

ROTARY YEAR 2023-2024 OFFICERS

ROTARY INT. PRESIDENT **GORDON R. MCINALLY**
DISTRICT GOVERNOR **ROZANNE "TWINKLE" GAMBOA**
AREA 3D ASST. GOVERNOR **MARK ANTHONY TRAYVILLA**

ROTARY CLUB OF DUMAGUETE NORTH OFFICERS

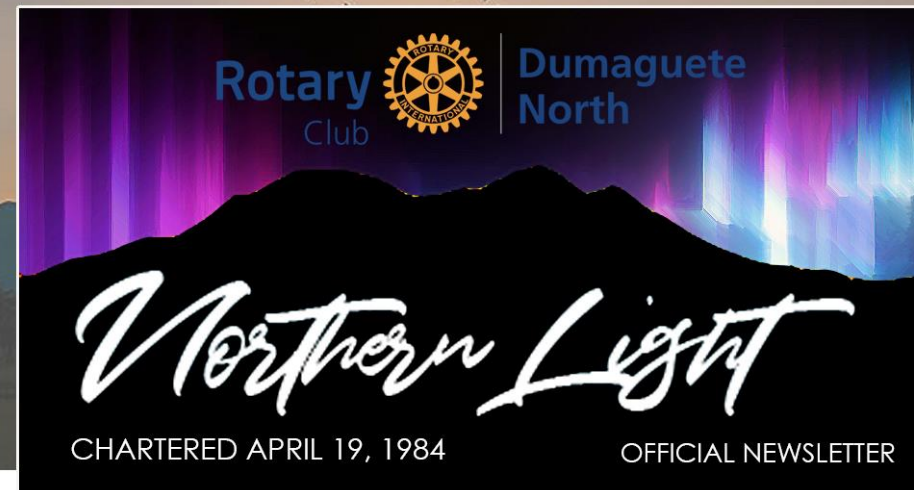
CLUB PRESIDENT **JOSEPH TUMACOLE**
IMMEDIATE PAST PRESIDENT **MARK ANTHONY TRAYVILLA**
PRESIDENT-ELECT/VICE PRESIDENT **RODELIO SOLON**
CLUB ADMINISTRATION **NATHAN JOSEPH RAMACHO**
COMMUNITY SERVICE **NILO BARANDOG**
MEMBERSHIP **JEREMIAH ORILLANA**
SIGNATURE PROJECT CHAIR **MAXIMINO TENORIO JR.**
NEW GEN./VOCATIONAL **TODD TIMOTHY SMITH**
PUBLIC IMAGE **NILO RUPERTO**
ROTARY FOUNDATION **MANUEL BANDOQUILLO**
DISASTER RISK REDUCTION MGT. **ROY ABELLA**
MUSIC PROGRAM DIRECTOR **RAFAEL ORILLANA**
CLUB SECRETARY **GREGORY JAMES KONKE**
CLUB TREASURER **RODELIO SOLON**
CLUB AUDITOR **CAMAD ALI JR.**
ASST. CLUB AUDITOR **FELIPE FLORES**
SGT. AT ARMS **GIDEON ALCANTARA**

Dumaguete North

Rotary
Club



CREATE HOPE
in the WORLD



CREATE HOPE
in the WORLD

RY 2023-2024

AREA 3D DISTRICT 3860

THE 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 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.

THE FOUR-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** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

THE ROTARY CLUB OF DUMAGUETE NORTH

ROTARY YEAR 2023-2024

**7th REGULAR MEETING
AUGUST 18, 2023
ROYAL SUITES INN**

program

master of ceremonies **PP DOMINADOR UY**
 invocation / singing of
 national anthem **RTN. IVAN ROJO**
 rotary hymn **BROTHERS ALL**
 reading of objects of rotary
 and the four-way test **RTN. ACE TIMTIM**
 introduction of guests and
 visiting rotarians **SEC. GREG KONKE**
 recognition **DIR. MAX TENORIO**
 fellowship singing **RTN. JUN DISTRITO**
 president's time **PRES. JOSEPH TUMACOLE**

assignment for next meeting

Master of Ceremonies **PP WOLFGANG FRITZ**
 Invocation & Singing **PP GIDO ALCANTARA**
 Reading **RTN. ACE TIMTIM**
 Recognition/Finest Moments **PP NILO BARANDOG**
 Fellowship Singing **PP MARS DEL MAR**
 RCDN CORNER **DIR. TODD SMITH**

