

## ROTARY INFORMATION

### WHAT IS ROTARY?

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

### OUR MISSION

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

### VISION STATEMENT

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

### ROTARIAN CODE OF CONDUCT

1. Act with integrity and high ethical standards in my personal and professional life;
2. Deal fairly with others and treat them and their occupations with respect;
3. 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;
4. Avoid behavior that reflects adversely on Rotary or other Rotarians;
5. 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.

### ROTARY AREAS OF FOCUS



PEACEBUILDING AND  
CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION,  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



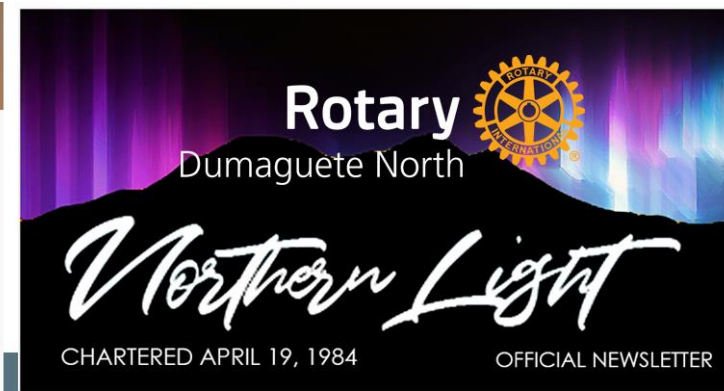
BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT



THE MAGIC  
OF ROTARY

CLUB NO. 21769 AREA 3D DISTRICT 3860

### 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 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

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?



# THE ROTARY CLUB OF DUMAGUETE NORTH

ROTARY YEAR 2024-2025

**12th REGULAR MEETING**  
**OCTOBER 18, 2024**  
 ROYAL SUITES INN

## program

master of ceremonies **PP NILO RUPERTO**  
 invocation / singing of  
 national anthem **PE MAX TENORIO**  
 rotary hymn **BROTHERS ALL**  
 reading of objects of rotary  
 and the four-way test **RTN. JUN VILLAREAL**  
 introduction of guests and  
 visiting rotarians **SEC. CHARLES RIVERA**  
 recognition / finest moments **DIR. MANNY BANDOQUILLO**  
 fellowship singing **TREAS. KIT ARAPOLS**  
 president's time **PRES. RODELIO SOLON**

assignment for next meeting (November 08, 2024)

Master of Ceremonies **IPP JOSEPH TUMACOLE**  
 Invocation & Singing **DIR. ROY ABELLA**  
 Reading **RTN. WYCLIF DURAN**  
 Recognition/Finest Moments **PP PAENG ORILLANA**  
 Fellowship Singing **PP JERRY ORILLANA**  
 RCDN CORNER **SEC. CHARLES RIVERA**

