

RED

CHRONICLE

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF EAST DAVAO

East Davao
Rotary
Club



CREATE HOPE
in the WORLD

MENTAL HEALTH AWARENESS CAMPAIGN

Break the Stigma

Gabriel Sebastian N. Lizada, RPh, RPsy, MEd
Resource Speaker



Disease Prevention
and Treatment

Participating Clubs:

- RC Davao
- RC Central Davao
- RC Waling Waling Davao
- RC South Davao
- RC Calinan
- RC Davao 2000
- RC Matina Davao
- RC Sta Ana Davao
- RC West Davao
- RC Toril
- RC Pagasa



DepED
DEPARTMENT OF EDUCATION

EMCOR

October 28, 2023, Emcor Bajada Conference Room



East Davao
Rotary
Club



CREATE HOPE
in the WORLD

4th
RED Issue
RY 2023-24



ROTARY CLUB OF EAST DAVAO

"Hope Creating Team"

Rotary Year 2023-2024



Darwin T. Santos
President
RY 2023-2024



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President Elect
RY 2024-2025
Vice President Internal



Jesito V. Villamor
President Nominee Designate
RY 2025-2026



Jaime S. Sabino
Imm. Past President
RY 2022-2023



Rossano C. Luga
Secretary



Jovencio S. Cainong
Vice President External



Joel E. Jubahib
Treasurer



Ariel L. Cantil
Director - Club Administration



Lord Eddie I. Aguilar
Director- New Generations



Hiroyuki Kawashima
Director - TRF



Paul Peter R. Digal
Director- Ways & Means



Cirilo N. Casauay
Director- Community



Emmanuel M. Saavedra
Director - Public Relations



Winston C. Lim
Director - Membership



AG Ma. Krizia Ivy Z. Tan
Assistant Governor Area 2C



DG Rozanne C. Gamboa
District Governor, D3860



Pres. R. Gordon R. McNally
President, Rotary International

District Governors - District 3860



HONESTO A. CABARROGUIS
1983-1984



HERMINIO A. VILLANO
1989-1990



REYNALDO REYES
1995-1996



RAOUL HILARIO
1999-2000



RAMON TIROL
2001-2002



RODEL RIEZL S. REYES
2020-2021

Club Presidents (1965-2022)



Fernando Tecson
1965-1966



Tiburcio Cervantes
1966-1967;1968-1969



Juan Carriedo
1967-1968



Augusto Demafeliz
1969-1970



Salvador Angala
1970-1971



Roman Solitaria
1971-1972



Cesar Nuñez
1972-1973



Francisco Reyes
1973-1974



Benjamin Panganiban
1974-1975



Honesto Cabarroguis
1975-1976



Asterio Uybocho
1976-1977



Jose Campo
1977-1978



Hector Maniquiz
1978-1979



Herminio Villano
1979-1980



Jose Custodio
1980-1981



Edgardo Ereneta
1981-1982



Benigno Magpantay
1982-1983



Reynaldo Reyes
1983-1984



Rizal Aportadera
1984-1985



Dominador Cabrera
1985-1986



Isidro Lahora
1988-1989



Benjamin Geli
1987-1988



Eufrazio de Jesus
1988-1989



Raoul Hilario
1989-1990



Feliciano Salvador
1990-1991



Esteban Gumban
1991-1992



Edgar Benedicto
1992-1993



Bartolome Hernandez
1993-1994



Vito Oscar Paras
1994-1995



Ferdinand Subido
1995-1996



Roselo Toledo
1996-1997



Guillermo Arendain
1997-1998



Edgardo Sancho
1998-1999



Carlos Alovera
1999-2000



Leonardo Chee
2000-2001



Jess Fortich
2001-2002



Amador Macatangay
2002-2003



Hikaru Miyake
2003-2004



Apollo Alquiza
2004-2005



Rodel Riezl Reyes
2005-2006



Virgilio Sojor
2006-2007



Efrén Elbanbuena
2007-2008



Leo Edwin Zantua
2008-2009



Ronald Go
2009-2010



Antonio Ajero
2010-2011



Valentino Dionisio
2011-2012



Florante Santiago
2012-2013



Paul John Yuste
2013-2014



Anthony Banzali
2014-2015



Oscar Escudero
2015-2016



Fred Yelinek
2016-2017



Alvin Ortez
2017-2018



Prudencio Tan
2018-2019



Patrick Capili
2019-2020



Rossano Luga
2020-2021



Cheldone Canes
2021-2022

Jaime Sabino
2022-2023

Rotary Club of East Davao



Club Number : 17115

District : 3860

Charter Date: December 1, 1965

Charter President: Fernando Tecson
Meets every Tuesday at 12:00noon



1.) TWO (2) BED EYE SURGICAL MOBILE VAN "Dapitan" of Maharlika Charity Foundation, Inc. A Rotary Foundation Matching Grant/World Community Service project worth Php6 million. This major project was initiated by RCED with RC Wakayanagi, RC Funabashi West, District 2520 Iwate Miyagi, Japan and District 2790 Chiba, Japan and PAG Atsushi Sasaki, M.D.

