

The Official Club Bulletin of the ROTARY CLUB OF KANDAYA, TACLOBAN

RC KANDAYA MEETS EVERY WEDNESDAY VIA ZOOM

**DISTRICT 3860** 

**AREA 3B CLUB NO. 29316** 







## **SERVE TO CHANGE LIVES**





















SHEKHAR MEHTA Rotary International President



ANNA LOUISA BUMAGAT District Governor



**CAROLINE ANDRADE** District Secretary



CATHY BONAVITACOLA Assistant Governor, Area 3B-2

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CAROLINE ANDRADE Public Image Director



VICKY ESBER Vocational Director



**LOLITA ESCANO** Membership Director



KATHLEEN QUINTERO The Rotary Foundation Director



LIZA CALDA Club Administration Director

## PRESIDENT'S PAGE

//e ,Kandayans are committed to SERVE TO CHANGE LIVES.

We have come to the end of the first quarter, the first 100 days of Rotary year 2021-2022. Amidst the Pandemic, MGCQ-GCQ, it was still incredible months – for this, I Salute everyone!



#### **Cheers to Dedicated Kandayans Doing Service Projects**

Despite the extreme difficulties posed by our current situation, we have witnessed relevant service projects - big and small, 24 Community Service Projects to be exact! Our Rotary Community Corps - Northern Tacloban Communities Association, was finally chartered last September 16, 2021.

#### Cheers to Kandayan Bulletin Team and Public Image

Public image started to kick off, promoted in all forms of media (outdoor, broadcast, and print). This is our 6th Kandayan Bulletin issue made possible with the leadership of our Editor-in- Chief Dir. Vicky Esber and Administration Committee Chair, VP Liza Calda and its members. We have seen a proliferation of active Club Facebook Pages. Thanks for the wisdom shared by PAG Tata Martin to change the name to Rotary Club of Kandaya page. Our vibrant People of Action FB Page has now close to 700 followers. Thanks Secretary Bless and Daben, our FB Administrators. By the way, We did 2 Radio Service coverages and 2 TV appearances already.

### **Committed Rotarians in Paying Dues**

We have Rotarians who have fully paid and many others who are actively paying in instalment. Thanks for your commitment, we all know that we are challenged but the commitment to give never fails. Congratulations to Treasurer Marlyn for a job well done!

### **Good Progress on Membership**

We did induct 4 new young Rotarians in just 3 months and successfully manage to have very meaningful Induction rites via blended Virtual thru the efforts of our Membership Director, IPP Lolit. Thanks DS Caroline, AG Cathy, Rtn. Philfa and Rtn Vilma for the sponsorship. We are just 1 new Rotarian away from hitting our goal of having 5!

#### Zoom! Zoom!

In the new norm of digital meetings we all enjoyed interactive, intimate, informative, fun Regular Meetings and Fellowships thru Zoom. We even increased our attendance. Congratulations to Game Changers, Change Makers and Catalysts of Change!

What made us achieve all of these? What made us vibrant? It's the blend of experienced Rotarians mixed with fresh perspectives. Perfectly blended by one vision to serve.

Let us continue to Rock and Roll! SERVE TO CHANGE LIVES!

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#### **SERVE TO CHANGE LIVES**

"Rotary is a fellowship of noblemen; not a hereditary nobility but a nobility that must be earned and re-earned...Nobility is measured by its obligations, not by its rights and privileges... SERVICE ABOVE SELF

**Rotary in the March of Mankind** THE ROTARIAN, July 1951





#### PROGRAMME

October 13, 2021

Rotary Grace President Irish Loteyro
PP Margaret Dy Leung

Pambansang Awit AVP Rotary Hymn AVP

Recitation of the Object of Rotary Rtn. Aiza Moraña Recitation of the Four Way Test Rtn. Gloria Hugo

Introduction of Guest & Visiting Rotarians

Welcome Song All Game Changer members

PP Flor Henedina Lelis

#### **FELLOWSHIP**

Joke Time PE Miranda G. Varon Finest Moment PP Rtn. Marlyn Ruiz

#### **BUSINESS PORTION**

Topic: The Rotary Foundation(TRF)
DES Caroline Andrade

Secretary's Time Rtn. Bless Manuel Javier

Treasurer's Time Rtn. Marlyn Ruiz President's Time Pres. Irish Loteyro

#### ANNOUNCEMENT ADJOURNMENT

TODAY'S HOST: GAME CHANGERS MODERATOR: PE MIRANDA G. VARON





### 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 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

- 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?



