



THE PROFESSIONALS

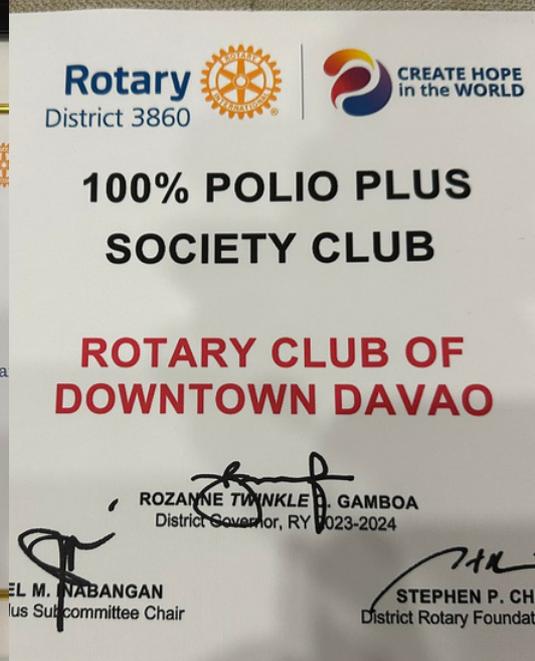
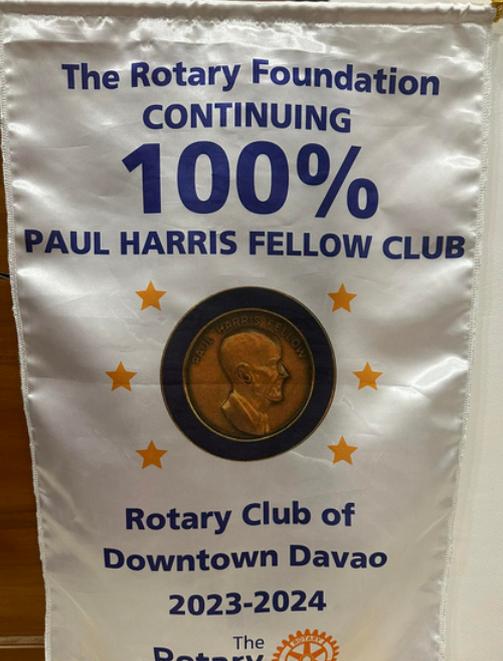
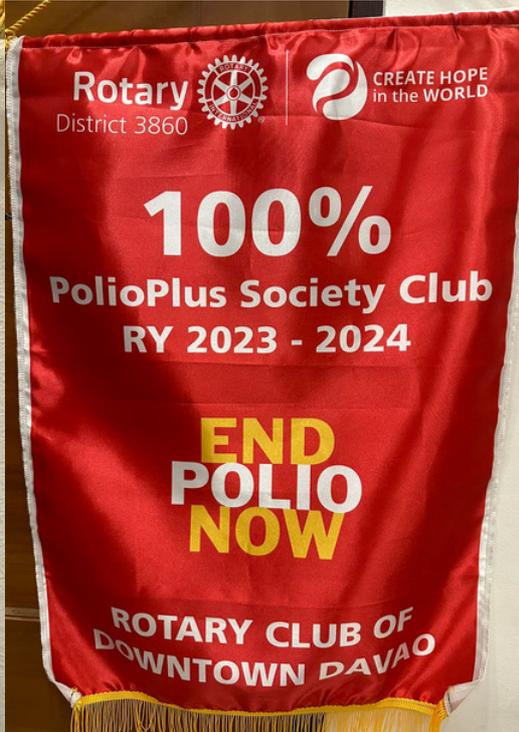
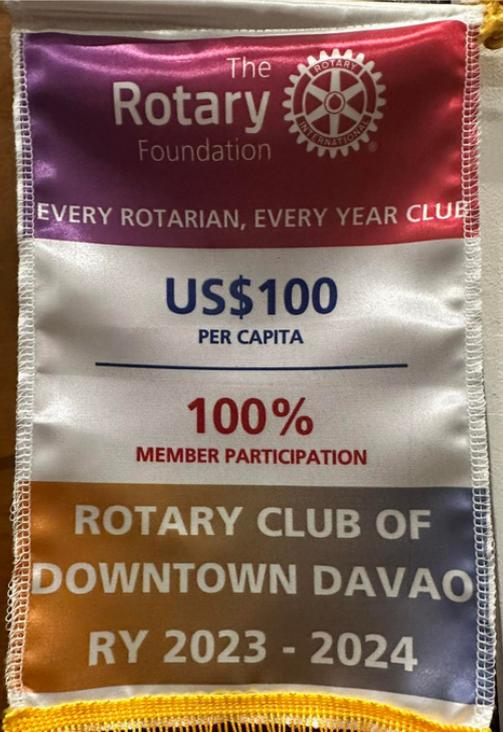
THE OFFICIAL MONTHLY PUBLICATION OF THE ROTARY CLUB DOWNTOWN DAVAO

