

THE KANDAYAN

THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF KANDAYA, TACLOBAN

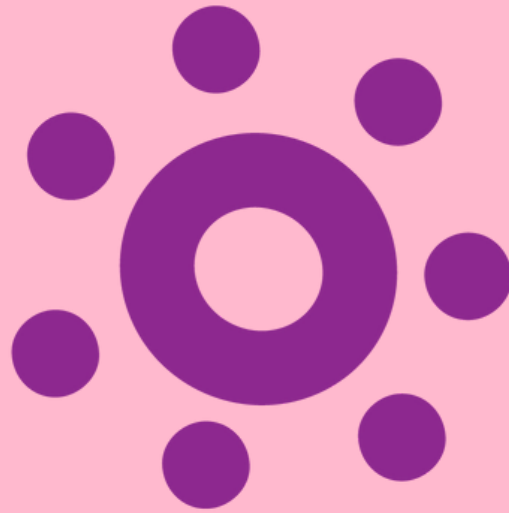
DISTRICT 3860

AREA 3B

CLUB NO. 29316

5TH ISSUE

OCTOBER 26, 2022



IMAGINE ROTARY

**END
POLIO
NOW**



**PEACEBUILDING AND
CONFLICT PREVENTION**



**DISEASE PREVENTION
AND TREATMENT**



**WATER, SANITATION,
AND HYGIENE**



**MATERNAL AND
CHILD HEALTH**



**BASIC EDUCATION
AND LITERACY**



**COMMUNITY ECONOMIC
DEVELOPMENT**



ENVIRONMENT

RC KANDAYA MEETS EVERY WEDNESDAY VIA ZOOM



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Rotary International President



LILU I. ALINO

District Governor



JONG FERNANDEZ

District Secretary



IRISH E. LOTEYRO

Assistant Governor, Area 3B-2

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SAMANTHA S. SULIT

International Service Director

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Rotary
Club



IMAGINE
ROTARY



7th Regular Meeting

OCTOBER 12, 2022
7:00 P.M.
VIRTUAL MEETING

Programme

Call to Order	Pres. Miranda G. Varon
Rotary Grace	PP Jeanne Chua-Yu
National Anthem	AVP
Rotary Hymn	AVP
Recitation of the Object of Rotary & Four Way Test	AVP
Introduction of Guests & Visiting Rotarians	Dra. Sam Sim-Sulit
Welcome Song	

Fellowship

Joke Time	Dir. Vilma Domus
Finest Moments	PAG Evelia Martin

Business Portion

Treasurer's Time	Treas. Marlyn S. Ruiz
Secretary's Time	Sec. Annabelle J. Vy
President's Time	Pres. Miranda G. Varon
Adjournment	

Moderator: Dir. Joy Valledor

Host Team: INNOVATORS

OCTOBER IS
ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

"If we can make a difference in the life of one person in a community, it is a small yet significant step to empowering a whole community."
Loshini Naidoo

Rotary

TAKE ACTION: Join Rotary. Get Involved



Rotary

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.



Rotary

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?



Rotary

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

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.



DIVERSITY, EQUITY, AND INCLUSION CODE OF CONDUCT

Rotary Core Values:

- **Fellowship**
- **Integrity**
- **Diversity**
- **Service**
- **Leadership**

Your President Imagines...

"Community Development Month"

"Whoever is Kind to the poor lends to the Lord, and He will reward them for what they have done"

(Proverbs 19:17 NIV – Bible.com)

October is Economic and Community Development Month.

Lovely Ladies of the Rotary Club of Kandaya, we are truly grateful for your continuing generosity and support to one of our 7 Areas of Focus which is Economic and Community Development. With wisdom, mutual decisions, financial contributions, active participation, encouragement and motivation, we have created and initiated various projects in our Communities. These are our own solutions to economic, social and environmental concerns to help promote healthy and economically sustainable Communities especially those localities needing our help the most.

What have we done as Rotarians?

