

8TH ISSUE

FEBRUARY 2024



THE PROFESSIONALS

THE OFFICIAL MONTHLY PUBLICATION OF THE ROTARY CLUB DOWNTOWN DAVAO

Downtown Davao

Rotary
Club



CREATE HOPE
in the **WORLD**



Rotary Club of Downtown Davao's 31st Charter Anniversary

ROTARY INTERNATIONAL & DISTRICT OFFICERS RY 2023-2024



Gordon R. McNally
Rotary International President



Rozanne C. Gamboa
District Governor
District 3860



Caroline Lee Andrade
District Governor Elect
District 3860



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



Vincent Edward L. Ang
District Secretary



Ma. Krizia Ivy Z. Tan
Assistant Governor, 2C



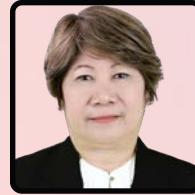
Archie Francisco F. Gamboa
District Learning Facilitator
& District Disaster Management
Committee Executive Director



Marina B. Ruivivar
District Finance
Committee Chair



Sylvia C. Navarro
District Treasurer



Thelma S. Ciudadano
District Auditor



Marilyn P. Puno
District New Club
Development Chair



Angelita M. Ang
District Conference
2024 Chair



Edna C. Ko
District Awards Chair



Eliza Joy S. Hilario
District Sunshine Chair



Anthony John D. Modique
Secretary for Administrations
District 3860 DMI



Shiela S. Toledo
Secretary for
Operations
District 3860 DMI

RCDD OFFICERS & DIRECTORS RY 2023-2024



Gwendelyn V. Sabsal
President



Anthony John D. Modequillo
President Elect/Public
Image Chair



Patricia Melizza B. Ruivivar
Vice-President



Ethel C. Caceres
Secretary



Joan O. Gulanes
Treasurer



Marina B. Ruivivar
Auditor



Enerie B. Aquino
Sergeant at Arms



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



Angelita M. Ang
Club Administrator



Filomena P. Lovitos
Community Service Director



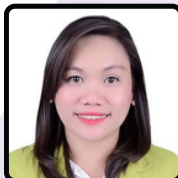
Corazon C. Costan
Vocational Service
Director



Sylvia C. Navarro
Membership Chair



Vilma U. Kho
The Rotary Foundation Chair



Marilyn P. Puno
New Generation Service Chair



Sheila Mae S. Toledo
Ways and Means Chair



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

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PRAYER

Heavenly Father, we thank you for bringing us safely to this venue to celebrate the 31st Charter Anniversary of the Rotary Club of Downtown Davao. We thank you for the continued existence of RCDD as a service club with responsibilities and a strong commitment to contribute to the improvement of lives of people. We ask you for wisdom and guidance to enable us to make ethical and moral decisions and to be partner of society in the fight against poverty. Make us channels to multiply the bountiful abundance you provide. Bless our whole being O Lord, that we may be a living example of all that is good to sustain and enrich this beautiful world. Manifest in us the faith, hope and love to be radiated to all your people, Lord, whom we are privileged to serve. Let every endeavor be a testimonial and witness to your greatness and omnipotence, in your mighty name we pray. Amen

QUOTE OF THE MONTH

"Our peace and tranquility soon burst their bounds, however. We ceased to be content with isolation and began Community Service, built upon the rock of fellowship and goodwill, and that foundation has never been shaken."

- PAUL P. HARRIS, RI FOUNDER
FEBRUARY 1947, THE ROTARIAN

ABOUT THE COVER



The Downtowners celebrate the Charter Anniversary of the Rotary Club of Downtown Davao every 23rd of February, on the same date that the Rotary International celebrates its Foundation Anniversary. RCDD has served its communities for 31 years since 1993 and RI for 119 years since 1905.

EDITORIAL BOARD



Andrea G. Dela Cerna
Editor-in-Chief



Ethel C. Caceres
Associate Editor

CONTRIBUTORS:



Patricia Melizza B. Ruivivar



Marilyn P. Puno



Anthony John D. Modequillo



Princess Jenina Estrellanes
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

Dear Fellow Rotarians,

As we ponder on our recent milestone of celebrating the 30th anniversary of RY 2023 last year, I want to thank our Charter Members for their hard work in building a strong foundation for our club's success. Their vision and dedication have guided us for more than a generation, helping us thrive and bring hope to many.

This Rotary year holds a special significance for our club as our esteemed member, Past President Rozanne Gamboa, serves as our District Governor of District 3860. This is a testament to the caliber of leadership within our club and a milestone to be celebrated.

At the end of the day, a club's legacy is not about single moments but by its enduring presence.

Here's to 31 years of service, camaraderie, and making a difference. Happy Charter Anniversary to the Rotary Club of Downtown Davao.

31 YEARS OF CREATING HOPE

February 21, 2024 @ 5:00pm Waterfront Insular Hotel,
Lanang, Davao City

Call to Order and Welcome Message
Pause Muna, Peace Muna
Pres. Maria Gwendelyn V. Sabsal

**Invocation, Singing of the Philippine Nat'l Anthem
and Rotary Hymn, Recitation of the Four Way Test**
Rtn. Maria Rea Lane L. Horfilla

**Introduction of Rotary Dignitaries, Visiting Rotarians,
Rotaractors and Guests**
PP Marilyn P. Puno

Introduction of Guest Speaker
Pres. Maria Gwendelyn V. Sabsal

Guest Speaker:
PAG Edwin M. Valencia
VTT Subcommittee Chair
RC General Santos

Induction of Honorary Members
District Governor Rozanne "Twinkle" C. Gamboa

TRF Awarding and Pinning
Pres. Maria Gwendelyn V. Sabsal
PP/ TRF Chair Vilma U. Kho

**31st Charter Anniversary Celebration Recognition of
Members with the following years Of Membership 20-
31 years**
PP Angelita M. Ang

