



Celebrity Greetings

Happy Birthday



PP RENE



PP TON



PP REY



RTN. ROBERT



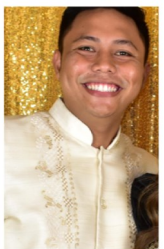
PP BUTCH



RTN. NOEL



RTN. JOEL



RTN. MOSES



DECEMBER 6, 2023

What's inside.

- 2. PROGRAMME
- 3. PRAYER
- 4.  **R.I President's Message**
- 6.  **Club Secretary's Report**
- 7.  **Club Treasurer's Report**
- 8.  **Club President's Message**
- 10. Upcoming Event
*Governor's Night
- 11. Metro Activities
*Teenage Pregnancy Awareness Campaign
- *Relief Operation: Donation of Drinkable Water
- 13. Rotary International
- 15. Fullypaid Members
- 16. Celebrity Greetings





Programme

Opening Ceremony

| | |
|---------------------------------------|-----------------------------|
| Call to Order | PRES ALVIN DEMONTAÑO |
| Reading of Tonight's Prayer | PP JUN BALOLOT |
| National Anthem | PP JERRY BELBIDER |
| Rotary Hymn | VP EDWARD CARILLO |
| Object of the Rotary/ 4-Way Test | RTN. REY CORTES |
| Intro. of Visiting Rotarians & Guests | DIR. ALEX CRUZ |

Fellowship

| | |
|---------------------|------------------|
| Community Singing | RTN. MICHAEL CUE |
| Celebrity Greetings | RTN. ERWIN CURVA |

Club Matters

| | |
|---|-----------------------------|
| Treasurer's Time | TREAS. JOHN ARCAMO |
| Secretary's Time | SEC. JASON FRANCISCO |
| President's Time & Adjournment | PRES ALVIN DEMONTAÑO |

PP JUN DEMONTANO

Moderator



Fully-paid Members

FULLY PAID MEMBERS

2ND QUARTER—RY2023-2024

| | |
|--------------------------------|--------------------------------|
| VP EDWARD CARILLO | RTN. REY CORTES |
| DIR. ALEXANDER JAY CRUZ | RTN. MICHAEL CUE |
| RTN. EDGAR FORONDA | PP REY FRANCISCO |
| SEC JASON FRANCISCO | PAG RAMON GONZALES |
| RTN. LEO LABRADOR | RTN. DOODZ LAPIZ |
| PP JUN LORENZO | PAG KIKO LORENZO |
| RTN. LANDO PANARES | RTN. CHARLES PASCUA |
| PO NOEL PIDO | RTN. FLORANTE RODRIGUEZ |
| RTN. IAN SELVIDO | PE SAMMY SIA |
| RTN. RALPH SOGUILON | RTN. MOSES SUNICO |
| RTN. FRANCIS TIONGSON | IPP BONG TIONGSON |
| DIR. MJ TIONGSON | DIR BONG VALENCIA |
| PP JUN BALOLOT | RYAN PANARES |
| RTN. EDEN IBANEZ | RTN. GWENN OLARTE |
| PP JERRY BELBIDER | RTN. GERALD FACIOL |
| RTN. PEBBIE MAATONDO | RTN. NESTOR FONG |
| PAG MARIO DIDELES | PRES. ALVIN DEMONTANO |





Rotary International Features

Including a vegetarian paella with artichoke hearts instead of seafood, a tangy raw pad thai, and colorful salads.

The biggest drivers of emissions in food production are from agriculture and land use, including methane from cattle's digestion, nitrous oxide from fertilizers, and carbon dioxide released by clearing forests for farms and grazing. Food waste, along with the methane it generates in landfills, is another contributor.

A worldwide shift toward plant-based diets by 2050 could lead to the removal of enough carbon dioxide from the atmosphere to keep global warming to 1.5 degrees Celsius above preindustrial levels, according to a study published in 2021 in Nature Sustainability. Conversely, without changes, global food consumption could add nearly 1 degree Celsius to warming by 2100, a study in the journal Nature Climate Change finds.

The Oxford study, which was conducted in the UK, found that if people there who ate more than 3.5 ounces of meat (less than a quarter-pound hamburger) a day reduced their consumption to less than 1.7 ounces, that would be the equivalent of taking 8 million cars off the road.

Capitalizing on that potential, climate activists are pushing for a Plant Based Treaty, a food-focused pledge to mitigate climate change, as a companion to the 2015 Paris Agreement. And Project Drawdown, a research group studying climate solutions, considers the large-scale adoption of plant-rich diets to be the second most effective way to keep global temperature rise below 2 degrees Celsius by 2100.

Cameron grew up in cattle ranching country in a rural stretch of Washington state. "If you didn't eat meat every day, there was something wrong with you," she says.

Her pivot to plant-based foods started two years ago, after she brought home four baby chicks. As she researched how best to care for them and the more she read about farming, the less she wanted to eat animals raised on industrial farms. Already a dedicated Rotarian, she joined the action group's plant-rich diet task force in 2022 and learned that nearly 600 people around the world had participated in the group's online 15-day plant-rich diet chal-



Left: Cindy Volyn at the nondairy ice cream sundae bar during one of the Wenatchee club's plant-based potlucks. **Right:** Brittney Loveall-Talley shows off the plant-based burgers at a lunch meeting of the Rotary Club of Wenatchee Confluence.



Tonight's Prayer

As we gather here today

as members of Rotary, we pray that we are
ever mindful of opportunities to render our
service to fellow citizens and
to our community.

Keeping in mind always the enduring values
of life, exerting our efforts in those areas and
on those things upon which future genera-
tions can build with confidence.

Let us continue to strive to make a better
world.