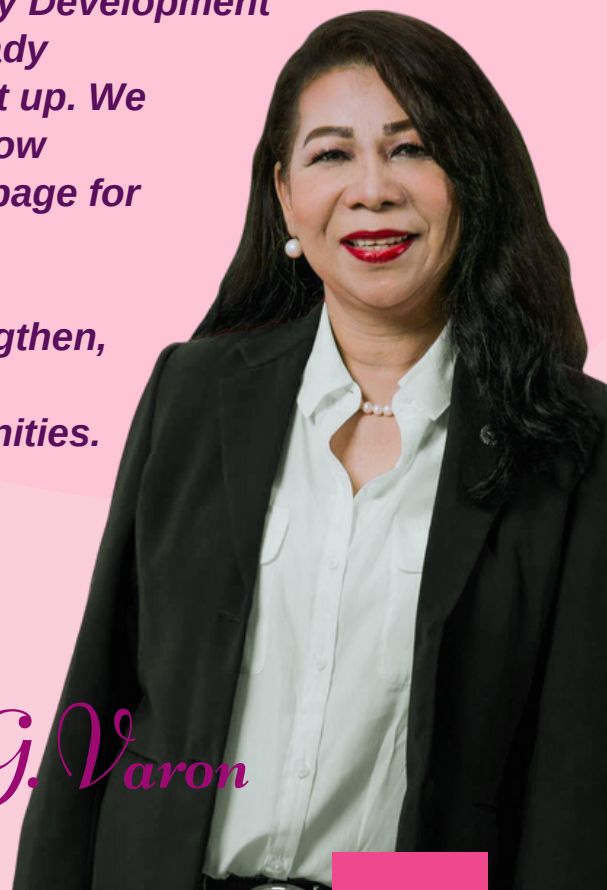
It is heartwarming to note that the Rotary Club of Kandaya, Tacloban has lined up several Activities for Economic and Community Development Projects for this year, some of them we have already undertaken and still continuing to work without let up. We strongly recommend all of us to visit, like and follow our Rotary Club of Kandaya, Tacloban Facebook page for updates of the activities.

Together, we can do a lot more to revitalize, strengthen, enrich, inspire, encourage and promote peace, happiness and sustainable growth in our Communities.

"Their Happiness is Our Happiness"

Serve Others, Be Happy and Blessed.

Pres. Miranda G. Varon



Secretary Says

Annabelle J. Vy



October Activities

October 4



In Person Board Meeting

Time: 6: 00 PM

Venue: Rosvenil

October 8

- Kick off of Pink October Activities / Motorcade
- Booth Set up at the Robinsons Mall Lingkod Pinoy Area



October 12

Regular Meeting (Virtual)

Time: 7:00–9:00 PM

Host Team: Innovators

Leader: Dir. Sam Sulit



October 15

- Breast Cancer Awareness Forum and Free Screening at the Lingkod Pinoy Area, Robinsons Marasbaras
- Turn-over of Cash Assistance to 2 Breast Cancer Patients

October 1-31

- Fund Raising Activities and Donation Drive
- Selling of Pink Ribbons and other Pink October Merchandise
- Setting up of Donation Boxes

October 26

Regular Meeting (In Person)

Time: 5:00–9:00 PM

Host Team: Innovators and Trendsetters



October 16-30

**END POLIO
ACTIVITIES**



October 27

**End of Cosmetology Project
Empowering Women**



Treasurer's Turn up

Marlyn Ruiz



1st Semester July to December 2022 Fully Paid Kandayans

Adizas, Fe Magnolia B.
Burkhalter, Shyrell T.
Domus, Vilma M.
Esber, Victoria F.
Esperas, Cheeryl Enrica I.
Javier, Blessing Faith M.
Lau, Roselle M.
Reyes, Felina G.
Ruiz, Marlyn S.

Salazar, Rossana Marissa T.
Sulit, Samantha s.
Tubio, Luzviminda Y.
Varon, Miranda G.
Vy, Annabelle J.
Andrade, Meggy
Andrade, Caroline
Valledor, Joy
Yu, Jeanne

REMINDER:

**PLEASE SETTLE YOUR
JULY-DECEMBER 2022
DUES**

**YOU CAN DEPOSIT YOUR
PAYMENT ONLINE OR
YOU CAN SCHEDULE A
PICK UP FOR YOUR
PAYMENT.**

Online Banking

Acct Name: ROTARY CLUB OF KANDAYA,
TACLOBAN

Acct Number: 1097-0000-8233

Bank: Chinabank

Please PM your deposit slips to
Treasurer Marlyn Ruiz

Rotary Information

PE Kathleen A. Quintero



Rotary and the Bill & Melinda Gates Foundation extending fundraising partnership to eradicate polio

Partnership will infuse an additional US\$450 million into global polio eradication effort

EVANSTON, Ill. (October 18, 2022) – Rotary and the Bill & Melinda Gates Foundation are renewing their longstanding partnership to end polio, announcing a joint commitment of up to \$450 million to support the global polio eradication effort.

“We’ve made tremendous progress, but the world is facing multiple pandemics, and vaccine hesitancy is on the rise. Recent polio outbreaks in Malawi and Mozambique, plus detection of poliovirus in Israel, the UK, and the United States prove that if polio exists anywhere, it threatens children everywhere,” said Ian Riseley, chair of the Rotary Foundation and Past President of Rotary International. “Partnering with the Bill & Melinda Gates Foundation helps us ensure that children in polio-affected countries get the lifesaving vaccines they need to be protected from polio for life.”

This pledge comes on the heels of [Rotary’s announcement at the Global Citizen Festival](#) pledging an additional US\$150 million towards polio eradication.

Rotary is committed to raising \$50 million per year over the next three years, with every dollar to be matched with two additional dollars from the Gates Foundation. This expanded agreement will translate into up to a total of \$450 million to support the Global Polio Eradication Initiative.