### **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



### **ROTARIAN CODE OF CONDUCT**

The following code of conduct has been adopted for the use of Rotarians:

### As a Rotarian I will,

- Act with integrity and high ethical standards in my personal and professional life.
- Deal fairly with others and treat them and their occupations with respect.
- Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world.
- Avoid behavior that reflects adversely on Rotary or other Rotarians.
- Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.

# Secretary Says

September had been a very productive month for the Rotary Club of Kandaya. Many projects were accomplished, and we had fun and fruitful time during our club meetings. We are all busy people, but serving to change lives has become a part of us all.



Blessing Javier SECRETARY

We would like to welcome the new members of our club:



Margaret Roselle "Meggy" Andrade | Fast Food Management She is a graduate of Hotel Restaurant and Institution Management from Dela Salle University-College of St. Benilde. She is actively managing McDonalds Restaurants in

Tacloban City. She is a Second Generation Rotarian, daughter of DES Caroline Andrade and RC Tacloban President Bobby Andrade. She will be part of the **GAME** 

CHANGERS TEAM.



Cheeryl "Checkay" Enrica Esperas | Construction Services

She graduated from the University of the Philippines Visayas Tacloban College for her undergraduate and the DVOREF College of Law with a degree in Bachelor of Laws. She is actively managing their family construction business (Aqua Jun

Builders). She will be part of the **CHANGE MAKERS TEAM.** 



Yiuki Mae "Kimi" Hiraoka Muñoz | Gas and Oil Services

She graduated BS Applied Corporate Management from Dela Salle University Manila. She is actively managing their Caltex gas Station in Avenida Veteranos, Tacloban City. She is currently five months pregnant with their first baby. She will be part of the **GAME CHANGERS TEAM.** 



Samantha Sulit | Medicine - Pediatrics

She is a practicing Pediatrician affiliated at Mother of Mercy Hospital and ACE Medical Center. She obtained her degree of Doctor of Medicine at San Beda College, Manila, and had her Pediatric residency at Our Lady of Lourdes Hospital. She is born and raised in Tacloban, that is the reason why she choose to go back to her hometown. She will be part of the CATALYSTS OF CHANGE TEAM.



Please activate your MY ROTARY account at https://my.rotary.org/en/login

# We received a Club Citation from Rotary International for R.Y. 2020-2021

### 2020-21 ROTARY CITATION



Awarded to the Rotary Club of

Kandaya

for helping Rotary open opportunities in the lives of people all over the world.

Hologo Carack

Holger Knaack

President, Rotary International

Congratulations! Your club have earned the Rotary Citation, the most significant award a Rotary Club can achieve for RY 2020-21. During a year that was challenging for many Rotarians around the world, your club have demonstrated a commitment to achieve your goals which ultimately helps strengthen Rotary and shape our future." - Transforming Governor Rodel Riezl Reyes

To our God and Father be glory forever and ever. Amen - Philippians 4:20

### **ROTARY INFORMATION**

### **Growing Local Economies**

Nearly 800 million people live on less than \$1.90 a day. Rotary members are passionate about providing sustainable solutions to poverty.

Our members and our foundation work to strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.



#### **How Rotary Makes Help Happen**

We create opportunities to help individuals and communities thrive financially and socially. We provide training and access to well-paying jobs and financial management institutions such as:

- **Microloans** Entrepreneurs use microloans to become street vendors, rickshaw drivers, weavers, and tailors.
- Agricultural Opportunities Entrepreneurs in rural communities can borrow money to buy livestock or plant crops, or get training in sustainable farming.
- Adopt A Village Rotary members use a multifaceted and coordinated strategy to break the cycle of poverty in extremely impoverished communities.
- **Training** -Rotary International and Heifer International are teaching farmers to extend their growing season and help residents eat healthier, local food.
- **The Power of Light** Rotary members team up with the Navajo Nation to bring solar lights to remote, off-the-grid homes, allowing people to work and learn at night.
- **Human Rights** Rotary helps Tanzanians with albinism overcome stigma and superstition to find safety and a livelihood.

