

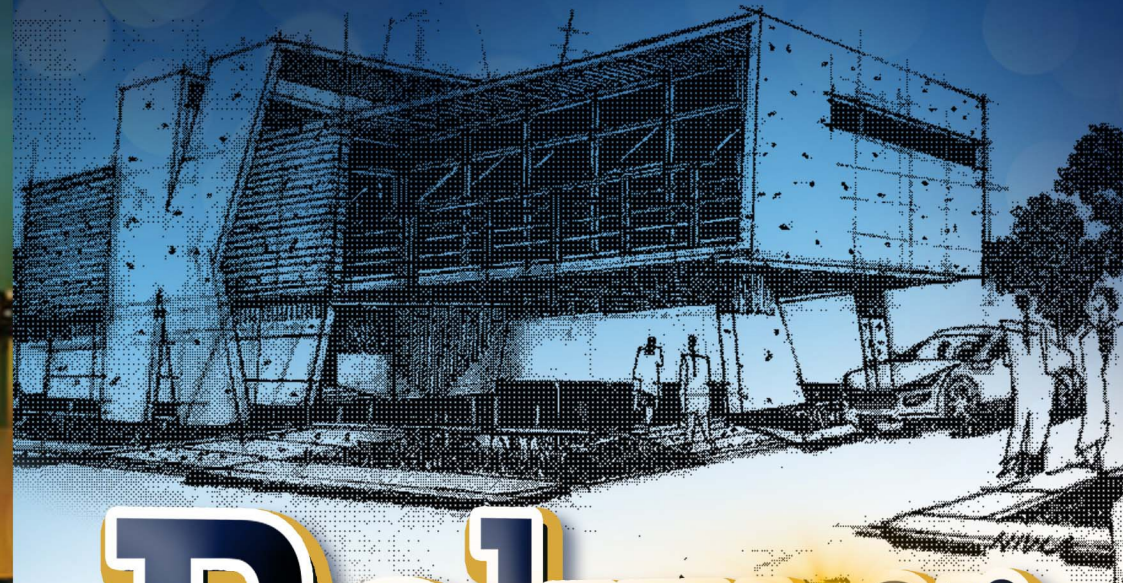


Rotary  
Kankabato



SERVE TO  
CHANGE LIVES

OFFICIAL BULLETIN OF ROTARY CLUB OF KANKABATO | RY 2019-2020  
District 3860 Club No. 84232 Chartered Dec 20, 2011  
Issue No. 02



# Balyuan



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@RotaryClubKankabato



Basic Education  
& Literacy



Maternal &  
Child Health



Peace & Conflict  
Prevention/  
Resolution



Disease  
Prevention  
& Treatment



Water  
Sanitation  
& Hygiene



Community &  
Economic  
Development



Support the  
Environment

Meets every Wednesday @ Seafood Ribs Warehouse, Palo Leyte at 7:00 p.m.



## 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
- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

Rotary Club of Kankabato

10th Charter Anniversary & Christmas Party

DECEMBER 18, 2021 | HOTEL RODOLFO

## PROGRAM

Call to Order -----	Pres. Sigmundo Catingub
Invocation -----	AVP
National Anthem -----	AVP
Rotary Hymn -----	AVP
The Object of the Rotary & The 4-Way Test -----	AVP
Welcome Remarks -----	Pres. Sigmundo Catingub
Introduction of Visitors and Guests -----	PP Analiza Yu
Introduction of Club members present -----	Sec. Geraldine Barsana
Induction of New Members Charging of New Members -----	PDS Walter Diu
Induction of New Members -----	Pres. Sigmundo Catingub
Presentation of Rotary Foundation Donors -----	PE Rody Padillo
Awarding of Plaque of Loyalty -----	Pres. Sig & PDS Walter
Closing Remarks -----	IPP Allan Bargamento
Adjournment -----	Pres. Sigmundo Catingub

FELLOWSHIP!!!