“Eradicating polio requires the dedication and generosity of nations and individuals around the world, and Rotarians are again leading the way,” said Melinda French Gates, co-chair of the Bill & Melinda Gates Foundation. “Rotary International and Rotarians continue to be the heart of GPEI – and have been since the beginning. Together, we are moving closer to our shared goal of ending polio and ensuring that families will never have to fear this disease again.”

“As the first organization to envision a polio-free world, Rotary is more committed than ever to delivering on our promise that one day, no child will ever again be paralyzed by polio,” said Rotary President Jennifer Jones. “Our partnership with the Gates Foundation helps us eliminate any impediment to conquer polio now.”

The Rotary Foundation Board of Trustees recently approved a \$50 million grant for AFRO surveillance, Afghanistan, Pakistan and Outbreak Response. These grants will support ongoing immunization activities to reach children under the age of five with an emphasis on improving community awareness and engagement—promoting vaccine acceptance, reducing the number of missed children—and ensuring robust surveillance capacity to quickly detect poliovirus transmission.

Polio—a paralyzing and sometimes deadly disease—is on the verge of becoming the second human disease in history to be eradicated. This critical funding helps ensure that children in at-risk countries are protected from polio, and that the wild poliovirus is eliminated in the last two countries that continue to report cases.

While only Afghanistan and Pakistan continue to report cases of wild poliovirus, the remaining challenges to global eradication—like difficulty reaching children amid insecurity and conflict and weak health systems—have proven to be the most difficult. To meet these challenges head-on and ensure the continuation of program efforts, funding and support from donors and world governments are imperative.

Rotary has contributed more than \$2.6 billion to fight polio, including matching funds from the Gates Foundation, and countless volunteer hours since launching its polio eradication program, PolioPlus, in 1985. In 1988, Rotary joined in partnership with the World Health Organization, UNICEF, and the U.S. Centers for Disease Control and Prevention to form the Global Polio Eradication Initiative. The Gates Foundation and Gavi, the Vaccine Alliance later joined. When the initiative launched, there were 350,000 cases of polio every year. Today the incidence of polio has plummeted by more than 99.9 percent.

Anyone can be a part of the fight to end polio and have their donation to Rotary matched 2-to-1 by the Bill & Melinda Gates Foundation. Visit endpolio.org to learn more and [donate](#).

Source: Rotary and the Bill & Melinda Gates Foundation extending fundraising partnership to eradicate polio | Rotary International

RI PRESIDENTIAL MESSAGE

OCTOBER 2022

Source: <https://my.rotary.org/en/news-media/office-president/presidential-message>

In August, I was proud to visit Pakistan and highlight Rotary's top goal, eradicating polio. It was also a tremendous opportunity to spotlight female health workers who are playing a critical role in protecting children from this vaccine-preventable disease.

This month, as we celebrate World Polio Day, we are shining a spotlight on our more than 30-year effort to lead the first global polio eradication campaign and our success in forming partnerships capable of completing this massive goal. We all know that this is one of the most ambitious global health initiatives in history and that we've reduced polio cases by more than 99.9 percent worldwide.

Pakistan is one of only two countries in the world where wild poliovirus remains endemic. (The other is neighboring Afghanistan.) I was able to witness and take part in vaccination campaigns in Pakistan, and soon after I left, a monumental nationwide immunization campaign took place, focused on 43 million children under the age of 5. I saw the incredible work of Rotary members on the ground. More than 60 percent of vaccinators in Pakistan are women, and they are doing a remarkable job building trust and convincing mothers to vaccinate their children.

Seeing it all firsthand, I know that the will exists across the Rotary world to end polio, and I'm confident that we have the strategy. The Pakistani media has been very supportive of our efforts as well, and this is making a difference. This month, a new global pledging moment at the World Health Summit in Berlin promises to pull together more resources to fund these time-sensitive eradication efforts. Now it is up to us to do our part and raise \$50 million this year to earn the full 2-to-1 match from the Bill & Melinda Gates Foundation.

There's great cause for optimism on the polio front — but also some staggering new events that have further raised the stakes. Over the past few months, new polio outbreaks have occurred in Israel, the United Kingdom and, most recently, in the New York City area. These stories are frightening, but in every case, the response is clear — vaccines work, and if polio is spreading, we need to make sure the most at-risk people have kept their vaccinations up to date.

Most importantly, we need to eradicate this virus now. If polio exists anywhere, it can spread everywhere. What I saw in Pakistan convinced me that we can and must finish the job, but it will only happen if we remain committed to a strategy that's working and back it with all necessary resources.

Through our commitment, generosity, and sheer determination, we will #EndPolio.

Jennifer Jones
RI President



Serving Smiles and Kindness From the Tooth Fairy Dra. Lucy Yu-Tubio

People can be anybody. We can be who we want to be or wear as many hats so long as we can take up the task or load.

