



## **ROTARY INTERNATIONAL & DISTRICT OFFICERS** RY 2023-2024



Gordon R. McInally Rotary International President District Governor



Rozanne C. Gamboa District 3860





**Caroline Lee Andrade District Governor Elect** District 3860



Angel G. Fernandez, Jr. **District Governor Nominee** District 3860



**District Treasurer** 



Vincent Edward L. Ang **District Secretary** 



Thelma S. Ciudadano **District Auditor** 



Krizia Ivy Z. Tan

Marilyn P. Puno **District New Club Development Chair** 



Angelita M. Ang

**District Conference** 

2024 Chair



**District Finance** 

Edna C. Ko

**District Awards Chair** 







Eliza Joy S. Hilario Anthony John D. Modiquello District Sunshine Chair Secretary for Administrations District 3860 DMI



Shiela S. Toledo Secretary for Operations District 3860 DMI

## RCDD OFFICERS & DIRECTORS RY 2023-2024



Gwendelyn V. Sabsal President

Enerie B. Aquino

Sergeant at Arms

Sylvia C. Navarro

Membership Chair



Modequillo President Elect/Public Image Chair



Andrea G. Dela Cerna Sergeant at Arms/Editor-In-Chief



Vilma U. Kho The Rotary Foundation Chair New Generation Service Chair



Patricia Melizza B. Ruivivar Vice-President



Secretary



Josefa P. Ortiz Treasurer



**Filomena P. Lovitos Community Service Director** 



Sheila Mae S. Toledo Ways and Means Chair



Marina B. Ruivivar Auditor



Corazon C. Costan Vocational Service Director



Archie Francisco F. Gamboa Club Learning Facilitator/ Immediate Past President

**Ethel C. Caceres** 

Angelita M. Ang

**Club Administrator** 

Marilyn P. Puno









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## ABOUT THE COVER



Membership То commemorate Month. RCDD inducted 2 new members. Maria Rea Lane L. Horfilla, a Pediatric Dentist and owns a dental clinic, and Diane Reyes Janolino, an Architect of the Department of Public Works and Highways. A rejoining member,, Lorelei May M. Zambales, who heads а PSBank branch. was also inducted, making a total of 41 members at the start of RY 2023- 2024. They were inducted by DG Rozanne "Twinkle" C. Gamboa during her official club visit on Auaust 9. 2023. President Gwendelvn "Gwen" V. Sabsal did the charging.

LORD GOD ALMIGHTY, thank you for bringing us safely to this venue today. Bless this gathering as we welcome our District **Governor Twinkle and her Hope Creating** Team. May they be a beacon of light that inspires us and bring joy to our Rotary works of helping others and building friendship this Rotary year. Grant us the Grace to cultivate a good attitude in all that we do as Rotarians. Help us to embrace positivity, optimism, and resilience, even in the face of challenges. Help us to remember that nothing will come to us today that will not first pass through your gentle hands of love. Let your love be the center of what we do to Create Hope in the world. Amen

## **QUOTE OF THE MONTH**

"It's not how much we give but how much love we put into giving -Blessed Mother Teresa

## **EDITORIAL BOARD**





Associate Editor

Andrea G. Dela Cerna Editor-in-Chief







Ruivivar





Anthony John D. Modequillo



**Princess Jenina Estrellanes** Rotaract Club of Downtown Davao Poblacion







Marina B. Ruivivar

Shyra Khaye Napala

Interact Club of Downtown

Davao - Davao City National

High School

Ma. Gwendelvn V. Sabsal



Ma. Gwendelyn V. Sabsal President, RY 2023-2024

"A significant way to bring HOPE to the world is to put greater emphasis on PEACE." - Gordon R.Mcinally RI President, RY 2023-2024

The Rotary Club of Downtown Davao (RCDD) has survived the challenges of the Covid-19 pandemic and has developed the ability to adopt technologically in holding meetings and other activities. We are to continue this approach, combined with the best practices of the past years, seeking to grow and increase engagement.

On RCDD's 31st year, we intend to be consistent in our drive for excellence in all our projects and Rotary works, whether big or small, guided by the Four Way Test and the Object of Rotary. There were lessons learned along the way, making us flexible and be innovative in many ways as we stand firmly in our advocacy to SERVE ABOVE SELF, making a difference in the quality of other people's lives.

I reiterate what I said in my Acceptance Speech during the Induction and Turnover rites this year:

"I believe that by working together, we can achieve our vision of a better, more peaceful, and more prosperous place to live in. But as important as our work is, I also want to emphasize the importance of Fellowship and camaraderie within our club. We are not only professionals but friends and community members who share a common purpose and passion."

Together, as Downtowners and Rotarians, we commit ourselves to Rotary's ideals of Service, to be able to CREATE HOPE IN THE WORLD.

#### **3rd REGULAR MEETING & 2nd GENERAL ASSEMBLY**

August 9, 2023, Wednesday @ 10.30 AM Cafe Tavera, Tavera Street, Davao City

DISTRICT GOVERNOR'S OFFICIAL CLUB VISIT

**Program of Activities** 

10:30-11:30 AM: Governor Rozanne "Twinkle" C. Gamboa Meeting with the RCDD Officers and Directors

11:30AM - 12:30N Lunch Break - Prayer Before Meal Presentation of Club Activities/Projects for the Month of July, 2023 by President Gwendelyn V. Sabsal

1:00 - 2:30 PM: GENERAL ASSEMBLY Call To Order & Welcome Message President Gwen Turnover to Program Host PP Thelma Ciudadano Pause Muna, Peace Muna AVP Opening Prayer Singing of the Philippine National Anthem & The Rotary

Hymn AVP

**Recitation of the Mission of Rotary International** PP Marina Ruivivar

Acknowledgment of the District Governor & District Officers, Visiting Rotarians and Guests