# RCDN ACTIVE MEMBER LIST

	NAME	BLOOD TYPE	CLASSIFICATION	SPOUSE
1	ABELLA, ROY TUBIO		Law Enforcement	Evangeline
2	ABLONG, GILBERT JR	B+	Jeweller	Gold
3	ALCANTARA, GIDEON	A+	Real Estate	Audrey
4	AMISTOSO, JORE		Businessman	Tanya
5	ARAPOLS, KIT NICOLAS	AB+	Chemist	Kat
6	BALBON, MICHAEL	B+	Trucker	Marichu
7	BARANDOG, NILO	O	Retailing	Myrna
8	BUSHEY, JON		Physician - Retired	
9	BANDOQUILLO, MANUEL	AB+	Businessman	Therese
10	BOUFFARD, BRUNO III	A+	Public Service	Marites
11	CATAN, NESTOR		Businessman	
12	CAMAD, ALI JR.		Lawyer	
13	DEL MAR, MARCIANO	A+	Law Enforcement	Jane (A+)
14	DISTRITO, DOMINICIANO JR.	A+	Retired - PNP	Leonita (B+)
15	DURAN, WYCLIF	O+	Digital Marketing	
16	FLORES, FELIPE JR.		Retired-Banking	
17	FRITZ, WOLFGANG	O-	Retired-Banking	Monay
18	HEINE, BRET	A+	Retired-Security Officer	Carmelita
19	INOCENCIO, EDUARDO	A+	Farming	Memem (AB+)
20	JABINES, DONOVAN	B+	EYE/Physician	Doreen
21	KONKE, GREG		Retired-Lawyer	Susan
22	MANALIGOD, ARISTOTLE	A+	Non-Life Insurance	Mitzi (A+)
23	MIRAFLO, ERNIE "BINGBONG"	A+	COMELEC	Tonette
24	MUÑEZ, JULIUS	AB+	Consultant	Carmela (B+)
25	OLASIMAN, DAVE	O+	Printing Services	Jhanet
26	ORILLANA, JEREMIAH C.	A+	Mitsubishi Car dealer	Jovany
27	ORILLANA, RAFAEL	O+	Election Law	Marisa
28	PATRON, PETER		Information Technology	Cathy
29	RAMACHO, NATHAN	A+	Lawyer	Katherine
30	REMOLLO, ANTONIO		Public Service	
31	RICONALLA, CYRUS		Lawyer	
32	RIVERA, CHARLES	B+	Lawyer	Ystilla
33	RUPERTO, NILO L.	O+	Real Estate Law	Ellen (A)
34	SMITH, TODD TIMOTHY	A+	Retired-Physician	Yolly
35	SOLON, RODELIO	O+	Lawyer-Engineer	Vitchie
36	TABASUARES, ERNIE	A+	Mgt. Consultant	Marivel (O)
37	TACALDO, WILLIAM	B	BFP - Retired	Evelyn
38	TENORIO, MAXIMINO M.	O	Gov't Service - Retired	Sonia (B)
39	TIMTIM, ACE VINCENT	B+	License Physical Therapist	
40	TOLENTIN, REYMAN		Law Enforcement	
41	TRAYVILLA, MARK ANTHONY	AB+	Lawyer	Ivy Muriel
42	TUMACOLE, JOSEPH	B+	Lawyer (MTCC COC)	Catherine
43	UY, DOMINADOR	B	Lawyer	Marlene
44	VALENCIA, ERNESTO LEONARDO	B	Retired -Prosecutor	Lolita
45	VIDAL, NEHEMIAS	O+	Lawyer	Etta
46	VILLAREAL, GUILLERMO JR.		Trucker	Des





**RCDN PAST PRESIDENTS**

1	Miguel "Mike" Lalog +	1984-1985
2	Herminiano "Dodong" Silva +	1985-1986
3	Rodolfo "Rudy" Cid +	1986-1987
4	Nicanor "Nic" Rosario +	1987-1988
5	Rodolfo "Rudy" Jandoc	1988-1989
6	Eduardo "Ed" Inocencio	1989-1990
7	Juanito "Johnny" Magbanua	1990-1991
8	Jose "Joe Caduyac +	1991-1992
9	Jose Perpetuo "Pepz" Lozada	1992-1993
10	Rolando "Rollie" Regalado	1993-1994
11	Efren "A Friend" Juico	1994-1995
12	Nehemias "Neming" Vidal	1995-1996
13	Francisco "Paco" Arada	1996-1997
14	Baldomero "Badz" Martinez	1997-1998
15	Arturo "Art" Umbac +	1998-1999
16	Ernie "Bonggo" Tabasuares	1999-2000
17	Fernando "Nanding" Ybañez +	2000-2001
18	Eduardo "Ed" Banogon	2001-2002
19	Felipe "PJ" Juico +	2002-2003
20	Aristotle "Aris" Manaligod	2003-2004
21	Cenen "Nen" Gabay	2004-2005
22	Gaudencio "Bong" Noble	2005-2006
23	Santiago "Kid" Villarín +	2006-2007
24	Generoso "Gener" Licerio	2007-2008
25	Ramses "Ram" Santos	2008-2009
26	Thomas "Tom" Howlett +	2009-2010
27	Herbert "Dodong" Timtim +	2010-2011
28	Raymundo "Bebot" Salgado	2011-2012
29	Gideon "Gido" Alcantara	2012-2013
30	Rafael "Paeng" Orillana	2013-2014
31	Reynaldo "En-en" Piñero +	2014-2015
32	Ernesto "Ernie" Valencia	2015-2016
33	Nilo "Nil" Ruperto	2016-2017
34	Marciano "Mars" del Mar	2017-2018
35	Dominador "Bebe" Uy	2018-2019
36	Jeremiah "Jerry" Orillana	2019-2020
37	Wolfgang "Wolfie" Fritz	2020-2021
38	Nilo "Cubiertos" Barandog	2021-2022
39	Mark Anthony "Markuz" Trayvilla	2022-2023
40	Joseph Tumacole	2023-2024