Well, having a Rotarian's heart is special because we oftentimes multitask – Can this be muscle memory? Absolutely!

Our profession and businesses are part of our sustainability for survival as we know it, but, when do we reach the level of tangible or intangible contentment?

As we rise to the peak of our accomplishments, why do some people feel so grand yet so empty?

Thankfully, in the Rotary, this emptiness is easily filled. We are always reminded that every success comes with a responsibility to the community where we are called not just to sit and watch. Getting involved gives our lives meaning that would fill that emptiness.

As I go through a decade of my dental practice, I just realized that patient rapport is more than just simply treating patients as cases. Teaching patients a holistic approach to health by suggesting alternative natural methods before synthetics, going thoroughly their medical history referring them to diagnostics which can enlighten them regarding certain health conditions, convincing them to correct unpleasant habits such as smoking and drinking alcohol, listening to grieving moms, to those who went through heartbreaks, to a juggling single mom, to an elderly whose sons and daughters don't give attention, to cancer survivors, breadwinners, to a student having a hard time in the studies, to a toddler who seem to suffer from asthma attacks, or a middle child who seem to be independent. Taking the time to talk about the preparations and things to watch out for, in a baby's oral health when still inside the womb, to suggesting to pregnant moms preventive oral habits, following up patients after the procedure, and even other concerns not related to dental health, like giving advice on how she can have abundant breastmilk supply, on how to prevent having UTI, and just about anything under the sun. These things reflects kindness.

Serving smiles in our realm can be a two-edged blade. We can offer restoration, alignment of teeth, put some dentures for an otherwise low self esteem person.

Now that our masks may be taken off... what do we use to hide our being toothless?

The tooth fairy comes to the rescue and how do we shake off that limitation and habit of hiding that beautiful smile?

It's with desensitization.. with words of humor, of comfort and practice lifting that lip up some more. Voila! that's the time the her eyes gets bigger and glows with joy. True happiness indeed!

Would u know that smiles are the best universal contagious gesture to pass on to?

A smile can start a great friendship!



Who was Beth Smotherman before being diagnosed with Breast Cancer?

I was a happily married mother of one, living in my dream home in Florida and with a good professional position with the Sarasota County Government. I was involved with my son's sports activities as the team mother for his football and softball teams. I enjoyed racquetball, bowling, canoeing, and going to the beach. I vacationed with my family to the Philippines, throughout the States, and often visited our farm in West Virginia. I had a very good life.

What symptoms did you notice that prompted you to consult a doctor?

I woke up one morning with an ache and a lump in my breast. I called my doctor and made an appointment. My doctor suggested I have a mammogram. A few days later the doctor's office called me in to see the results. They found some abnormalities in the mammogram . . . I had several lumps in both my breasts . . . They referred me to an oncologist . . . After several referrals and second opinions, I had a biopsy.

What happened during your doctor's appointment?

The result of the biopsy was I had breast cancer; luckily it was detected early. The doctor recommended two courses of action—I could undergo several months of radiation, with a good, but not certain, chance of success. Or, since I had several malignant lumps localized in both breasts, I could undergo a double mastectomy, for the best chance of success. I surprised both my doctor and my husband, I did not hesitate. The best way was to have a double-mastectomy and eliminate the cancer while it was still localized.

What was your reaction about the diagnosis and how did you cope with your feelings?

After hearing the word cancer, it hit me. Oh My God; I'm going to die! I didn't know what to do. I was so scared, but I wanted to get rid of the cancer. So, I chose the double mastectomy. I won't have breasts! I could not sleep, I could not eat, I wanted to be alone, I didn't want to see friends . . . My mind was blank.

However, my husband assured me he would love me, no matter what happens. My doctors assured me that I am strong and healthy and it's better to take the cancer out while it's still early. I had the double- mastectomy and breast reconstructive surgery.

After the surgery I wasn't able to move freely by myself for several weeks. My husband and son were there for me; to help me, but it wasn't easy. I was mentally sick. It took me several years to become me again. It has been 20 years, thank God, I am cancer free.

Who was part of your support network while you were fighting and surviving breast cancer?

The support and encouragement of both my husband and son, and my doctors, assured me that I could defeat cancer and regain my life.

What do you wish everyone should know about breast cancer?

Learn the warning signs and check your breasts regularly. The warning signs of breast cancer are not the same for all women. Get a mammogram before a lump can be felt.

Choose one word to describe your breast cancer survival story.

Thankful.



STORY OF FAITH

LIZA CALDA

BREAST CANCER SURVIVOR



Who was Liza Caldera before being diagnosed with Breast Cancer?

A happy and animated quadragenarian.

What symptoms did you notice that prompted you to consult a doctor?

A small pimple like cyst that was persistently slowly growing below my armpit.

What happened during your doctor's appointment?