2.) A FIRETRUCK to Davao Volunteer Fire Brigade, Inc. a joint project with our sister club — Rotary Club of Funabashi West, Chiba, Japan. Likewise assisting them in the annual maintenance of the unit.

3.) RCED-OIKAWA SCHOLARSHIP PROGRAM. A college scholarship grant for Education Course funded by philanthropic and kindhearted Japanese Rotarians of the RC Ishinomaki South, Miyagi Prefecture, Iwate, Japan who have been extending financial support since RY 2000. A Rotary way of helping financially disadvantaged but deserving high school students acquire College Degree which could help them be alleviated from poverty.

4.) Food for the young Minds: FEEDING PROGRAM. Under the "Adopt a School Program" of Department of Education. A WCS supported project with RC Ishinomaki South for J.P. Rizal Elementary School and Juan Cruz Sr. Elementary School for malnourished children.

5.) A "Water System" at Kapatagan, Davao del Sur. This is a TRF Matching Grant Project with RC Wakayanagi, Japan. The project benefits about 300 residents in both Sitio Terril and Ranu, who used to fetch water from other sources (normally 3 to 5 kms away). A "Highway water station: was also built for travellers and vehicles that visit the area to trade in vegetables and

deliver farm implements. We also installed the "Flowing Washing Area" (attached to the water reservoir) to give easy access to residents doing their daily laundry.

6.) OPERATION SAGIP MATA PROJECT. RCED's Gift of Sight. In commemoration of Rotary's first 100 years of service, RCED turned over a Topcon OMS-90 Operation Microscope and other cataract surgical instruments amounting to Php670,000.00 to the Davao Medical Center Ophthalmology Department. Joint with RC of Wakayanagi, Japan, Dr. Atsushi Sasaki and TRF.

7.) TWO-STOREY TWO-CLASSROOM SCHOOL BUILDINGS as RCED "Centennial Project" at Sasa Elementary School worth Php600,000. A World Community Service Project with international partners: District 2790 Chiba, Japan, RC Wakayanagi, RC Ishinomaki South, RC Funabashi West and Past Asst. Gov. Atsushi Sasaki, M.D. of RC Wakayanagi, Japan and District 2520 Iwate Miyagi, Japan.

8.) MOBILE EMERGENCY DISASTER RESCUE EQUIPMENT. Another Rotary Foundation Matching Grant/ WCS Project with valuable assistance of its partners, PAG Atsushi Sasaki, M.D., RC Wakayanagi, Japan and the District 2520 Iwate Miyagi, Japan, donated a complete set of brand-new top-of-the-line accident rescue equipment amounting to \$16,000 to Philippine National Red Cross - Davao Chapter.

9.) TRF MATCHING GRANT NO. 65912 COMMUNITY WATER STATION. A which provided a water purifier and accessories, reservoir, polyethylene pipes and to install a distribution network to residents of Brgy. Calidic, Island Garden City of Samal. The project

benefited 370 household residents of about 1,857 people who fetch water from a source which is three kilometers within five km radius. Project Cost: US\$21,983.82 with international sponsors RC Wakayanagi, Dr. Atsushi Sasaki and TRF.

10.) TRF MATCHING GRANT NO. 71099 AMBULANCE PROJECT. A brand new ambulance, a Kia K2700 truck fitted with first aid and emergency medical facilities unit worth more than Php1M was turned over to the people of San Isidro, a municipality of Davao Oriental, by leaders of Rotary Club of Wakayanagi, Japan of District 2520 and Rotary Club of East Davao under District 3860.

11.) WORLD COMMUNITY SERVICE PROJECT. Ambulance donation to Brgy. Mintal from Rotary Club Wakayanagi and Dr. Atsushi Sasaki.

12.) GLOBAL GRANT NO. 1640035 DAVAO EDUCATION AND HEALTH PROJECT . The program goal is to increase access to and improve quality of health and education / training services for the women and children from three disadvantaged communities in Mindanao Southern Philippines by supporting: Basic education and literacy for the children in focus communities, Maternal and child health care via the Community Health Centre's and the specialist regional pediatric health centre. Project Cost: P4.9M.