"Create Hope in the World"

RCDN ACTIVE MEMBER LIST

	NAME	BLOOD TYPE	CLASSIFICATION	SPOUSE
1	ABELLA, ROY TUBIO		Law Enforcement	Evangeline
2	ABLONG, GILBERT JR		Jeweller	Gold
3	ABRINICA, RONIE		Lawyer	Karen
4	ALCANTARA, GIDEON	A+	Real Estate	Audrey
5	AMISTOSO, JORE		Businessman	Tanya
6	ARAPOLS, KIT NICOLAS		Chemist	Kat
7	BALBON, MICHAEL	B+	Trucker	Marichu
8	BARANDOG, NILO	0	Retailing	Myrna
9	BUSHEY, JON		Physician - Retired	
10	BANDOQUILLO, MANUEL		Businessman	Teresa
11	BOUFFARD, BRUNO III	A+	Public Service	Marites
12	CATAN, NESTOR		Businessman	
13	CAMAD, ALI JR.		Lawyer	
14	CERIALES, CHESTER		Lawyer	Jocelyn
15	DEL MAR, MARCIANO	A+	Law Enforcement	Jane (A+)
16	DISTRITO, DOMINICIANO	A+	Retired - PNP	Leonita (B+)
17	FLORES, FELIPE JR.		Retired-Banking	
18	FRITZ, WOLFGANG	0-	Retired-Banking	Monay
19	HEINE, BRET			Carmelita
20	INOCENCIO, EDUARDO	A	Farming	Memem (AB+)
21	JABINES, DONOVAN	B	EYE/Physician	Doreen
22	KONKE, GREG		Retired-Lawyer	Susan
23	MANALIGOD, ARISTOTLE	A+	Non-Life Insurance	Mitzi (A+)
24	MIRAFLORES, ERNIE "BINGBONG"	A+	COMELEC	Tonette
25	MUÑEZ, JULIUS	AB+	PNP (Retired)	Carmela (B+)
26	ORILLANA, JEREMIAH C.	A+	Mitsubishi Car dealer	
27	ORILLANA, RAFAEL	0+	Election Law	Marisa
28	RAMACHO, NATHAN		Lawyer	Katherine
29	REMOLLO, ANTONIO		Public Service	
30	RICONALLA, CYRUS		Lawyer	
31	RIVERA, CHARLES		Lawyer	
32	ROJO, IVAN		Lawyer	
33	ROLEDA, FEDELINO	O+	Pharmaceuticals	
34	RUPERTO, NILO L.	O+	Real Estate Law	Ellen (A)
35	SMITH, TODD TIMOTHY		Retired-Physician	
36	SOLOMON, RODELIO		Lawyer-Engineer	Vitche
37	TABASUARES, ERNIE	A+	Mgt. Consultant	Marivel (0)
38	TACALDO, WILLIAM	B	BFP - Retired	Evelyn
39	TENORIO, MAXIMINO M.	0	Gov't Service	Sonia (B)
40	TEVES, MANDY		Engineer	Dianne
41	TIMTIM, ACE VINCENT		License Physical Therapist	
42	TOLENTIN, REYMAN		Law Enforcement	
43	TRAYVILLA, MARK ANTHONY	AB+	Lawyer	Ivy Muriel
44	TUMACOLE, JOSEPH		Lawyer (MTCC COC)	Catherine
45	UY, DOMINADOR	B	Lawyer	Marlene
46	VALENCIA, ERNESTO LEONARDO	B	Retired -Prosecutor	Lolita
47	VIDAL, NEHEMIAS	O+	Lawyer	Etta
48	VILLAREAL, GUILLERMO JR.		Trucker	Des