**LIST OF PAUL HARRIS FELLOWS**

NAME	MEMBER ID	DATE
Ludwig Eckman	1680733	21-Sep-90
Ramon Y. Sy, Jr.	929820	03-Sep-92
Miguel V. Lalog +	871997	31-Jan-94
Ernesto C. Quiamco	1477964	28-Feb-94
Evansuenda Quiamco	4709334	28-Feb-94
Juanito G. Magbanua, Jr.	872026	07-Feb-95
Fernando M. Ybañez	2036162	30-Aug-97
Conrado B. Cabauatan	2436893	30-Aug-97
Eduardo A. Banogon	1832263	28-May-99
Felipe A. Juico +	1253839	28-May-99
Ariel Masangkay	2115326	28-May-99
Don M. Park	2309420	30-Jun-99
Baldomero R. Martinez, Jr.	1980050	08-Jun-01
Mildred B. Preston	5372651	08-Jun-01
Nehemias M. Vidal	1832256	08-Jun-01
Antony Hulse	1845687	17-Jan-03
Efren T. Juico	1832259	31-Jan-03
Elizabeth Cabauatan	6205277	26-Oct-04
Santiago V. Villarín +	5204333	11-May-05
Dolores J. Juico	6617457	22-Feb-07
Nicanor O. Rosario +	924445	20-Apr-07
Thomas F. Howlett	5331456	25-May-07
Herbert Timtim	2115325	31-Mar-10
Joel G. Obar	2384199	01-Feb-11
Jose Perpetuo S Lozada	872012	02-Sep-16
Nilo L. Ruperto	8192766	02-Sep-16
Wolfgang Anton Fritz	10079651	10-Nov-17
Jens Peter Graverholt	10079655	09-Mar-22
Mark Anthony Trayvilla	10363672	10-Apr-23
Gideon S. Alcantara	6177410	11-Apr-23
Bret Heine	11554684	13-Nov-23
Gregory James Konke	11554682	29-Nov-23
Todd Timothy Smith	11673581	29-Nov-23
Joseph Tumacole	10930833	31-Jan-24
Manuel Bandoquillo	11734919	12-Jun-24

**POLIO PLUS SOCIETY MEMBERS**

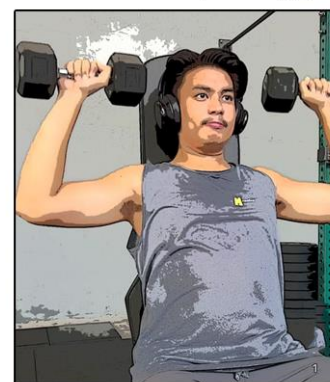
NAME	Member ID
Gregory James Konke	11554682
Bret Heine	11554684
Joseph Tumacole	10930833
Todd Timothy Smith	11673581
Rodelio Solon	11163842

*The Importance of Health Promotion in Our Community*

**ROTARIAN ACE VINCENT TIMTIM**  
*RCDN Club Young Leader's Contact*  
 RY 2024-2025



Health promotion plays a vital role in maintaining long-term wellness by encouraging proactive rather than reactive approaches to health. Instead of waiting for issues like chronic pain, injury, or disease to occur, focusing on prevention can reduce the risk of developing serious conditions. Simple actions like improving posture, incorporating



stretching, and using ergonomic principles in daily activities can prevent common musculoskeletal problems.

Regular physical activity strengthens the body, improves mobility, and lowers the risk of chronic diseases. By educating the community on these principles, we can empower individuals to take control of their health, reducing the need for reactive treatments and fostering a healthier, more active society.

Health promotion initiatives help create awareness of the early signs of potential health risks, allowing for timely intervention.

Through our outreach programs we can provide a platform for individuals to access preventive screenings and health education, promoting early detection of issues such as high blood pressure or diabetes. Ultimately, health promotion is not just about preventing illness, but about empowering individuals to lead healthier, more fulfilling lives.



Focusing on education and proactive care, we can make a lasting impact on healthier, more active lives.



# SECRETARY'S REPORT

## OCTOBER 04 REGULAR MEETING ATTENDANCE

DIR. ROY ABELLA	DIR. GREG KONKE	PP ERNIE TABASUARES
AUD. GILBERT ABLONG JR	DIR. DAVE OLASIMAN	PE MAX TENORIO JR.
PP GIDO ALCANTARA	PP JERRY ORILLANA	DIR. ACE TIMTIM
TREAS. KIT ARAPOLS	PP RAFAEL ORILLANA	IPAG MARK TRAYVILLA
RTB. WYCLIF DURAN	DIR. NATHAN RAMACHO	IPP JOSEPH TUMACOLE
PP WOLFIE FRITZ	SEC. CHARLES RIVERA	PP ERNIE VALENCIA
RTN. BRET HEINE	RTN. TODD SMITH	IPAG NEMING VIDAL
PP ED INOCENCIO	PRES> RODELIO SOLON	RTN. JUN VILLAREAL JR.