Rtn . Stephanie Palconit

Welcome Song The Downtowners

Induction of Rejoining Rotarians and New Members PP/Membership Chair Sylvia

\*Charging Pres. Gwendelyn V. Sabsal

#### \*Induction

District Governor Rozanne "Twinkle" C. Gamboa \*Pinning of Rotary & RCDD Pins on Rejoining Rotarians and

> New Members Sponsors

Inspirational Message DG Rozanne "Twinkle" Gamboa Open Forum

Moderator: PP Thelma Cuidadano

#### 2:30-3:30 PM:

**CELEBRATION OF LIFE & FELLOWSHIP** Facilitated by PP Vi, Sunshine & Fellowship Chair

Honoring the August Birthday Celebrants \*Mariane Gamboa-Mosquisa – August 8 \*Liza Joy S. Hilario – August 14

Blowing of the Birthday Candles by the Celebrants

Awarding of Prizes to Early Birds & Barkadahan

Highest Attendance.....PP/CA Lit-Lit -Closing Community Dance..... The Downtowners

> Attire : Kadayawan inspired In Charge: The PROMISING BARKADAHAN

### The Mission of Rotary International

We provide service to others, promote integrity and advance world understanding, goodwill and peace through our fellowship of business, professionals and community leaders.

### T<mark>he 4-Way Test</mark>

of the things we think, say or do

 Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL & BETTER FRIENDSHIPS?
Will it be BENEFICIAL to all concerned?

### **Core Values**

Fellowship, Integrity, Diversity, Service, Integrity and Leadership

### **Object of Rotary**

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

**First:** The development of acquaintance as an opportunity for service;

**Second:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

**Third:** The application of the ideal of service in each Rotarian's personal, business, and community life;

**Fourth**: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



# Secretary's Page

### By: Ethel C. Caceres Secretary

Attendance Report	1st Regular Meeting	2nd Regular Meeting	Service Projects	FELLOWSHII
Members Actual Present	27		39	36
Members with Valid Make-up	0		0	0
Total Attendance	27		39	36
Membership Size	41		41	41
Excused due to health reasons	2		2	2
Net Membership Base	39		39	39
Total Attendance Divided by Net Membership Rate	69%		100%	92%

#### EARLY BIRDS:

Josefa "Josie" P. Ortiz
Gloria "Glo" O. Cabillas
Thelma "Thel" S. Ciudadano
Marina "Maring" B. Ruivivar
Patricia Melizza B. Ruivivar

#### VISITING ROTARIANS:

PDG Riezl "Riz" S. Reyrs- RC East Davao
PIC Arlene Adlawan- RC Tagum LACES
IDS Edward Ang- RC Sta. Ana Davao
AG Krizia Tan- RC Central Davao
ROTARACTORS:
Pres. Princess Estrellanes
PP Kenneth Nomar Melliza

5.Maria Rea Lane Horfilla- Guest of Ethel C. Caceres 6.Diane R. Janolino 7.Lorelie May Zambales 8.Jun Horfilla

Activities for the Month

August 7 Operation Tuli @ Matina Crosing

August 9

DIstrict Governor's Official Club Visit Induction of New & Rejoining Members Celebration of Life & Fellowship

### August 12

Operation Tuli @ Childhope -F.O.D. Children's Home Opening of the Organic Farmers Market

### August 18

Health Forum on Functional Medicine Organic Farmers Market Photo Ops

### August 23

Brigada Eskwela @ Josefa Llanes Elem. School Meeting with Interact Club Officers @ DCNHS

### August 30

Turnover of Donation to DCNHS & Signing of Deed of Donation and @ Dona Vicenta Park



Sunshine and Fellowship By: Vilma U. Kho Sunshine Chair







Florence R. Magistrado August 8

do Mariane Louise Gamboa-Mosquisa August 8 Liza Joy S. Hilario August 14

# ROTARY INFORMATION

## Creating a culture of care

Creating a culture of care This year, RI President R. Gordon R. McInally is encouraging Rotary members to create a culture of care, both within Rotary and around the world, by making mental health a priority. In a caring culture, leaders and members focus on helping each other thrive.

That makes August – Membership and New Club Development Month – the perfect time to evaluate your club's culture and adjust it if needed. Members are more likely to stay if their club experience is fulfilling. Use these ideas to help members feel involved, valued, and cared for:

- Communicate with people at every stage of their membership. If members think their experience in the club can be improved, take action to make changes. You can also use these two surveys to learn more about what members are thinking:
  - a. The member interest survey will help you understand what new and prospective members care about and how they want to contribute.
  - b.The member satisfaction survey (or an online version) can be distributed each year to all members.

By asking for feedback regularly and responding to it, you show that you're open to change, and you empower members to be involved in creating their ideal club experience.

- Use the Club Health Check to identify areas where your club could improve and determine how to keep your club relevant for members and the community.
- Take the Creating an Inclusive Club Culture course to discover ways for your club to become more inclusive, diverse, and equitable. Remember that for any Learning Center course, you'll need a My Rotary account.

You can also find more membership resources on My Rotary.

# DISTRICT 3860 UPDATES



# DISTRICT 3860 UPDATES

The Rotary International District 3860 turned over a set of Basic Carpentry Tools to 27 Graduates of TESDA Basic Carpentry Training in the Municipality of Burgos, Siargao Island yesterday Aug 22, 2023.

This is a collaborative project of the AAHON Siargao, DOLE, TESDA, PTC, & Rotary District 3860.

Thank you to the generous donors- DG @Twinkle Gamboa, DLF @Archie Gamboa & PP @Bernard Vonn Sia...