### **Our Impact on Local economies**

Rotary members train people to become resources for their community, offering networking activities, advice on new business development, and mathematics and financial management training.

#### Rotarians make amazing things happen, like:

**Breaking the cycle of poverty for women**: Most of the women living in rural Guatemala do not have the collateral to get loans from regulated financial institutions. The Rotary Club of Guatemala de la Ermita helped 400 local women complete financial literacy courses so they could pool their money and fund their own microlending program.

**Skills development, business training:** In Esmeraldas, Ecuador, Rotary members helped grant more than 250 microloans and train more than 270 community members in sewing, baking, plumbing, microcredit, business management, and leadership.

**Sustainable farming:** In west Cameroon, soil erosion and loss of soil fertility have significantly reduced farmers' harvests. Rotary members gave farmers the skills they needed to improve soil fertility, control soil erosion, and market their produce. The results: increased crop yields and profits.

# Treasurer's Turn-Up



Marlyn Ruiz TREASURER

Php 336,850.11

Beginning Balance as of August 31, 2021

Add Collections:

September 2021 54,072.21

Samar Leyte Texas Donation 48,750.00 <u>102,822.21</u>

Php 439,672.32

**Expenses:** 

Children's Pantry	P 20, 000.00
Pondong Pamana Bayani Program	5,000.00
FB Boosting Fee & Flowers Expense	2,200.00
Drumvatory Project	21,000.00
Mass Offering & Monthly Tokens	3,350.00
Clerk Salary (Sept. 1-15)	6,950.00
Induction of New Members	2,500.00
Tarpaulin Printing	5,940.00
POLIO Shirt (34xPhp400)	13,600.00
Clerk Salary (Sept. 16-30)	6,950.00
Telephone Bill (September)	700.00
Interest	18.30

88,208.30

Remaining Balance

Php 351,464.02

Cash in Bank Php 351,464.02

**Restricted Funds:** 

151,289.00 Disaster Fund

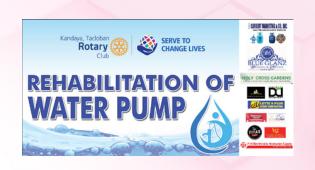
Samar Leyte Texas Donation 48,750.00 200.039.00

Php 151,425.02 Club Working Fund

**Project Name: Rehabilitation of Water Pump** 

Project Head: AG Cathy Bonavitacola

Beneficiary: GHub Garden, Kawayan Ville Area of Focus: Water, Sanitation & Hygiene









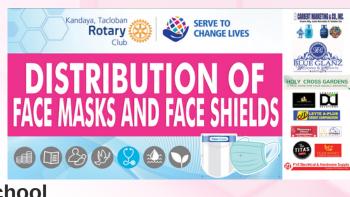


**Project Name: Covid Response** 

**Project Head: AG Cathy Bonavitacola** 

**Beneficiary: Old Kawayan Elementary School** 

**Area of Focus: Disease Prevention and Treatment** 







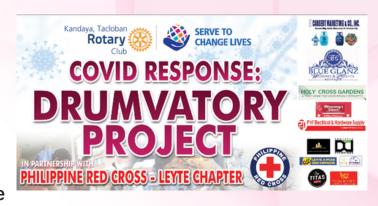


**Project Name: Covid Response:** 

**Project Drumvatory** 

Project Head: Rtn Joy Valledor Beneficiary: 15 Schools in Leyte

Area of Focus: Water, Sanitation & Hygiene













**Project Name: Blood Samaritan** 

**Donation Drive** 

Project Head: Rtn Joy Valledor

Beneficiary: 43 Indigents

**Area of Focus: Disease Prevention** 

and Treatment









**Project Name: Area 3B: Tree Planting** 

**Activity** 

Project Head: Pres. Irish Loteyro

**Beneficiary:** Brgy Apitong, Tacloban

**Area of Focus: Environment** 

















TREE
PLANTING
ACTIVITY

September 25, 2021 6AM Brgy. 92 Apitong Tacloban City







**Project Name: A Call to Read Program** 

Project Head: IPP Lolit Escano

Beneficiary: 31 Grade 7 students

**Anibong Night High** 

Area of Focus: Basic Education and

Literacy.

