## SHEKHAR MEHTA

President 2021-22  
Rotary Club of Calcutta-Mahanagar

Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones. In a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe.

December is Disease Prevention and Treatment Month in Rotary. The pandemic unfortunately has schooled most people on the toll that disease takes on our communities. But fighting disease is something that Rotarians around the world have been doing for decades. In fact, it is one of Rotary's seven areas of focus.

As Rotarians, we believe that good health and well-being is a human right — even though 400 million people across the globe do not have access to essential health services. The work we do in establishing clinics, eye hospitals, and blood banks, as well as in building infrastructure for medical facilities in underserved communities, all returns to a central belief that access, prevention, and education are the keys to stopping deadly outbreaks that harm the most vulnerable.

My exposure to health work began with my Rotary club, Calcutta-Mahanagar. There, among other things, I helped pioneer a program called Saving Little Hearts that over the years has provided more than 2,500 free heart surgeries for children from India, Pakistan, Bangladesh, Nepal, and Africa. Before the program went international, it started locally with the goal of performing just six surgeries within our community. Today, our goal is to complete another 20,000 surgeries over the next five years.

The world relies on Rotary to tackle challenges like these and to set an example for others. Over the past decade, medical professionals and government workers have provided free health services to 2.5 million people in 10 countries during Family Health Days, which are organized by Rotarians around the world. Similar health camps in India also provide thousands of surgeries to those in need. Medical missions from India to Africa each year are an excellent example of hands-on service in disease prevention and treatment. Rotary members can also get involved at a local level; clubs in the United States and Mexico, for example, fund a free health clinic in Guerrero, a small town in Mexico.

And of course, our effort to eradicate polio is by far the best story in civil-society health care.

This month, think about how your club can focus on preventing and fighting disease. This is the time to take a bigger, better, bolder approach through both club and district projects that can impact more people. Re-evaluate where you are with your goals. Create strategies that can sustain change over years, not months.

Everyone deserves a long, healthy life. When you Serve to Change Lives, your actions today can help extend the lives of others.

ANNIVERSARY	CONTACT #	E-MAIL ADDRESS	BLOOD TYPE
9-Sep	09173234261	<a href="mailto:walterdiu382@gmail.com">walterdiu382@gmail.com</a>	AB
28-Jan	09173214466	<a href="mailto:Sunnybrinda66@gmail.com">Sunnybrinda66@gmail.com</a>	A
6-May	09178880344	<a href="mailto:aalimangohan@gmail.com">aalimangohan@gmail.com</a>	A
19-May	09176319548	<a href="mailto:analiza_yu@yahoo.com">analiza_yu@yahoo.com</a>	B
25-Jan	09178959237	<a href="mailto:excelcs1998@yahoo.com">excelcs1998@yahoo.com</a>	A
25-Nov	09173234244	<a href="mailto:sig_catingub@yahoo.com">sig_catingub@yahoo.com</a>	B
8-Mar	09173215549	<a href="mailto:raffy29@yahoo.com">raffy29@yahoo.com</a>	A+
	09209816587		
	09173215263	<a href="mailto:gurljane_mae@yahoo.com">gurljane_mae@yahoo.com</a>	
	09154105555	<a href="mailto:ozreufer@icloud.com">ozreufer@icloud.com</a>	O
28-Apr	09175777775	<a href="mailto:brianray.alvero@yahoo.com">brianray.alvero@yahoo.com</a>	B
	09209478100	<a href="mailto:geribarsana@gmail.com">geribarsana@gmail.com</a>	O
29-Dec	09209478092	<a href="mailto:allanbarge@gmail.com">allanbarge@gmail.com</a>	A
	09177178850	<a href="mailto:krbarrantes@gmail.com">krebarrantes@gmail.com</a>	A
14-June	09173295674	<a href="mailto:al.anthony@yahoo.com">al.anthony@yahoo.com</a>	
	09175037358	<a href="mailto:gloriaducetes8@gmail.com">gloriaducetes8@gmail.com</a>	
	09264817052	<a href="mailto:albertesperas@gmail.com">albertesperas@gmail.com</a>	O
19-Dec	09179285852	<a href="mailto:rodroller_15@yahoo.com">rodroller_15@yahoo.com</a>	B+
19-May	09177038970	<a href="mailto:michael_manuta@yahoo.com">michael_manuta@yahoo.com</a>	
11-Apr	09159769280	<a href="mailto:jrmontaromeo@yahoo.com">jrmontaromeo@yahoo.com</a>	O
22-Feb	09399163270	<a href="mailto:reich1970@yahoo.com">reich1970@yahoo.com</a>	A
1-Jun	09173105852	<a href="mailto:Jarren_mae@yahoo.com">Jarren_mae@yahoo.com</a>	A
8-Mar	09162790429	<a href="mailto:imtorres63@hotmail.com">imtorres63@hotmail.com</a>	B
	09209455575	<a href="mailto:rexcaraballa@yahoo.com">rexcaraballa@yahoo.com</a>	A
7-Jan	09999782171	<a href="mailto:ninabidua@yahoo.com">ninabidua@yahoo.com</a>	O