RCDN PAST PRESIDENTS

1	Miguel "Mike" Lalog +	1984-1985
2	Herminiano "Dodong" Silva +	1985-1986
3	Rodolfo "Rudy" Cid +	1986-1987
4	Nicanor "Nic" Rosario +	1987-1988
5	Rodolfo "Rudy" Jandoc	1988-1989
6	Eduardo "Ed" Inocencio	1989-1990
7	Juanito "Johnny" Magbanua	1990-1991
8	Jose "Joe" Caduyac +	1991-1992
9	Jose Perpetuo "Pepz" Lozada	1992-1993
10	Rolando "Rollie" Regalado	1993-1994
11	Efren "A Friend" Juico	1994-1995
12	Nehemias "Neming" Vidal	1995-1996
13	Francisco "Paco" Arada	1996-1997
14	Baldomero "Badz" Martinez	1997-1998
15	Arturo "Art" Umbac +	1998-1999
16	Ernie "Bonggo" Tabasuares	1999-2000
17	Fernando "Nanding" Ybañez +	2000-2001
18	Eduardo "Ed" Banogon	2001-2002
19	Felipe "PJ" Juico +	2002-2003
20	Aristotle "Aris" Manaligod	2003-2004
21	Cenen "Nen" Gabay	2004-2005
22	Gaudencio "Bong" Noble	2005-2006
23	Santiago "Kid" Villarín +	2006-2007
24	Generoso "Gener" Licerio	2007-2008
25	Ramses "Ram" Santos	2008-2009
26	Thomas "Tom" Howlett +	2009-2010
27	Herbert "Dodong" Timtim +	2010-2011
28	Raymundo "Bebot" Salgado	2011-2012
29	Gideon "Gido" Alcantara	2012-2013
30	Rafael "Paeng" Orillana	2013-2014
31	Reynaldo "En-en" Piñero +	2014-2015
32	Ernesto "Ernie" Valencia	2015-2016
33	Nilo "Nil" Ruperto	2016-2017
34	Marciano "Mars" del Mar	2017-2018
35	Dominador "Bebe" Uy	2018-2019
36	Jeremiah "Jerry" Orillana	2019-2020
37	Wolfgang "Wolfie" Fritz	2020-2021
38	Nilo "Cubiertos" Barandog	2021-2022
39	Mark Anthony "Markuz" Trayvilla	2022-2023

LIST OF PAUL HARRIS FELLOWS

NAME	MEMBER ID	DATE
Ludwig Eckman	1680733	21-Sep-90
Ramon Y. Sy, Jr.	929820	03-Sep-92
Miguel V. Lalog +	871997	31-Jan-94
Ernesto C. Quiamco	1477964	28-Feb-94
Evansuenda Quiamco	4709334	28-Feb-94
Juanito G. Magbanua, Jr.	872026	07-Feb-95
Fernando M. Ybañez	2036162	30-Aug-97
Conrado B. Cabauatan	2436893	30-Aug-97
Eduardo A. Banogon	1832263	28-May-99
Felipe A. Juico +	1253839	28-May-99
Ariel Masangkay	2115326	28-May-99
Don M. Park	2309420	30-Jun-99
Baldomero R. Martinez, Jr.	1980050	08-Jun-01
Mildred B. Preston	5372651	08-Jun-01
Nehemias M. Vidal	1832256	08-Jun-01
Antony Hulse	1845687	17-Jan-03
Efren T. Juico	1832259	31-Jan-03
Elizabeth Cabauatan	6205277	26-Oct-04
Santiago V. Villarín +	5204333	11-May-05
Dolores J. Juico	6617457	22-Feb-07
Nicanor O. Rosario	924445	20-Apr-07
Thomas F. Howlett	5331456	25-May-07
Herbert Timtim	2115325	31-Mar-10
Joel G. Obar	2384199	01-Feb-11
Jose Perpetuo S Lozada	872012	02-Sep-16
Nilo L. Ruperto	8192766	02-Sep-16
Wolfgang Anton Fritz	10079651	10-Nov-17
Jens Peter Graverholt	10079655	09-Mar-22
Mark Anthony Trayvilla	10363672	10-Apr-23
Gideon S. Alcantara	6177410	11-Apr-23

SUSTAINING MEMBERS

PP Jose "Joe" Caduyac	
PP Ramses "Ram" Santos	
Rolie Regalado	
Boy Sampiton	
PP Gideon "Gido" Alcantara	
PP Raymundo "Rey" Salgado	
PP Eduardo "Ed" Inocencio	
PP Rodolfo "Rudy" Jandoc	
PP Aristotle "Aris" Manaligod	

The Importance of Prioritizing Mental Health and Well-Being

Gordon R. McInally
2023-24 Rotary International President



As Rotary President for 2023-24, I am placing a special focus on global mental health. Mental illness and emotional wellness can be difficult topics for anyone to discuss, and I know that there are some places in the Rotary world where those conversations are especially difficult.

But we have so much to gain by helping each other address mental health and wellness more openly. As we come out of a global pandemic that forced many to experience hardship and isolation, so many of us and the people we serve are experiencing lasting challenges to our emotional well-being that we cannot handle alone. As Rotary members, we have a unique ability to reach out to people who may have no other access to this kind of care. And as an organization built on friendship and service, we can help guide our fellow Rotary members in a trusting, caring manner. All of us can serve our communities by engaging openly in discussions about mental health and wellness and establishing a solid foundation for preventative and interventional measures in your area.

