

4TH ISSUE

OCTOBER 2023



THE PROFESSIONALS

THE OFFICIAL MONTHLY PUBLICATION OF THE ROTARY CLUB DOWNTOWN DAVAO

Downtown Davao

Rotary
Club



CREATE HOPE
in the **WORLD**



Planting the Seeds of Hope



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District 3860



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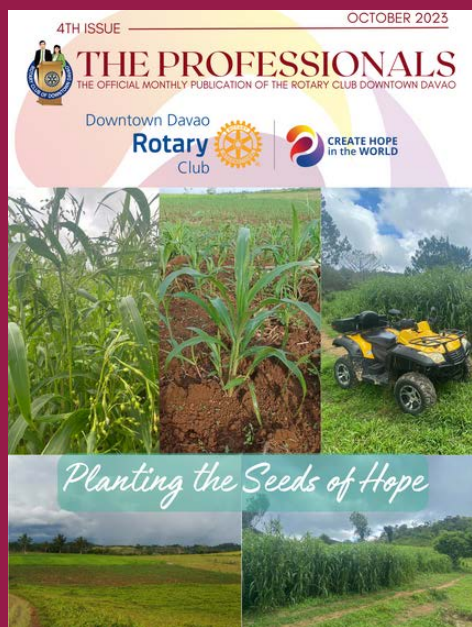


Archie Francisco F. Gamboa
Club Learning Facilitator/
Immediate Past President

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ABOUT THE COVER



The month of October is "Economic and Community Development Month". We think of the farm lands and the farmers in developing communities. How can Rotarians help them? Let us plant the seeds of HOPE.

PRAYER

O Lord, you said, "Without Me, you can do absolutely nothing." And you also said, "Ask and you shall receive". Inspire us in your Grace throughout this month, proportion it to our needs, and give us strength to avoid anything evil and to practice that which is pleasing to You. Grant us to bear patiently all the trials that we will encounter, knowing that you permit them to happen. Above all teach us how to love you, and how to live and serve others in your love. At the end, let peace settle down in our consciousness so that we may rest in your Love. Amen

QUOTE OF THE MONTH

"A man is great not because he hasn't failed, a man is great because failure hasn't stopped him."

EDITORIAL BOARD



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Editor-in-Chief



Ethel C. Caceres
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Interact Club of Downtown Davao - Davao City National High School

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Ma. Gwendelyn V. Sabsal



Marina B. Ruivivar

President's Message



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

Good afternoon, members of the Downtown Club and esteemed guests.

We gather here today for our 7th Regular Meeting as we embrace the Rotary theme of Economic and Community Development.

First and foremost, I want to express my gratitude to all the Downtown members for their tremendous efforts in organizing activities for Breast Cancer Awareness Month. Our dedication has resulted in significant achievements, including the local government's proclamation of Pink October. This milestone demonstrates our club's commitment to being effective advocates in raising awareness about breast cancer.

Furthermore, we will delve into the Rotary International Endowment Fund during our meeting. We will explore the purpose and significance of this fund within our club.

In addition, we will take this opportunity to celebrate the lives of our esteemed Downtown members: District Governor Rozanne Gamboa, Past Presidents Edna, and Ethel, as well as Rotarian Steph and Rhea. Their contributions have left an indelible impact on our club and our community.

Once again, I extend a warm welcome to everyone present, and I wish you all a pleasant afternoon!

6th REGULAR MEETING & FELLOWSHIP
Oct 11, 2023, Wednesday @11:00 am
Cafe Tavera, Tavera Street, Davao City

PROGRAMME

Theme: Economic and Community Development Month

Call to Order & Welcome Message

Pres. Gwen Sabsal

Turnover to the Program Host

PP Sylvia Navarro

Pause Muna, Peace Muna

AVP

Opening Prayer

Rtn. Xyza Abarca

Singing of the Philippine National Anthem & Rotary

Hymn

AVP

Recitation of the Object of Rotary

Acknowledgment of Visiting Rotarians/Rotaractors &

Guests

Rtn . Ma Rea Lane Horfilla

Welcome Song

The Downtowners

I . Video Presentation showcasing the events and highlights of the Pink October event