Amen.





R.I. President's Message



R. GORDON R. MCINALLY

President
Rotary International
RY 2023-2024

In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

— Gordon McInally

The term "natural" disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we've not always gotten it right, we've learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.



Rotary International Features



Consider your carbon 'foodprint' By Michaela Haas

If all the climate change solutions, from electric cars to wind turbines, there's a powerful one that's staring you in the face — at breakfast, lunch, and dinner. What we eat doesn't just affect our health, experts say, it affects the health of our planet, profoundly.

By some estimates, a third of all human-caused greenhouse gas emissions come from the world's food systems, with a large share of that linked to animal agriculture. As a result, what we choose to put on our plates can have a big impact. People who stick to plant-based diets, for instance, are responsible for a whopping 75 percent less greenhouse gas emissions than people who eat around a typical serving of meat daily, according to a University of Oxford study.

"Until recently, I had no idea that what we eat had anything to do with the climate or environment," says Kris Cameron, a retired schoolteacher in Wenatchee, Washington. "I liken adopting plant-based diets to Dorothy's ruby slippers — we've had the power all along to mitigate climate change; we just need to use it."

Cameron is a member of the Environmental Sustainability Rotary Action Group and its plant-rich diet task force, which educates people around the world about the power their individual and collective food choices have to reduce emissions that heat the planet.

Interest in plant-based diets is growing, in large part, because of concerns about climate change, other environmental impacts, animal welfare, and health. Like the name suggests, these diets include fruits and vegetables, along with nuts, seeds, oils, whole grains, legumes, and beans. And they involve fewer animal products, such as meat, dairy, eggs, fish, and seafood.

Cameron's club, the Rotary Club of Wenatchee Confluence in central Washington, educates its community by hosting a monthly plant-based potluck that draws lively crowds to a YWCA. On a Thursday evening in June, the community kitchen there filled with laughter and the intriguing aroma of a dozen dishes,





Metro Activity

Governor's Night

December 1, 2023 | Cinco Niñas, Koronadal City



R.I President's Message

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

At ShelterBox, we simply say "disaster" or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly.

Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities.

Disasters are not natural. Let's stop saying they are.





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. 29, 2023 | 63 | 63 | 55 | 5 | 95% |
| AVERAGE ATTENDANCE | | | | | 95% |



Metro Activity

Medical & Dental Mission with NDDU

November 30, 2023 | Purok 3A, Brgy. Katangawan, GSC





Upcoming Activity

Metro Dadiangas
Rotary Club   **CREATE HOPE in the WORLD**

YEAR END PARTY *and* ELECTION OF OFFICERS

DECEMBER 09, 2023 | 6PM | SATURDAY
L.H.E Construction & Industrial Services
National Highway Brgy. Apopong, General Santos City



Treasurer's Report



JOHN ARCAMO

Treasurer

Rotary Club of Metro Dadiangas
RY 2023-2024

DECEMBER 6, 2023

| | |
|--|--------------------|
| Club's Fund as of November 21, 2023 | ₱325,138.11 |
| Add: Club's Collection (NOVEMBER 22, 2023) | 12,400.00 |
| TOTAL Club's Fund by NOVEMBER 23, 2023 ——— | ₱337,538.11 |
| LESS EXPENSES | |
| Meals (NOVEMBER 22) | 17,650.00 |
| Hygiene Kits for Service Project (November 23) | 5,000.00 |
| Governor's Night Club Contribution | 19,000.00 |
| Relief Operation: Water Donation (November 27) | 18,750.00 |
| Reimbursement to Pres. Alvin for Charter Anniv. (contri) | 25,000.00 |
| TOTAL EXPENSES | 85,400.00 |
| TOTAL BANK BALANCE AS OF NOVEMBER 28, 2023 | ₱252,138.11 |
| PAYABLES | |
| Project SMILE | 102,000.00 |
| Polio Plus club collection | 17,400.00 |
| TRF | 62,700.00 |
| TOTAL PAYABLES | 182,100.00 |
| APPROXIMATE TOTAL CLUB'S FUND | ₱70,038.11 |

****NO COLLECTIONS & EXPENSES MADE DURING NOVEMBER 29, 2023 MEETING****





President's Message



ALVIN RAY DEMONTAÑO

President
Rotary Club of Metro Dadiangas
RY 2023-2024

Good evening fellow Rotarians, Rotaractors, and guests. Thank you for attending our 23rd regular club meeting for Rotary Year 2023-2024.

Last November 30, 2023, The Rotary Club of Metro Dadiangas together with the Nursing students of the Notre Dame of Dadiangas University and the Philippine Dental Association - Gensan Chapter conducted a Medical & Dental Mission at Prk. 3-A Brgy. Katanggawan, Gen. Santos City.

I would like to sincerely thank PP Dr. Manny Mondero, PP Ben Tupas, Dir. Kenneth Anzano and Lady Elaine Cor, for attending the service project despite of the heavy rains and muddy grounds, and to all the members of the club who supported.

All clubs in Area 3FGH attended the Governor's Night at Cinco Niñas, Koronadal City. District 3860 Gov. Rozanne "Twinkle" Gamboa and spouse DLF Archie Gamboa, together with PAG Edwin Valencia, AG Jun Acharon, AG Yelcy Catulpos and AG Alvin Santos, with DS Edward Ang for the district officers. During this time there were three (3) new members who were inducted.



President's Message

On Saturday, December 9, 2023 will be our Year-End Christmas Party at the LHE Compound by PP Rene Espiritu at Apopong, General Santos City. Karambola will start at 3:00pm and the program proper will start at 6:00pm. Bring your family and let's all enjoy the Christmas season!

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