In 1965, then District Governor Alfonso "Poncing" Oboza and Pres. Leon "Leony" Garcia of the Rotary Club of Davao thought of organizing the 2nd Rotary Club in the city. Thus was born the Rotary Club of East Davao. Twenty-four (24) men signed as charter members, 10 of whom were from the sponsoring club, RC Davao. On December 1, 1965, the charter was officially presented in a historical ceremony at the Davao Insular Hotel, the venue of club meetings until 2007 when the club transferred its meetings to Marco Polo Hotel. Of the 56 Past Presidents of the Club, many were privileged to serve the District and RI in higher capacities, to wit:

DISTRICT GOVERNORS

1975-1976 **Salvador "Bading" Angala** - President RY 1970-71
 1983-1984 **Honesto "Totoy" Cabarroguis** - President RY 1975-76
 1989-1990 **Herminio "Hermie" Villano** - President RY 1979-80
 1995-1996 **Reynaldo "Boy" Reyes** - President RY 1983-84
 1999-2000 **Raoul E. Hilario+** - President RY 1989-90
 2001-2002 **Ramon "Monet" Tirol+** - Charter President RC Central Davao RY 1975-1976
 2020-2021 **Rodel Riezl "Riz" S. Reyes** - President RY 2005-06

Through the years, RCED was responsible for chartering the following clubs:

Rotary Club of Central Davao – August 25, 1975 with PDG Ramon Tirol a member of RCED as Charter President
 Rotary Club of Metro Tagum – April 11, 1990
 Rotary Club of Waling Waling Davao – January 22, 1992 the first All-Female Club in District 3860
 Rotary Club of Mati East – October 26, 2005

Through the years, the club has embarked on numerous community projects, i.e. donated artesian wells, school buildings, books, clothing's, scholarships, etc. beneficial to the less fortunate.

The signature project of the club is its extensive medical and dental missions in several remote areas in the whole Island of Mindanao. Through the TRF Matching Grants the club manufactured a Mobile Operating Van which is used during these missions with volunteer doctors and surgeons from the Maharlika Charity Foundation Inc. under the leadership of Past President Rizal D. Aportadera. A spin off of these medical missions we have also provided Ambulances for 2 provinces with the assistance of the Rotary Club of Wakayangi thru its active leader PAG Atsushi Sasaki.



55 years of Service Above Self

Another worthwhile project that has been going on for years is the college-scholarship at the Holy Cross of Davao College / University of Southeastern Philippines funded by the Oikawa Scholarship Fund, San Josue Scholarship, AY Foundation and the club benevolent members. The scholars eventually become teachers and become agents to educate the growing populace in our communities. To date we have 41 successful graduates and now teaching in different schools here around the city.

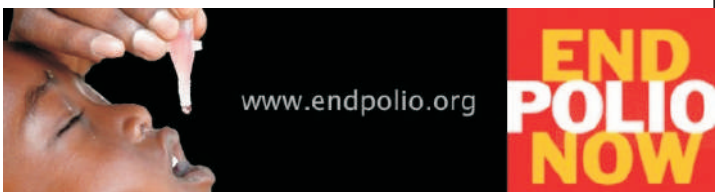
Through the efforts of PDG Boy Reyes, PDG Raoul Hilario, and PP Mickey Miyake, match club arrangements with Japanese Clubs RC Wakayanagi, RC Funabashi West, RC Ishinomaki South and RC Funabashi West were arranged resulting to the annual exchange of goodwill visits and the flow of donations from Japan for our projects. An offshoot of these goodwill visits is the establishment of a short-term Youth Exchange where sons/daughters of our club members go to Japan on summer vacations and are hosted by our match clubs.

The club is a consistent supporter of The Rotary Foundation being the "100% All Paul Harris Club" having in its roster 8 Major Donors, 30 Multiple Paul Harris Fellows, 131 PHFs and 62 PHSMs. In recognition of the numerous club projects and services of its members, the club has been a consistent recipient of awards from RI.

The club is a recipient of the prestigious **RI Asia Pacific Presidential plaque** given by RI Pres. Frank Devlyn in a fitting ceremony in Manila. The Club was one of the top 10 clubs worldwide recognized as a recipient of the **Global Quest award** for membership growth in Zone 7. PP Mickey Miyake was awarded by RI the highest award to a Rotarian, the **RI Service Above Self Award** in 2004. Our Presidents and Club Secretaries have also been consistent awardees during DISTAS. Our club bulletin has been consistently recognized as the Most Outstanding Club Bulletin for a number of years.

The strength of the club lies in its membership mix and the members' passion for service. In its roster is an Englishman, an American, and three Japanese. For some time, the honorable consuls of Japan, Indonesia, and Malaysia were honorary members. The awards RCED received are challenges to do more for the community and mankind. The succeeding decades will surely find the **Rotary Club of East Davao** in the forefront of Rotary's motto of "Service Above Self" and the Implementation of the District Governor's and RI President's Challenges.

With these simple accomplishments, this has been the clubs gauge in keeping its goal to Serve Humanity. We changed the lives of several people in our community and remain to be inspired in Doing Good to the World.



INVOCATION



Dear Lord, with the morning's grace, we rise to a new day.

Bless our endeavors with purpose and success.

Grant us wisdom to navigate challenges and kindness to share. Fill our hearts with gratitude and our actions with positivity. May the day brings growth, joy and connections.

As we step forward, guide our path and illuminate our journey.