20 years

PP Thelma S. Ciudadano

25 years

PP Josefa P. Ortiz
PS Filomena P. Lovitos
PP Eliza Joy S. Hilario

26 years

PP Edna C. Ko
PP Sylvia C. Navarro

28 years

Rtn. Corazon L. Costan

Honoring Charter Members
PP Vilma U. Kho
PP Marina B. Ruivivar

Surprise Number
Acoustic Singer

Blowing of the Candle on the Charter Cake

Inspirational Message
District Governor Rozanne "Twinkle" C. Gamboa

Anniversary Toast
DLF/IPP Archie Francisco F. Gamboa

Adjournment
Pres. Maria Gwendelyn V. Sabsal

Fellowship/Raffle Draw
PP Sylvia C. Navarro
PP Eliza Joy S. Hilario

Master of Ceremony
Secretary /PP Ethel C. Caceres

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	27		12	27
Members with Valid Make-up	0		0	0
Total Attendance	27		12	27
Membership Size	41		41	41
Excused due to health reasons	2		2	2
Net Membership Base	39		39	39
Total Attendance Divided by Net Membership Rate	69%		30%	69%

EARLY BIRDS:

1. Sylvia "Binggot" C. Navarro
2. Filomena "Fely" P. Lovitos
3. Gloria "Glo" O. Cabillas
4. Enerie "Irene" B. Aquino
5. Angelita "Litlit" M. Ang

Visiting Rotarians:

1. PDG Rodel Riezl "Riz" Reyes- RC East Davao
2. PDG Pablito "Billy" P. Parilla- RC Matina Davao
3. DS Vincent Edward Ang- RC Sta Ana Davao
4. PAG Edwin Valencia- RC General Santos

Rotaractor:

1. Kenneth Nomar A. Melliza
2. Princess Estrellanes
3. Aranella B. Leuterio

Guests:

- | | |
|---------------------------|-------------------|
| Vocational Training Team | Spouse |
| 1. Dr. Kathleen Rose Mata | 8. Alvin Mosquisa |
| 2. Ma. Vicenta Fernandez | |
| 3. Ma. Mariz Mercado | |
| 4. Dr. Dave Maniwang | |
| 5. Jake Pajela | |
| 6. Philip Montefalcon | |
| 7. Dr. Criselda Panlaque | |

Activities for the Month

February 2

Giving aid and relief goods to the flood victims of Davao City.

February 18

Opening of Rotary Week

February 21

RCDD's 31st Charter Anniversary

February 22

Rotary Week Basketball and Badminton

February 24

Rotary Week Oratorical Contest, "The Voice of the Youth"

February 27

RCDD members of the District Finance Committee Meeting



Sunshine and Fellowship

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



Thelma Ciudadano
Feb 2



Cyril Duran
Feb 9



Therese Xyza Abarca
Feb 10



Bolyn P. Puno
Feb 25

ROTARY INFORMATION

Promoting Peace

Today, over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children.

We refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

Rotary creates environments of peace

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect. By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Our commitment to peacebuilding today answers new challenges: how we can make the greatest possible impact and how we can achieve our vision of lasting change. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what we mean by peacebuilding, and finding more ways for people to get involved.

Rotary creates environments where peace can happen.

Rotary's Four Roles in Promoting Peace

Rotary and its members are:

- **Practitioners:** Our work fighting disease, providing clean water and sanitation, improving the health of mothers and children, supporting education, and growing local economies directly builds the optimal conditions for peaceful societies.
- **Educators:** Our Rotary Peace Centers have trained more than 1,700 peace fellows to become effective catalysts for peace through careers in government, education, and international organizations.
- **Mediators:** Our members have negotiated humanitarian ceasefires in areas of conflict to allow polio vaccinators to reach children who are at risk.
- **Advocates:** Our members have an integral role as respected, impartial participants during peace processes and in post-conflict reconstruction. We focus on creating communities and convening groups that are connected, inclusive, and resilient.

DISTRICT 3860 UPDATES



celebrates

ROTARY WEEK 2024

119th Anniversary of Rotary International
February 18 - 24, 2024 | Area 2



ROTARY WEEK 2024
AREA 2

ROTA BADMINTON CLASH

FEBRUARY 22, 2024
LAZ TERRAZAS BADMINTON COURT
9AM - 12NN

CATEGORIES:
MEN'S DOUBLE
WOMEN'S DOUBLE
MIXED DOUBLE

CHAMPION
MEDAL, GIFT CERTIFICATE & TOKEN

FIRST RUNNER UP
MEDAL, GIFT CERTIFICATE & TOKEN

CONTACT PERSON
RTN. FAITH LIBAN - 09192903862
PRES. MAV DIVINO - 09092649571

ORGANIZED BY:
ROTARY CLUB OF DAVAO

THIS EVENT IS EXCLUSIVE FOR ROTARIANS, THEIR IMMEDIATE FAMILIES AND ROTARACTORS.

FEB 18 (SUNDAY)
8:30AM Motorcade - Magsaysay Park to Abreeza
10AM Mass - Abreeza
1PM Ribbon Cutting for Rotary Showcase Exhibit with DG Twinkle Gamboa
Attire: Red Polio Shirt

FEB 19 (MONDAY)
1PM MOA Signing at Brgy. Matina Aplaya
2PM Women Empowering - Talkala Inc.
Attire: Hope Creating Shirt

FEB 20 (TUESDAY)
10AM Mangrove Planting - Brgy. Matina Aplaya
Attire: End Polio Shirt

FEB 21 (WEDNESDAY)
10AM-8PM Rotary Showcase Exhibit - Abreeza

FEB 22 (THURS)
8AM-12PM Basketball and Badminton Tournament - Las Terrazas with DG Twinkle Gamboa
Attire: Rotary Week Shirt

FEB 23 (FRIDAY)
1-3PM Rotary Peace Forum - Abreeza
Attire: Club Uniform

FEB 24 (SAT)
7AM-5PM Job Fair: PESO, DOLE and NCCC - @ NCCC Victoria Plaza
Attire: Hope Creating Shirt



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AREA 2D ROTARY WEEK 2024

119th Anniversary of Rotary International
February 19-24, 2024 | Area 2D

AREA 2D BADMINTON TOURNAMENT

February 22, 2024, Smashville & Recreation Center, Panabo City





AREA 2D
ROTARY CLUB OF TAGUM
ROTARY CLUB OF TAGUM GOLDEN LACES
ROTARY CLUB OF CENTRAL PANABO CITY

ROTARY CLUB OF TAGUM NORTH
ROTARY CLUB OF DAVAO DE ORO
RCTGL - SATELLITE CLUB COMPOSTELA


DISTRICT 3860 UPDATES



AREA 1 MENTAL HEALTH AWARENESS TALK

by: Dr. Russell V. Makiling

Hosted by:  **Rotary Cebu Gloria Maris**

February 23, 2023 @ 9:00 A.M.

