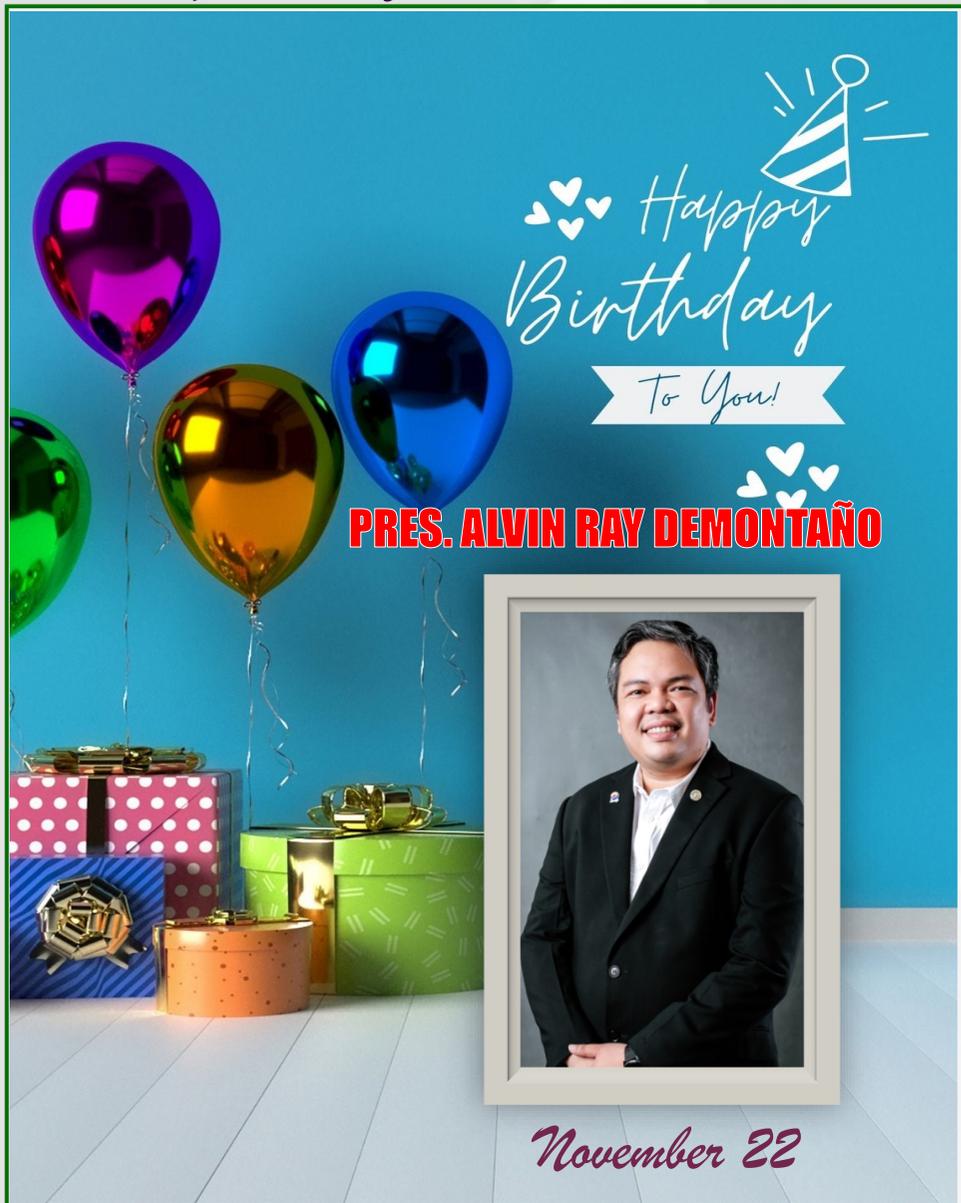




# Celebrity Greetings



NOVEMBER 22, 2023

## What's inside.

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# Programme

## Opening Ceremony

### Call to Order

Reading of Tonight's Prayer  
National Anthem  
Rotary Hymn  
Object of the Rotary/ 4-Way Test  
Intro. of Visiting Rotarians & Guests