Thank You for the precious gift of life .
Amen

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Infopage
SEC. ROSSANO C. LUGA
 Club Secretary, RY 2023-2024

UPCOMING *Mark Your Calendars* **EVENTS**



Rotary
 Zones 1B, 9 & 10

KAOSIUNG ROTARY INSTITUTE
 8-10 DECEMBER 2023

SHARING HOPE WITH THE WORLD
 SINGAPORE
 25-29 MAY 2024

#Rotary24

District 3860
Rotary Club

Annual Tree Planting Event

This initiative has been a symbol of our commitment to environmental sustainability and the betterment of our local community.

Date: **November 25, 2023 (Saturday)**
 Location: **Rotary Park, Marilog District**
 Meeting Point: **Shell Station, Catalunan Pequeno**
 Time: **6:00 AM**
 Program start: **8:00 AM**

Together, we can achieve remarkable activity. See you all there!

Supporting Environment

Rotary District 3860

Save the Date

AWARDING CEREMONIES
 FOR RY 2020-21, RY 2021-22 AND RY 2022-23
 and
THE ROTARY FOUNDATION Night

The Rotary Foundation

November 18, 2023 | Acacia Hotel, Davao City

5:00 - 8:00 AM - Ride to End Polio | 9:00 - 12:00 PM - Club awarding for PDG Riz Reyes & PDG Anna Bumagal | 1:00 - 4:00 PM - Club awarding of PDG Lilo Aliño | 6:30 - 11:00 PM - TRF Awards Night

For inquiries, please contact Grants Sub-committee Chair Jose Fortunato "Chi" Uy, Rotary Club of Central Davao (Host Club)



President's Report

Darwin T. Santos
 President, Rotary Year 2023-2024



DAVAO CITY — ATTY. JOSEPH DOMINIC S. FELIZARTA, C.E., Officer in Charge of the Davao City Engineer's Office, was the distinguished Guest of Honor and Speaker at the East Davao Rotary Club's 6th Club Luncheon Meeting. The event, held on September 26, 2023, Tuesday, at the Roadway Inn at 12 noon, welcomed Rotarians and guests eager to gain insights into the city's infrastructural roadmap.

Felizarta passionately delved into Davao City's recent policy shifts, objectives, and strategic planning concerning infrastructure and public works. He highlighted the new techniques, procedures, and ongoing infrastructure projects that promise to reshape the cityscape. Furthermore, he underscored the local government's dedication to driving progressive public works that serve the broader interests of Davao's residents, setting the tone for an engaged and informative session that resonated with all present.



WELCOME

East Davao
Rotary
Club

CREATE HOPE
in the WORLD

Please join us!

7th Club Regular
Luncheon Meeting

October 3, 2023, Tuesday, 12noon at Roadway Inn

CLUB ASSEMBLY:
Birthday Fellowship, Thanksgiving and
Nomination for District Governor



Lumads Benefit from Multifaceted Community Event at Mapantow Community Center

DAVAO CITY, October 7, 2023 – A series of community-centric activities was held at the Mapantow Community Center, orchestrated by the collaborative efforts of Rotary Club East Davao, PICPA DAVAO, and the Income Credit Cooperative of the Water System. The community, run by 2019's Datu Bago Awardee and City Councilor Datu Rody Mande, brought forth a remarkable blend of knowledge-sharing, philanthropy, and health aid to the Lumads.

The banner features logos for East Davao Rotary Club, Income Credit Cooperative, and a stylized 'i' logo. The main text reads: 'BASIC FINANCIAL LITERACY SEMINAR', 'TURNOVER OF THE WATER SYSTEM', and 'FREE EYE CHECK UP & READING GLASSES'. Below this, it states 'under the Area of Focus: Basic Literacy and Education, Water & Sanitation and Disease Prevention and Treatment'. The date and location are 'October 7, 2023, Mapantow Community Center, Upper Kibalang, Marilog, Davao City'. The resource speaker is 'Mr. Lord Eddie Aguilar, UM Dean of Accounting Studies'. It is a joint project of 'Rotary Club of East Davao, Philippine Institute of Certified Public Accountants - Davao Chapter (PICPA-Davao) and Income Credit Cooperative'. A 'JOIN US!' call to action is present, along with assembly details: 'Assembly: 6:00 am @ Vista Mall at Catalunan Pequeno'.

Dean Lord Eddie Aguilar, an esteemed speaker at the event, conducted a Basic Financial Literacy Seminar that offered attendees crucial insights into managing their finances more effectively. The seminar's resonance was palpable, as numerous participants, many of whom have faced financial challenges, expressed their gratitude. Armed with the newly imparted knowledge, they now feel better equipped to navigate their financial futures, understanding their cash inflows and outflows with newfound clarity.

In a significant gesture of goodwill, a ceremonial turnover was facilitated by Rotary Club East Davao, PICPA DAVAO, and the Income Credit Cooperative of the Water System. But the event wasn't limited to financial empowerment alone. Dr. Judy Guarino, a leading optometrist, provided free eye check-ups and dispensed reading glasses to the first 50 attendees. Further amplifying his commitment to the community, Dr. Guarino generously extended an offer for free cataract operations for the elderly. Recognizing the diverse needs of the patients, he also shared his contact details for those requiring specialized attention at his clinic, addressing issues like imbalanced eye grades.