Venue: **FEMALE DORMITORY @ Kalunasan, Cebu City**

** Also LIVE via Zoom in 41 Jails in Region VII

AREA 1A Rotary Club of Cebu East Rotary Club of Cebu Gloria Maris Rotary Club of Cebu South Rotary Club of Talisay	AREA 1B Rotary Club of Cebu Rotary Club of Cebu Port Centre Rotary Club of Metro Cebu Rotary Club of Cebu Naga Central Rotary Club of Hearing & Speech	AREA 1C Rotary Club of Banilad Metro Rotary Club of Cebu Midtown Rotary Club of Cebu West Rotary Club of Metro Bogu	AREA 1D Rotary Club of Cebu Fuente Rotary Club of Cebu Guadalupe Rotary Club of Cebu North Rotary Club of Cebu Fort San Pedro Rotary Club of Mandaue East	AREA 1E Rotary Club of Marcan Rotary Club of Mandaue Rotary Club of Mandaue North Rotary Club of Metro Mandaue 2006	AREA 1F Rotary Club of Panglao Island Rotary Club of Tagbilaran Rotary Club of Tubigan Rotary Club of Ubay Rotary Club of Central Jagua Rotary Club of Upper Tagbilaran
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DISTRICT 3860 UPDATES

LIVE 35

MARILOU ALBANO
DISTRICT CHAIR, ROTARY CLUB OF DADIANGAS

May Fiften
Always watching from Brgy Maltana
Tampakan

DOMINANT OVERALL 1
89.5 BRIGADA NEWS FM GENSAN
Wednesday 21 February 2024

FOREX RATES
as of February 18, 2024
AUS DOLLAR
Php **36.508**

HEADLINES

- ECOP SUPAK SA DUGANG P100 KADA ADLAW SA SWELDO SA MGA TRABAHANTE
- MGA FOOD PACKS UG HYGIENE KITS NATUNOL SA BRIGADA MATI
- PIPILA KA INDIBIDWAL GIPASIDUNGGAN SA SP-GENSAN

9:13:03 AM | BRIGADA NEWS GENSAN | pero talagang kasabay | CHANNEL: BRIGADA NEWS PH | **PG**





FAMILY OF ROTARY

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

ART JAM 2024

In celebration of the Art Month this February, our Rotakids Andy, Abby, James and Mavy joined the Art Jam 2024 held in the Pavilion of La Herencia Davao at F. Torres, Davao City. The "Art Jam 2024" featured 10 Art Stations wherein kids of different ages can experience, explore and create art within the time allotted for each station. For the amount of 250 pesos only, our Rotakids were able to enjoy the Art Buffet Menu that consists of Innovative Print Making, Leaf Press Art, String Art, Coffee Painting, Magic Painting, Impressionist Chalk Art, Simple Still Life using Oil Pastels, Basic Portrait Sketching, Shadow Hand Painting and Dot Painting. This fun and exciting activity not only brings joy and happiness to our children but also plays an important part in their development and well-being. As future community leaders this creativity practice is a great way of developing skills, innovation and self-expression.





HEALTH IS WEALTH

BY PRESIDENT GWENDELYN. V. SABSAL



FAST FIVE QUIZ: CHRONIC KIDNEY DISEASE DIFFERENTIAL DIAGNOSIS

Chronic kidney disease, or CKD, is a progressive condition that affects over 800 million people worldwide. It is a leading cause of mortality, and prevalence is expected to rise owing to the aging population. Patients with CKD often present with symptoms that can overlap with those of other metabolic, urinary, and cardiovascular conditions. In addition, those with early-stage disease might not present with any abnormalities upon physical examination. Therefore, a differential diagnosis must be performed in all patients with suspected CKD.

Are you up to date on considerations for the differential diagnosis of CKD? Test your knowledge with a quick quiz.

1. Which criteria best indicate a diagnosis of acute kidney injury (AKI) rather than CKD?

- A. Increase in serum creatinine (Scr) by ≥ 0.3 mg/dL within 5 days
- B. Duration of up to 7 days
- C. Increase in Scr by $\geq 70\%$ times baseline
- D. Duration of 3 months

Ans. B

Acute kidney diseases and disorders are considered a heterogeneous spectrum of conditions characterized by abnormalities in kidney structure and function (which includes AKI). While clinical presentation of AKI and CKD can be overlapping, AKI is defined as up to 7 days of abrupt kidney dysfunction, while CKD describes persistent (> 3 months) alteration of kidney function or structure.

Diagnostic criteria for AKI include an increase in Scr by $\geq 50\%$ within 7 days or ≥ 0.3 mg/dL within 2 days, or oliguria for ≥ 4 hours. Criteria for CKD include glomerular filtration rate of < 60 ml/min/1.73m² or elevated marker of kidney damage (albuminuria is most common).

Because AKI and CKD carry similar risk factors, such as diabetes and hypertension, careful consideration of the time course of disease and early laboratory assessments can help distinguish between the two conditions.

2. Up to 50% of patients with which malignancy experience kidney dysfunction that might be misdiagnosed as CKD?

- A. Melanoma
- B. Adrenal cancer
- C. Multiple myeloma
- D. Prostate cancer

Ans. C

Kidney disease can be associated with monoclonal gammopathy. This might be owing to a monoclonal immunoglobulin deposition disease. Kidney dysfunction affects up to half of patients with multiple myeloma (MM), often owing to cast nephropathy, in which renal tubules are damaged by high levels of circulating immunoglobulin free light chains (FLCs). Nonspecific symptoms in MM might include appetite loss and bone pain; a majority of patients present with anemia. Serum FLC concentrations should be measured in patients with MM who also have AKI.