I first went to see an OBGYN here in Tacloban and she was my first angel who told me to have a sono mammogram, the result was normal, I presented my results to my OBGYN and I was requested to do a mammogram, I have to fly to Cebu since at that time there was no mammogram machine here in Tacloban... the mammogram result was negative, no cancer lurking in any of my breasts, this was in December 2000. The cyst was still there and when I had a chance to go to Cebu again I went to see a doctor, to have my "bokol" examined which was like a pea size then...so the doctor advised me to have it removed...I went to see a surgeon and it was taken out... the biopsy result came in 2 weeks or more and it was invasive carcinoma and was advised to have a radical mastectomy on my left breast. I had six cycles of chemotherapy.

What was your reaction about the diagnosis and how did you cope with your feelings?

I was devastated of course...I cried a river. Acceptance and understanding of my situation helped me to let God hold my hands and I realized and understood the kind of lifestyle I had before the diagnosis.

Who were part of your support network while you were fighting and surviving breast cancer?

My husband, my parents, my siblings, my Aunt, my cousins, my best friends and even my officemates were all there to support me. I was so blessed to have all these people praying and consoling me.

What do you wish everyone should know about breast cancer?

In my early teenage life, my Mother taught all the girls in the family to do Breast Self Examination. I would not have been able to even notice the small cyst if not for BSE. So, I made a promise to tell other ladies about BSE and Early Detection...I made this my advocacy and have been doing these Breast Cancer Awareness Campaign for the last 20 years with the help of the Rotary Club of Kandaya which made this advocacy a signature banner project of the club.

Choose one word to describe your breast cancer survival story.

BLESSED.

Breast Cancer Awareness

Dr. Maria Elvira Galapon-Casal

What is breast cancer?

Breast cancer is the most diagnosed cancer globally. It accounts for 1 in 4 cancer cases among women and is the leading cause of death from cancer in women. The estimated 2.2 million new cases indicate that one in every 10 cancers (link is external) diagnosed in 2020 is breast cancer. In 2020, there were an estimated 684,996 deaths from breast cancer, with a disproportionate number of these deaths occurring in low-resource settings.

Breast cancer cells usually form a tumour that can often be seen on an x-ray or felt as a lump. If spread outside the breast through blood vessels and lymph vessels, it becomes advanced breast cancer. When breast cancer spreads to other parts of the body (such as the liver, lungs, bones or brain), it is said to have metastasised, and is referred to as metastatic breast cancer.

Types of Breast Cancer

- Ductal carcinoma in situ (DCIS) ...
- Invasive breast cancer (ILC or IDC) ...
- Triple-negative breast cancer. ...
- Inflammatory breast cancer. ...
- Paget disease of the breast. ...
- Angiosarcoma. ...
- Phyllodes tumor.



Patient with Inflammatory Breast Cancer

What Are the Symptoms of Breast Cancer?

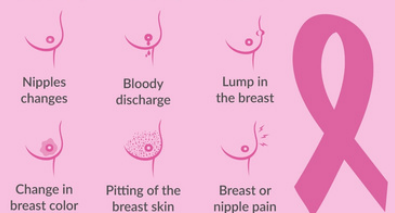
Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

BREAST CANCER SYMPTOMS

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



World Health Organization

#Cancer

What Are the Risk Factors for Breast Cancer?

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Most breast cancers are found in women who are 50 years old or older.

Some women will get breast cancer even without any other risk factors that they know of. Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect. Most women have some risk factors, but most women do not get breast cancer. If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about screening for breast cancer.

How Is Breast Cancer Diagnosed?

Doctors often use additional tests to find or diagnose breast cancer. They may refer women to a breast specialist or a surgeon. This does not mean that she has cancer or that she needs surgery. These doctors are experts in diagnosing breast problems.

- Breast ultrasound. A machine that uses sound waves to make pictures, called sonograms, of areas inside the breast.
- Diagnostic mammogram. If you have a problem in your breast, such as lumps, or if an area of the breast looks abnormal on a screening mammogram, doctors may have you get a diagnostic mammogram. This is a more detailed X-ray of the breast.
- Breast magnetic resonance imaging (MRI). A kind of body scan that uses a magnet linked to a computer. The MRI scan will make detailed pictures of areas inside the breast.
- Biopsy. This is a test that removes tissue or fluid from the breast to be looked at under a microscope and do more testing. There are different kinds of biopsies (for example, fine-needle aspiration, core biopsy, or open biopsy).

How Is Breast Cancer Treated?

Breast cancer is treated in several ways. It depends on the kind of breast cancer and how far it has spread. People with breast cancer often get more than one kind of treatment.

- **Surgery.** An operation where doctors cut out cancer tissue.
- **Chemotherapy.** Using special medicines to shrink or kill the cancer cells. The drugs can be pills you take or medicines given in your veins, or sometimes both.
- **Hormonal therapy.** Blocks cancer cells from getting the hormones they need to grow.
- **Biological therapy.** Works with your body's immune system to help it fight cancer cells or to control side effects from other cancer treatments.
- **Radiation therapy.** Using high-energy rays (similar to X-rays) to kill the cancer cells.