# ROSTER OF MEMBERS



## SIGMUNDO A. CATINGUB

Life-Changing President 2021-22  
Rotary Club of Kankabato-Tacloban

In this world that we live in, nothing is permanent. There are changes in our lives which we cannot control no matter how hard we try to stop it. We set goals that we want to achieve and most of the times, in our journey towards that goal, so many unexpected barriers come in and as a result, we fail to attain that goal and cause disappointment to the people around us.

We are only days away from celebrating Christmas. A yearly celebration which was put on hold a year ago because of the pandemic. A typical example of a barrier in our lives preventing us from achieving the goals we set before the pandemic. Let us offer and implement projects which can change other people's lives. There might have been barriers for them to achieve their dreams/goals. Let us be the solution to break that barrier, be a gift to them, and in the end achieve the project to change their lives. Together with the officers of this club, we have identified projects to address some problems on water and sanitation. We commit to implement that as soon as possible.

Let us work and help one another and let us make this world a better place to live.

Sincerely,

SIGMUNDO A. CATINGUB  
President, Rotary Year 2021-22

Presidential Message

NAME	TRF	SPOUSE	CLASSIFICATION	BIRTHDAY
<b>MAJOR DONOR</b>				
<b>Diu, Walter</b>	<b>PHF+8</b>	Evelyn	TRANSPORTATION TRUCK	27-Nov-62
<b>MULTIPLE PAUL HARRIS FELLOW</b>				
<b>Kumar, Anil Rani</b>	<b>PHF+4</b>	Brenda	REAL ESTATE-RENTALS	28-Jul-66
<b>Alimangohan, Alvin</b>	<b>PHF+3</b>	Edna	CONSTRUCTION-RESIDENTIAL	4-May
<b>Yu, Analiza</b>	<b>PHF+3</b>	Jaime	PETROLEUM PRODUCTS DEALER	27-Oct-68
<b>Chua, Ricky</b>	<b>PHF+2</b>	Ruena	CONTRACTORS-GENERAL	5-Feb-68
<b>Catingub, Sigmundo Rio</b>	<b>PHF+1</b>	Charina	BANKING-COMMERCIAL	22-Dec-72
<b>Martel, Ralph</b>	<b>PHF+1</b>	May	MEDICAL PRODUCTS	24-Jan-72
<b>Pfleider, Rodolfo</b>	<b>PHF+1</b>	Charmaine	TRANSPORTATION/REALTY	
<b>Oronos, Jane Mae</b>	<b>PHF+1</b>		GROCERIES-RETAILING	18-Jul-86
<b>Refuerzo, Alan</b>	<b>PHF+1</b>	Nedde	FITNESS COACH	04-Dec-78
<b>PAUL HARRIS FELLOW</b>				
<b>Alvero, Brian Ray</b>	<b>PHF</b>	Mae	IT SOLUTIONS	25-Sep-81
<b>Barsana, Geraldine</b>	<b>PHF</b>		EDUCATION-PUBLIC SCHOOL	4-Feb-78
<b>Bargamento, Allan</b>	<b>PHF</b>	Elaine	EDUCATION-PRIVATE SCHOOL	29-May-69