Downtown Davao

Rotary
Club



CREATE HOPE
in the **WORLD**



CONGRATULATIONS, RCDD!

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PRAYER

Almighty Father, thank you for bringing us together again today to commemorate The Rotary Foundation Month with a Celebration of Life. Fill us with your presence and may our faith, hope, love and joy in you be renewed. With your steadfast love, you have been so kind, patient and supportive of us. Let this awareness inspire us to also love our friends, brothers and sisters in Rotary. Help us to be an encouragement to the discouraged, a help to bear their burdens and limitations, and lighten their loads. Keep us from words and actions that may hurt or destroy. Grant us the grace to respect each person as a temple of your Spirit. For this, Father, we need your continued guidance and strength. Amen.

QUOTE OF THE MONTH

"Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

- Harriet Tubman

ABOUT THE COVER



RCDD is a top contributor to the ROTARY FOUNDATION. It is one of Rotary's Promise Club with 100% of its members as TRF Benefactors. RCDD is a 100% Per Capita and EREY Club, a top 3 Capita Annual Giving Club and a continuing 100% Paul Harris Fellow Club. It is awarded a 100% Polio Plus Society member club with 100% of its members contributing to the Polio Plus Fund. RCDD believes on giving to the Rotary Foundation to create HOPE in the world.

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Ma. Gwendelyn V. Sabsal



Marina B. Ruivivar

President's Message



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

Good afternoon, fellow Downtowners, I am delighted to welcome you to our 7th Regular Meeting. Today, we gather to celebrate the theme of "Giving Hope through Rotary Foundation" in the spirit of November. As Rotarians, we understand the significance of donating to the TRF (The Rotary Foundation) as it serves as the lifeblood of Rotary. Our collective efforts in giving will have a lasting impact not only within our community but also internationally.

Today, PP Vilma Kho, our TRF Chair, will enlighten us once again on the objectives and goals of the TRF, providing us with valuable insights and deepening our understanding of the foundation's mission.

In addition to our focus on the TRF, we also take this opportunity to celebrate the lives of two remarkable individuals from our Downtown Rotary family: PP Irene and Rotarian Fely. Their contributions and generosity have made a significant difference in our community. We extend our heartfelt gratitude to them and pray they continue to be blessed abundantly.

Let us make the most of this meeting, learning from our speaker, reflecting on the impact of our donations to the TRF, and honoring the remarkable individuals who have made a difference in our community. Together, we can continue to bring hope and positive change to the lives of those most in need.

Thank you, and let us begin our meeting with enthusiasm and a spirit of service.

7th REGULAR MEETING & FELLOWSHIP
Nov 15, 2023, Wednesday @11:00 am
Cafe Tavera

PROGRAMME

Theme:

“Giving Hope Through The Rotary Foundation “

Call to Order & Welcome Message
Pres. Gwen V. Sabsal

Turnover to the Program Host
PP Thelma Ciudadano

Pause Muna, Peace Muna
AVP

Opening Prayer
Rtn. Lorelei Mae Zambales

Singing of the Philippine National Anthem
& Rotary Hymn
AVP

Recitation of the Four Way Test Acknowledgment of
Visiting Rotarians/Rotaractors & Guests
Rtn Belen Gemelo

Welcome Song
The Downtowners

1. TRF Presentation
TRF Chair Vilma Kho

II CELEBRATION OF LIFE & FELLOWSHIP

Facilitated by

PP/Fellowship & Sunshine Chair Vilma U. Kho
*Honoring the November Birthday celebrants
Nov 20 : Irene Aquino
Nov 22. Fely Lovitos

