 2000 Sunburst Chicken - Abreeza Mall, DC at 6:00PM / Contact: Norma : 0917 7021252</p> <p>RC CALINAN DAVAO MRose 7:00 pm</p> <p>RC STA. ANA DAVAO Grand Menseng Hotel - 6:30 pm / Contact person : Erika 0932 5375644</p>
Thursday	<p>RC DAVAO Royal Mandaya Hotel - 12:30PM / Contact person : Jackie - 227 3107</p> <p>RC WALING-WALING DAVAO Grand Menseng Hotel - 12:00 nn / Contact person : Kring : 0946 1875528</p>
Friday	<p>RC NORTH DAVAO RC NORTH DAVAO CLUBHOUSE, F. Torres St., DC / 0922 4415260 / 3217934</p> <p>RC WEST DAVAO Marco Polo Hotel - 6:00 PM / Contact person : Sec. Rudy Togle : 321 8625</p>
Saturday	<p>RC TORIL DAVAO Rotary Community Center , McLeod St., Toril, DC / 8:00PM</p>

ROTARY CLUB OF CENTRAL DAVAO

SECRETARIAT:



2019-2020 ROTARY CALENDAR

JULY

New Rotary Year

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 Prevention/Resolution Month

MARCH

Water and Sanitation Month

APRIL

Maternal and Child Health Month

MAY

Youth Service Month

JUNE