# DISTRICT 3860 UPDATES

## **MOA SIGNING BETWEEN 10 ROTARY DISTRICTS OF THE PHILIPPINES and the PHILIPPINE** NATIONAL POLICE

#### MEMORANDUM OF UNDERSTANDING

#### KNOW ALL MEN BY THESE PRESENTS:

This Memorandum of Understanding, herein entered into on June 27, 2023 and executed by and between:

ROTARY INTERNATIONAL ZONE 10A, comprising of all 10 Rotary Districts in the Philippines (RI Zone 10A), namely: RI District 3770 - Rodolfo DC. Enriquez; RI District 3780 - Paul Angel J. Galang; RI District RD 3790 -Francisco G. Cornejo; RI District 3800 - Ronald O. Solis; RI District 3810 -Lilian H. De La Cruz; RI District 3820 - William Pastor P. Delloro, Jr; RI District 3830 - Antonio C. Tambunting 111; RI District 3850 - Maria Ester L. Espina; RI District 3870 - Gilda O. Go; represented by District Governor Rozanne C. Gamboa of RI District 3860;

#### - and -

PHILIPPINE NATIONAL POLICE (PNP), a national government agency created by virtue of the laws of the Republic of the Philippines, with Office address at Camp BGen Rafael T Crame, Barangay Bagong Lipunan, Quezon City, represented by the Chief of the Philippine National Police, POLICE GENERAL BENJAMIN C ACORDA, JR, hereinafter referred to as "PNP".

Collectively referred to as "Parties",

#### WITNESSETH:

WHEREAS, Rotary International is a worldwide socio-civic organization made up of Rotarians who are people of action and who connect people, transform communities, and fund sustainable service projects;

WHEREAS, RI Zone 10A comprises of all Rotarians in the 10 Rotary Districts in the entire Philippines;

WHEREAS, the RI Zone 10A is cognizant of the role played by the PNP in safeguarding the peace and security of the country and its citizens, and in nation building; and

WHEREAS, the RI Zone 10A recognizes the policemen as brethren in nation building;

WHEREAS, the PNP is mandated to enforce law, prevent and control crimes, maintain peace and order, and ensure public safety and internal security with the active support of the community/stakeholders towards the attainment of a safer place to live, work, and do business.

1

Mui

WHEREAS, all expenses attributable to the implementation of this MOU shall be borne by Rotary International Zone 10A;

NOW THEREFORE, for and in consideration of the foregoing premises, the mutual promises and covenants contained herein, the parties herein agree as follows:

The RI Zone 10A shall coordinate with the PNP and the latter will cooperate 1. with the former regarding the conduct of the National Bloodletting Activity scheduled in July 2023 in their respective Rotary Districts and PNP offices;

The I'NP and RI Zone 10A shall cooperate in the conduct of the National Environmental Projects scheduled in September 2023, which may include among others but not limited to, Artificial Reef deployment and/or other Service Projects related to the Rotary's Seven Areas of Focus (Peace Building and Conflict Prevention, Disease Prevention and Treatment, Water, Sanitation and Hygiene (WASH), Maternal and Child Health, Basic Education and Literacy, Community Economic Development, and Protecting the Environment), in their respective Rotary Districts and PNP offices;

3. This shall serve as a cooperation and coordinating agreement between the Parties in the conduct of the service projects related to the Rotary's Seven Areas of Focus for the Year 2023-2024, unless earlier terminated for just cause;

The parties herein have agreed to execute the necessary acts to implement 4. this agreement.

IN WITNESS WHEREOF, the parties hereunto set their hands and affix their signatures on the June 27, 2023 at Camp BGen Rafael T Crame, Quezon City, Philippines.

ROTARY INTERNATIONAL ZONE 10A ZANNE C. GAMBOA District Gournor

District 3860

#### PHILIPPINE NATIONAL POLICE

PGEN BENJAMIN C ACORDA, IR Chief Philippine National Police

SIGNED IN THE PRESENCE OF:

RANCISCO F. GAMBOA trict Learning Facilitator, District 3860

PLIGEN RHODEL O SERMONIA The Acting Deputy Chief, PNP for Administration

# FAMILY OF ROTARY BY PP/EDITOR-IN-CHIEF ANDREA "ANDENG" G, DELA CERNA

# WELCOME TO THE RCDD FAMILY!



### **Maria Rea Lane L. Horfilla** Pediatric Dentist

As a pediatric dentist, I care for young patients and children with special needs. Additionally, since 2019, I have been persuing farming as a hobby and am still learning the ropes.

#### CONTACT

rhorfilla@gmail.com +63-922-8901132 149 Mahogany st., Palm Vill. Bajada, Davao City

#### SKILLS

• Canva application literate

- Creativity
- Cognitive Flexibility
- Service Orientation
- Adaptability to new trends

#### RELEVANT EXPERIENCE

Dentist Davaodent Healthcare Clinic/ Horfilla Dental Clinic 2008- present

- Pediatric Dental Specialist
- Orthodontics

• Esthetics

Clinical Instructor Davao Medical Foundation Inc. 2011- 2022 • Part-time faulty/ clinical instructor

Cabin Crew Cebu Pacific Air 2007-2008 • Part-time faulty/ clinical instructor

#### EDUCATION BACKGROUND Doctor of Dental Medicine

Davao Medical School Foundation Inc. 2002-2007 Pre- Dentistry

Ateneo De Davao University 2002-2007

High School - GradeSchool - Preparatory Ateneo de Davao University 1988 - 2000

#### REFERENCE

Mr. Oscar G. Casaysay Executive Director National Commission for Culture and the Arts +63-917-5055674



### Diane R. Jano<mark>lino</mark>

### Architect

**CONTACT INFORMATION** +63 927 151 6080 dianolino@yahoo.com

ajanoino@yanoo.com Dona Pilar Subd., Sasa, Davao City Dec. 01, 1990

#### HOBBIES AND INTERESTS

- Sports (Volleyball, Biking)
- Outdoor AdventuresTravelling

#### WORK EXPERIENCE

July 2017 – Present Architect II Department of Public Works and Highways Davao City District Engineering Office

May 2014 – June 2016 **QA/QC Excell** Contractors and Developers Inc. Sta. Rosa, Laguna

October 2012 – June 2013 AutoCAD Operator Crimson Group Inc. Makati, Metro Manila