I have already seen in my travels around the Rotary world that these conversations foster connection and safety between us. They can help build stronger interpersonal relationships while supporting the well-being of the communities we serve.

As President, I am asking you to help Rotary make progress towards these three critical goals: (1) Erase the stigma associated with discussions of emotional well-being (2) Raise awareness of mental health needs, and (3) Improve access to mental health services

I am not going to tell you how to achieve these goals, rather I'm going to invite you to think of ways you can make a difference through your service projects, in your clubs, and in your day-to-day interactions with fellow Rotary members and with your community. The brochure on Prioritizing Mental Health offers ideas about how you can get started in placing a greater priority on mental health. And throughout the year, I will be relying on the leadership of the Rotary Action Group on Mental Health Initiatives to help show you how you can do more, learn from one another, and begin to create a grassroots movement within Rotary to make mental health wellness a priority not just this year, but into the future as well. And as of earlier this month, Rotary Showcase offers a forum for you to share how your club's service projects are raising awareness about mental health and helping communities access needed services.

Challenges around mental illness and emotional health affect us all. And research shows that performing acts of kindness is the single most effective way to improve your mood over the long term. Rotary is uniquely positioned to make a global impact on this effort, and I hope you will join me in showing this new level of care to each other — and to ourselves.

(from rotaryserviceblog.org)

SECRETARY'S REPORT

AUGUST 11 REGULAR MEETING ATTENDANCE

Dir. Roy Abella	Rtn. Boy Flores	PP Ernie Tabasuares	PE Rodelio Solon
Rtn. Gilbert Ablong	PP Wolfgang Fritz	Rtn. Charles Rivera	PP Ernie Valencia
PP Gido Alcantara	Rtn. Bret Heine	Rtn. Julius Muñez	Dir. Max Tenorio
PP Nilo Barandog	Sec. Greg Konke	PP Bebe Uy	IPP Mark Trayvilla
Dir. Manny Bandoquillo	PP Aris Manaligod	Rtn. Ivan Rojo	Pres. Joseph Tumacole
Rtn. Ace Timtim	PP Jerry Orillana	PP Nilo Ruperto	Rtn. Jun Villareal
Rtn. Ronie Abrinica	PP Rafael Orillana	Dir. Todd Smith	

AUGUST BIRTHDAYS

MAOLENE ORILLANA	AUG 02	SPS. KAT RAMACHO	AUG 21
RTN. JUN VILLAREAL	AUG 06	SPS JANALYN TACALDO	AUG 25
SPS. VANGIE ABELLA	AUG 13	SPS MURIEL TRAYVILLA	AUG 27
IPP MARK TRAYVILLA	AUG 13	PRES. JOSPEH TUMACOLE	AUG 27

AUGUST ANNIVERSARIES

SEC. GREG AND SPOUSE SUSAN KONKE AUG 06

THE ROTARY HYMN

I want to be a Rotarian for the world
Make the Rotary flag as a flag of
peace unfurled;
I shall serve my community,
Help achieve universal unity
Through Rotary, I shall dedicate my all,
World understanding shall be my
cherished goal.

REFRAIN: With the Four Way Test

I'll pursue my quest
And if I, in a way help obtain
Peace in the world
I shall not have lived
in vain.

I'll observe service above self,
Lend a hand to all who need my help;
I'll get my spouse to involve in Rotary
And in Rotary ways I will train my family.
(REFRAIN)

Build a bridge for tomorrow's youth,
Strengthened by nothing but the truth
Let's join our hands, there's no reason to
divide.

We shall all understand, while the good Lord
is our guide. (REFRAIN)

CODA: Peace be achieved,
We shall not have lived in vain.

PRESIDENT'S MESSAGE



Pres. JOSEPH V. TUMACOLE

*RCDN Hope Creating President
RY 2023-2024*

Good evening Brother Rotarians and Beloved Rotary Anns.

Yesterday, we concluded our "Brigada Eskwela 2023 PART I" at Balugo National High School, Balugo, Sibulan. The activity was dedicated solely on the distribution and turn-over of books in partnership with the Silliman University Junior High School, School of Basic Education, Silliman University, Dumaguete City.