### PRES ALVIN DEMONTAÑO

RTN. FRANCIS TIOGSON  
DIR. MJ TIONGSON  
RTN. RICHIE TIOSEJO  
RTN. JOEY TO-ONG  
PP BEN TUPAS

## Fellowship

Community Singing  
Celebrity Greetings

DIR. BONG VALENCIA  
RTN. JAMES ABLOG

## Club Matters

Treasurer's Time  
Secretary's Time  
President's Time & Adjournment

TREAS. JOHN ARCAMO  
SEC. JASON FRANCISCO  
PRES ALVIN DEMONTAÑO

**DIR. DIR. KENNETH ANZANO**

Moderator



# Fully-paid Members

## FULLY PAID MEMBERS

2ND QUARTER—RY2023-2024

### VP EDWARD CARILLO

DIR. ALEXANDER JAY CRUZ

RTN. EDGAR FORONDA

SEC JASON FRANCISCO

RTN. LEO LABRADOR

PP JUN LORENZO

RTN. LANDO PANARES

PO NOEL PIDO

RTN. IAN SELVIDO

RTN. RALPH SOGUILON

RTN. FRANCIS TIONGSON

DIR. MJ TIONGSON

PP JUN BALOLOT

RTN. EDEN IBANEZ

PP JERRY BELBIDER

RTN. REY CORTES

RTN. MICHAEL CUE

PP REY FRANCISCO

PAG RAMON GONZALES

RTN. DOODZ LAPIZ

PAG KIKO LORENZO

RTN. CHARLES PASCUA

RTN. FLORANTE RODRIGUEZ

PE SAMMY SIA

RTN. MOSES SUNICO

IPP BONG TIONGSON

DIR BONG VALENCIA

RYAN PANARES

RTN. GWENN OLARTE





## Rotary International Features



highest in the five decades since the U.S. Centers for Disease Control and Prevention began recording that data. The negative effects of the COVID-19 pandemic may have contributed to the increase, according to a CDC report. Globally, more than 700,000 people die by suicide each year, according to the World Health Organization.

While there is no simple solution to preventing suicide, a proven precaution is limiting access to items or places that people in crisis could use to harm themselves. "Putting time and space between a person and a lethal method of suicide can save lives," says Marian Betz, an emergency room doctor and University of Colorado professor who researches suicide and firearm death prevention.

This is the idea behind blister packages for medicines and barriers added to bridges. With firearms, having access to a gun triples the risk of suicide, in part because guns are so much more deadly than other ways people try to die, Betz notes in a video message that she recorded as part of her work with the American Foundation for Suicide Prevention. Nearly 90 percent of firearm suicide attempts in the U.S. result in death, while only 2 percent of intentional drug overdoses do. And some studies indicate that many people who try to end their lives act rashly with little planning.

Guns rob many people of a second chance to live, Betz says. "When we're talking about suicide prevention and firearm suicide prevention, we're not talking about gun confiscation. We're talking about ways to lock it up more securely during a time of risk," she says.

After her nephew's death, Crider, a Rotary member since 2010, threw herself into helping others and worked with Shirley Weddle, also a loss survivor and mental health advocate, to establish the Rotary E-Club of Suicide Prevention and Brain Health. Its members encourage others to talk and think about how every person can contribute to reducing suicides in the U.S. and around the world by making mental wellness a routine part of day-to-day life. Club members regularly participate in events that promote awareness, eliminate stigma, and support survivors, including the Out of the Darkness Walks like the one outside Dallas, which the American Foundation for Suicide Prevention organizes. —to be continue..



## Tonight's Prayer

We invoke the blessing upon this meeting and on people of goodwill every where.

May we prove ourselves worthy citizens of our country.

Devoted to truth, sincere in fellowship, given to service, and confident in steadfast faith.

Preserve us faithful to these ideals. Let us stand firm when the fight is hard.

Give us strength sufficient for this day.

Make us as big as our problems and to stay bigger than our responsibilities.