The day culminated with the distribution of certificates to all participants, as a token of appreciation and recognition. This endeavor stands testament to the power of collaborative efforts in uplifting and supporting community well-being. #CreateHopeInTheWorld



WELCOME

East Davao
Rotary
Club



CREATE HOPE
in the WORLD



8th Club Regular
Luncheon Meeting

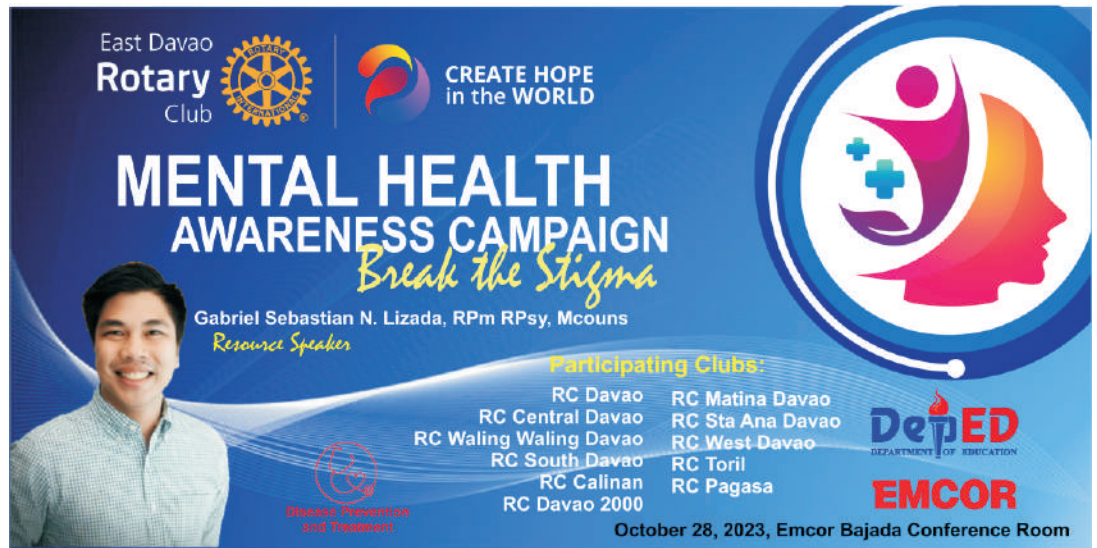
October 10, 2023, Tuesday, 12noon at Rekado Resto

HON. YOSHIHISA ISHIKAWA
Consul-General of Japan in Davao
Guest of Honor and Speaker





DAVAO CITY – Rotary District 3860, in a transformative partnership with the Rotary Club of East Davao in collaboration with 13 other Rotary Clubs of Area 2 emerged as a beacon of change in the realm of mental health education. Together, they orchestrated a pioneering Mental Health Helper Skills Training seminar on October 28, held at the Emcors Davao Conference Room. This event, specifically tailored for educators from the Department of Education (DepEd), has ushered in a new era of mental health advocacy within the educational sector.



District Governor Twinkle oversaw the implementation of the said district-wide project. Her endorsement, a vital component of the District Citation requirements for all Rotary Clubs this Rotary Year, signifies Rotary District 3860's unwavering commitment to championing mental health initiatives and the well-being of the community. The seminar brought together 18 dedicated educators, including counselors and advisors, representing 12 different public high schools. This collective effort seamlessly aligns with the national government's ongoing drive, as emphasized by the approval of House Bills 10327 and 10284, which recognize the indispensable role of schools in promoting mental health and well-being.

Under the expert guidance of Gabriel Sebastian N. Lizada, a distinguished registered psychologist with a wealth of experience in counseling and positive psychology, the training empowered educators with the indispensable skills required to identify and address the mental health challenges prevalent among students. The seminar encompassed a wide spectrum of topics, ranging from anxiety and depression to suicidality, stress, and substance use. It offered a comprehensive blend of theoretical understanding and hands-on practical application.

The partnership between Rotary District 3860 and the Rotary Club of East Davao exemplifies Rotary's enduring commitment to addressing pressing societal issues. Together, they have initiated a program that not only advances mental health support in educational settings but also symbolizes a shared dedication to community well-being. This seminar's resounding success represents a monumental step forward in equipping educators with the skills needed to become mental health helpers, ushering in a more supportive and informed environment for students' well-being. Rotary District 3860 stands tall as a beacon of hope, illuminating the path to a brighter and healthier future for all.



Pink Health Forum Promotes Breast Cancer Awareness at SM Ecoland

DAVAO CITY, October 6, 2023 - The bustling premises of SM Ecoland witnessed a sea of pink today, as the RC Downtown Davao, in partnership with the district, hosted the Pink Health Forum and Health Consultation. This event, while standing as a beacon of breast cancer awareness, also marked an endeavor of the Rotary Club to meet the challenges posed by the Rotary International (RI) Citation.