FLC reduction by high-cutoff hemodialysis filters can be effective for renal recovery, and kidney biopsy can help guide treatment decisions when the time of monoclonal immunoglobulin deposition disease or myeloma cast nephropathy diagnosis is unknown. Long-term dialysis might be indicated in patients with MM in end-stage renal disease.

Early diagnosis is essential, as patients with MM who have CKD have a median survival rate of approximately 20 months. While kidney dysfunction can occur with other malignancies, including melanoma, adrenal cancer, and prostate cancer, the prevalence is much higher in patients with MM.



HEALTH IS WEALTH

BY PRESIDENT GWENDELYN. V. SABSAL



FAST FIVE QUIZ: CHRONIC KIDNEY DISEASE DIFFERENTIAL DIAGNOSIS

3. Which would most likely suggest renal artery stenosis (RAS) rather than CKD?

- A. Hypotension
- B. Decreased GFR
- C. Proteinuria
- D. History of kidney transplantation

Ans. D

RAS, which is a common cause of renovascular hypertension, is often seen in older patients with atherosclerosis and younger female patients with fibromuscular dysplasia. Patients might present with resistant hypertension, worsening renal function, and flash pulmonary edema. Therefore, patients presenting with new-onset renal dysfunction or worsening following angiotensin-converting enzyme/angiotensin receptor blocker inhibitor treatment or accelerated, resistant, or malignant hypertension should be evaluated for RAS. Narrowing of the renal arteries owing to disease progression results in reduced kidney blood flow, which can affect kidney structure and function and might lead to a unilateral small kidney in the case of a unilateral stenosis.

While CKD is also frequently characterized by arterial hypertension, proteinuria, and decreased glomerular filtration rate (GFR), RAS is a stand-alone complication of kidney transplantation. Transplant RAS can be initially screened by ultrasound and diagnosed using CT angiography, MR angiography, or digital subtraction angiography.

4. Which medication class has been shown to temporarily increase creatine levels without indicating a change in GFR?

- A. Antioxidants
- B. Calcium channel blockers
- C. Antibiotics
- D. Antithyroids

Ans. C

Increased creatinine levels (which relate to decreased GFR) are a hallmark of CKD. However, certain medications can temporarily increase creatinine levels without affecting GFR owing to their mechanism of action. For example, antibiotics and histamine type 2 receptor antagonists/blockers can reversibly increase Scr levels.

Antioxidants and antithyroid medications have been shown to lower creatinine levels, while calcium channel blockers either reduce or have no effect on creatinine levels.

5. Which genetic disease might induce CKD?

- A. Congenital adrenal hyperplasia
- B. Neurofibromatosis
- C. Alport syndrome
- D. Williams syndrome

Ans. C

Several different types of genetic diseases, such as Alport syndrome, can result in end-stage renal disease. This X-linked condition, which includes a heterogeneous group of disorders that affect the basement membrane of the kidney, is characterized by renal failure, bilateral hearing loss, and eye abnormalities. Like CKD, patients also present with proteinuria, hematuria, hypertension, and progressive renal dysfunction.

Patients with congenital adrenal hyperplasia present with excessive facial hair, genital abnormalities, and dehydration owing to vomiting. Williams syndrome, which causes intellectual disability as well as hypersociability, affects cardiovascular, central nervous, gastrointestinal, and endocrine systems but not renal function. In addition, neurofibromatosis similarly does not directly affect kidney function but affects the skin and central nervous system.

EVENTS

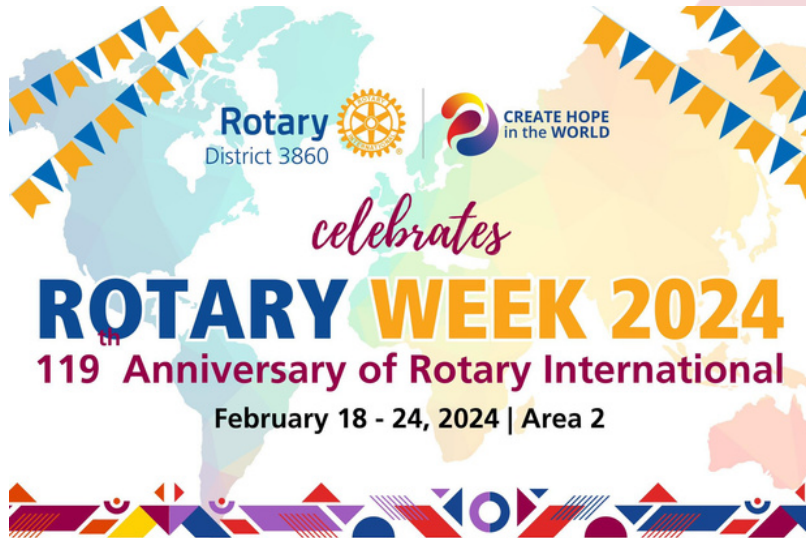
February 2

Giving aid and relief goods to the flood victims of Davao City.



EVENTS

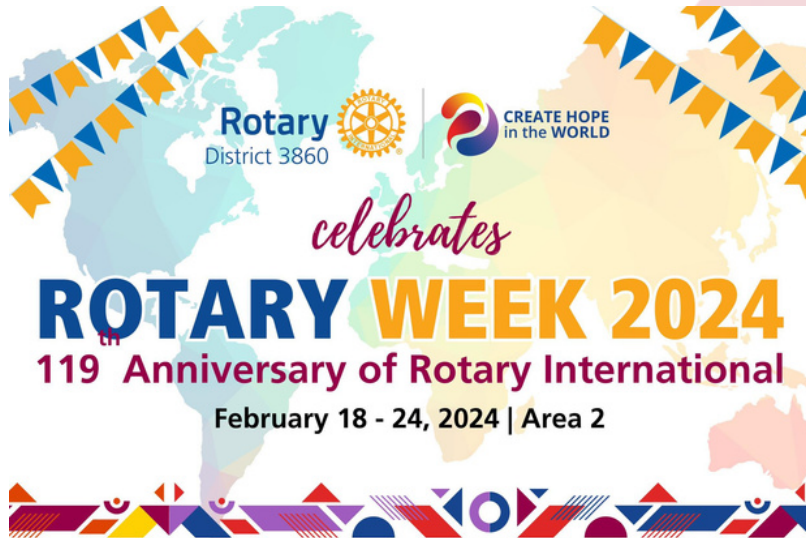
February 18
Opening of Rotary Week - Motorcade