AFFILIATIONS Registered Architect January 2014 Architect Licensure Exam, PRC

#### United Architects of the Philippines UAP Kadayawan Dabaw Chapter

**EDUCATION** BS in Architecture University of Mindanao 2007 – 2012



## Lorelei May M. Zambales

Banker Address: Blk 3 Lot 50 Toscana Subd, Puan Davao city

Birthday: 01-16-1976

Occupation: Bank Employee

Employer: PSBank

Position: Branch Head

Educational Attainment: College Graduate

Spouse Name: Gerry C. Zambales

Occupation: Seafarer

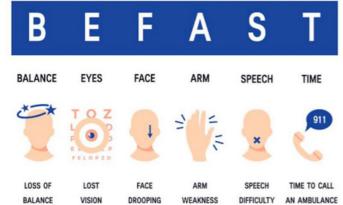
Birthday: 07-31-1965

## HEALTH IS WEALTH BY PRESIDENT GWENDELYN. V. SABSAL

## Prevent Stroke: What you can do?

A stroke, sometimes called a brain attack, happens when blood flow to an area of the brain is blocked or when a blood vessel in the brain bursts. Blood carries oxygen to cells in the body. When brain cells are starved of blood, they die. A stroke is a medical emergency. It's important to act F.A.S.T. and get treatment immediately.

### THE SIGNS OF A STROKE



Some treatments for stroke work only if given within the first 3 hours after symptoms start. A delay in treatment increases the risk of permanent brain damage or death.

#### **Healthy living**

Stroke could be prevented through healthy lifestyle changes and working with your health care team to control health conditions that raise your risk for stroke. You can help prevent stroke by making healthy lifestyle choices. Choosing healthy meals and snack options can help you prevent stroke. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet can lower your blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.

#### Keep a healthy weight

Being overweight or obese increases your risk for stroke. To determine whether your weight is in a healthy range, doctors often calculate your body mass index (BMI). Knowing your weight and height, you can calculate your BMI. Doctors sometimes also use waist and hip measurements to measure excess body fat.

#### Get regular physical activity

Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, recommends 2 hours and 30 minutes of moderate-intensity aerobic physical activity, such as a brisk walk, each week. Children and teens should get 1 hour of physical activity every day. Don't smoke Cigarette smoking significantly increases your chances of having a stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for stroke. Limit alcohol Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women should have no more than one per day.

#### Che<mark>ck chol</mark>esterol

Your doctor should test your cholesterol levels at least once every five years. If you have high cholesterol, medicine and lifestyle changes can help lower your risk for stroke.

#### Control blood pressure

High blood pressure usually has no symptoms, so be sure to have it checked regularly. Talk to your healthcare team about how often you should check your levels. You can check your blood pressure at home, a doctor's office, or a pharmacy. If you have high blood pressure, your doctor might prescribe medicine, suggest some changes in your lifestyle, or recommend that you choose foods with lower sodium (salt).

#### **Control diabetes**

If your doctor thinks you have symptoms of diabetes, they may recommend getting tested. If you have diabetes, check your blood sugar levels regularly. Talk with your healthcare team about treatment options. Your doctor may recommend specific lifestyle changes, such as getting more physical activity or choosing healthier foods. These actions will help keep your blood sugar under good control and help lower your risk for stroke.

#### Take your medicine

If you take medicine to treat heart disease, high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without first talking to your doctor or pharmacist.

Source: CDC (Center for Disease Control and Prevention)



## A JOURNEY OF SERVICE AND FRIENDSHIP

### BY PE / PIC ANTHONY JOHN "AJ" D. MODIQUELLO

My Rotary journey has been a remarkable odyssey of service, friendship, and personal growth. When I first joined Rotary, I had no idea of the incredible impact it would have on my life and the lives of those around me.

In 2016, Past President and now the Hope-Creating Governor Rozanne "Twinkle" Gamboa introduced me to Rotary. I started as Honorary Member for three years, from 2016 to 2019, and became a full-pledge Rotarian in 2020. It was only a simple invitation that led me to the wonderful opportunity of service and a vibrant community that shared my passion for making a positive impact in the world.

As a new member, I eagerly immersed myself in the club's activities, attending meetings, volunteering for service projects, and getting to know fellow Rotarians. The club's warm and welcoming atmosphere made me feel right at home, and I quickly formed deep connections with people from different professions, backgrounds, ages, and walks of life.

Through Rotary, I had the opportunity to engage in a wide range of service projects. From organizing activities to partnering with other organizations on community development initiatives, each project allowed me to contribute my skills and time to extend help to our community.

From the outset, Rotary's commitment to service resonated deeply with me when I joined district-wide service projects, especially in disaster relief operations. I witnessed firsthand the transformative power of Rotary's work.

These experiences not only touched the lives of the people we served but also left an indelible mark on my own heart.

Rotary also provided me with unparalleled opportunities for personal growth and development. I attended Rotary conferences and seminars, where I learned from inspiring speakers and engaged in thoughtprovoking discussions on topics ranging from leadership to sustainable development.





## A JOURNEY OF SERVICE AND FRIENDSHIP

## BY PE / PIC ANTHONY JOHN "AJ" D. MODIQUELLO

But what truly made my Rotary journey special were the friendships I formed along the way. The bonds forged through shared service and common values became the bedrock of lifelong connections. Rotary social events, fellowship activities, and my first experience in the Rotary International Convention allowed me to meet Rotarians from different countries, cultures, and backgrounds, fostering a spirit of understanding and unity.

Looking back on my Rotary journey, I am filled with gratitude for the opportunities it has brought into my life. The experiences, friendships, and lessons learned have shaped me into a better person, deepening my commitment to service and inspiring me to continue making a difference in the world. Rotary has indeed been a transformative journey of kindness and friendship.