God help us to live up to our capabilities.

Amen.





## R.I. President's Message



### R. GORDON R. MCINALLY

President  
Rotary International  
RY 2023-2024

Next year, Rotary takes a step toward supporting peacebuilding in the Middle East and North Africa region when recruitment begins for our newest peace center in partnership with Bahçeşehir University (BAU) in Istanbul.

A series of events in the coming year will recognize the new center at BAU and Rotary's work to promote peace. The 2024 Rotary International Convention in May will mark 25 years since the first Rotary Peace Centers were announced — coincidentally at the Rotary Convention in Singapore in 1999. Recruitment for the first cohort of Rotary Peace Fellows at BAU also starts in 2024, and selected candidates will begin their program in early 2025.

Since its beginning, the peace centers program has prepared more than 1,700 peace fellows working in more than 140 countries to create a more peaceful world. That is certainly worth celebrating, but Rotary Peace Fellows are more than statistics on a page. Their actions have helped Create Hope in the World and will continue to do so.

For example, Jennifer Montgomery and Gorett Komurembe — peace fellows from the program at Makerere University in Uganda — are co-founders of Magenta Girls Initiative. The international nongovernmental organization equips Ugandan girls and young women with the support and tools to overcome harmful gender norms, generational poverty, gender-based violence, trafficking, and trauma.

Ndzi Divine Njamsi, another peace fellow who studied at Makerere, has -



## Rotary International Features



With suicides rising in the U.S., Rotary members who've lost loved ones are determined to prevent more deaths. Their first step — talking. The six Mardi Gras-style beaded necklaces that Lori Crider is wearing tell you something about her struggles and her hopes, if you learn the strands' color code.

Purple honors a friend or relative who died by suicide. Crider wears four, including one for her nephew, Jesse Cedillo.

"I've lost three relatives, unfortunately," she says at a fall 2022 suicide prevention walk that starts at a former MLB stadium outside Dallas with rain clouds framing the roller coasters nearby at Six Flags Over Texas. "I had an aunt in the '90s, then my cousin in West Virginia after Jesse. I wear a purple for each of them and for a friend who took his life in 2005."

Blue is for suicide prevention, an issue that has become a calling for Crider and fellow members of a Rotary club created in 2021 to take action on that cause, as well as for many people at the walk whose friends or family members died by suicide.

Crider's nephew, whom she describes as a soft-spoken young man who dreamed of becoming a police officer, died at 20 years old in 2015 using a gun he got from a relative's house next to his home in rural Alabama. Family members say they always had guns available for protection and for shooting sports through 4-H.

Nearly 50,000 people die by suicide each year in the U.S., and over half of them use a gun. The total number of annual suicide deaths is equivalent to filling the seats of the one-time MLB stadium where the Dallas-area walk took place. In 2022, preliminary figures indicate that the rate of suicide in the U.S. was the —





# Metro Activity



# R.I President's Message

taken lessons learned about Positive Peace and is sharing them with students of his own in Cameroon. He became interested in the Rotary Positive Peace Activator training program after witnessing extremism, online hate speech, and violence in Cameroon. Since completing the program, he has brought his lessons on peace to students at the Yaoundé International Business School and other organizations in the Central Africa country.

The world needs more people like the graduates of the program at Makerere and our other peace fellows. To that end, we can all advance peace by encouraging our local peacebuilders to learn more about Rotary and apply for this impactful fellowship. Rotary members can also mentor candidates for the fellowship. Or you can work with peace fellows who have already graduated. They probably have an initiative or two that would benefit from your help.

Our peace centers in North America, Europe, Africa, Australia, and Asia depend on financial support as well. The program at BAU was made possible thanks to a generous gift of \$15.5 million to The Rotary Foundation from the Otto and Fran Walter Foundation.

This new Rotary Peace Center will offer a one-year professional development certificate in peace and development studies for fellows focusing on peacebuilding within the Middle East and North Africa region.

Peace must be waged persistently; it is the soil where hope takes root. But as with any journey, we take one step at a time. Let's take those steps together.