## 100 PERCENTERS FOR SEPTEMBER 2024

AUD. GILBERT ABLONG JR	PP RAFAEL ORILLANA	PRES. RODELIO SOLON
PP GIDO ALCANTARA	DIR. NATHAN RAMACHO	PE MAX TENORIO JR.
TREAS. KIT ARAPOLS	SEC. CHARLES RIVERA	IPP JOSEPH TUMACOLE
DIR. GREG KONKE	PP NILO RUPERTO	PP ERNIE VALENCIA
DIR. DAVE OLASIMAN		

## OCTOBER BIRTHDAYS

PRES. RODELIO SOLON	OCT 16	SPS. JINKY TACALDO	OCT 21
DIR. DAVE OLASIMAN	OCT 19	SPS. MONALIE FRITZ	OCT 27
PP RAFAEL ORILLANA	OCT 21		

## OCTOBER ANNIVERSARY -

PP WOFLGANG & SPS. MONALIE FRITZ	OCT 09
PP RAFAEL & SPS. MARISSA ORILLANA	OCT 31

# THE ROTARY HYMN

I want to be a Rotarian for the world  
 Make the Rotary flag as a flag of  
 peace unfurled;  
 I shall serve my community,  
 Help achieve universal unity  
 Through Rotary, I shall dedicate my all,  
 World understanding shall be my  
 cherished goal.  
 REFRAIN: With the Four Way Test  
 I'll pursue my quest  
 And if I, in a way help obtain  
 Peace in the world  
 I shall not have lived  
 in vain.

I'll observe service above self,  
 Lend a hand to all who need my help;  
 I'll get my spouse to involve in Rotary  
 And in Rotary ways I will train my family.  
 (REFRAIN)  
 Build a bridge for tomorrow's youth,  
 Strengthened by nothing but the truth  
 Let's join our hands, there's no reason to divide.  
 We shall all understand, while the good Lord is  
 our guide. (REFRAIN)  
 CODA: Peace be achieved,  
 We shall not have lived in vain.

# RCDN IRRESISTIBLE OFFICERS



Dumaguete North  
**Rotary**  
 Club



ROTARY YEAR 2024-2025

**STEPHANIE URCHICK**  
*Rotary International President*

**CAROLINE L. ANDRADE**  
*District 3860 Governor*



**RODELIO SOLON**  
*RCDN Club President*



**CHARLES RIVERA**  
*RCDN Club Secretary*



**JOSEPH TUMACOLE**  
*Immediate Past President*



**MAX TENORIO JR.**  
*President-Elect /  
 Community Service*



**NATHAN RAMACHO**  
*President Nominee /  
 Club Administration*



**KIT ARAPOLS**  
*Club Treasurer*



**MANNY BANDOQUILLO**  
*TRF Chairman*



**DAVE OLASIMAN**  
*Public Image Chairman*



**ROY ABELLA**  
*Disaster Risk Reduction  
 & Management Chair*



**MARK TRAYVILLA**  
*Club Membership /  
 Club Learning Facilitator*



**ACE TIMTIM**  
*Club Young Leader's Contact /  
 Sgt. at Arms*



**GREG KONKE**  
*New Generations/  
 Vocational*



**GILBERT ABLONG JR.**  
*Club Auditor*





10112024 - RCDN Regular Meeting and Fellowship at Royal Suites Inn presided by Pres. Rodelio Solon.

**END POLIO NOW** **WORLD POLIO DAY IS 24 OCTOBER** **Rotary** 

## One Day. One Focus: Ending Polio

World Polio Day is a time for Rotary members, public health advocates, and all who want a world free from polio to come together, recognize our progress in the fight to end polio, and talk about the actions we need to take in order to end polio for good.



## MESSAGE:

Last Sunday, October 13, 2024, RCDN participated in the Fun Run, an area-wide activity organized by the RCD, aimed to spread awareness and prevent, detect, and cure Breast Cancer. The participation of the members of the RCDN showcases our commitment to get involved in Rotary activities aimed at helping our community.