August 7 - OPERATION TULI Service Project, Tuesday @ 10:30 AM, Matina Crossing, Barangay 74-A with 100 young boys served. Ten volunteer Medical Doctors were the club's partners-in-service





AUGUST 9, Wednesday @ 10:30 AM DISYRICT GOVERNOR'S OFFICIAL CLUB VISIT With DIstrict Governor Rozanne "Twinkle" C. Gamboa is her Hope Creating Team, composed of District Secretary Vincent Edward L. Ang, chief of staff Arlene L. Adlawan, Area 2c Assistant Governor Ma. Krizia Ivy Z. Tan, and District Learning Facilitator, IPP Archie Francisco F. Gamboa. RCDD President Gwendelyn "Gwen" V. Sabsal presented the Club's Plans and Objectives for RY 2023-2024.



AUGUST 9, Wednesday - INDUCTION OF 2 NEW MEMBERS and ONE REJOINING MEMBER, @ 11:30 AM, Cafe Tavera, Davao City. Charged by Pres. Gwendelyn "Gwen" V. Sabsal and Inducted by DG Rozanne "Twinkle" C. Gamboa.





August 9, Wednesday @ 1:00 PM, Cafe Tavera, Davao City CELEBRATION OF LIFE & FELLOWSHIP



August 12, Saturday - OPERATION TULI SERVICE PROJECT @ 9:00 AM, Childhope Field of Dreams Children's Home, Brgy Biao, Guiana, Tugbok District, Davao City. Twelve young boys were the beneficiaries. Three doctors led the Downtowners in this project: Pres. Gwendelyn "Gwen" V. Sabsal, Rtn. Maria Melissa " Melch" Rivera and PP/ New Generation Chair Marilyn "Bolyn" P. Puno



August 12, Saturday - ORGANIC FARMERS MARKET A service project on Economic & Community Development, Disease Prevention and Environmental Prevention. Opening was @ 10:00 AM at the Sans Hotel of Luxebridge, Ma-a, Davao City. RC Downtown Davao provided the booths and Hotel Sans the venue, as the club's partner-in-service, Nine (9) farmers growing organic fruits and vegetables were the beneficiaries.



August 18, Saturday - HEALTH FORUM ON FUNCTIONAL MEDICINE, a service project on Disease Prevention and Treatment. The Forum started at 2:00 P.M. Dr. Rolando A. Balburias, a Certified Functional Medical Practitioner and a Diplomate and Fellowship of the Philippine College of Physicians came all the way from Manila to Davao City, to be the Speaker. Thirty-five Resource (35) beneficiaries attended and were given free consultation after the talk.



go2 ealth!

## YOUNG 🙋 LIVING

SANS

#### Unlocking the Power of Aromatherapy using the Functional Medicine Approach

Rolando "Doc Oyie" A. Balburias, MD, FPCP, IFMCP Certified Functional Medicine Practitioner The Institute for Functional Medicine Diplomate and Fellow, Philippine College of Physicians

August 18, 2023, Friday, 2:00 PM at the Food Hall Sans Hotel at Luxebridge, Ma-a, Davao City



August 18, Saturday - MEDICAL FORUM: After the talk on Functional Medicine and Aromatheraphy, Doc Oyie Balburias and Doc Jesus Pacheco conducted a one-on-one medical consultation to the Downtowners and other attendees/beneficiaries.





August 18, Friday- At the ORGANIC FARMERS MARKET@ 4:00 PM. The Downtowners bought organic fruits and vegetables in support of the farmers. A service project of the club on Economic and Community Development



August 23 - BRIGADA ESKWELA - SCHOOL CLEAN-UP, a One Rotary District Activity @ 9:00 AM, at the Josefa Llanes Elementary School, Ma-a, Davao City. A project on Basic Education & Literacy.





August 23, Wednesday - BALIK ESKWELA with the RC Downtown Davao INTERACT CLUB -Davao City National High School. With them to check their RY 2023-2024 Plans and Projects are RCDD Club President Gwendelyn V. Sabsal, President-Elect Anthony John D.Modequillo, and Vice-President Patricia Melizza B. Ruivivar, as their advisers. RCDD trains the new generation as the HOPE for the future.







August 30, Wednesday - ADOPT-A-SCHOOL PROJECT, Turning over and Signing of Deed of Donation with Interact Club of Downtown Davao - Davao City National High School @ 4:00 PM. RCDD donated an airconditioning unit to be installed at the Music-Art-PE-Health (MAPEH) Faculty room of DCNHS, F. Torres St., Davao City.





Discussing future activities for the ADOPT-A-SCHOOL Project with Principal Evelyn E. Magno, for the DCNHS, with the Rotaract Club of Downtown Davao-Davao City National High School.

Downtowner-Alumni of the Davao City High School with Principal Evelyn E. Magno



A tour of the Davao City National High School to determine what projects to implement, for the club's ADOPT- A-SCHOOL Project

DEED OF DONATION Between Rotary Club of Downtown Davao and Davao City National High School



#### DEED OF DONATION

#### KNOW ALL MEN BY THESE PRESENTS:

This DEED OF DONATION made and executed this 30th day of August 2023 in Davao City, Philippines by the ROTARY CLUB OF DOWNTOWN DAVAO, Rotary International District 3860, represented herein by its President, MARIA GWENDELYN VIADO SABSAL, with address at Block 48, Lot 29 Narra Park Residences, Tigatto, Buhangin, Davao City, hereinafter called DONOR,

in favor of

The DAVAO CITY NATIONAL HIGH SCHOOL, represented herein by its School Principal, EVELYN E. MAGNO, hereinafter called DONEE.

#### WITNESSETH

That for and in consideration of the love and concern the DONOR has for Davao City's public school teachers and in sincere token of its desire to support the teaching of music, arts, physical education, and health to the children of Davao City, the DONOR freely and voluntarily gives, transfers, and conveys by way of donation unto the DONEE, and assigns free and clear of any and all liens and encumbrances whatsoever, all its rights, interest, and title, ONE (1) SAMSUNG AIR-CONDITIONING UNIT 2.5 HORSE POWER INVERTER, to be installed and used in the Music-Arts-PE-Health (MAPEH) Faculty Room at Davao City National High School, F. Torres Street, Davao City.