While the turn-over ceremony remained a simple one, it was a fruitful and meaningful experience for the RCDN family members present together with the faculty, staff and students of the Balugo National High School. Our efforts, hard work, dedication, determination and Service-Above-Self have truly paid off. We have proven once again that with our concerted efforts and passion to serve others, there is nothing we cannot accomplish.

Congratulations to the entire RCDN family for a job well done, especially to Sec. Gregory Konke, Dir. Nilo Barandog, Dir. Max Tenorio, Dir. Roy Abella, PP Wolfgang Anton Fritz, PP Gideon Emmanuel Alcantara, Rtn. Bret Heine, and RA Susana Konke, Evangelina Abella, Carmelita Heine, & Monalisa Fritz... May you all tirelessly continue to support each and every activity and projects of our club by any means available?

On August 19 and 20, 2023, we will embarked on two other activities, namely: Part II of our Brigada Eskwela 2023 at Magsaysay Memorial Elementary School, Campaclan, Sibulan and the Mental Health Awareness Campaign: Breaking the Stigma at Talay Mental Rehabilitation Center, Talay, Dumaguete City, respectively.

So, Cheers to our continued successes and many more accomplishments to come. Let us continue to be the beacon of hope and the light to illuminate the road towards a brighter future for all of us. Thank you.

ROTARY FACTS

In 1915, Rotary was almost bankrupt. The President, Frank Mulholland, realized the seriousness and urgency of the situation, and came up with the simple idea of asking each Rotarian to contribute \$1.00. This raised a sizeable amount of money for the organization and was quite successful. Thus the concept of each Rotarian paying dues to the international organization was born. And Rotary has not been in bad shape financially ever since!

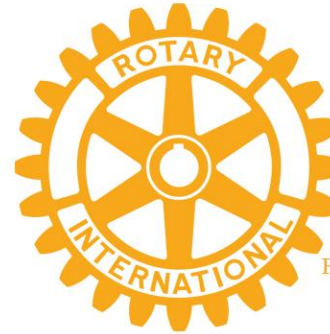
visit www.rotary.org for more information



08042023 - - the Rotary Club Dumaguete North received a Certificate of Appreciation from the Philippine Red Cross - Negros Oriental Chapter in recognition of its support to the National Blood Services Program for the year 2022. The Certificate was received by Hope Creating President Joseph Tumacole, Dir. Greg Konke, Dir. Todd Smith and Spouse Susana Konke during the Recognition Program at Bethel Guest House.



RCDN President-Elect Rodelio Solon meets his District Governor as DGE Caroline Andrade visits Dumaguete City in preparation for the 2024 PETS/SETS/DTA . DGE "Caycay" requested the presence of the Area 3D President-Elects as she will be working closely with them during the Rotary Year 2024-2025. Together with DGE "Caycay" were PDG Riz Reyes, PDG Anna Bumagat and Incoming DS Jonathan Tse.



JOSEPH V. TUMACOLE

CLUB PRESIDENT
RY 2023-2024

ROTARY CLUB F DUMAGUETE NORTH



CREATE HOPE
in the WORLD

AGENDA

1. Announcements
2. Brigada Eskwela Activity on 19 August 2023 at Magsaysay Memorial Elementary School, Campaclan, Sibulan, Negros Oriental from 7:00 am to 12:00 pm.
 - a. Kindly bring broom sticks, cleaning tools, sacks for trash collection, hand trowels and other planting tools
 - b. Attire: Activity Shirt for RY 2022-2023
 - c. Fellowship follows at Cubiertos
3. Service Activity on 20 August 2023 at Talay Mental Rehabilitation Center, Dumaguete City from 9:00 am
 - a. Distribution of Personal Hygiene Supplies
 - b. Attire: New Club Shirt RY2023-2024
4. Other matters

FELLOWSHIP



08112023 - RCDN 6th Regular Meeting presided by RCDN President Joseph Tumacole who discussed upcoming service projects for August 2023. The Rotary Club of Dumaguete North meets regularly every Friday 730PM at Royal Suites Inn attended by Rotarians and Spouses.



08172023 - The Rotary Club of Dumaguete North turned over donated books by the Silliman University High School (School of Basic Education) to Balugo National High School Extension at Brgy. Balugo, Sibulan, Negros Oriental. The books were received by the School Principal Mrs. Judee Pada and School Librarian Michelle Saycon. The activity is part of the series of RCDN Brigadal Eskwela 2023 projects headed by President Joseph Tumacole.