Doctors from different specialties often work together to treat breast cancer. Surgeons are doctors who perform operations. Medical oncologists are doctors who treat cancer with medicine. Radiation oncologists are doctors who treat cancer with radiation.

For more information, visit the National Cancer Institute's Breast Cancer Treatment Option Overview. This site can also help you find health care services.

Clinical Trials

Clinical trials use new treatment options to see if they are safe and effective. If you have cancer, you may want to take part. Visit the sites listed below for more information.

- NIH Clinical Research Trials and You (National Institutes of Health)
- Learn About Clinical Trials (National Cancer Institute)
- Search for Clinical Trials (National Cancer Institute)
- ClinicalTrials.gov (National Institutes of Health)

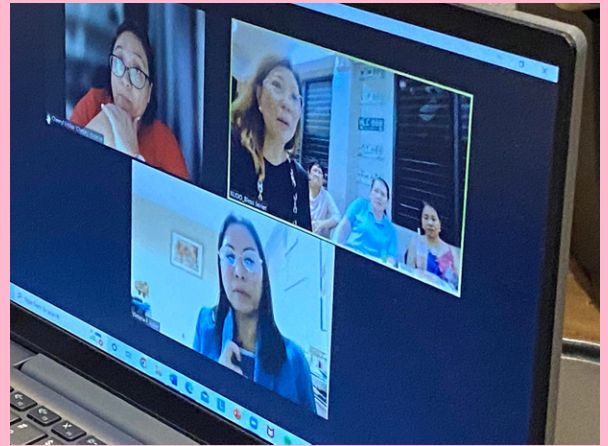
Complementary and Alternative Medicine

Complementary and alternative medicine are medicines and health practices that are not standard cancer treatments. Complementary medicine is used in addition to standard treatments, and alternative medicine is used instead of standard treatments. Meditation, yoga, and supplements like vitamins and herbs are some examples.

Many kinds of complementary and alternative medicine have not been tested scientifically and may not be safe. Talk to your doctor about the risks and benefits before you start any kind of complementary or alternative medicine.

RCK in Motion

What: RC Kandaya 4th Board Meeting
When: October 4, 2022
Where: Espazio Cafe



RCK in Motion

What: Pink October Kick-Off
When: October 8, 2022
Where: Rotary Center, Tacloban City
Area(s) of Focus: 1. Disease Prevention and Treatment



REK in Motion

What: Breast Cancer Awareness Forum
When: October 15, 2022
Where: Lingkod Pinoy Robinson Marasbaras, Tacloban City
Area(s) of Focus: 1. Disease Prevention and Treatment



REK in Motion

What: Breast Cancer Awareness Forum
When: October 15, 2022
Where: Lingkod Pinoy Robinson Marasbaras, Tacloban City
Area(s) of Focus: 1. Disease Prevention and Treatment



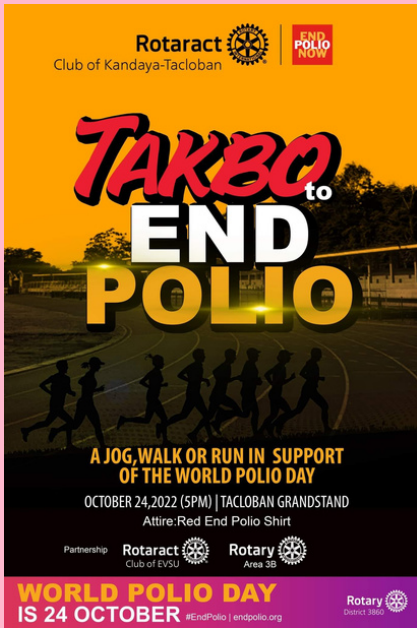
REK in Motion

What: Takbo to END POLIO

When: October 21, 2022

Where: Tacloban Grandstand, Tacloban City

Area(s) of Focus: 1. Disease Prevention and Treatment



Editor's Note

*Dir. Vicky F. Esber
Editor in Chief*



Strength, Hope, and Faith: Breast Cancer Awareness Month

October is usually associated with the colors of orange and umber as we prepare for the trick-or-treat festivities. But for us, Kandayans, we go in shades of pink in celebration of Breast Cancer Awareness Month as we honor and fete the bravery and strength of every woman who has fought and is still fighting this battle.

Our October issue of The Kandayan features the journeys of Rotarians Liza Calda and Beth Smotherman with their stories of strength, hope, and faith as they navigated life as breast cancer survivors. Elizabeth is a hands-on mother and wife and a public servant of Sarasota County Government, Florida while Liza describes herself as a bubbly quadragenarian. They shared their experiences with us and a piece of mutual advice for everyone: learn to detect breast cancer in its early stage by self-examination.