Indeed, the activity was fun. We also get to see other participants, friends, and old acquaintances, Rotarians or otherwise, who share the same purpose, to have fun and at the same time, raise awareness about

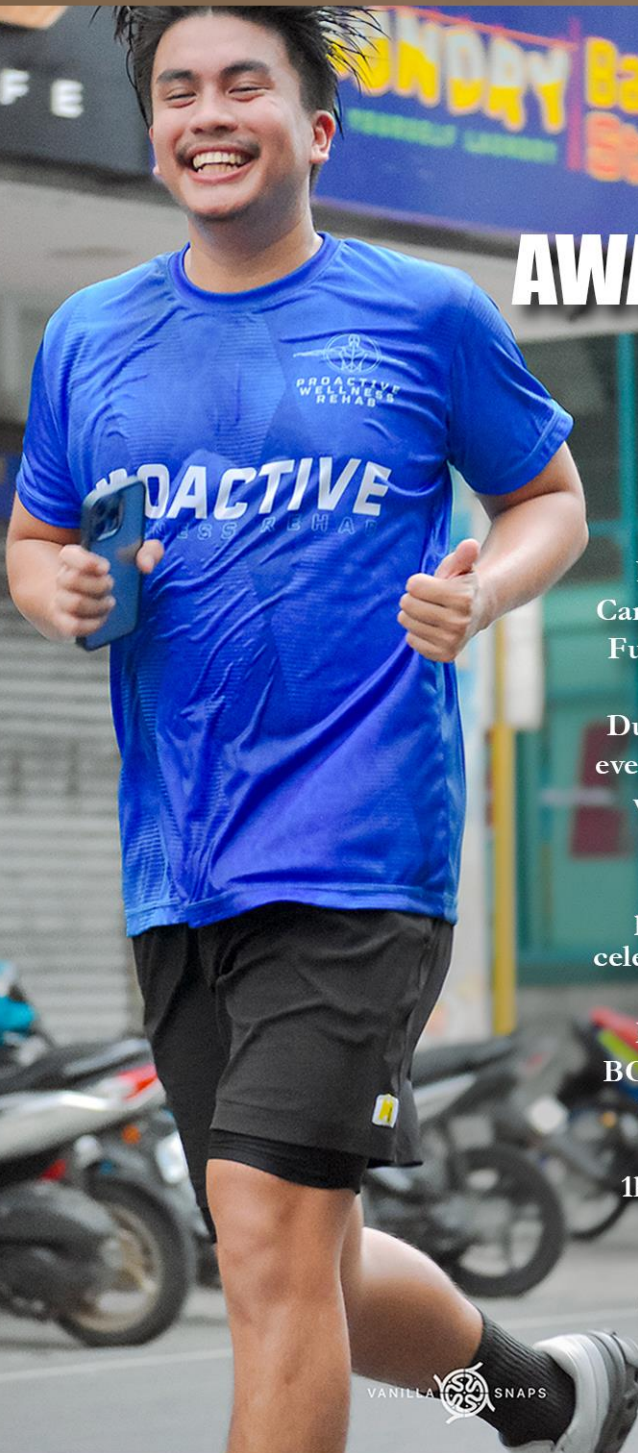
breast cancer. Our effort and financial contributions to the said Fun Run, for sure, will primarily benefit those who are suffering from breast cancer.

On this note, I would like, once again encourage everyone to participate in another Fun Run activity organized by the Rotaract Clubs of Dumaguete, scheduled on another Sunday, October 27, 2024. The theme of the second Fun Run is a “Campaign to End Polio”. I hope that you will once again share your generous hearts and participate in the success of this activity. I, thank you.

## MEETING AGENDA

- 1) Citronella Awareness Campaign, Legal Mission and Clean-up Drive  
Date: October 19, 2024  
Venue: South City Elementary School, Brgy. Mangnao
- 2) Campaign to End Polio: Fun Run  
Date: October 27, 2024
- 3) National Children’s Month Celebration  
Date/Time : November 6, 2024 / 2PM at Robinson’s Place
- 4) RCDN Fund Raising Activity dubbed as “RCDN Christmas Dinner for a cause”  
Date: November 29, 2024  
Venue: GrowPoint (Daro, Dumaguete City)
- 5) Other matters





# BREAST CANCER AWARENESS FUN RUN 2024

10132024 - the Rotary Club of Dumaguete North joins the Breast Cancer Awareness (BCA) Fun Run 2024 organized by the Rotary Club of Dumaguete. (RCD) The event was participated by various oraganizations and individuals in support of the BCA project of RCD and in celebration of the Breast Cancer Awareness Month. This is the 3rd BCA Fun Run organized by RCD in the City of Dumaguete. The 1km | 3km | 5km | 10km - finishers were also qualified for the raffle done after the event at Pantawan 2, Rizal Boulevard.



## the RCDN FINISHERS