EVENTS

February 18

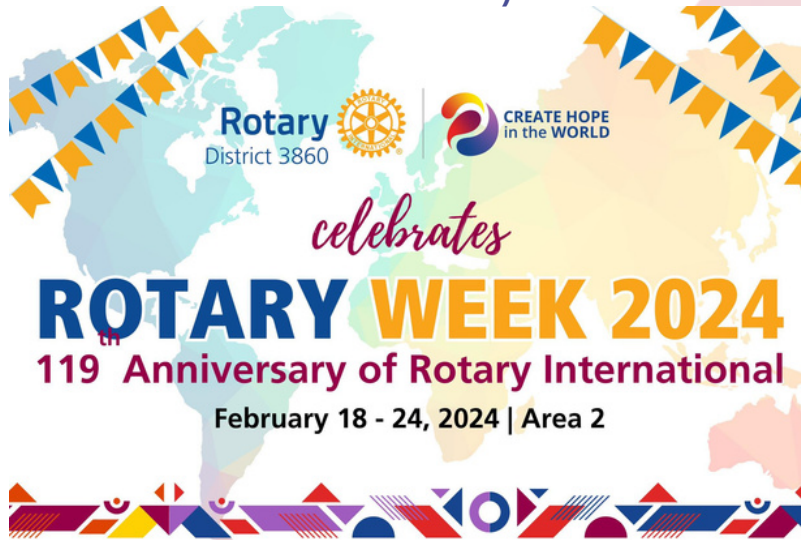
Opening of Rotary Week - Ribbon Cutting and Photo exhibit



EVENTS

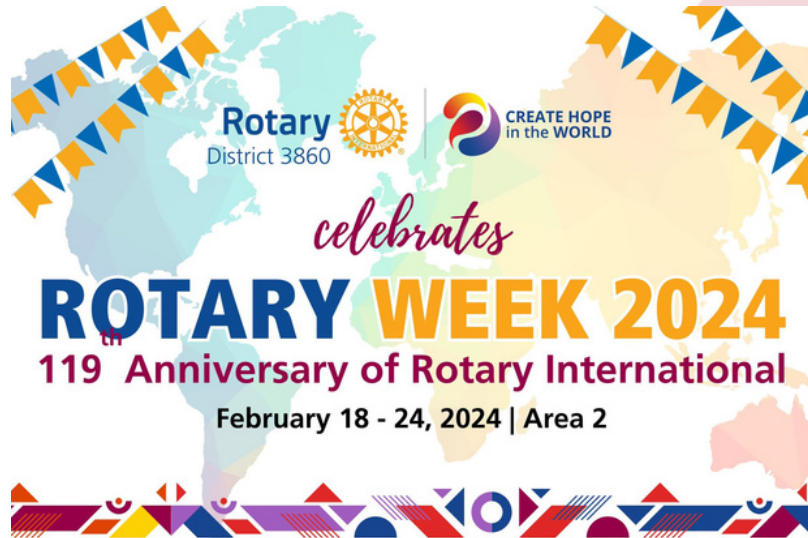
February 19

Empowering Women at Talikala Inc (commercial sex workers)