Dragon Speed Production

II . Endowment Fund Presentation

IPP Archie Gamboa

III . CELEBRATION OF LIFE & FELLOWSHIP

Facilitated by

PP/Fellowship & Sunshine Chair Vilma U. Kho

Honoring the October Birthday celebrants

Oct 5. Ethel Caceres

Oct 8. Edna Ko

Oct 15. Stephanie Palconit

Oct 16. Rozanne Gamboa

Oct 16. Ma. Rea Lane Horfilla

***Blowing of the Birthday Candles by the Celebrants**

***Greetings & Singing of the Birthday Song**

By the Downtowners and Guests

IV. PRESIDENT'S TIME

President Gwen V. Sabsal

Announcements

- Mental Health Awareness Project

- Wash Project Visit in Tudaya Elem School

- End Polio Tri-leg Marathon

V . Awarding of Prizes for Early Birds & Barkadahans

Highest Attendance

PP/CA Angelita M. Ang

ADJOURNMENT

President Gwen V. Sabsal

Program Host : PP Sylvia Navarro

Attire: Denim

Barkadahans In Charge: INSPIRING 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.

The 4-Way Test

of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL & BETTER FRIENDSHIPS**?
4. 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;

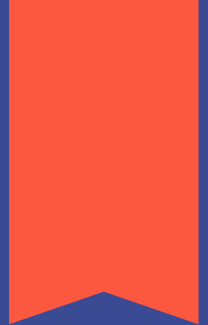
Third: The application of the ideal of service in each Rotarian's personal, business, and community life;

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	FELLOWSHIP
Members Actual Present	17		37	29
Members with Valid Make-up	0		0	0
Total Attendance	17		37	39
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	44%		95%	74%

EARLY BIRDS:

1. Belen "Belen" D. Gemelo
2. Edna "Edzz" C. Ko
3. Filomena "Fely" P. Lovitos
4. Joan "Joan" O. Gulanes
5. Archie Francisco "Archie" F. Gamboa

ROTARACTOR:

1. Aranella B. Leuteio

Activities for the Month

October 2

Pink Walk from Freedom Park to Rizal Park

October 16

Presentation of SP Resolution and Declaration of Pink October Month by the City Mayor with DG Twinkle Giving her Message on Pink October

October 6

Pink October Health Fair @ SM Davao Annex

October 21

Pink Dinner for a Cause

October 15

Rotary clubs inter Bowling Tornment

October 27

Mental Health Forum on Mental Health for Teachers



Sunshine and Fellowship

By: **Vilma U. Kho**
Sunshine Chair



Ethel Caceres
Oct 5



Edna Kho
Oct 8



Stephanie Palconit
Oct 15



Twinkle Gamboa
Oct 16



Rea Lane Horfilla
Oct 17

ROTARY INFORMATION

OUR IMPACT ON LOCAL ECONOMIES

Rotary members train people to become resources of their community, offering networking activities, advice on new business development, and mathematics and financial management training.

Rotarians make amazing things happen like:

Breaking the cycle of poverty for women. Most of the women living in rural Guatemala do not have the collateral to get loans from regulated financial institutions. The Rotary Club of Guatemala de la Ermita helped 400 local women complete financial literacy courses so they could pool their money and fund their own microlending program.

Skills development, business training: In Esmeralda, Ecuador, Rotary members helped grant more than 250 micro loans and trained more than 270 community members in sewing, baking, plumbing, microcredit, business management, and leadership.

Sustainable farming. in West Cameroon, soil erosion and loss of soil fertility have significantly reduced farmers' harvest. Rotary members gave farmers the skills they needed to improve soil fertility, control of soil erosion, and market their produce. The results: increased crop yields and profits,



DISTRICT 3860 UPDATES

END POLIO NOW

Rotary  Philippine College of Rotary Governors **SUV2023**

Fellowship Dinner with Rotary International President-Elect Stephanie Urchick and the PCRG (Philippine College of Rotary Governors) Induction & Handover Ceremonies

OCTOBER 8, 2023 | 6:00PM | OKADA MANILA

ATTIRE: MODERN FILIPINIANA

STEPHANIE A. URCHICK
RI PRESIDENT, RY 24-25

ROLANDO V. VILLANUEVA
PCRG CO-CHAIR, RY 22-23

GIL DINDO O. BERINO
PCRG CO-CHAIR, RY 22-23

ANNA LOUISA A. BUMAGAT
PCRG CHAIRMAN, RY 23-24

Rotary  **SUV23**
Zone 10A

MULTI DISTRICT PRE-PETS

REGISTRATION EXTENDED
UNTIL OCTOBER 3, 2023 | 8:00 PM

 Venue: **Okada Hotel Manila**
Date: **October 8, 2023**
Time: **8:00 AM - 4:00 PM**
Attire: **Business Attire**