IN WITNESS WHEREOF, the DONOR has hereunto signed these presents on the date first above written, at the Davao City National High School, Davao City, Philippines.

ROTARY CLUB OF DOWNTOWN DAVAO

202

by

MARIA GWENDELYN VIADO SABSAL President Signed in the Presence of:

PATRICIA MELIZZA B. RUIVIVAR Vice-President ETHEL CHAVEZ CACERES Secretary

#### ACCEPTANCE

I, EVELYN E. MAGNO, School Principal, do hereby accept on behalf of the DAVAO CITY NATIONAL HIGH SCHOOL, the donation herein made by the DONOR and hereby expresses deep appreciation and profound gratitude for this act of generosity on the part of the DONOR.

DAVAO CITY NATIONAL HIGH SCHOOL

Donee

by

EVELYN E. MAGNO Principal IV

Signed in the Presence of:

EDMUND L. SUPERADA MAPEH Head Teacher V NOREEN S. DUHAYLUNGSOD

Interact Club of Downtown Davao Adviser

#### ACKNOWLEDGMENT

Republic of the Philippines ) ) s.s.

BEFORE ME, this \_\_\_\_\_ day of \_\_\_\_\_, a Notary Public for and in the City of Davao, Maria Gwendelyn Viado Sabsal and Evelyn E. Magno personally appeared and are known to me to be the same persons who executed the foregoing instrument and that they acknowledged to me that the same is their own free and voluntary act and deed.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my notarial seal the day, year and place above written.

Doc No: \_\_\_\_\_ Page No: \_\_\_\_\_ Book No: \_\_\_\_\_ Series of



August 30, Wednesday - ADOPT-A-PARK Project @ 4:00 PM. A tour of the newly opened Dona Vicenta Park to identify a space for the Rotary Peace Marker and children's playground.





# **INTERACT CORNER**

## by: President Shyra Khaye Napala

Club of Downtown Davao -Davao City National High School

**My Journey in RYLA** By Shyra Khaye S. Napala

#### **My RYLA Experience** By Ryza Aquilar

Participating in RYLA changed me in ways I could never have imagined. Through interactive sessions, project proposal making, tree planting, and team-building activities, I gained valuable insights and was inspired to create change.

For me, the most memorable experience was the project proposal making, where we worked tirelessly overnight to make a project aimed at ending discrimination in indigenous communities. Titled "Pagtataguyod ng Pantayong Pagtingin," our proposal focused on promoting equality, peace and cultural understanding. Collaborating with my team members was a truly enriching experience, as we combined our creative ideas and perspectives to create a meaningful and impactful initiative.

The journey from RYLA taught me the importance of true leadership. As I return, I am committed to apply the knowledge and values that I gained to make a meaningful impact in my community. I am also grateful for the friendships formed, the speakers who taught us, and the moments of self-reflection that will continue to shape me as a leader. As I move forward, I carry with me the belief that by working together, we can create a world where every individual is valued, respected, and empowered to reach their fullest potential.

#### **MY RYLA EXPERIENCE**

By: Kevin Miles E. Sasan

Never have I imagine to be a participant in the Rotary Youth Leadership Awards (RYLA) event especially since it is held in SG Farm, South Cotabato which is quite far away from where I came from. However, it really gave me a chance to explore, communicate, learn, and have fun. Despite having the event last only two days, still it gave everyone the experience and adventure that felt like happiness could be forever. Together with Ma'am Dinah, Ma'am Noreen, Shyra, Clyde, and Ryza, our experience was all worthwhile as it is filled with joy and laughter all the way from the ride to the event itself.

One thing I liked during the event was the Speech from different Rotarians. Each one of them truly was inspirational which gives us life lessons. The human bingo was also fun as everyone were just going all around getting to know each other and even I interacted well with some people even though I'm afraid to talk to new people. Everyone just gave off the energy that was so heartwarming and fun. The amazing race was the most fun above all. The challenges really gave my team give out everything we have in our pockets. It has showed us how teamwork leads to victory. Even though we weren't the winners of the game, in ourselves, we are still victors.

This experience truly is memorable to me and to the peers I came with. It has taught us more about friendship and broadened our scope on how to be a good leader and an active member. In the beginning I was not as close to my friends whom I came with but in the end, I realized that this event also strengthened my relationship with others. At the end of the day, I am thankful that I have carried life lessons which would help me throughout my whole journey in the rotary and grateful for having to build strong relationships and friendships with others as well. I can really say that my experience during RYLA was superb! It taught me lots of great things about leadership, teamwork, perseverance, friendship, environment, and how to connect with other people. The activities we did (i.e., amazing race and making a project proposal) made me realize that teamwork makes the dream work indeed. It is vital for young people like us to take part in such an event in order to inspire them how to value leadership qualities and to gain a broad and in-depth understanding of topics that may and will have a beneficial impact on the world in terms of being humane.

#### **MY RYLA EXPERIENCE** By: Clyde Fediles

Camps, it is something youths look forward to the most! Whether it's an outdoor camp or a school camp, we love the chance to spend time with our friends. As a youth, I can testify to that! My participation in the 9th RYLA at SG Tupi in South Cotabato demonstrated that we enjoy interactions, want to grow and learn, and have a lot of lessons to possess. Come on, let's take a look at my experiences and takeaways during the epic 2 days of the 9th Rotary Youth Leadership Awards (RYLA)!

To begin with, one of my takeaways is to not be afraid to make new friends. Ill admit that at first, we were so competitive that we didn't want to talk to the other participants. However, as the camp progressed, we discovered that interactions and relationships are crucial in a camp and in being a leader. With that, you can build trust in anything you do and overcome challenges as a team.