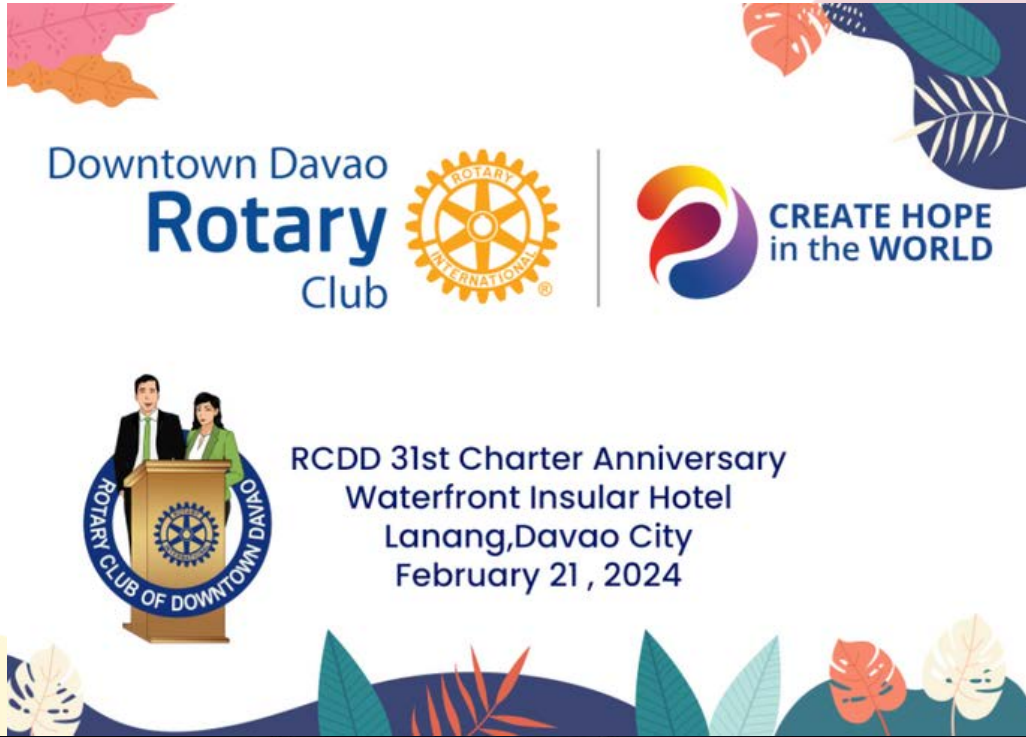
EVENTS

February 20-
Mangrove/Tree Planting at Matina Aplaya



EVENTS

February 21
Celebrating RCDD's 31st Charter Anniversary



EVENTS

February 21
Celebrating RCDD's 31st Charter Anniversary



EVENTS

February 21
Celebrating RCDD's 31st Charter Anniversary



EVENTS

February 21
Induction of Honorary Members



EVENTS

February 22 -
Rotary Week Basketball and Badminton



EVENTS

February 22 -
Rotary Week Basketball and Badminton



EVENTS

February 22 -
Rotary Week Basketball and Badminton



EVENTS

February 22 -
Rotary Week Basketball and Badminton

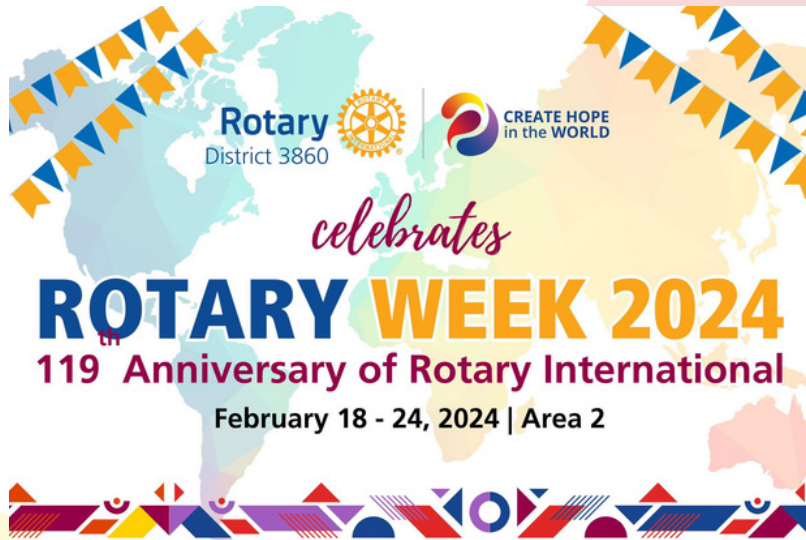


EVENTS

February 23 - Peace Forum

Peace Forum Speaker:

- 1.) Ret. police Lt. Colonel Angel Sumagaysay - Head of Davao city Public Safety and Security Command Center
- 2.) Renato Pedro O. Villa Assistant Secretary Department of Foreign Affairs

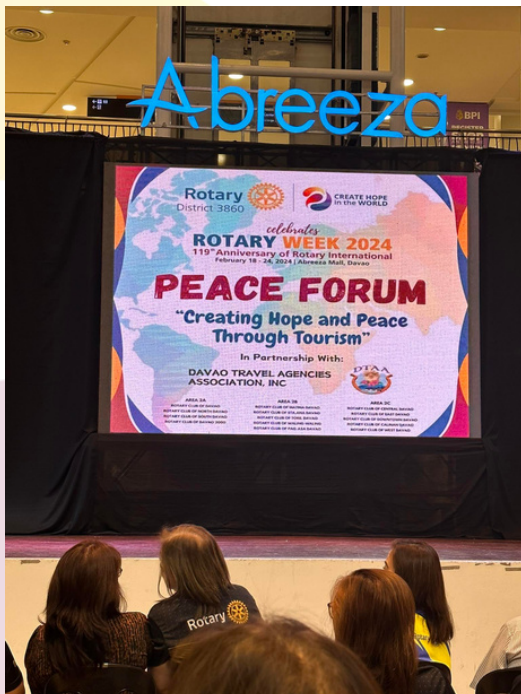


celebrates

ROTARY WEEK 2024

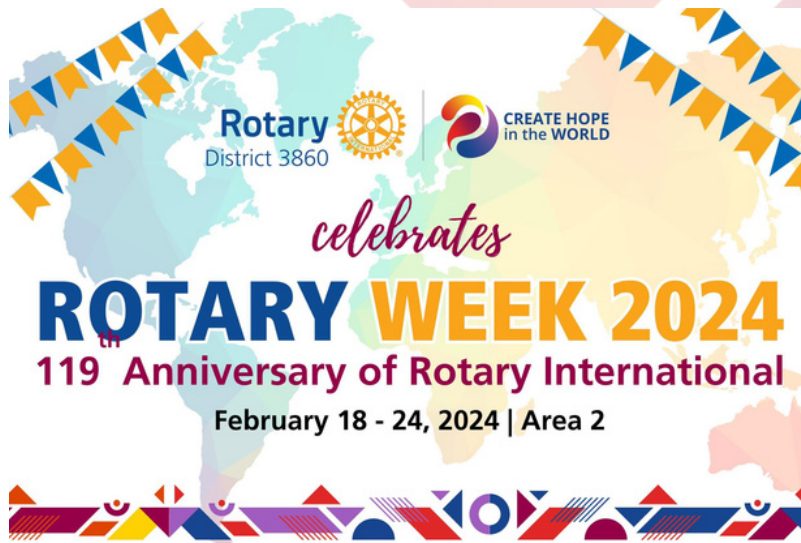
119th Anniversary of Rotary International