Their sharing was an affirmation that without faith, we couldn't expect that things would turn out all right for us no matter what the situation might be. May their story inspire us and other women who are currently on their journey to healing. Truly their mantra - "I have cancer but cancer did not have me" is something worth emulating!

Each one of us holds a woman close to our hearts—a mother, sister, daughter, cousin, or friend. It is imperative for us to encourage every woman in our lives to have their breasts screened as early detection saves lives. Worthy of commendation is The Rotary Club of Kandaya's continuous commitment to educate the public about breast cancer. Let us continue to raise awareness, persuade others to have a mammogram, and assist the community in their healing and recovery.

Happy Birthday



JOY JACA VALLEDOR
OCTOBER 2



FELINA REYES
OCTOBER 6



SHYRELL BURKHALTER
OCTOBER 21



MARIA ELVIRA CASAL
OCTOBER 21

Rotary Observation Months

Month	Rotary International	District 3860
July	New Rotary Year Begins	Blood Letting Month
August	Membership and New Club Development Month	
September	Basic Education and Literacy Month	Mangrove/ Tree Planting/ Coastal Clean-up
October	Economic and Community Development Month	Breast Cancer Awareness Campaign
November	Rotary Foundation Month	One Bike to End Polio
December	Disease Prevention and Treatment Month	
January	Vocational Service Month	One District, One Autism Awareness Activity
February	Peace and Conflict Prevention/Resolution Month	
March	Water and Sanitation Month	
April	Maternal and Child Health Month	
May	Youth Service Month	
June	Rotary Fellowships Month	

Council of Presidents

1992-1993

CRES CHAN-GONZAGA
(Charter President)



**Real Happiness is
Helping Others**

1996-1997

NORMA MORANTE

**Build the
Future
with
Action
and
Vision**



2000-2001

FLODELIS MENZON

**Create
Awareness
Take
Action**



1993-1994

REDIA ATIENZA



**Believe on What You Do
Do What You Believe In**

1997-1998

VICTORIA NOCON

**Show
Rotary
Cares**



2001-2002

EVELIA MARTIN

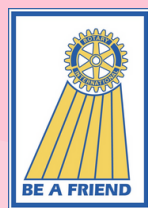
**Mankind
is our
Business**



1994-1995

CYNTHIA NIERRAS

**Be A
Friend**



1998 - 1999

RAQUEL SEGOVIA

**Follow
Your
Rotary
Dreams**



2002 - 2003

JULITA ALDA

**Sow the
Seeds
of
Love**



1995-1996

ARLENE SALVO

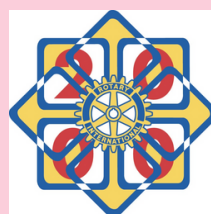
**Act with
Integrity,
Serve with
Love,
Work For
Peace**



1999 - 2000

DALISAY SEVILLA

**Act with
Consistency
Cedibility
and
Continuity**



2003 - 2004

ARSENIA MAYE

**Lend
A
Hand**



Council of Presidents

2004 -2005

VICTORIA NOCON
(Centennial President)