* Blowing of the Birthday Candles by the Celebrants
*Greetings & Singing of the Birthday Song
By the Downtowners and Guests

III. PRESIDENT'S TIME

President Gwen V. Sabsal
- End Polio Ride
- Rotary Christmas Fiesta

IV SECRETARY 's TIME

PP /CS Ethel Caceres
- Update of ACOM meeting

V. AWARDING OF OUTSTANDING ROTARIAN FOR THE

Month of September 2023
Month of October 2023
by PP/ CA Angelita M. Ang

* Awarding of Prizes for
1. Early Birds

2. Barkadahan Highest Attendance
3. Best in International Costume
- PP / CA Angelita M . Ang

ADJOURNMENT

President Gwen V. Sabsal

Program Host : PP Thelma Ciudadano
Attire: International Costume
Barkadahan In Charge: PROMISING

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;

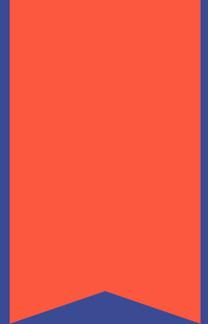
Third: The application of the ideal of service in each Rotarian's personal, business, and community life;

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	18		32	40
Members with Valid Make-up	0		0	0
Total Attendance	18		32	40
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	46%		82%	100%

EARLY BIRDS:

1. Belen "Belen" D. Gemelo
2. Sylvia "Binggot" C. Navarro
3. Eliza Joy "Joy" S. Hilario
4. Marina "Mareng" B. Ruivivar
5. Patricia Melizza "Patmei" B. Ruivivar

Activities for the Month

November 03

Ocular Visit to the Tudaya Elementary School at Sta Cruz, Davao del Sur for the installation of the WASH Project.

November 15

7th Regular Meeting and Fellowship



Sunshine and Fellowship

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



Irene Aquino
Nov 20



Fely Lovitos
Nov 22

ROTARY INFORMATION

SECURING OUR FOUNDATION'S FUTURE



Our Foundation has been **Doing Good in the World** for almost a century, thanks to the generosity and hard work of Rotarians. While contributions have primarily funded programs, strong investment returns over the years have been used to fund operating costs. This strategy of funding operating expenses from investment returns, year after year, was not sustainable throughout the recent financial crisis, mostly because we did not use all the returns from the good years to build up our reserves.

Our Foundation weathered the storm better than many nonprofits, but those "tough times" caused Rotary to consider what actions might be needed to ensure another century of strong programs. Recognizing financial markets will continue to be volatile, the Trustees have developed an enhanced strategy to achieve long-term financial sustainability.

OUR LONG-TERM STRATEGY

1 The Trustees have agreed that our first priority must be to ensure that we have sufficient resources to operate our Foundation. Given the current environment of volatile investment markets, we need additional sources to provide sufficient and more reliable funding.

2 Our second priority is to build a reserve to keep our organization operating if annual funding sources are not sufficient. Therefore, effective 1 July 2015, we will draw on the following new sources of funds to help operate our Foundation and build a strong reserve:

- 5% OF ANNUAL FUND CONTRIBUTIONS*
- 5% OF CASH CONTRIBUTIONS TO FUND GLOBAL GRANTS**
- 10% OR LESS OF SELECT CORPORATE GIFTS



OUR CURRENT FUNDING MODEL



OUR NEW FUNDING MODEL EFFECTIVE 1 JULY 2015



This new funding model will have no impact on District Designated Funds or the 3-year investment cycle.

* This 5% will not affect District Designated Funds (DDF).