**Project Name: Community Pantry** 

**Project Head: Treasurer Marlyn Ruiz** 

**Beneficiary: 150 Indigents** 

**Area of Focus: Community and** 

**Economic Development** 















**Project Name: Wall of Hope** 

**Breast Cancer Info Booth** 

**Area 3B Project** 

Project Head: Pres. Irish Loteyro

**Beneficiary: Metro Tacloban** 

**Area of Focus: Disease Prevention** 

and Treatment







**Project Name: Wall of Hope** 

**Breast Cancer Info Booth** 

**Area 3B Project** 

Project Head: Pres. Irish Loteyro

**Beneficiary: Metro Tacloban** 

**Area of Focus: Disease Prevention** 

and Treatment









## Breast Cancer Awareness Month



### WHAT IS BREAST CANCER

Breast cancer is a disease marked by the unusual growth & spread of cells that develop into a cancerous tumor in the breast area.

This type of cancer may start in the mammary glands, the part of the breast that produces milk, or in the milk ducts leading to the nipple.

Breast cancer usually strikes women, but men can also suffer from it.







### **BREAST CANCER SYMPT**

Early diagnosis of cancer generally increases the chances for successful treatment.







**Nipples** changes

Bloody discharge

Lump in the breast









Change in breast color

Pitting of the breast skin

**Breast or** nipple pain

### The Risk Factors

- 1. Age Growing Older
- 2. Family History Especially if close relatives such as your mother, child or sister suffered from breast cancer.
- 3. Personal Medical History - if you have had breast cancer before
- 4. Early onset of menstruation
- before the age 12
- 5. Late Menopause
- After the age of 55

- 6. Not having borne children or not having borne them before the age of 35.
- 7. Being Overweight
- The risk becomes higher when overweight during menopause.
- 8. Alcohol consumption
- 9. Smoking
- 10. Prolonged use of Hormonal Replacement Therapy HRT or **Estrogen Replacement Therapy**













### elf-Breast Exam



Lie down with your back resting on a flat, comfortable surface. Raise your left arm. Put a pillow or folded towel below your shoulder.



04
Using vertical movements, begin from armpits and move fingers downward until below the breast. Move toward the middle and back up. Repeat through chest and entire breast.



Use the three middle fingers of your right hand to feel for lumps, making sure they are pressed together. Use the convex of these three fingers together (not the fingertips) to feel for lumps.



the nipple.



Keep your fingers straight and press them together on your left breasts



## **EDITOR'S NOTE**

### What Every Filipino Rotarian Should Know

The Philippines by 2040: *Matatag, Maginhawa, at Panatag na Buhay*. By then, the country is a prosperous middle-class society where no one is poor. People live longer and healthier and are smarter and more innovative. The Philippines is a high-trust society, where families thrive in vibrant, culturally diverse, and resilient communities. *"Ito ang AmBisyon Natin 2040"* -- this is the collective long-term vision and aspirations of the Filipino people for the Philippines. It is a vision, not a plan.

There are three major pillars to achieve *AmBisyon Natin 2040:* Malasakit (Enhancing the social fabric), Pagbabago (Inequality–reducing transformation), and *Patuloy na Pag-unlad* (Increasing potential growth).

Pagbabago means that for each economic sector, there will be more opportunities for growth of output and income. This is otherwise called economic development, where the Rotary tries to make significant contribution, especially, that our monthly theme for October is Economic and Community Development.

It is important to recognize that while economic development and community development are not the same, they both serve a common purpose: to change lives for the better. All Rotarians would agree how closely aligned this is to the Rotary Motto: Serve to Change Lives.

Community development is a process of making a community a better place to live in and work at. It seeks to empower individuals and groups of people with the skills they need to effect change within their communities. Economic development is a process by which emerging economies become advanced economies. Put simply, economic development is all about improving living standards, which equates to the process in which people become wealthier, healthier, better educated, and have greater access to good quality housing. Apart from these living standards, it also looks at the freedom that citizens have to enjoy those living standards.

Knowing the essence of this month's theme and its impact on our aspirations as a people, it is one sure way to have a heightened sense of citizenship that is most needed in this most trying times.