Registration Fee: P3,600
Registration Link
<https://bit.ly/multi-district-pre-pets-2023>

No Onsite Registration

STEPHANIE A. URCHICK
Rotary International President Elect
GUEST OF HONOR

END POLIO NOW

Rotary  **END POLIO NOW**
Zone 10A

Save the Date

VIRTUAL POLIO SUMMIT 2023

Together, We END POLIO

October 18, 2023 | 6pm Philippine Time.
Zoom details to be announced

DISTRICT 3860 UPDATES



Happy Birthday, Governor Twinkle Gamboa!

We honor the birth and journey of a woman who is not only stunning in appearance but equally radiant from within. Your unwavering commitment to serving District 3860 and your innate ability to touch the lives of many speak volumes about your character.

The bond you share with General Archie Gamboa is truly special, and the generosity you both exude is an inspiration to us all.

On this momentous day, I offer these prayers :

For Family: May God bless your family with unity, love, and understanding. May the bond you share with General Archie Gamboa and your loved ones continue to flourish, guided by trust and mutual respect.

For Rotary Service: Lord, guide Governor Gamboa in her service to Rotary District 3860. Empower her with wisdom, strength, and the vision to lead with effectiveness and compassion. As she dedicates herself to the service of others, amplify her efforts and bring success to every endeavor.

Happy Birthday, Governor Gamboa! Wishing you a life filled with abundant blessings, unparalleled service, and immeasurable love.



FAMILY OF ROTARY

BY PP/EDITOR-IN-CHIEF ANDREA "ANDENG" G. DELA CERNA

October has been declared Breast Cancer Awareness Month or "Pink October" in Davao City.



OCTOBER IS BREAST CANCER AWARENESS MONTH

October has been declared Breast Cancer Awareness Month or "Pink October" in Davao City.



October has been declared Breast Cancer Awareness Month or "Pink October" in Davao City.

The declaration was issued by the City Government of Davao following the signing of Proclamation No. 3 series of 2023 on Friday.

According to the declaration, the local government "recognizes the need to raise public awareness on breast cancer and promote access to preventive screening and early detection" and urges the City Health Office (CHO) and other concerned offices, including the barangays, to "initiate and support activities promoting breast cancer awareness."

Breast cancer is the third most fatal type of cancer in the Philippines and is now one of the leading causes of death in the country. Around 9,000 Filipino women have died due to breast cancer.

Councilor Pilar Braga, the resolution's primary author, in a speech given during the opening of the Pink Month celebration organized by the Downtown Davao Rotary Club on Friday at the SM City Annex Activity Center, said the declaration aims to introduce "a new way of approaching the issue of cancer that emphasizes on prevention and early detection" by educating the public at the community level.

CHO Chief Dr. Tomas Miguel Ababon, in an interview with the City Information Office, said health awareness campaigns such as the Pink Month is vital in raising public consciousness of fatal diseases such as breast cancer.

"Daghan na kaayo ta'g mga kaigsoonan nga mga babaye na nagpuyo na naa'y cancer, pamilya na nawad-an og anak na babaye tungod sa cancer, ug dako kaayo ni siya nga impact na tagaan nato og pagtagad, suporta ug pagpalig-on pa sa programa (There are so many women who are living with cancer, families who have lost a daughter due to cancer and this has a great impact that we have to give attention, support and strengthen the program)," Ababon said. CIO

<https://www.davaocity.gov.ph/health/october-is-breast-cancer-awareness-month/>



HEALTH IS WEALTH

BY PRESIDENT GWENDELYN. V. SABSAL



Breast Cancer in the Philippines In the Philippines, a significant number of breast cancer cases are diagnosed at advanced or late stages due to inadequate treatment and delayed detection, accounting for approximately 65% of cases.

The Philippine Cancer Society highlighted that breast cancer is the leading cause of both new cases and mortality locally and globally. The survival rate for breast cancer among Filipinos is only 44.4% over five years, painting a concerning picture of the situation.

Breast cancer holds the top spot among all cancer types for both males and females in the Philippines. Annually, there are 27,163 new cases reported, resulting in 9,906 deaths across both sexes.

Educating individuals about the importance of early screening is crucial, as breast cancer is the most prevalent cancer in the Philippines and many other countries. It is followed by lung, colorectal, and liver cancers.