In addition, I learned a lot from the three speakers; they taught us the history and what is the rotary all about, they taught us the importance of being part of this organization, and they taught us how to make a project proposal. Being part of the 9th RYLA provides valuable opportunities for my personal development and leadership development. It teaches me how to lead a team, make informed decisions, and effectively deal with real-world challenges. It also introduces us to like-minded people, mentors, and local government officials. These connections can be valuable for personal and professional growth, and potentially open doors to future opportunities.

Furthermore, I can apply all the lessons I learned from the 9th RYLA. Whether it's communication skills, decision-making, teamwork, or other aspects of leadership. The 9th Rotary Youth Leadership Awards were extremely beneficial not only to me, but also to the other participants. In all of our experiences, there may be a wonderful memory that teaches us a life lesson that we will carry with us forever.

Overall, participating in the 9th Rotary Youth Leadership Awards was a rewarding experience that taught us to value interactions and relationships, foster personal development, and put what we learned into practice. With our experiences and learnings from that camp, I can confidently say that the 9th Rotary Youth Leadership Awards (RYLA) is a life-changing experience.



# **ROTARACT CORNER**

## by: President Princess Jenina Estrellanes





## "handiCAPped: Breaking Stigmas About Disabilities"

It all started when the Rotaract Club Manila Zobel sent our Facebook Page and invited our Club to be one of the co-hosts for their project which is entitled, "handiCAPped: Breaking Stigmas About Disabilities".

The event was held via Zoom meeting last August 3, 2023 with the guest speaker and one of the PWD Labac Organization advocate, Ms. Vernadette Liz Raymundo and gave some information about the types of disabilities and their livelihood programs.

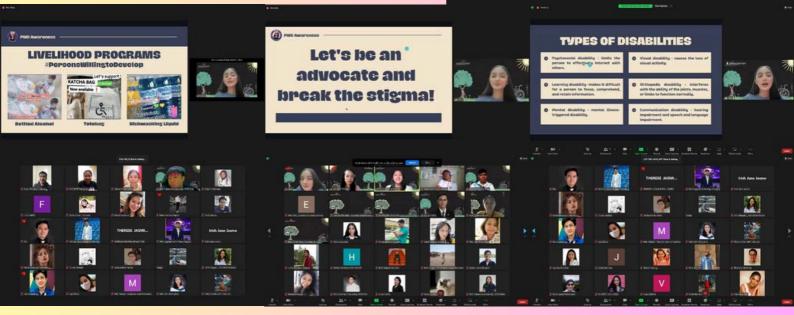
It was also graced by the President of PWD Labac Organization, Mr. Bernaldo A. Postigo Jr., who also presented some heartful and notable answers during the question-and-answer portion.

This event also served as one of the RAC Manila Zobel's fund-raising activity. As we sent our co-host fee, the half of it was given to the PWD Labac Organization which will help them in their future livelihood projects. The said organization is in Labac Barangay Hall Naic, Cavite.









## RCDD BARKADAHAN RY 2023-2024

Promising	Inspiring	Motivating
Leader: Irene B. Aquino	Leader: Fely P. Lovitos	Leader: Jason Digal
1. Thelma S. Ciudadano 2. Andrea Isabel	1.Xyza Abarca	1. Martha Carlsen
	2.Gloria O. Cabillas	2.Joan O. Gulanes
Concepcion 3. Corazon L. Costan	3.Patrick Co	3. Liza Joy Hilario
4. Jomar P. Dela Cerna	4. Andrea G. Dela Cerna	4. Vilma U. Kho
5. Archie Francisco F.	5.Cyril Duran	5.Paul Ko
Gamboa 6. Marianne Gamboa-	6. Joann Deno	6.Chai Madrid
Mosquisa	7.Edna C. Ko	7. Florence Magistrado
7. Belen D. Gemelo	8.AJ Modiquello	8. Camille Sencio
8. Stephanie F. Palconit 9. Melch Rivera	9. Sylvia C. Navarro	9.Bolyn P. Puno
10. Marina B. Ruivivar	10. Josie P. Ortiz	10. Patmei B. Ruivivar
11. Shiela Mae S. Toledo	11.Maria Rea Lane L.	11. Diane R. Janolino

## PAST PRESIDENTS

Horfilla

12. Lorelei May Zambales

1993-1994	PDG /CP Evelyn A. Magno	2008-2009	PP Marina B. Ruivivar
1994-1995	PP Cornelia P. Aportadera	2009-2010	PP Thelma S. Ciudadano
1995-1996	PP Cynthia B. Rodriguez	2010-2011	PP Cristeta G. Gallano
1996-1997	PP Estrella Luz B. Cabebe	2011-2012	PP Enerie B. Aquino
1997-1998	PP Elisa W. Tay	2012-2013	PP Lagrimas T. Acero
1998-1999	PP Linda C. Tesoro	2013-2014	PP Marie Josephine B. De Vera
1999-2000	PP Felina A. Javellana	2014-2015	PP Ruth Theresa G. Castillones
2000-2001	PP Vilma U. Kho	2015-2016	PP Marilyn P. Puno
2001-2002	PP Sylvia C. Navarro	2016-2017	PP Rozanne C. Gamboa
2002-2003	PP Ma. Chona F. Caingles	2017-2018	PP Angelita M. Ang
2003-2004	PP Charisse P. Puentespina	2018-2019	PP Josefa P. Ortiz
2004-2005	PP Edna C. Ko	2019-2020	PP Ethel C. Caceres
2005-2006	PP Agatha Ellen S. Valencia	2020-2021	PP Myla C. Agustin
2006-2007	PP Ma. Richelle B. Vicente	2021-2022	PP Andrea Dela Cerna
2007-2008	PP Eliza Joy S. Hilario	2022-2023	IPP Archie Francisco F. Gamboa