February 18 - 24, 2024 | Area 2



EVENTS

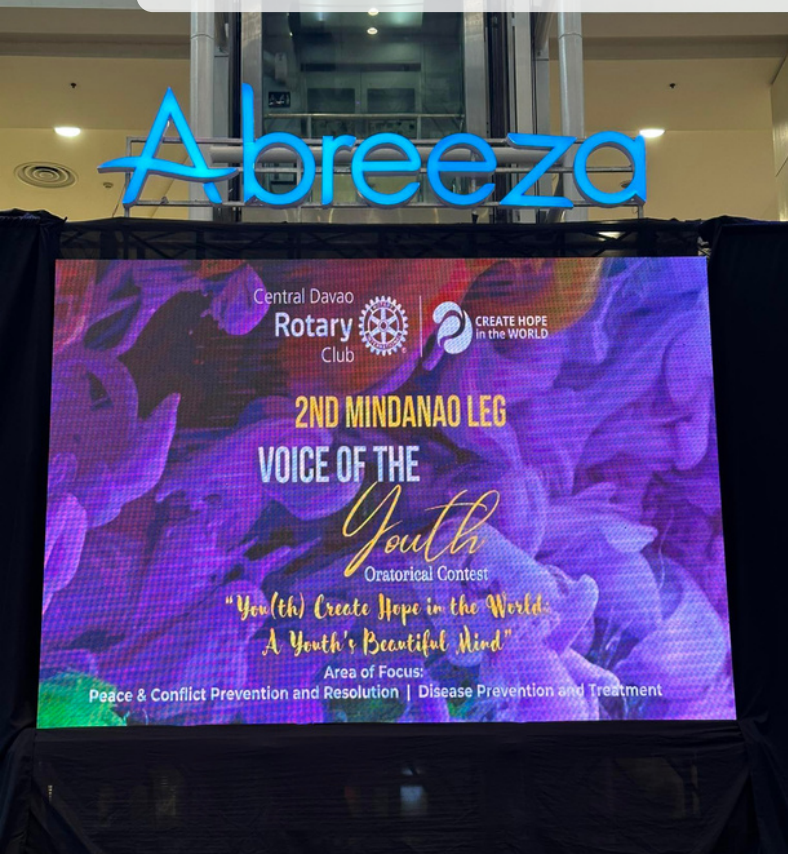
February 24 - Job Fair



EVENTS

February 24

Rotary Week Oratorical Contest, "The Voice of the Youth"..
RCDD had 3 Interactor Contestants. One won 2nd place:
Kevin Miles Sasan Vice President of Interact Club of
Downtown Davao-Davao City National High School



Kevin Miles E. Sasan | Interact Club-Vice President
Clyde B. Fediles | Interact Club-Treasurer
Sophia R. Uy

EVENTS

February 24
RCDD in Rotary Week



EVENTS

February 27

RCDD members of the District Finance Committee Meeting





INTERACT CORNER

by: President Shyra Khaye Napala

Interact



Club of Downtown Davao -
Davao City National High School

Speaking my Truth:

A Reflection on Joining the 2024 Voice of the Youth Oratorical Contest

By: Kevin Miles E. Sasan | Interact Club-Vice President

As a child, one of the most nerve-racking experiences I faced was speaking in front of a large crowd. However, this year, I made a bold decision to participate in the Voice of the Youth Oratorical Contest without any hesitation or doubt. It was a moment of overcoming fear and igniting a spark of confidence within me. I was determined to move beyond my past experiences and embrace new challenges, knowing that each step would contribute to my personal growth and journey.

What's hard to believe is that I was informed late of the contest itself and with the ongoing loaded work from school, it made me stress over everything even more. Despite all this, I chose to pursue the contest and to never back down from it. The theme was "You(th) Create Hope in the World: A Youth's Beautiful Mind". The moment I read the title, I realized instantly that I would be addressing about poverty and how it gives the youth less chances of achieving their full potential in life. I am not born with a silver spoon, so at a young age, I figured how the world works and how it favors the rich having the less blessed sinking as they sail their way through wealth. In my mind, I think of wealth as something that is achieved, and I believe that is through hard work and education. This was my focus in my speech. To open the eyes of the many to see that the key to a successful person is a great foundation of knowledge.

A week before the day of the contest, I was only starting to write my piece and four days after that, I was only starting to memorize it. Despite all that, it never slipped my mind to think negatively and say that I do not have the capabilities and chances to win. As long as I am focused and determined, I could achieve anything I set my mind to. I take full confidence in my speech and decided that whatever may happen, I'd still be happy because I'd be gaining experience and learnings as well.

On the day of the contest, I walked confidently with my suit not even thinking of winning but the chance to speak my mind and hope to change other people's perspective as well. I remember I kept talking to my friend and interacted with other participants back stage as well since setting aside the thought of speaking up front will set my mood with ease. When it was my turn to speak, I spoke like a different person, so serious that I myself would doubt it was me.

Thankfully, I successfully recited my piece with little to no errors while making sure to emphasize my emotions and intonations to really be able to capture the audience attention. One goal in mind when it comes to speaking in front is to really get their eyes and ears on me, and to be able to achieve that felt like a win to me already.

During the announcement, I expected nothing. Everyone was great with their speeches and there were eleven of us.

When my number was called as 2nd runner up, it felt so unreal that I had to check if the number called was really mine. As I walk through the stage with pride, I saw countless claps and cheers from my friends and family. I could not believe that I won my first ever title from the first ever oratorical contest I have ever joined. I could not be prouder of myself to achieve something as great as this but even after all that I knew deep within me that the greatest win for me was to be able to overcome my long fear.

At the end of the day, I learned that if you are really passionate in what your mind speaks be it as your truth and strong in saying what is right, nothing will hinder you. If your aim is to open their eyes then think of nothing else that may distract you. I believe that I was able to be the star that despite being so small, I guided others into seeing the brightness the youth bring to the world. Countless support gave me the hope to win and to be able to celebrate with some of my friends after my victory was the perfect cherry on top.



INTERACT CORNER

by: President Shyra Khaye Napala

Interact



Club of Downtown Davao -
Davao City National High School

A Journey through the Voice of the Youth Oratorical Contest

By: Clyde B. Fediles | Interact Club-Treasurer

Stepping onto the stage of the Voice of the Youth Oratorical Contest was a moment filled with anticipation and nerves. As a first-time participant, I had embarked on this journey with fear, unsure of what to expect. With less than two weeks of preparation, I had immersed myself in the art of oration, determined to make my voice heard. Little did I know that this experience would not only be a personal triumph but also a chance to represent my school and advocate for the voice of the LGBTQIA+ community.

The decision to participate in the oratorical contest was a spontaneous one, sparked by a desire to challenge myself and contribute to a cause close to my heart. With limited time on my hands, I dove headfirst into research, scouring through articles, essays, and personal narratives that echoed the struggles and triumphs of the LGBTQIA+ community. Each word I read fueled my determination to speak out, to be a beacon of hope for those whose voices had been silenced by prejudice and discrimination.

As the day of the contest dawned, I found myself standing backstage, heart pounding with nervous excitement. The auditorium buzzed with anticipation as participants from various schools gathered, each with their own story to tell. It was a diverse tapestry of voices, each one a testament to the power of youth activism and advocacy.

When my turn finally arrived, I stepped onto the stage, the spotlight illuminating my face as I gazed out at the sea of faces before me. In that moment, a sense of calm washed over me, and I began to speak. With each word that flowed from my lips, I felt a surge of confidence, my voice ringing out with conviction and passion. I spoke of love, acceptance, and the inherent dignity of every individual, regardless of sexual orientation or gender identity. I spoke not just for myself, but for those who had been silenced, marginalized, and ostracized simply for being who they are.