While the majority of breast cancer cases occur in females, approximately 1% of cases affect males. Females at higher risk of developing breast cancer include those who experienced early menstruation (before 12 years old), late menopause (beyond 55 years old), nulliparity or lack of breastfeeding, those with a family history of breast cancer, individuals with lymphoma, those who have used birth control pills without proper control, and those who have undergone hormone replacement therapy.

The association between risk factors such as tobacco use, diet and vitamin intake, environmental chemicals, night work, antiperspirant use, tight bras, breast implants, and breast cancer remains unclear.

Medical practitioners advise women to be vigilant and watch out for warning signs of breast cancer, including changes in breast size or shape, skin dimpling or puckering, itchy or scaly sores or rashes on the nipple, nipple retraction or other breast deformities, sudden nipple discharge, and persistent pain in a specific area.



To reduce the risk of breast cancer, physicians recommend several measures: understanding your family and medical history, maintaining breast awareness and being familiar with your breasts, undergoing breast risk assessment, and receiving regular clinical breast exams, mammograms, ultrasounds, or MRI scans.

In 2019, the National Integrated Control Act (NICA) was implemented in recognition of cancer as a significant public health concern and economic burden for Filipinos. The goal of NICA is to provide cancer control services to at least 50% of Filipino cancer patients, improve their quality of life, and reduce overall cancer mortality by 10% by 2030.

The President of the Philippine Cancer Society, Dr. Corazon Ngelangel emphasizes that NICA's rules, specifically in sections 15 to 16, highlight the importance of ongoing breast cancer campaigns. These campaigns aim to enhance cancer literacy, dispel false claims and misconceptions, address myths, and alleviate anxiety, fear, distress, and uncertainties associated with cancer.

She strongly encourages women to adopt a healthy lifestyle and actively engage in activities that promote early detection not only for breast cancer but also for other types of cancer.

** Reference: Philippine Institute for Development Studies*

EVENTS



PINK OCTOBER 2023: BREAST CANCER AWARENESS MONTH
October 6, 2023, Friday, SM Annex Activity Center, SM City, Ecoland, Davao City

PROGRAMME

Part 1 - Free Breast Screening and Free Health Consultation
10:00 AM to 12:00 NN

Part 2 - Opening Ceremonies
1:30 to 2:00 PM

Invocation, Philippine National Anthem, Tayo'y Dabawenyo, and the Rotary Hymn
Audio-Visual Presentation
Welcome Message
RC Downtown Davao President Maria Gwendelyn Viado-Sabsal, MD
Unveiling of the Big Pink Ribbon
Councilor Pilar C. Braga, City Health Officer Tomas Miguel Ababon, MD, SM Mall Manager Lester Tantoco and RC Downtown Davao President Maria Gwendelyn Viado-Sabsal, MD with Presidents of participating Rotary Clubs
Pink Celebration Song and Dance
Interact Club of Downtown Davao - Davao City National High School
Messages of Hope
Councilor Pilar Cañeda Braga
City Health Officer Tomas Miguel Ababon, MD
Ms. Marilou Mendrico, AMUMA Cancer Survivor
Rotary International District 3860 Governor Rozanne "Twinkle" C. Gamboa
Awarding of Tokens of Appreciation
Presidents of Participating Rotary Clubs
Where Hope is Planted
Interact Club of Downtown Davao - Davao City National High School
Photo Opportunity with Special Guests

Part 3 - Pink Health Forum with Go2Health Team
2:00 to 5:00 PM

Health Talk: *Preventing Cancer Even When It Runs In Your Family*
Rolando "Doc Oyie" Balburias, MD
Food Talk: *Fighting Cancer with Food as Medicine*
Jesus "Doc Jobie" Pacheco, MD
Robert Jake Tan and Jean Madelene Carpio, Registered Nutritionists
Awarding of Tokens of Appreciation
Pink October 2023 Committee
Closing Remarks
Pink October 2023 Chair Ethel Chavez-Caceres, RC Downtown Davao

Part 4 - Pink Zumba with Zumba Instructor Tata Debildos
5:00 to 6:00 PM

EVENTS

October 2 - The PINK WALK at 6:00 to 8:00 AM

RCDD Rotarians enjoyed the early morning walk from Freedom Park to Rizal Park, Davao City. They walked with all other Rotary clubs in Area 2, the City Health Office, Phil Health and PNP personnels. Other organizations joined them too.