** Formerly known as "flow-through cash"

DISTRICT 3860 UPDATES

Rotary
District 3860



CREATE HOPE
in the WORLD

AWARDING CEREMONIES

FOR RY 2020-2021, RY 2021-2022 & RY 2022-2023

AND

The Rotary Foundation Recognition Night

NOVEMBER 18, 2023, SATURDAY
ACACIA HOTEL, JP LAUREL AVE., DAVAO CITY

Awarding Ceremonies starts at 9:00am
Attire: Club Uniform

TRF Recognition Night starts at 6:00pm
Attire: Black Cocktail

District 3860

Rotary
Club



CREATE HOPE
in the WORLD

Support The Rotary Foundation on

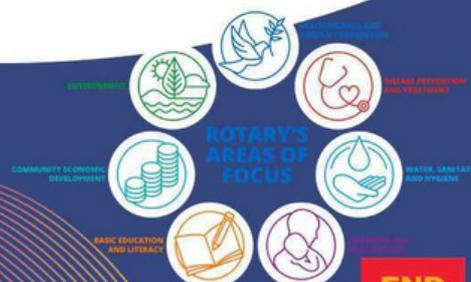
GIVING TUESDAY

November 28, 2023 *A Global Day of Generosity*

We need your help to raise funds and awareness for The Rotary Foundation this GIVING TUESDAY, November 28, 2023. This Global Day of Generosity is an opportunity for all Rotary members to make a big impact with a gift of at least \$10 or more to our **Annual Fund and Polio Fund**.

Make your gift at
www.my.rotary.org/donate

The
Rotary
Foundation



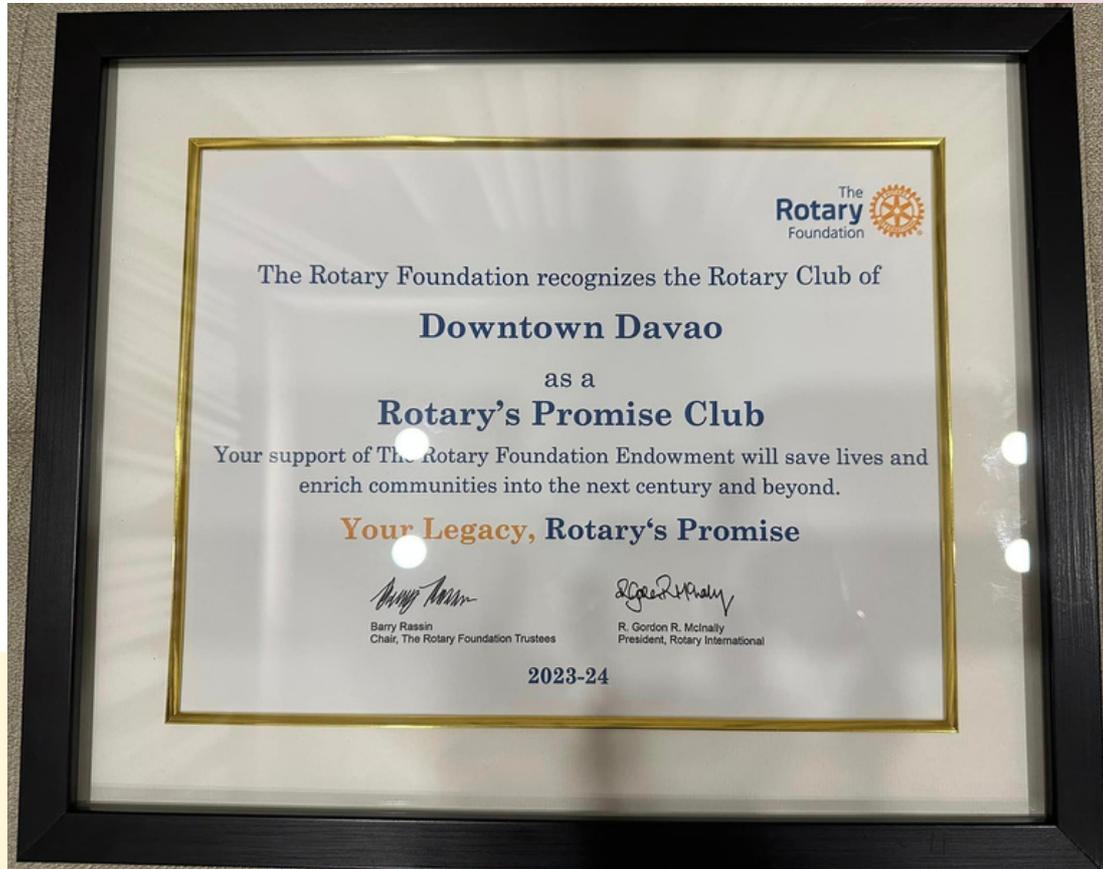
**END
POLIO
NOW**



FAMILY OF ROTARY

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

The Rotary Club of Downtown Davao: A Beacon of Hope as ROTARY'S PROMISE CLUB



In the heart of Davao City stands an emblem of unwavering commitment to service, a beacon of philanthropy, and a testament to the power of collective action—the Rotary Club of Downtown Davao. This distinguished club has earned the esteemed designation of **Rotary's Promise Club**, a recognition that echoes their dedication to humanitarian causes and their unwavering support for The Rotary Foundation's Endowment.