Vicky F. Esber Editor in Chief

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**TUTORIAL SERVICES** 

**DENTISTRY** 

REAL ESTATE CONSULTING AND MANAGEMENT

**GOVERNMENT THRIFT BANKING** 

**PRIVATE LENDING** 

**CONSTRUCTION SERVICES** 

**HONORARY MEMBER** 

**HONORARY MEMBER** 

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## **RCK TEAMS**

## Life Changers Weekly Groups

#### **Game Changers**

**Team Leader - Marlyn** Co Lead - Marge

> Members: Miranda

Annabelle

Pie

**Jeanne** Dina

Aiza

Elvie Gloria

### **Change Makers**

Team Leader - Vilma Co Lead - Trina

Members:

Liza

Verna

Tata

Elaine

Shyrell

Cathy B. Rhiza

**Beth** 

Lolit

### **Catalysts of Change**

Team Leader - Joy Co Lead - Vicky

Members:

**Fema** 

Philfa

Flor

Lucy

**Dettie** 

Roselle

Caroline Marietta

Kathy Q.

### Group Schedules for R.Y. 2021-2022

14 - Game

21 - Catalysts of

#### **AUGUST**

11 - Catalysts of Change

18 - Change

Makers

25 - Game Changers\*

#### **SEPT**

8 - Change Makers

15 - Game

Changers

22 - Catalysts of

Change\*

9 - Change

#### OCT

13 - Game

Changers 20 - Catalysts of

Change

27 - Change

Makers\*

### NOV

10 - Catalysts of

Change

17 - Change

Makers

24 - Game Changers\*

#### Makers

15 - Game

8 - Change

Changers

22 - Catalysts of

DEC

Change\*

#### JAN

12 - Game

Changers 19 - Catalysts of

Change

26 - Change

Makers\*

9 - Catalysts of Change

16 - Change

Makers 23 - Game

Changers\*

Makers 16 - Game

Changers 23 - Catalysts of

Change\*

#### **MARCH** APRIL

13 - Game

Changers 20 - Catalysts of

Change 27 - Change

Makers\*

#### MAY

11 - Catalysts of Change

18 - Change

Makers 25 - Game Changers\*

#### **JUNE**

8 - Change Makers

15 - Game

Changers

22 - Catalysts of Change\*

<sup>\* -</sup> host for monthly fellowship







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## Holy Cross Gardens

A TRUE HOME FOR YOUR DEARLY DEPARTED

### **TACLOBAN**

Office: Unit 1004-1005 LY Building,
Brgy Fatima Village Marasbaras Tacloban City
Site: Brgy Basper, Tacloban City
Contact Number:
0917-3212600 | 0939-9074709 | 0917-6338823

### **CATBALOGAN**

Office: 3rd F Kikay"s Bldg Cor. San Bartolome St & Curry Ave., Catbalogan City
Site: Brgy Lagundi, Catbalogan City
Contact Number:
0917-1675764 | 0998-9994638 | 055 543-9459

### **NAVAL**

Office: G/F, MJC Building, P. Inocentes St., Naval Biliran Site: Brgy Lucso-on, Naval, Biliran Contact Number: 0917-1102856 | 053 500-8895

### **ASSUMPTION GARDENS**

Office: St Bernard Multi Purpose Bldg Zamora St., Zone 1,
Sogod Southern Leyte
Site: Brgy Sto Nino, Bondoc, So. Leyte
Contact Number:
0917-1372440 | 053 577-8072

### SOGOD BAY

Office: #411, Liceo Bldg. T. Oppus St. Agdao Maasin City, Southern Leyte Contact Number: 0917-3212082 | 053 570-9026

#### **PRODUCTS OFFERED**

LAWN LOTS \* GARDEN LOTS \* GARDEN STATES FAMILY ESTATE \* APARTMENT UNITS \* OSSUARY

# CARBERT MARKETING & CO., INC.

Oceanic Bldg. Justice Romualdez St. Tacloban City









### **Main Branch**

325-9817 (Landline)

0917-722-0369 (Globe) 0920-968-7352 (Smart)

### **V&G** Branch

325-4388 (Landline)

0917-325-4388 (Globe) 0920-969-3049 (Smart)

Sagkahan Branch

0917-716-8006 (Globe) 0908-815-3378 (Smart)

### PHHC Branch

San Jose Branch

0917-325-4088 (Globe) 0917-115-4866 (Globe)

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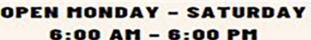
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