EVENTS

October 6 - CELEBRATING INTERNATIONAL PINK OCTOBER WITH A HEALTH FAIR AT SM DAVAO ANNEX ACTIVITY CENTER, ECOLAND, DAVAO CITY

Free Breast Screening and free health screening and consultation with Doc Oyie.



DID YOU KNOW?

According to the Philippine Breast Cancer Network, 1 in every 13 Filipino women will get breast cancer, making the Philippines the country with the highest incidence of breast cancer in Asia.

FREE SCREENING and CANCER RISK ASSESSMENT

October 6, 2023 Friday
10:00 am to 12:00 noon

PINK HEALTH FORUM and FREE HEALTH CONSULTATION

October 6, 2023 Friday
2:00 to 5:00 pm



SM Annex Activity Center
SM City Davao, Ecoland, Davao City



PINK HEALTH FORUM

Preventing Cancer Even When It Runs in Your Family

Rolando "Doc Oyie" A. Balburias, MD, FPCP, IFMCP

Certified Functional Medicine Practitioner

The Institute for Functional Medicine

Diplomate and Fellow, Philippine College of Physicians

October 6, 2023, Friday, 2:00 PM at the SM Annex Activity Center
SM City Davao, Ecoland, Davao City

EVENTS

October 6 - CELEBRATING INTERNATIONAL PINK OCTOBER WITH A HEALTH FAIR AT SM DAVAO ANNEX ACTIVITY CENTER, ECOLAND, DAVAO CITY

Opening and unveiling of the Pink October Ribbon with Senator Bato Dela Rosa and Councilor Pilar C. Braga. They are joined by the Rotary Club Presidents.



EVENTS

October 6 - CELEBRATING INTERNATIONAL PINK OCTOBER WITH A HEALTH FAIR AT SM DAVAO ANNEX ACTIVITY CENTER, ECOLAND, DAVAO CITY



EVENTS

October 6 - CELEBRATING INTERNATIONAL PINK OCTOBER WITH A HEALTH FAIR AT SM DAVAO ANNEX ACTIVITY CENTER, ECOLAND, DAVAO CITY

Zumba



EVENTS

October 21- PINK OCTOBER DINNER FOR A CAUSE at the Waterfront Davao Insular Hotel, Davao City.



EVENTS

October 27 - MENTAL HEALTH FORUM FOR THE TEACHERS of the DAVAO CITY NATIONAL HIGH SCHOOL.



EVENTS

October 15 - INTER ROTARY CLUBS BOWLING TOURNAMENT

RCDD won the President's Cup!



ROTARY BOWLING TOURNAMENT
OCTOBER 15, 2023 | 9AM
SM LANANG BOWLING CENTER

- 9:00 AM** | ASSEMBLY AND REGISTRATION
- 9:30 AM** | OPENING PRAYER
- 9:35 AM** | SINGING OF THE PHILIPPINE NATIONAL ANTHEM
- 9:40 AM** | PARADE AND ROLL CALL OF PARTICIPATING CLUBS
- 9:45 AM** | GAME PROPER
- 12:00 NOON** | ANNOUNCEMENT AND AWARDING



PROGRAM





INTERACT CORNER

by: President Shyra Khaye Napala

Interact



Club of Downtown Davao -
Davao City National High School

Reflection on Pink October 2023: Breast Cancer Awareness

By: Shyra Khaye S. Napala

Interact Club of Downtown Davao-DCNHS President

This year's Pink October event was memorable as we came together to advocate for breast cancer awareness through meaningful activities. The event sparked a flood of emotions, information, and solidarity in our community. As I walked alongside with other interactors, rotarians and fellow supporters, the atmosphere was both uplifting and somber, a mix of celebration and reflection. Informative sessions and discussions are also shared by the Professional doctors during the Breast Cancer Awareness Screening Event held at SM Ecoland. It creates awareness throughout our community, sparking conversations about the importance of regular check-ups and the significance of early detection. The Pink Walk and Breast Cancer Awareness campaign were not just activities, they were catalysts for change, urging us to prioritize health and well-being.

As I reflect on Pink October 2023, I am filled with gratitude for the RCDD, volunteers, and participants who made these events possible. It was more than just an awareness campaign, it was an embodiment of compassion and empathy. This event served as a beacon of hope, reminding us all that in the face of adversity, unity and understanding can be powerful forces for change. As the pink lights fade, the memories of this month will continue to inspire us to be vigilant advocates, fostering a community where compassion and knowledge prevail in the fight against breast cancer.