Nestled within the bustling cityscape of Davao, this Rotary Club stands as a paragon of altruism and community spirit. Comprising a diverse array of professionals, leaders, and Hope-Creators, the club embodies Rotary International's motto 'Service Above Self.'

What distinguishes the Rotary Club of Downtown Davao is its fervent commitment to making a tangible difference. Every member of this esteemed club pledges their support to The Rotary Foundation's Endowment by contributing a minimum of \$1,000 or more. This isn't merely a financial commitment; it's a symbol of their dedication to fostering positive change in the world.

The club's ethos isn't confined within the walls of their meetings but extends far beyond. Through a myriad of projects and initiatives, they're actively reshaping lives and communities. Whether it's supporting education for underprivileged children, providing clean water access, or empowering local entrepreneurs, their impact reverberates across the city and beyond.



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

The Rotary Club of Downtown Davao: A Beacon of Hope as ROTARY'S PROMISE CLUB



Their designation as **Rotary's Promise Club** isn't just a badge of honor; it's a testament to their enduring commitment. It's a recognition of their unwavering pledge to contribute to Rotary International's noble causes, ensuring a lasting impact for generations to come.

At the heart of their endeavors lies a deep-rooted belief in the power of collective action. The Rotary Club of Downtown Davao stands as a shining example that when individuals unite under a common purpose, their combined efforts can move mountains, uplift communities, and bring about meaningful change.

Their dedication to Rotary International's principles isn't just a reflection of their generosity; it's a reflection of their vision for a better world. As they continue to sow the seeds of goodwill and compassion, their efforts echo far and wide, inspiring others to join hands in creating a brighter, more compassionate future.

In honoring the Rotary Club of Downtown Davao as **Rotary's Promise Club**, Rotary International not only acknowledges their financial commitment but also celebrates their unwavering dedication to service, their relentless pursuit of humanitarian causes, and their undying spirit of making a difference in the world.

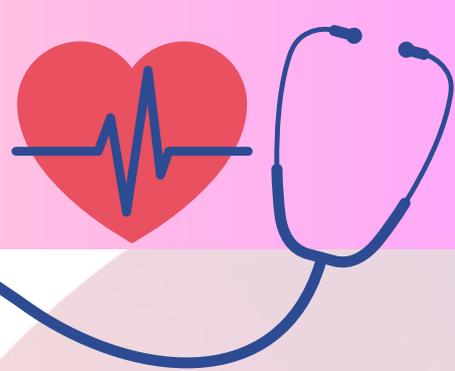
The Rotary Club of Downtown Davao isn't just a club; it's a force for good, an embodiment of Rotary's values, and a beacon of hope for a better tomorrow. Through their actions and their unwavering support, they illuminate the path towards a world where kindness, compassion, and service prevail.

In the vibrant tapestry of Davao's community, the Rotary Club of Downtown Davao shines brightly, a testament to the transformative power of service and the enduring legacy of Rotary's promise—a promise of making the world a better place, one selfless act at a time.



HEALTH IS WEALTH

BY PRESIDENT GWENDELYN. V. SABSAL



NOT ALL EXERCISE IS BENEFICIAL: THE PHYSICAL ACTIVITY PARADOX EXPLAINED

In the pursuit of optimal health, regular physical activity (PA) is recommended to protect against dementia, cardiovascular disease (CVD), cancer, and other noncommunicable diseases. A significant body of research suggests the benefits of PA are positively correlated with higher frequency and intensity – with more often deemed better. This research has spawned a focus on increasing step counts and investing in standing desks and other interventions aimed at keeping people active.

But for many people, PA is a work requirement over which they have little control, and emerging evidence suggests that these workers not only do not reap the benefits associated with leisure-time PA, but they also actually experience an increased risk for the very conditions that PA is intended to prevent.

A study published recently in *The Lancet Regional Health – Europe* used registry data from more than 7000 adults in Norway, following them from age 33 to 65 years, to assess PA trajectories and risks for later-life mild cognitive impairment (MCI) and dementia at age 70 or older.