The morning started off with an essential breast screening initiative, allowing attendees to gain insights about their health status. Experts were on hand to guide participants and provide necessary counsel regarding early detection and prevention measures.

As the day progressed, the afternoon was dedicated to an enlightening forum. Health professionals, survivors, and advocates took the stage to share their experiences, offer expert advice, and address queries. The event provided a holistic view of breast cancer, from its detection to its treatment, and even the psychological aspects tied to the disease. The forum's core message was clear: awareness can make a difference. Concluding the day's event with energy and zest, participants got their groove on with a Pink Zumba Affair. The lively and spirited session ensured that the message of the day, while serious in nature, was also filled with hope and joy. It was a powerful reminder that staying active and fit is a key component in the battle against the disease.

This initiative is part of the Pink Walk 2023, which accentuates the Maternal & Child Health Care Area, highlighting the pressing need for breast cancer consciousness during Pink October. The event, directly addressing 7 out of the 11 District Wide Rotary Days of Service, showcased Rotary's commitment to creating hope and making a difference in the world.

The engagement saw a commendable turnout, with participants from different walks of life, reflecting the community's support and commitment to the cause. The hashtags #CreateHopeInTheWorld, #HopeCreatingYear, #rotaryinternational, #RID3860, and #SparklewithTWINKLE resonated throughout the event, symbolizing the combined effort to shine a light on breast cancer awareness.

With such events, RC Downtown Davao, along with its partners, continues to make strides in the community, fostering an environment of understanding, support, and hope.



PINK HEALTH FORUM
Preventing Cancer Even When It Runs in Your Family

Rolando "Doc Oylie" A. Balburias, MD, FPCP, IFMCP
 Certified Functional Medicine Practitioner
 The Institute for Functional Medicine
 Diplomate and Fellow, Philippine College of Physicians

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



MESSAGE

R. Gordon R. McInally

President 2023-24

OCTOBER 2023



The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years,

beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to Create Hope in the World.



POINT OF VIEW

VP RAPHAEL E. APOLINARIO VI
Editor in Chief, RED Chronicle

Run Your Own Race

Many years ago, horsemen invented blinders to keep their horses focused on their work. Blinders are pieces of leather attached to the horse's bridle that prevent them from seeing anything except what's in front of them.

Without blinders, a horse can see almost completely behind itself without turning its head and can be easily spooked by movement or objects it doesn't recognize. By having fewer distractions the horse is more dependable and stays focused on getting the job done.

As a trader, I always discovered that whenever I started comparing my trading performance with other traders, my performance would usually worsen. This "distraction" cost me lots of money in terms of losses.

While I hardly watch television, I admire [Oprah Winfrey](#) so I watched an interview of her on the Biography channel one day. She and the interviewer were discussing her success and she made the comment that comparing herself to other folks in her business always made her take a step backward from her goal. Her words made me realize that even highly successful people experience this.

Don't compare yourself to others. It's tempting in the modern, competitive world to constantly ask, "How am I doing?"

It's easier said than done, but you should NOT allow how well you do compared to others affect how you feel about your inner worth and feelings of success in life.

Comparisons are useless. Run your own race.

Like the sport of golf, you alone are the one who needs to hone your trading skills. You are the one who must find a method that matches your skill level and personality. Comparisons to other traders just make you feel frustrated.

Don't constantly think you are trying to beat others to an



imaginary finish line. People who achieve great things work independently and on their own terms.

They don't care how others are doing. They follow their own timeline, follow their own passion, and look INWARD for where to go next.

Notice how I said inward, and not outward. They look inward for where to go next.

How you perform has nothing to do with how others perform. All comparisons will do is torture you. You will feel jealousy or envy.

When you see that you are doing relatively poorly compared to a fellow trader, you are likely to think distracting thoughts such as, "Why can't I do as well?" or "I must not be as good of a trader as I had thought."

To maintain motivation, focus on improving your past performance record, rather than looking at how other traders are doing.

You usually don't know what factors created their performance records, so comparisons can only mislead and hinder you. They could just be on a lucky streak or have a market wizard standing right behind them on every trade providing advice.

Put your "blinders" on. Don't look at anyone else's record but your own. Everyone has a different learning curve.

Run your own race.



Bits & Pieces

7 Reasons Young People Should Join Rotary

Ever heard of Rotary? No? That's what I expected! If you have, it was probably from your grandpa and you tuned out after three minutes of hearing about his club's weekly lunch spread. Rotary efforts have already helped eradicate 99.9% of global cases of polio. (Never heard of polio? Thank a Rotarian for your ability to NOT know about this awful disease.) Now, armed with a massive investment and partnership with the Bill and Melinda Gates Foundation, Rotary is poised to take on even more ambitious global projects, including water and sanitation access, maternal and child health, basic education and literacy to name a few areas of focus. In addition to these large-scale, international projects, Rotary clubs are always working to improve their own communities, too.