2023 PINK OCTOBER: BREAST CANCER AWARENESS MONTH REFLECTION

By: Kevin Miles E. Sasan

Interact Club of Downtown Davao-DCNHS Vice President

Before I even joined the Rotary Club-Interact Club of Downtown Davao, I didn't know that the Pink October existed. However, I am most certainly aware of how Breast Cancer in the Philippines is both timely and relevant. The Pink Walk and the Breast Cancer Awareness Screening was really an eye opener for a naïve person like me. It hasn't only left me with knowledge and awareness, but a memorable experience as well.

I believe the Pink Walk was a strong start to spread the importance of Breast Cancer Awareness. It is such a huge honor to be part of an organization who supports and do things for the betterment of the nation. Looking at the mass population of those who walked with us gives me so much hope as it is a reminder that there are always people behind victims who will always support them in any way possible. We were walking for almost half an hour and we were the center of attraction as our pink outfits really shone brightly. The symbolic color pink became a powerful reminder of the collective effort to combat breast cancer. This really fosters solidarity among people as it shows a sense of unity towards good health.

I think it's really important to take notice on Breast Cancer as it has no cure. It is a disease you should be wary of. Pink October really served as a platform to learn more about the disease and a way for survivors to share their experience as well. The Breast Cancer Awareness Screening which happened at SM Ecoland of Davao really stressed on the importance of the community to support the ones facing the challenges and has been such a big help in nurturing and implementing knowledge about the disease to the public.



INTERACT CORNER

by: President Shyra Khaye Napala

Interact



Club of Downtown Davao -
Davao City National High School

Who knew that your body shape can be a sign of breast cancer? This event really gave me time to self-reflect about my body and my health condition at the moment. This also pushed me to spread the information to my family and friends in which I encouraged them for early detection and support those people with breast cancer as well.

I believe this annual event would really make a difference in the world. This brings individuals together through a shared commitment. At the end of the day, I think this has helped a lot of people in being more aware. With that, I am fulfilled. This really encouraged me to change for the better since I realized that I am very lucky to be healthy at this day and age. It is something to be treasured and taken care of. In addition, having to be knowledgeable about awareness and prevention of a disease means that I have to disseminate it for collective growth and understanding to foster.

Pink October: Breast Cancer Awareness Month

By: Clyde B. Fediles

Interact Club of Downtown Davao-DCNHS Secretary

October, known globally as Pink Month, is a period dedicated to raising awareness about breast cancer. This year, I had the privilege of participating in several events organized to support and promote breast cancer awareness. The Pink Walk, a vibrant parade, and a performance at SM City of Davao marked significant moments in this journey, leaving an indelible impact on my understanding of the importance of awareness and community support in the face of breast cancer.

We joined the Pink Walk starting from Roxas Avenue to San Pedro Square. It was not my first time Attending a parade, however, this is my first time joining a parade that left an impact because it is so meaningful. As we walked together, a sea of pink enveloped us, symbolizing hope, strength, and the collective spirit of the community. The experience was not merely a stroll; it was a powerful declaration that together, we could make a difference in the lives of those battling breast cancer. The Pink Walk was a celebration of life, a proclamation that awareness is a crucial step towards early detection and, ultimately, survival.

Our journey didn't stop with the Pink Walk; it extended to a performance at SM City of Davao. The stage became a platform for us to amplify the message of breast cancer awareness through our art. The audience, a mix of shoppers and passersby, became an unexpected yet essential part of our mission. Through our performance, we aimed not only to entertain but also to educate, creating a ripple effect of awareness that could potentially reach beyond the event itself. It was a reminder that raising awareness is not confined to a specific place or time; it is an ongoing effort that requires active participation from all corners of society.

Participating in these events opened my eyes to the harsh reality of breast cancer and the profound impact awareness can have on individuals and communities. The Pink Walk and the performance at SM City of Davao were not just symbolic gestures; they were opportunities to initiate conversations, dispel myths, and encourage regular check-ups. The power of unity and visibility became evident as we, collectively clad in pink, moved through the streets and performed on the stage.

As Pink Month fades into memory, the lessons learned and the experiences shared during the Pink Walk and the performance at SM City of Davao linger on. The journey was more than a show of solidarity; it was a reminder that each step taken, each note played, and each conversation sparked contributes to a broader narrative of awareness and support. Breast cancer, in its many forms, is a formidable adversary, but through collective action and understanding, we can strive to create a future where the color pink is not just a symbol but a beacon of hope, strength, and triumph over adversity.