Study participants worked in more than 300 different occupations. General physical activities performed on the included jobs required "considerable" use of arms and legs and moving the whole body, such as climbing, lifting, balancing, walking, stooping, and handling of materials.

Skirbekk and colleagues grouped participants into four PA trajectories over the 44-year study period: stable low, increasing then decreasing, stable intermediate, and stable high. A total of 902 individuals were diagnosed with dementia and 2407 with MCI at age 70 years or older. After adjustment, risks for MCI and dementia were 15.5% for those with higher occupational PA scores in the latter part of their working life and 9% for those with lower physical demands. The researchers conclude that "consistently working in an occupation with intermediate or high occupational PA was linked to an increased risk of cognitive impairment."

Good vs Bad PA

Kirsten Nabe-Nielsen, PhD, lead author of this study, is quoted as saying, "[T]he WHO [World Health Organization] guide to preventing dementia and disease on the whole mentions physical activity as an important factor. But our study suggests that it must be a 'good' form of physical activity, which hard physical work is not."

In separate interviews, Skirbekk and Quinn pointed to the PA paradox as an explanation for their own recent findings, suggesting that the mechanisms that underlie it probably are responsible for the associated deleterious effects of occupational PA on the brain and heart, and even mortality.

"It's well established that PA in your leisure time can be positive, but in the workplace, the results are quite the opposite," Skirbekk said. "The specific mechanisms for why occupational PA is associated with elevated dementia risk are still not well understood and we need more knowledge. But we know that higher occupational physical demands have been linked to smaller hippocampal volume and poorer memory performance." Furthermore, he said, individuals working in jobs with high demands, both psychological and physical, combined with low job control perform more poorly on cognitive testing later in life.

"We looked mainly at professions where people have heavy workloads and you have much less autonomy, such as nursing assistants, office cleaners, childcare workers, and other personal care workers," he said. "You cannot sit. You have somebody relying on you. It's not all pleasure, and it can be very hard. That's where we find the associations."

Lack of Autonomy

Specific characteristics indirectly associated with high occupational PA jobs – low cognitive stimuli, lifestyle factors, and socioeconomic influences – as well as factors directly related to high occupational PA, such as long hours, repetitive tasks, low levels of control, and stress, could also adversely affect cognitive trajectories, Skirbekk explained.



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"By contrast, leisure-time physical activities tend to be of much shorter duration; are associated with socialization, play, [and] positive emotions; and [include] the opportunity to take breaks or shift to other types of activities if one prefers," he said. "It may also be that too little or too much PA could be adversely related to cognitive outcomes – hence moderate activity levels, for example 10,000 steps a day, are still likely beneficial for cognitive functioning."

Quinn said most of the CVD risk linked to occupational PA, has to do with long periods of exertion such as lifting and carrying objects. While occupational standing and walking all day are also linked to CVD risk, they're not as risky as lifting and carrying, he said.

Like Skirbekk, Quinn noted that individuals can take a break from leisure-time PA when they are tired, but occupational PA doesn't have that same autonomy to allow for recovery. "So, in many cases, individuals are not getting the recovery their body needs to actually experience PA benefits, because those benefits come during rest," Quinn said.

Quinn also said that psychological stress at work amplifies risk. "A person who does PA at work and is stressed is likely to be at greater risk than someone who has a physically active job but doesn't have psychological stress combined with it."

Research Gaps

However, Skirbekk noted that there are strategies that can reduce the risk for MCI and dementia despite high levels of occupational PA. "It is often difficult to change professions, and even if you do, it won't immediately affect cognition. But altering one's lifestyle is likely to have effects on cognitive development across the life cycle.

"Many clinicians say they always advise lifestyle changes, but nothing happens. But it makes sense to emphasize that these changes – stopping smoking, eating well, getting proper sleep, etc. – affect not only cardiovascular risk but also cognition. And I think clinicians should also take a patient's occupation into account during any evaluation," Skirbekk noted.

Quinn said it isn't realistic to expect workers to come up with solutions to the PA paradox because many don't have the autonomy to be able to mitigate their occupational risk.

"I think administrative controls and policy changes eventually will be the levers of change. We're not quite there yet, but those are the types of things we should do when we're trying to reduce loads in some way, or reduce the time that people spend doing certain tasks we know are potentially bad," he said.