1. You'll make local connections.

Rotary can introduce you to other like-minded and wonderfully diverse people from your community. Ultimately, to most of us, this is what it's all about: local friends, local colleagues, clients and contacts. Heck, it's actually why Rotary was started by a group of young professionals in Chicago back in 1905. When it comes to networking and advancing your business, Rotary membership isn't like the fickle, transactional networking and "referral" groups you've likely been encouraged to join. It's authentic and real. With Rotary, if you're willing to put in the effort and give back to your club, I guarantee you will meet people who can open doors for you personally and professionally.

2. You'll make a global impact.

Two words: Bill. Gates. He and Melinda Gates see the efficiency and effectiveness of the Rotary Foundation. So much so that they partnered with Rotary to commit \$450 million to eradicating polio from this sweet planet we've got here. Once we crush polio once and for all, we're moving on to ensuring everyone on earth has access to clean water. Rotary doesn't mess around.

3. You'll see your work pay off locally.

Sure, the whole "saving the world" thing is cool, but if you're wanting to make a difference a little closer to home, don't worry, Rotary does that too! We tackle every local project we can. We are a funding source (through a grant program), a volunteer source (because we're awesome like that) and we even come up with our own initiatives, like

in 2018 when we planted over 1.2 million trees (controversial opinion alert!!! Fresh air is awesome!).

4. You can inspire the next generation...

We have amazing youth programs to get high schoolers involved in service and leadership, and being involved in Rotary is life-changing for these kids! Rotary Youth Leadership Awards and World Affairs are programs that fuel and shape the potential for greatness that's already within them. The kids coming out of these programs are fired up about making the world a more peaceful, loving place — and have the contacts, plans and direction to make it happen.

5. ...and spend time with the Greatest Generation.

Sure, Rotary has a bit of a reputation for skewing older, and hey, there's some truth there. But there is also a ton of great experience and perspective to be gained from the Greatest and Boomer generations. Trust me ... Rotary has all of the stories and great folks willing to tell them.

6. You'll get inspired.

No matter what your motive is in considering Rotary, the meetings you attend will likely include a guest speaker or performance. I've seen programs including amazing singers, legitimately awesome circus clowns, environmentalists, coaches — you name it. There's no telling what you might see at a Rotary meeting, but you will get a quality presentation about something that matters to a bunch of people in your town. Isn't that enough?

7. You'll put your energy where it's really needed.

Here's (perhaps) the best part of getting involved in Rotary: these clubs freakin' need you like crazy! We need leaders from every community in the world to join Rotary and amplify our impact. Also, insider tip: if you're under 40, some of the club's traditions might make you feel like you're experiencing a throwback to another time — in a good way. There could be singing. There could be a public display of giving "Happy Bucks." There could be a moment of silence for one our own that's left this sweet world. But no matter what, it will be a real, genuine human experience. And you'll be better for having been there. I promise.

Shared by Ryan Bell, a Rotary member for seven years, from Iowa City.



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Foundation



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Alquiza, Apollo R.
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Services
Spouse: **Mila**

"Ranz"
Apolinario,
Raphael Basilio
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Non-Life Insurance
Spouse: **Raquel**

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Alex E.
Trading & Mktg.
Spouse: **Melody**

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Bangayan,
Ruben A.
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Distribution
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"Anton"
Banzali,
Anthony P.
Civil Law
Spouse: **Jam**

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Cainong,
Jovencio S.
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Spouse:

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Canes,
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General
Merchandise Dist.
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Capili,
Patrick S.
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Development

"Eloy"
Casauay, Cirilo N.
Engineering:
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Spouse: **Helen**

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Cantil, Ariel L.
Engineering
Spouse: **April**

"Peter"
Digal, Paul
Peter R.
Architecture
Spouse: **Aika**

"Val"
Dionisio,
Valentino L.
Truck Dealership
Spouse: **Cris**

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Evans, David
Samuel
Chartered
Quantity Surveyor
Spouse: **Elsa**

"Ronnie"
Go, Ronald C.
Car Rentals
Spouse: **Kim**

"Dandy"
Gomez, Dandy D.
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Building
Spouse: **Odet**

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Mubahib, Joel E.
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Spouse: **Novie**

"Hiro"
Kawashima,
Hiroyuki
Medical
Equipment Dist.
Spouse: **Gina**

"Winston"
Lim, Winston C.
Materials
Handling Services
Spouse: **Donna**

"Ross"
Luga,
Rossano C.
Light and
Power Distribution
Spouse: **Jojo**

"Datu Mande"
Mande, Datu
Rodolfo M.
Tribal Management
Spouse:

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Miyake, Hikaru S.
Vegetable Export

"Manny"
Nierra,
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Equipment Part
and Services
Spouse: **Metah**