ROTARACT CORNER

by: President Princess Jenina Estrellanes



Rotaractors Unite for Breast Cancer Awareness Month: Advocacy, Education, and Support

October marks Breast Cancer Awareness Month, a time when individuals, organizations, and communities worldwide come together to raise awareness about breast cancer and emphasize the importance of early detection, treatment, and support. Among the advocates making a significant impact during this crucial month are us, the dynamic members of the Rotaract Club of Downtown Davao Poblacion .

The Rotaract Club of Downtown Davao Poblacion play a multifaceted role in the fight against breast cancer, employing various strategies to engage communities, educate the public, and support survivors. Through their collective efforts, they contribute to a broader movement aimed at combating this prevalent and life-altering disease.

Education and Awareness Initiatives:

We take the lead in organizing workshops, seminars, and events designed to educate communities about breast cancer. Armed with informational materials, we distribute brochures and pamphlets, ensuring that crucial information about early detection and preventive measures reaches individuals of all backgrounds.

Healthcare Collaborations:

Recognizing the importance of accessibility to healthcare, we forge partnerships with local healthcare organizations and hospitals. By facilitating free or discounted breast cancer screenings in underserved communities, we bring essential healthcare services to those who may not otherwise have access.

Supporting Survivors:

We go beyond awareness campaigns by providing emotional support to breast cancer survivors and their families. They organize support groups, counseling sessions, and celebratory events that empower survivors, fostering a sense of community and resilience.

Harnessing the Power of Social Media:

In the age of connectivity, we leverage social media platforms to amplify their message. By creating engaging content, sharing facts, and using relevant hashtags, we reach a broader audience, encouraging individuals to join the movement and contribute to the cause.



ROTARACT CORNER

by: President Princess Jenina Estrellanes



Rotaractors Unite for Breast Cancer Awareness Month: Advocacy, Education, and Support

Community Partnerships:

Understanding the strength in unity, we collaborate with local businesses, schools, and community organizations. By fostering these partnerships, we create a collective force that enhances the impact of awareness campaigns and fundraising initiatives.

Training and Advocacy:

To actively engage in practical initiatives, such as training sessions on self-examinations and workshops promoting healthy lifestyles. We also advocate for policies that support breast cancer research, early detection, and treatment at various levels, contributing to systemic change.

As Breast Cancer Awareness Month unfolds, the efforts of the our Club stand as a testament to the power of community-driven action. Our advocacy, education, and support initiatives not only raise awareness but also bring about tangible change in the lives of those affected by breast cancer. Through our unwavering commitment, we contribute to a global movement that strives for a future where breast cancer is not just treatable but preventable.

A large, stylized pink ribbon graphic is positioned behind the text, symbolizing breast cancer awareness.

SUPPORT AWARENESS

BREAST CANCER



THE NEW GENERATION

PP Marilyn "Bolyn" P. Puno
New Generation Committee Chair

Memorandum on Election of the Next District Rotaract Representative for Rotary Year 2025-2026



ODRR Memorandum No. 005, s. 2023

To: **ALL ROTARACT CLUBS**
Rotary International District 3860

From: **REMUEL M. COLES**
District Rotaract Representative, RY 2023-2024
Rotary International District 3860

Subject: **ELECTION OF THE NEXT DISTRICT ROTARACT
REPRESENTATIVE FOR ROTARY YEAR 2025-2026**

Date of Posting: **November 10, 2023**

This is to officially and publicly inform all Rotaract Clubs of Rotary International District 3860 that **District Rotaract Elections Committee is now open to receive nominations/applications for District Rotaract Representative-nominee** who will serve the District for Rotary Year 2025-2026.

Please see schedules below:

November 13-27, 2023	Filing of Candidacy
November 29-30, 2023	Review and Screening of Received Applications
December 10, 2023	Panel Interview of Candidates
	Public Presentation of Candidates
	Election Day at Cebu City

Letter of Intent will be sent to:

PDRR Acejustin R. Resare
District Rotaract Elections Chair, RY 2023-2024


Email all documents in PDF

to: acejustinresare@gmail.com

cc: twinx101670@yahoo.com; enriqueandres1970@yahoo.com; colesremuel@gmail.com

The qualifications, requirements, and rules and procedures on the conduct of election for District Rotaract Representative-nominee will be posted at the official District FB page: facebook.com/rotaractdistrict3860.