However, not everyone agrees that occupational PA doesn't confer the same benefits of leisure-time PA, at least with respect to cardiovascular risk. For example, the Prospective Urban Rural Epidemiology (PURE) study, which includes a cohort of 130,000 people from 17 high-income, middle-income, and low-income countries, concluded that both higher recreational and nonrecreational PA were associated with a lower risk for mortality and CVD events.

Health Inequity Issue

More research is also necessary to understand the social determinants of cognitive decline, impairment, and dementia, he said. "Many of the studies we see today are based on self-report of what someone has done in the past, which is particularly problematic for individuals who are impaired or who give interviews with others, which can induce biases."

Quinn suggests that PA guidelines may need to differentiate between occupational and leisure-time PA to better reflect current research findings.

Holtermann, who has arguably done the most research to date on the PA paradox, noted in a recent editorial that the majority of workers with high occupational PA have a low socioeconomic position and therefore "improving our understanding of the underlying mechanisms behind the PA health paradox and identifying new intervention targets along those pathways will be an important step to reduce socioeconomic health inequalities across the globe."

Source: *Not All Exercise Is Beneficial: The Physical Activity Paradox Explained* - Medscape - Nov 27, 2023.

EVENTS

November 03 - Ocular Visit to the Tudaya Elementary School at Sta Cruz, Davao del Sur for the installation of the WASH Project.



EVENTS

November 15 - 7th Regular Meeting and Fellowship



EVENTS

November 15 - 7th Regular Meeting and Fellowship





INTERACT CORNER

by: President Shyra Khaye Napala

Interact



Club of Downtown Davao -
Davao City National High School

5 ways to join the World Children's Day celebration

By Casey Jones, Programs for Young Leaders staff

Annually, on 20 November, UNICEF hosts a day of action for children by children, called World Children's Day: a commemoration of the 1989 adoption of the Convention on the Rights of the Child. This year, young people are raising their voices on the issues that matter to their generation and are calling for adults to partner with them in creating a better future. With over 350,000 participants across Rotary's youth programs, Rotary International knows that young leaders are critical partners in driving social change. Join us in empowering young people and celebrating World Children's Day! Below are five ways to get involved:

1. Learn about Rotary's impactful youth programs. Youth Service, one of Rotary's five Avenues of Service, recognizes the importance of empowering youth and young professionals through service and leadership development programs, including Interact, Rotary Youth Leadership Awards (RYLA), and Rotary Youth Exchange.
2. Engage young leaders as partners. Young people are key collaborators in service and often lead the way in making positive change within their communities. Invite young people to your Rotary or Rotaract club meetings and partner in serving your shared community. Remember, positive youth-adult partnerships recognize that adults and youth both have something to contribute to and learn from each other. These partnerships require active listening, flexibility, honesty with each other, and openness to cultural differences between young people and adults.
3. Amplify the power of youth voices. Elevating youth voices means including the ideas, thoughts, and actions of young people. Additionally, it requires the inclusion of young leaders in the decision-making process for those things that affect and shape their lives. Create opportunities to include youth in leadership roles in your club and district and invite them to contribute in meaningful ways.
4. Empower youth through service-learning. Rotary's approach to youth service, service-learning, emphasizes that young people should oversee their service experience. Young leaders are empowered to identify the issues they care about and develop and implement an effective action plan, all while honing life skills and having a lasting impact on communities. To learn more, interactive courses and downloadable workbooks are available in Rotary's Learning Center for adult advisers and youth participants ages 16 and older. Watch this informative video and get started with service-learning today.
5. Prioritize Youth Protection. Youth protection is the foundation upon which all Rotary youth programs are built. Review Rotary's youth protection resources for clubs and districts that participate in youth programs and commit to fostering environments that are safe and positive for young people.

World Children's Day is a time to celebrate the rights and potential of all young people. By engaging with Rotary's youth programs, we can partner with and empower young leaders to make a positive impact on local communities and the world. Through service-learning, we can provide young people with the skills and experience they need to become changemakers. And by prioritizing youth protection, we can ensure that all youth participants are safe and supported. Together with Rotary's young leaders, we can create a brighter future for all.