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Montera, Neil
Clark I.
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Pinpin, Alvin M.
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Pelayo,
Frederick A.
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"Dex"
Ng, Dexter L.
Government
Service Taxation
Spouse: **Marnie**

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Orteza, Alvin B.
Meat Processing
Spouse: **Enday**

"Oca"
Paras,
Vito Oscar P.
Materials Handling
Equipment
Spouse: **Rita**

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Rural Banking
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Life & Non-Life Insurance
Spouse: Carmen

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Engineering Construction

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Spouse: Imee

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Life Insurance Management
Spouse: Cris

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Housing Construction
Spouse: Lily

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YOU ARE THE MISSING PIECE...
Rotary

We need more #Rotarians
Rotary

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Rotary Code of Conduct



As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve Rotary
3. Conduct all my personal, business and professional affairs ethically encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings.
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work of the relief of the special needs of others, and to improve the quality of life in my community.
7. Honor trust that Rotary and other Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or other Rotarians
8. Not seek from a fellow a privilege or advantage not normally accorded others in a business or professional relationship

DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSIONS

The Declaration of Rotarians in Businesses and Professions was adopted by the Rotary International Council on Legislation in 1989 to provide more specific guidelines for the high ethical standards called for in the Object of Rotary:

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public, and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to all occupations which are useful to society;
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community;
7. Adhere to honesty in my advertising and in all representations to the public concerning my business or profession;
8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.



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.



THE FOUR-WAY TEST of the things we think, say or do

- I. Is it the TRUTH?
- II. Is it FAIR to all concerned?
- III. Will it build GOODWILL & BETTER FRIENDSHIPS?
- IV. Will it be BENEFICIAL to all concerned?

WHY THE ROTARY YEAR BEGINS 1 JULY?



Ever wonder why the Rotary year begins 1 July? The international convention initially played a key role in determining the start date of our fiscal and administrative year.

Rotary's first fiscal year began the day after the first convention ended, on 18 August 1910. The 1911-12 fiscal year also related to the convention, beginning with the first day of the 1911 convention on 21 August.

At its August 1912 meeting, the Board of Directors ordered an audit of the International Association of Rotary Clubs' finances. The auditors recommended that the organization end its fiscal year on 30 June to give the secretary and treasurer time to prepare a financial statement for the convention and board, and determine the proper number of club delegates to the convention.

The executive committee concurred, and at its April 1913 meeting, designated 30 June as the end of the fiscal year. This also allowed for changes to the schedule for reporting club membership and payments. Even *The Rotarian* changed its volume numbering system to correspond to the fiscal year (beginning with vol. 5, July 1914).

Rotary continued to hold its annual conventions in July or August until 1917. Delegates to the 1916 event in Cincinnati, Ohio, USA, approved a resolution to hold future conventions in June, mainly because of the heat in cities where most of them occurred. The next one was held 17-21 June in Atlanta, Georgia.

The term "Rotary year" has been used to signify Rotary's annual administrative period since at least 1913. An article in *The Rotarian* that July noted, "The Rotary year that is rapidly drawing to a close has been signaled by several highly successful joint meetings of Clubs that are so situated as to assemble together easily and conveniently."

Since the executive committee's decision in 1913, the end of the Rotary year has remained 30 June.

Mission

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

Diversity and Rotary

Rotary International recognizes the value of diversity within individual clubs. Rotary encourages clubs to assess those in their communities who are eligible for membership, under existing membership guidelines, and to endeavor to include the appropriate range of individuals in their clubs. A club that reflects its community's diversity with regard to professional and business classifications, gender, age, religion, and ethnicity is a club with the key ingredients to its successful future.



SHARING HOPE WITH THE WORLD

**AT THE 2024 ROTARY
INTERNATIONAL CONVENTION
IN SINGAPORE, 25-29 MAY**

Register today at convention.rotary.org



SAVE THE DATES

**2023 Rotary Institute for
Zones 1B, 9 & 10 will be held on
6-8 December 2023
in Kaohsiung, Taiwan.**

Please register now!
<https://2023kaohsiungrotaryinstitute.org>

**2023 Singapore RI Convention.
May 25-29, 2024.**



首頁 | 2023 Kaohsiung
Rotary Institute

2024 Rotary International Convention Registration Fees

All Registration prices are shown in U.S. dollars and include any applicable taxes. Depending on your country, online payment in your local currency may be available. Nonmembers may attend at the age-based rates listed below.

REGISTRATION CATEGORY	27-31 MAY 2023	01 JUNE TO 15 DECEMBER 2023	16 DECEMBER 2023 T O 31 MARCH 2024	01 APRIL TO 29 MAY 2024
Club member, Nonmember, or guest, age 31 or over	\$450	\$500	\$595	\$695
Club member, Nonmember or guest, age 30 or under	\$150	\$175	\$225	\$275
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship	\$60	\$60	\$60	\$100

Registration Link <https://convention.rotary.org/en-us/registration>