



Blood Letting

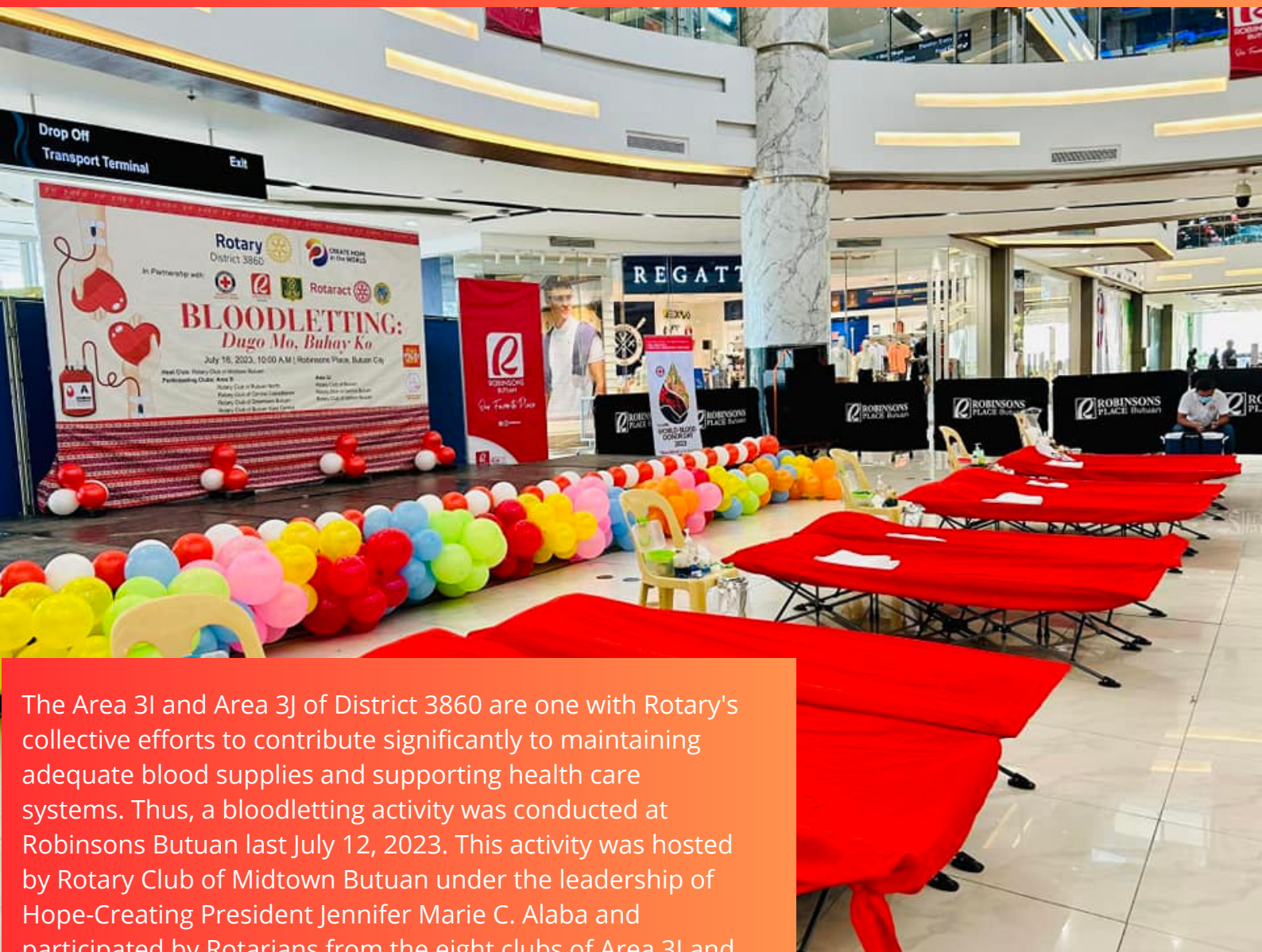
"Dugo Mo, Buhay Ko"

BLOODLETTING

Dugo Mo, Buhay Ko
July 12, 2023 | Robinsons Butuan
Area 3I and 3J, District 3860
Rotary International

At its core, "Dugo Ko, Buhay Mo" emphasizes the profound impact that a single donation of blood can have on someone else's life. It symbolizes the selflessness and generosity of donors who willingly give a part of themselves to help those in need.