<b>Barrantes, Ketchie Rex</b>	<b>PHF</b>		EVENT PLANNER	7-Mar-80
<b>Casal, Al Anthony</b>	<b>PHF</b>	Grace	ARCHITECTURE-CONSTRUCTION	05-Sep-81
<b>Ducentes, Gloria</b>	<b>PHF</b>	Jerry	GROCERIES-RETAILING	13-Apr-63
<b>Esperas, Albert</b>	<b>PHF</b>	Chrislyn	AUTO SALES	13-Jan-81
<b>Padillo, Rodolfo</b>	<b>PHF</b>	Dory	CONSTRUCTION-GENERAL	15-Jan-45
<b>Manuta, Michael Arman</b>	<b>PHF</b>	Haide Liz	AGRIBUSINESS	19-May
<b>Monta, Romeo</b>	<b>PHF</b>	Alma	WATER TREATMENT	31-Aug-54
<b>Tolosa, Ronald Allan</b>	<b>PHF</b>	JiJi	LAW ENFORCEMENT	19-Dec-70
<b>Villaflor, Jarren Mae E.</b>		Guian	PHYSICIAN-PEDIATRECIAN,MD	5-Apr-88
<b>Torres, Luis Marlon U.</b>		Lourdes	ENGINEERING-ELECTRICAL	25-Jul-63-
<b>Caraballa, Cipriano Rex A.</b>			GOVERNMENT AGENCY	16-Jan-79
<b>Nielsen. Nina Bidua</b>		Flemming	BUSINESS SERVICES	29-Jun-77

### HONORARY MEMBERS

Alfred S. Romualdez

Benson Shi



# EVENTS FOR THE WEEK

## DISTRIBUTION OF VITAMINS FOR MOTHERS AND CHILDREN

Brgy. Guindapunan, Palo  
December 18, 2021

## ROTARY CLUB OF KANKABATO 10TH CHARTER ANNIVERSARY

### and Christmas Party

DECEMBER 18, 2021 | HOTEL RODOLFO

## WHERE TO MAKE UP

Rotary Club of Kankabato-Tacloban  
Seafood and Ribs Warehouse, Palo Leyte  
Wednesday 7:00 PM

Rotary Club of San Juanico  
Seafood and ribs Warehouse, Palo Leyte  
Friday 12:00 Noon

Rotary Club of Tacloban  
Rotary Center, Sagkahan, Tacloban City  
Thursday 12:00 Noon

Rotary Club of Kandaya  
Rotary Center, Sagkahan Tacloban City  
Wednesday 12:00 Noon

Rotary Club of Leyte Gulf  
Greenhouse Kitchen, Tacloban City  
Friday 7:00 PM

Rotary Club of Central-Tacloban  
Avenue Hotel, Tacloban City  
Friday 7:00 PM

### Make Up Card

Name of Rotarian \_\_\_\_\_  
Club & Position \_\_\_\_\_  
Date & Time \_\_\_\_\_

Sec. Geraldine Barsana  
Club Secretary

## CLUB PAST PRESIDENTS

**ALLAN BARGAMENTO**  
Rotary Year 2020-2021

**ALVIN M. ALIMANGO**  
ROTARY YEAR 2019-2020

**ANALIZA F. YU**  
ROTARY YEAR 2018-2019

**RICKY CHUA**  
ROTARY YEAR 2017-2018

**ERLINDA "CHICKAY" OBAOB**  
ROTARY YEAR 2016-2017

ROTARY YEAR 2015-2016

**SUNNY KUMAR**  
ROTARY YEAR 2014-2015

**ANTOLIN OFONDA**  
ROTARY YEAR 2011-2013

**DECEMBER IS**

**DISEASE PREVENTION AND TREATMENT MONTH**

"Treatment without prevention is simply unsustainable."  
Bill Gates

Rotary [www.rotary.org](http://www.rotary.org)



# Jokes

What did the grumpy sheep say when his friends wished him a Merry Christmas?