Please be guided accordingly.


REMUEL M. COLES
District Rotaract Representative, RY 2023-24
Rotary International District 3860

cc: District Governor/District Governor-nominee/District Rotaract Chair
Rotaract District Officers/Rotary Club Presidents

RCDD BARKADAHAN RY 2023-2024

Promising

Leader: Irene B. Aquino

1. Thelma S. Ciudadano
2. Andrea Isabel Concepcion
3. Corazon L. Costan
4. Jomar P. Dela Cerna
5. Archie Francisco F. Gamboa
6. Marianne Gamboa-Mosquisa
7. Belen D. Gemelo
8. Stephanie F. Palconit
9. Melch Rivera
10. Marina B. Ruivivar
11. Shiela Mae S. Toledo
12. Lorelei May Zambales

Inspiring

Leader: Fely P. Lovitos

1. Xyza Abarca
2. Gloria O. Cabillas
3. Patrick Co
4. Andrea G. Dela Cerna
5. Cyril Duran
6. Joann Deno
7. Edna C. Ko
8. AJ Modiquello
9. Sylvia C. Navarro
10. Josie P. Ortiz
11. Maria Rea Lane L. Horfilla

Motivating

Leader: Jason Digal

1. Martha Carlsen
2. Joan O. Gulanes
3. Liza Joy Hilario
4. Vilma U. Kho
5. Paul Ko
6. Chai Madrid
7. Florence Magistrado
8. Camille Sencio
9. Bolyn P. Puno
10. Patmei B. Ruivivar
11. Diane R. Janolino

PAST PRESIDENTS

1993-1994 PDG /CP Evelyn A. Magno
 1994-1995 PP Cornelia P. Aportadera
 1995-1996 PP Cynthia B. Rodriguez
 1996-1997 PP Estrella Luz B. Cabebe
 1997-1998 PP Elisa W. Tay
 1998-1999 PP Linda C. Tesoro
 1999-2000 PP Felina A. Javellana
 2000-2001 PP Vilma U. Kho
 2001-2002 PP Sylvia C. Navarro
 2002-2003 PP Ma. Chona F. Caingles
 2003-2004 PP Charisse P. Puentespina
 2004-2005 PP Edna C. Ko
 2005-2006 PP Agatha Ellen S. Valencia
 2006-2007 PP Ma. Richelle B. Vicente
 2007-2008 PP Eliza Joy S. Hilario

2008-2009 PP Marina B. Ruivivar
 2009-2010 PP Thelma S. Ciudadano
 2010-2011 PP Cristeta G. Gallano
 2011-2012 PP Enerie B. Aquino
 2012-2013 PP Lagrimas T. Acero
 2013-2014 PP Marie Josephine B. De Vera
 2014-2015 PP Ruth Theresa G. Castellones
 2015-2016 PP Marilyn P. Puno
 2016-2017 PP Rozanne C. Gamboa
 2017-2018 PP Angelita M. Ang
 2018-2019 PP Josefa P. Ortiz
 2019-2020 PP Ethel C. Caceres
 2020-2021 PP Myla C. Agustin
 2021-2022 PP Andrea Dela Cerna
 2022-2023 IPP Archie Francisco F. Gamboa

MEMBERSHIP ROSTER

Every Rotarian Reach One, Keep One



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

MEMBERSHIP ROSTER

Every Rotarian Reach One, Keep One



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. Gulanés
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

MEMBERSHIP ROSTER

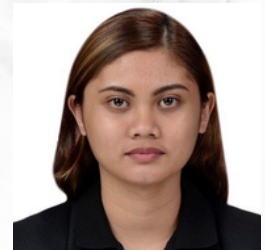
Every Rotarian Reach One, Keep One



Florence "Flor" R. Magistrado
Law Enforcement



Anthony John "Aj" D. Modiquello
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



Marina "Maring" B. Ruivivar
Private Education



Patricia Melizza "Patmei" B. Ruivivar
Communications & Governance
Consultancy



Ma. Gwendelyn "Gwen" V. Sabsal
Physician, Ob-Gyne



Jonah Camille "Camille" C. Sencio
Car Distribution



Shiela Mae "Shiela" S. Toledo
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 its 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

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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 fellowship with 37 men and women of various professions, leaders of their own fields of specialization. RCDD's Roster 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.**