This theme serves as a reminder of the critical role that each individual plays in ensuring the availability of safe and adequate blood supplies. "Dugo Ko, Buhay Mo" highlights the importance of community engagement and collective action in addressing the ongoing need for blood donations. It encourages everyone to take part in blood donation drives, raising awareness and mobilizing support for this life-saving cause.



The Area 3I and Area 3J of District 3860 are one with Rotary's collective efforts to contribute significantly to maintaining adequate blood supplies and supporting health care systems. Thus, a bloodletting activity was conducted at Robinsons Butuan last July 12, 2023. This activity was hosted by Rotary Club of Midtown Butuan under the leadership of Hope-Creating President Jennifer Marie C. Alaba and participated by Rotarians from the eight clubs of Area 3I and Area 3J. This activity was in partnership of the following: Philippine Red Cross (Agusan del Norte and Butuan City Chapter), Robinsons Butuan, 23rd IB, PNP, and Rotaract International. There were 60 successful donors during the Bloodletting.

The Rotary Club of Midtown Butuan, together with other clubs from Area 3I and 3J, will continue to play that vital role in saving lives and enhancing the well-being of communities in the country and in the world.

Together, let us continue to spread hope, healing, and compassion through the gift of life.

"Dugo Ko, Buhay Mo" emphasizes the far-reaching impact of blood donation beyond the immediate recipients. It recognizes that every donation has ripple effects, touching the lives of families, friends, and entire communities. Through their contributions, donors not only save lives but also inspire others to join the cause, fostering a culture of compassion and solidarity.

As we embrace the theme "Dugo Ko, Buhay Mo" this year, let us reaffirm our commitment to saving lives through blood donation. Let us honor the inherent value of every drop of blood donated and recognize the immense power we hold to make a difference in the lives of others.



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Blood donation is a vital aspect of healthcare that plays a crucial role in saving lives and preventing diseases. As an advocacy of Rotary International, blood donation serves as a cornerstone in our mission to save lives and promote public health.

- **Life-saving Potential:** By donating blood, individuals provide a lifeline for those in need, offering hope and a chance for survival.
- **Disease Prevention:** Regular blood donation helps maintain the health of donors by reducing the risk of certain diseases such as cardiovascular disorders and certain types of cancers. It also helps to regulate iron levels in the body, lowering the risk of heart disease and other health complications.
- **Emergency Preparedness:** By donating blood regularly, individuals contribute to building and maintaining a robust blood supply that can meet the needs of patients during emergencies.
- **Community Impact:** Blood donation is a powerful way to give back to the community and make a positive impact on society. It fosters a sense of unity, solidarity, and shared responsibility among individuals, bringing communities together in support of a common cause.

By participating in blood donation drives and initiatives, individuals demonstrate their commitment to helping others and improving the well-being of their communities.

The spirit of service above self and embodies Rotary's commitment to making a difference in the world. By donating blood, individuals have the power to transform lives, offer hope, and create a healthier, safer future for all.

Let us continue to support and promote blood donation as a cornerstone of humanitarian action, working together to save lives and build a better world.



The Blood Letting Activity is a significant event that underscores the collective effort of District 3860, Rotary International, where "One Rotary, One District"

Is more than just a slogan—it's a tangible commitment to serving communities. This activity, which involves blood donation, holds profound importance beyond being a mere act of kindness. It serves as a critical public health intervention, contributing to the saving of lives, the prevention of diseases, and the strengthening of communities.

Blood donation, as advocated by Rotary International, embodies the core principles of service above self. It represents Rotary's unwavering dedication to making a positive impact in the world. By participating in blood donation drives, individuals demonstrate their commitment to humanitarian service and their willingness to contribute to the greater good.

The simultaneous execution of the Blood Letting Activity across District 3860 highlights the unity and solidarity of Rotarians in their mission to serve humanity. It showcases the power of collaboration and collective action in addressing pressing health needs within communities.

Furthermore, blood donation goes beyond providing immediate assistance to those in need. It lays the foundation for a healthier and safer future for all. Through regular blood donation, individuals help maintain adequate blood supplies, ensuring timely medical care during emergencies and disasters.

Moreover, the act of donating blood fosters a sense of community and belonging. It brings people together, regardless of background or affiliation, united in a shared purpose of saving lives and making a positive impact.

As we continue to support and promote blood donation, let us remember that each donation has the potential to transform lives and offer hope to those in need.

Together, let us uphold blood donation as a cornerstone of humanitarian action, working tirelessly to save lives and build a better world for generations to come.