*Baaaa humbug!*

How do the elves clean Santa's sleigh on the day after Christmas?

They use Santa-tizer.



What did one snowman say to the other?

“Is it just me, or do you smell carrots?”



## Christmas Jokes

Activity village .co.uk © 2000 - 2012

What do you call an old snowman?  
*Water!*

Who gives puppies Christmas presents?  
*Santa Paws*

Why are Christmas trees like bad knitters?  
*They both drop needles!*

What do snowmen eat for breakfast?  
*Frosted flakes!*

Who hides in the bakery at Christmas?  
*A mince spy!*

Who delivers presents to baby sharks at Christmas?  
*Santa Jaws!*

What carol is heard in the desert?  
*Camel ye faithful!*

How does Good King Wenceslas like his pizzas?  
*Daddy pain, crisp and event!*

What do you get if you cross an apple with a Christmas tree?  
*A pineapple!*

What do you call Santa Claus when he doesn't move?  
*Santa Pause!*

Why are turkeys wiser than chickens?  
*Ever heard of Kentucky Fried Turkey?*

What did one snowman say to the other snowman?  
*Can you smell carrot?*

What do you call people who are afraid of Santa Claus?  
*Claustrophobic!*

How many presents can Santa fit in an empty sack?  
*Only one, after that it's not empty any*

What is the best Christmas present in the world?  
*A broken drum - you can't beat it!*

What do monkeys sing at Christmas?  
*Jungle bells, jungle bells!*

Why doesn't Santa have kids of his own?



*He only comes once a year, and when he does, it's through the chimney.*

# Rotary in Action











**Shekhar Mehta**  
Rotary International President



**Anna Louisa A. Bumagat**  
District Governor



**Caroline Andrade**  
District Secretary



**Alvin Alimangohan**  
Assistant Governor, Area 3B-1

## Officers and Directors



**Sigmundo A. Catingub**  
Club President



**Rodolfo M. Padillo**  
Vice-President/President-Elect



**Geraldine Barsana**  
Secretary



**Albert P. Esperas**  
Treasurer



**Jane Mae I. Oronos**  
Auditor



**Allan Bargamento**  
Immediate Past President



**Anil R. Kumar**  
The Rotary Foundation



**Ralph Martel**  
Club Membership Chair



**Ricky Chua**  
Club Admin Chair



**Analiza F. Yu**  
Public Service Chair



**Arthur Granada**  
Public Image



**Al Anthony Casal**  
New Generation



**Michael Arman Manuta**  
Club Public Relation



**Walter A. Diu**  
Club DRRM Chair



**Cipriano Rex A. Caraballa**  
Public Information Chair



**Rodolfo Pfleider II**  
Club Structural Program



**Nina Bidua Nielsen**  
Community Service Chair



**Gloria T. Ducentes**  
Club Vocational Service



**Ronald Allan A. Tolosa**  
Sergeant At Arms

# YOUNG LIVING

## ESSENTIAL OILS

<b>LAVENDER</b> Calming Refreshing Skin Health Hair Health	<b>THIEVES</b> Purifying Comforting Grounding Cleansing	<b>FRANKINCENSE</b> Spiritual Grounding Skin Loving Meditation	<b>RAVEN</b> Energizing Soothing Pre-exercise Invigorating	<b>COPAIBA</b> Relaxing Cleansing Moisturizing Skin Loving	<b>DIGIZE</b> Balancing Comforting Soothing Stimulating	<b>PEPPERMINT</b> Cooling Stimulating Post-exercise Soothing
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For your Essential Oil needs, available @Palo Petron Service Station  
Just text or call 0917 631 9548