Therese Xyza "Xyza" G. Abarca Lawyer



Angelita "Litlit" M. Ang Fishery Industry



Enerie "Irene" B. Aquino Building Leasing



Gloria "Glo" O. Cabillas Civil Engineer and Construction



Ethel "Ethel" C. Caceres Dental Care & Digital Imaging



Martha "Martha" L. Carlsen Real Estate Leasing



Thelma "Thel" S. Ciudadano Auditing/ Business Admin & Tax Management Service



Darence Patrick "Patrick" Co Chef/Food Services



Andrea Isabel "Andrea" Concepcion Agricultural



Corazon "Cora" L. Costan Banking and Fruit Farming



Andrea "Andeng" G. Dela Cerna Law Enforcement/Operations



Jomar "Jhong" P. Dela Cerna Law Enforcement/Investigation



Princess Joann "Joan" V. Deño Construction





Jason "Jason" S. Digal Distribution/Frozen Products



Cyril "Cy" C. Duran Build and Design



Archie Francisco "Archie" F. Gamboa Legal Service



Rozanne "Twinkle" C. Gamboa Lending Industry



Belen "Belen" D. Gemelo BDG Industrial Sales & Services



Joan "Joan" O. Gulanes Banking



Eliza Joy "Joy" S. Hilario Real Estate Development



Maria Rea Lane "Rea" L. Horfillo Pediatric Dentistry



Diane "Diane" R. Janolino Architect



Vilma "Vi" U. Kho Financing



Edna "Edzz" C. Ko Scrap Trading & Bailing



Paulino "Paul" B. Ko Manufacturing/Boxes



Filomena "Fely" P. Lovitos Education/ Nursing



Vimellee " Chai" R. Madrid Police Training





Florence "Flor" R. Magistrado Law Enforcement



Anthony John "AJ" D. Modiguello **Manufacturing & Trucking** 



Mariane Louise "Mar" Gamboa-Mosquisa **Real Estate Management** 



Sylvia "Binggot" C. Navarro **Consultancy / Financial** 



Josefa "Josie" P. Ortiz Agriculture



Stephanie "Stef" Follante-Palconit **Education/University Professor** 



Marilyn "Bolyn" P. Puno **Public Health/ General Dentistry** 



Maria Melissa P. Rivera **Medical Service - Anaesthesiology** 

**Private Education** 



Marina "Maring" B. Ruivivar Patricia Melizza "Patmei" B. Ruivivar **Communications & Governance** Consultancy



Physician, Ob-Gyne



Ma. Gwendelyn "Gwen" V. Sabsal Jonah Camille "Camille" C. Sencio Shiela Mae "Shiela" S. Toledo **Car Distribution** 



**General Construction** 



Lorelei May "Lore" M. Zambales Banking



# RCDD'S PROFILE and HISTORICAL HIGHLIGHTS

By PDS/ PP Marina B. Ruivivar Club Historian

The commitment to the Rotary motto, SERVICE ABOVE SELF became a way of life for every Downtowner as their continuing programs and humanitarian projects on the seven (7) Areas of Focus, serve those who have less in life so they too can enjoy a world that Rotary dreams of.

RCDD prides itself to be consistent in its outstanding performance as a service club working towards excellence without counting the cost. There were challenges along the way especially on financial resources and personal relationships. But undaunted, RCDD survives.

RCDD has been blazing the trail and raising the bar for Rotary clubs in District 3860 since its charter year, receiving awards and recognitions year after year. Its first landmark achievement was when it won its first "Most Outstanding Club and President" awards, in RY 1995-1996, topping all 83 clubs in the district. The most shining moment for the Downtowners was when the club's Centennial Dream Team in RY 1998-1999 won grand slam all the four major district awards: Most Outstanding Club, President, Secretary and Club Bulletin (The Professionals), besting 93 clubs in the district. it was considered as the club's glorious historic feat.

In RY 2011-2012, RCDD was recognized as a 100% Paul Harris Fellow Club. For the past years and to the present, the club keeps its place on the top five list in contributions to the Rotary Foundation.

RCDD maintains its flagship projects at its Center for Hope, serving Barangays Agdao Centro and Vicente Duterte in Agdao District, Davao City. The service projects address the community's needs for medical and dental healthcare, children's welfare and development, livelihood skills training, maternal and child healthcare. It's partners-in-service are it's sponsored Rotary Community Corps (RCC), the City Health Office (CHO), the City Social Service & Development (CSSDO), the Philippine National Police PRO XI, and other civic and non-government organizations.

There is no turning back for RCDD. It has to forge on and get better and better each year in its service to humanity. RCDD gets its inspiration and motivation from the happy smiles and grateful response of the people it serves, much worthy than the awards received.



# RCDD'S PROFILE and HISTORICAL HIGHLIGHTS

By PDS/ PP Marina B. Ruivivar Club Historian

Chartered on February 23, 1993, as an all-women service club, by then RI President Robert R. Batch. The charter year was one great celebration as the whole Rotary world was then celebrating the 88th Foundation Anniversary of the Rotary International. RCDD became the 29,258th Rotary club worldwide and the 79th club in District 3860.

On its 26th year in RY 2018-2019, RCDD marked another historical milestone when it inducted two distinguished gentlemen to the club membership, Paulino B. Ko, a successful businessman, and Archie Francisco F. Gamboa, a high-ranking Police General, who then became the Chief of the Philippine National Police, and RCDD's first male club President. This turned RCDD into a mixed club from an all- women club to manifest Diversity, Equity and Inclusiveness (DEI).

This RY 2023-2024 RCDD starts its 31st year of service and fellow- ship with 37 men and women of various professions, leaders of their own fields of specialization. RCDD's Rooster of Membership is a balance of the senior-aged group, middle-aged and the young generation. This year marks another milestone as its very own Past President Rozanne "Twinkle" C. Gamboa is installed as District Governor, the second from the club. The first was the club's Charter President, Evelyn "Len" A. Magno.

The Rotary Club of Downtown Davao (RCDD) will continue to persevere in God's Grace and guidance, serving and touching other people's lives to CREATE HOPE IN THE WORLD.