2008 -2009

MA. TRINIDAD DACUCUY



2012 - 2013

CAROLINE ANDRADE



2005 - 2006

DR. OLIVE CRUZ



2009 - 2010

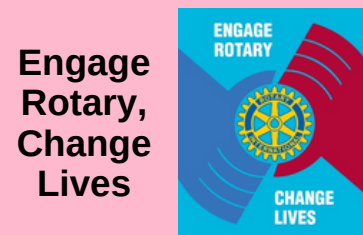
ATTY. IMELDA NARTEA

The Future Of Rotary
is in Your Hands



2013 - 2014

CAROLINE ANDRADE



2006 - 2007

DEMETER PANIS



2010 - 2011

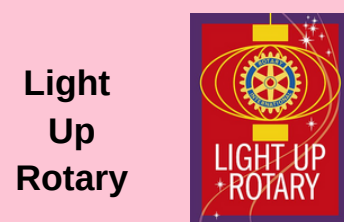
MA ELVIE G. CASAL

Building Communities,
Bridging Continents



2014 -2015

NAOMI ZELENT



2007-2008

CATHERINE BONAVITACOLA



2011 - 2012

FLOR HENEDINA LELIS



2015 2016

LIZA CALDA

Be A Gift to the World



Council of Presidents

2016 -2017
MARLYN S. RUIZ

Rotary Serving
Humanity



2018-2019
FE MAGNOLIA ADIZAS

Be the
Inspiration



2020 -2021
LOLITA ESCANO

Rotary Opens
Opportunities



2017 - 2018
**JEAN MARGARET
C. YU**

Rotary
Making A
Difference



2019- 2020
LIZA CALDA
Rotary Connects the
World



2021- 2022
IRISH LOTEYRO

Serve to
Change
Lives



2022 -2023

MIRANDA VARON



**IMAGINE
ROTARY**

RCK ROSTER OF MEMBERS

ADIZAS, FE MAGNOLIA B.
ANDRADE, CAROLINE L.
ANDRADE, MARGARET ROSELLE L.
BONAVITACOLA, CATHERINE A.
BURKHALTER, SHYRELL T..
CASAL, MARIA ELVIRA G.
DACUYCUY, MA. TRINIDAD C.
DELA CRUZ, PHILFA C.
DOMUS, VILMA M.
ESBER, VICTORIA F.
ESCANO, LOLITA G.
ESPERAS, CHEERYL ENRICA L.
HUGO, GLORIA G.
JAVIER, BLESSING FAITH M.
JIMENEZ-SIDHU, MAUD ARIANE G.
LAU, ROSELLE M.
LEUNG, MARGARET D.
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PANIS, DEMETER S.
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SAY, MARIETTA O.
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TUBIO, LUZVIMINDA Y.
VALLEDOR, JOY J.
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VY, ANNABELLE J.
YU, JEANNE MARGARET C.
NOCON, VICTORIA P.
LELIS, FLOR HENEDINA A.
NOEL, VICTORIA ISABELLE G.

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Imaginative Trailblazer Kandayans

FRONTRUNNERS

CHEKAY

Team Leader

CAROLINE

LOLIT

BLESS

FLOR

FEMA

ROSELLE

VERNA

AIZA

PIE

MARIETTA

LUCY

TRENDSETTERS

BETH

Team Leader

CATHY

IRISH

TRINA

KATHY

PHILFA

RHIZA

SHYRELL

MEGGY

KIMI

YAN

INNOVATORS

SAM

Team Leader

MARLYN

ELVIE

JEANNE

VICKY

DETTIE

TATA

VILMA

GLORIA

MARGE

JOY

Group Hosting

REGULAR MEETINGS

*adjustment to the dates shall be made as the need arises

Host	Date	Time	FORMAT
Frontrunners	August 10, 2022	7:00pm - 9:00pm	Virtual
Frontrunners	August 24, 2022	11:30am - 1:30pm	In Person w/ Fellowship
Trendsetters	September 14, 2022	7:00pm - 9:00pm	Virtual
Trendsetters	September 28, 2022	11:30am - 1:30pm	In Person w/ Fellowship
Innovators	October 12, 2022	7:00pm - 9:00pm	Virtual
Innovators	October 26, 2022	11:30am - 1:30pm	In Person w/ Fellowship



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Office: 3rd F Kikay's Bldg Cor. San Bartolome St &
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Maasin City, Southern Leyte
Contact Number:
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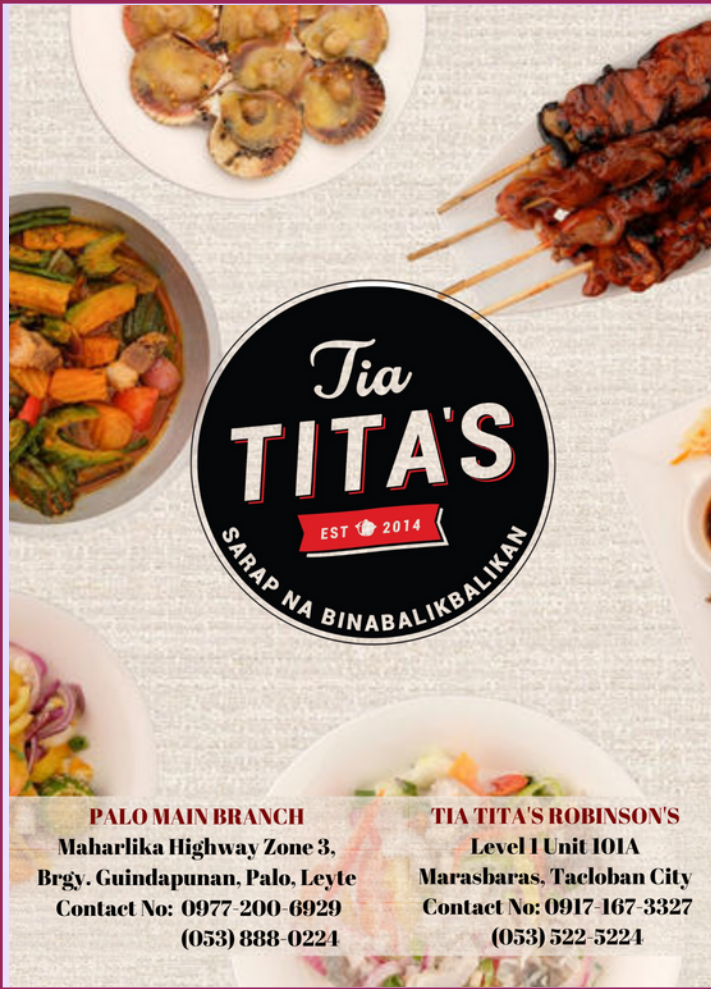
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