Source: <https://rotaryserviceblog.org/2023/11/16/5-ways-to-join-the-world-childrens-day-celebration/>



ROTARACT CORNER

by: President Princess Jenina Estrellanes



Elevating the Rotaract Brand: A Moderator's Reflection on the Asia Pacific Rotaract Conference 2023

By PDRR Christian de Borja | Posted on December 12, 2023

On November 3, 2023, at the illustrious Seoul Dragon City, I had the privilege of moderating the Panel Discussion entitled "Public Image and Branding Workshop" during the Rotaract Workshop of the Asia Pacific Regional Rotaract Conference (APRRC) 2023 Seoul. The session brought together passionate Rotaract members from 16 countries and territories across the Asia-Pacific region, aiming to delve into the intricacies of public image and branding for Rotaract Clubs.

The distinguished panelists for the session were PDRR Divagaran Kalaivanan from District 3310, Singapore, and PP JN Vianney Dagandan from District 3860, Philippines. Both panelists served as integral members of the Public Relations Committee under the Brand Compliance Section of the Asia Pacific Rotaract Multi-District Information Organization (MDIO), a role that I also proudly hold as the Public Relations Director.

The initial segment of our workshop was dedicated to unraveling the concept of public image and its profound influence on Rotaract Clubs. We collectively defined public image as the external projection of our identity, encapsulating how our clubs and members are perceived by those familiar or unfamiliar with our work. We emphasized that a robust public image functions as a magnetic force, drawing in potential members, sponsors, and partners while fostering trust and credibility within the communities we serve. Public image stands as the gateway through which we amplify the impact of our clubs, ultimately enhancing our capacity to make a meaningful difference.

Our discussions also delved into the practical aspects of maintaining a consistent and compelling brand image. We shared valuable insights and expertise on developing impactful public image and branding initiatives, emphasizing the role of Rotaractors as stewards of the Rotaract brand.

The second part of the session shifted focus to branding, marking the launch of the "Your Path To Branding Excellence" e-book. This comprehensive guide encapsulates the updated Rotaract voice and visual identity guidelines. Emphasizing the importance of the proper, consistent use of brand elements such as the brand mark, messaging, and tone, these guidelines are deemed crucial for a global brand like Rotaract. A quick rundown of do's and don'ts provided practical insights into ensuring a uniform and powerful brand presence.

To encourage interaction, we opened the floor to our diverse audience, urging them to share their questions through a form. Reading and responding to these questions revealed a striking commonality – similar concerns echoed across different countries, emphasizing the universal challenges faced by Rotaract clubs. This realization underscored the importance of collaborative learning and knowledge-sharing, fostering a sense of unity among the diverse Rotaract community.

As a Rotaractor with over a decade of experience and a fervent advocate for the Rotaract brand, it was a delight to impart our insights to fellow Rotaractors spanning various parts of the Asia Pacific region. The exchange of ideas, the shared passion for service, and the collective commitment to enhancing our public image and branding left an indelible mark on the conference.



ROTARACT CORNER

by: President Princess Jenina Estrellanes



Elevating the Rotaract Brand: A Moderator's Reflection on the Asia Pacific Rotaract Conference 2023

By PDRR Christian de Borja | Posted on December 12, 2023

I extend my heartfelt gratitude to Asia Pacific Rotaract Multi-District Information Organization (MDIO) Chair Alan Yip and APRRC 2023 Seoul HOC Chair Taeho Pan for providing this invaluable opportunity. Their vision and commitment to fostering excellence within the Rotaract community continue to inspire and propel us toward greater heights.

In conclusion, the Public Image and Branding Workshop at APRRC 2023 Seoul was a testament to the commitment of Rotaractors to elevate their clubs and the Rotaract brand to new heights. It was a collaborative effort to nurture excellence and ensure that our public image reflects the impactful work we do in communities across the Asia Pacific region.



Source: <https://rotaract.rotaryphilippines.com/2023/12/elevating-the-rotaract-brand-a-moderators-reflection-on-the-asia-pacific-rotaract-conference-2023/>

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 "The" 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. Horfilla
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

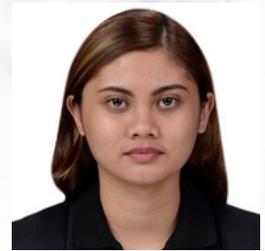
Every Rotarian Reach One, Keep One



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.**