As I concluded my speech to thunderous applause, I knew that I had accomplished something far greater than winning a contest. I had raised my voice in solidarity with the LGBTQIA+ community, shining a light on issues that often remain hidden in the shadows. I had represented my school with pride and honor, embodying the spirit of courage and resilience that defines our youth.

In the end, while I may not have emerged as the victor of the oratorical contest, I felt a profound sense of pride and accomplishment. For in that moment, I had found my voice – a voice that would continue to speak out, to advocate, and to inspire change. And as I stepped off the stage, I knew that this was just the beginning of a journey that would see me standing up, speaking out, and making a difference in the world.

YOUTH PEACE SUMMIT

By: Sophia R. Uy | Interact Club

Public speaking is one of the skills that everyone desires to acquire, yet too timid to experience it. Speaking in front of many people can totally be terrifying. But I believe that everyone has their own opinion about something and must speak up their minds. Youth Peace Summit is a great event for the young adults to show case their talents and thoughts about a certain topic. Challenging every youth to be bold and brave in facing the crowd offering their ideas about 'peace and conflict prevention and resolution'.

I would cherish the moment and experience that I have gain while joining the oratory speech contest. I was totally anxious while waiting for my turn to speak, but when it was my turn I was mental block caused by fear. I would say that I was dismayed that I did not deliver my complete speech, I skipped a lot of key points. But I have learned four things: first, I am able to do what I want and should not let anything stop me. second, let yourself be a beginner. It's alright to make mistakes, scared and uncomfortable, what matter is you stepping out and moving forward. Third, obey what God said and glorify Him in everything you do. Lastly, beautiful things takes time,, maybe you're not ready, but if you don't give up you will have your turn. Like what Bill Hybels said, "visionaries tend to fail many times before they ever succeed."

To sum up everything, be courageous and do the things that your heart desires while making an impact. Don't waste an opportunity to grow and gain experience. Mistakes are ok, sticks are also needed to create a fire. Never regret on gaining experience, because you faced a challenge that many people did not; that is an achievement that must be also be celebrated.



ROTARACT CORNER

by: President Princess Jenina Estrellanes



The PROCon Experience

Started in 2012, the Pilipinas Rotaract Convention was initiated and made possible by all the Rotaractors of the Philippines in coordination with the Rotaract Leaders. The PILIPINAS ROTARACT CONVENTIONS will be hosted by any of the Rotary International Districts in the Philippines, in cooperation with the Multi-District Information Organization (MDIO) Pilipinas. The first ever Pilipinas Rotaract Convention was hosted by RI District 3810 at Tagaytay City and the 12th was hosted by District 3860 for the second time.

The said event is a national Rotaract event organized annually. The convention aims to cultivate the leadership skills of Rotaractors, provide a platform for cultural exchange and inter-District collaboration, and further Rotaract's motto "Fellowship through Service".

Last February 16-18, 2024 at Waterfront Cebu, the 12th Pilipinas Rotaract Convention was hosted by District 3860 for the second time. And we had the chance to experience this event for the first time ever as the District is also dubbed as the "Most Festive District".

On the first day, the program was launched through a ribbon cutting ceremony by DRR Remuel M. Coles, PROCon Chair Elcasmer Acedo of Rotaract Club of Metro Cebu together with DG Rozanne C. Gamboa and DRC Enrique G. Andres. We also got to know the rest of the districts and met with other Rotaractors through the District Festival Booths. The 10 Districts brought out their famous delicacies and items that are known as their cities for. And then there was also the City Tour, wherein the first time visitors roamed around in the famous landmarks and tourist spots in Cebu City. The Mr. & Ms. Rotaract Philippines was also held on the same day and the District 3860 was awarded the following:

- Champion- Highest District Delegation
- 1st runner up - Mr Rotaract PH
- 2nd runner up - Ms Rotaract PH
- 1st runner up - Best District Presentation
- 4th runner up - Best District Festival Booth





ROTARACT CORNER

by: President Princess Jenina Estrellanes



The PROCon Experience

On the second day, the day started with Walk to End Polio together with DG Twinkle Gamboa, DLF/IPP Archie Francisco Gamboa, and DRC Enrique Andres. After the walk, the Plenary Session was held on the same day with various speakers from different avenues that related to the Rotaractors' leadership strategies and inspiring sessions. The day two concluded with the Party in Y2K where the participants wore their Y2K inspired outfits.

The Closing Program started with some clubs that attended the Sisterhood Agreement/Twin Club Signing on the last day. As I think back on the enlightening experiences we had at the Pilipinas Rotaract Convention, I sincerely appreciate the priceless knowledge I acquired and the relationships I made.

A heartfelt appreciation to my mother club, the Rotary Club of Downtown Davao for sponsoring the whole trip, we wouldn't have experienced it without your help.





THE NEW GENERATION

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

Rotaract Clubs of Rotary International District 3860 joins the 119th Anniversary of Rotary International's "Service Above Self".

Let us continue to embody the spirit of #ServiceAboveSelf and work tirelessly to #CreateHopeInTheWorld. Together, we can make a lasting impact, uplift communities, and inspire positive change. Here's to another year of service, fellowship, and spreading Rotary's guiding principles far and wide. Cheers to building a brighter future for all!

Rotary



119th

ANNIVERSARY

Service Above Self

[@rotaractdistrict3860](#) [rotaract3860](#) racd3860@gmail.com

Rotaract
District 3860

CREATE HOPE
in the WORLD



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. 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

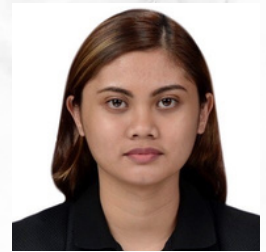
Every Rotarian Reach One, Keep One



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



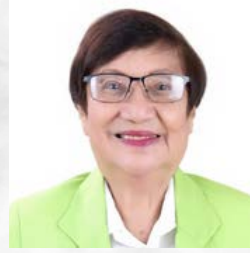
Stephanie "Stef" Follante-Palconit
Education/University Professor



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.