# Secretary's Report



## JASON CARLO FRANCISCO

Secretary  
Rotary Club of Metro Dadiangas  
RY 2023-2024

Date of Meeting	Total Membership	# of Members Used in Calculating the Attendance	# of Members Present	# of Members Made-Up	%
NOV. 15, 2023	63	63	55	5	95%
<b>AVERAGE ATTENDANCE</b>					<b>95%</b>



# Metro Activity

## Awards & TRF Night | November 18, 2023

Acacia Hotel, Davao City





## Upcoming Activity

# Governor's Night

DECEMBER 1, 2023 | EMR Center, Koronadal City

Theme: Barbie & Ken



## Treasurer's Report



**JOHN ARCAMO**

Treasurer

Rotary Club of Metro Dadiangas

RY 2023-2024

NOVEMBER 22, 2023

Club's Fund as of November 14, 2023	<b>₱235,224.11</b>
Add: Club's Collection (NOVEMBER 15, 2023)	18,550.00
Add: TRF Collection (NOVEMBER 15, 2023)	28,500.00
Add: Club Uniform Collection	1,500.00
Add: Pink October Zumba for A Cause	59,130.00
<b>TOTAL Club's Fund by NOVEMBER 17, 2023</b> ———	<b>₱342,904.11</b>
<b>LESS EXPENSES</b>	
Meals (NOVEMBER 15)	17,766.00
<b>TOTAL EXPENSES</b>	<b>17,766.00</b>
<b>TOTAL BANK BALANCE AS OF NOVEMBER 21, 2023</b>	<b>₱325,138.11</b>
<b>PAYABLES</b>	
Project SMILE	102,000.00
Polio Plus club collection	17,400.00
TRF	62,700.00
<b>TOTAL PAYABLES</b>	<b>182,100.00</b>
<b>APPROXIMATE TOTAL CLUB'S FUND</b>	<b>₱143,038.11</b>





## President's Message



### **ALVIN RAY DEMONTANO**

President  
Rotary Club of Metro Dadiangas  
RY 2023-2024

Good evening fellow Rotarians, Rotaractors, & Guests. Thank you for attending our 21st regular club meeting for Rotary Year 2023-2024.

Last November 18, 2023, PAG Melvin, PP Oliver, PE Sammy, PN Ralph, and Dir. Boy attended the Awarding Ceremonies and The Rotary Foundation Recongnition Nlight at Acacia Hotel, Davao City. In the morning wearing our Vibrant Blue club uniform, the Metronians got their awards for RY 2020 to 2023. A big congratulations to the presidents and the club. Truly, Rotary Club of Metro Dadiangas opens opportunities and continuously serve to change lives as we imagine rotary in creating hope in the world.

A day before the awards night, On November 17, 2023 at South Cotabato, Sarangani, Davao Occidental and Davao del Sur was shaken with a massive earthquake. With a magnitude of 6.8 having Glan, Sarangani as the epicenter. We were lucky enough that there are few casualties in General Santos City however, the people of Glan suffered great losses of their property. With this, the Club will execute a fundraising campaign to provide the people of Glan with basic necessities such as food, water and toiletries.

Before November ends, there will still be series of service projects that we surely have a greate impact in the community not only in



## President's Message

General Santos City but also to the nearby communities that really needs a humanitarian act.

On November 23, 2023 9:00AM, in partnership with RHU Calumpang, we will be giving out 60 sets of hygiene kits during the conduct of the Campaign & Awareness Program for Teenage Pregnancy at Brgy. Calumpang Gym.

On November 30, 2023 8:00AM, in partnership with the 4th year Nursing Students of Notre Dame of Dadiangas University, we will be having Medical Mission. We are asking the presence of our Medical Practitioners for the conduct of the said activity.

Lastly, may I just remind everyone for the upcoming Governor's Night at Cinco Ninas, Koronadal City on December 1, 2022. Each club in Areas 3FGH will have maximum of 10 participants.

Looking forward to your participation in the coming events! That is all for tonight's weekly meeting.

Thank you everyone for coming and may you have an enjoyable night.

