



# 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*



# ROTARY INTERNATIONAL & DISTRICT OFFICERS RY 2023-2024



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District 3860



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District 3860



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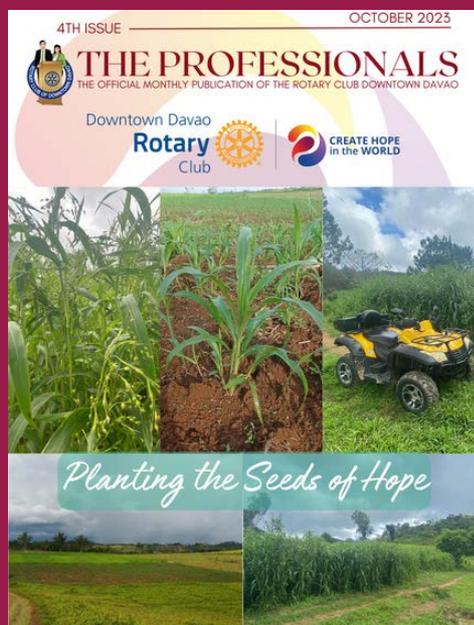


**Archie Francisco F. Gamboa**  
Club Learning Facilitator/  
Immediate Past President

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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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Rotaract Club of Downtown Davao Poblacion



**Shyra Khaye Napala**  
Interact Club of Downtown Davao - Davao City National High School

## ADVISERS:



**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



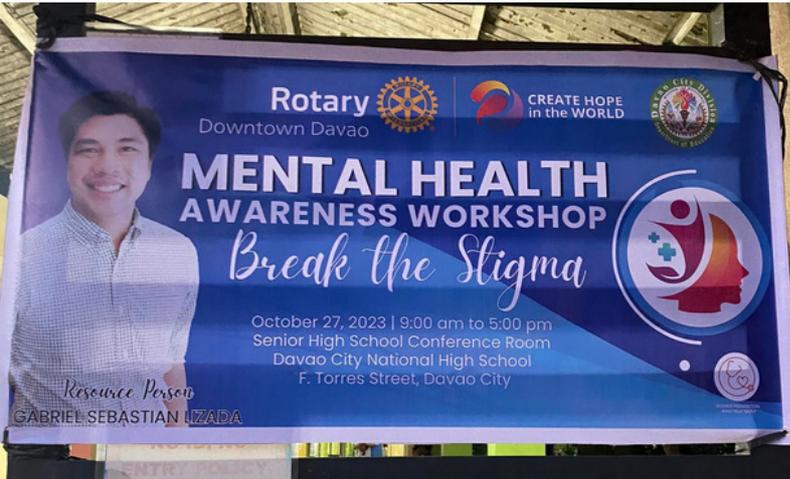
# EVENTS

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**

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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:

<b>November 13-27, 2023</b>	Filing of Candidacy
<b>November 29-30, 2023</b>	Review and Screening of Received Applications
<b>December 10, 2023</b>	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](mailto:acejustinresare@gmail.com)  
cc: [twinx101670@yahoo.com](mailto:twinx101670@yahoo.com); [enriqueandres1970@yahoo.com](mailto:enriqueandres1970@yahoo.com); [colesremuel@gmail.com](mailto: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](https://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. 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

# 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

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 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.

