

gmt

GOVERNOR'S
MONTHLY
LETTER



THE FUTURE BEGINS WITH

health



ROTARY IN ACTION FOR HEALTHIER COMMUNITIES

Rotary 
District 3800



Featured Articles

**ROTARY CLUB OF
SAN MATEO HIGHLANDS**

Peace on
Solid Ground

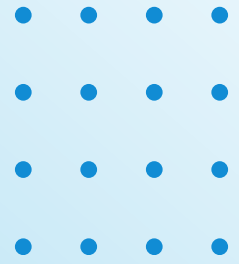
p10

**DPO'S DESK
DATA PROTECTION**

Safe Holiday
Posting

p20

WHAT'S INSIDE



06
—

HEALTHY HEARTS,
HOPEFUL FUTURES

10
—

PEACE ON SOLID GROUD
RC SAN MATEO HIGHLANDS

15
—

PROJECT KAYSAYA
RC MANDALUYONG WEST

21
—

THE GOOD SCOOP
DECEMBER 2025

WHO WE ARE, WHAT WE DO

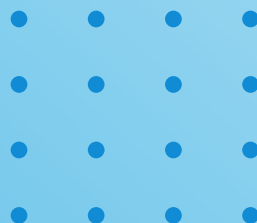
OUR MISSION

To inspire, inform, and connect our community through insightful stories, thoughtful leadership, and a shared commitment to progress, cultivating a sense of unity and empowerment for all.

WHAT WE ASPIRE TO BE

OUR VISION

To inform, inspire, and unite Rotarians across the district by showcasing meaningful stories, impactful projects, and shared achievements. Through purposeful communication, the Governor's Monthly Letter strengthens connections, promotes Rotary values, and drives collective action toward lasting change.



LETTER FOR GOOD



Message from

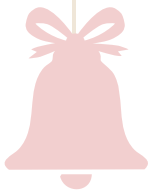
DISTRICT GOVERNOR
GINA T. SANCHEZ
ROTARY YEAR 2025-26

Dear Fellow Rotarians of District 3800,

As we celebrate this blessed season of Christmas, may our hearts be filled with renewed hope, deeper love, stronger unity, and sincere gratitude.

Christmas reminds us to pause and be truly thankful—thankful for our fellow Rotarians and the people around us, for the friendships we have built through service, trust, and shared purpose. These friendships are among our greatest gifts.

We are likewise grateful for the communities we serve, for they have given us the opportunity to be a blessing and to live out the true meaning of service. Even in times of difficulties, Christmas reminds us that light is born through compassion and service.





Our Rotary core values of service, integrity, diversity, leadership, and fellowship are among our greatest strengths.

As we unite for good, these values guide our actions, inspire our work, and bind us together as one Rotary family. They are timeless and will remain with us—today, tomorrow, and for generations to come.

May this Christmas bring peace to our homes, joy to our families, and renewed inspiration to continue serving with love in the coming year. Let us carry the spirit of Christmas beyond the season and into every day of our Rotary journey.

Wishing you and your loved ones a joyful Christmas and a hope-filled New Year.

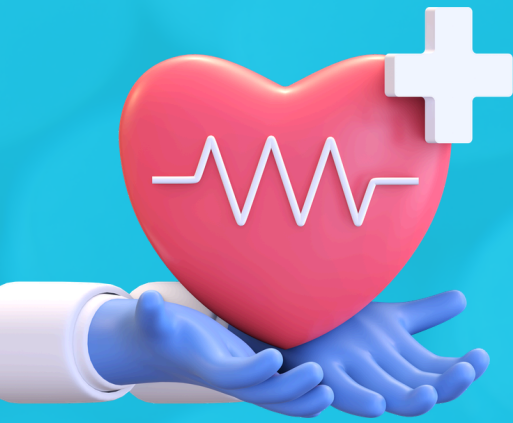
In Rotary Service,

Gina T. Sanchez

District Governor, RY 2025–2026

Rotary International District 3800





Editor's Letter

THE FUTURE BEGINS WITH HEALTH

ROTARY IN ACTION FOR HEALTHIER COMMUNITIES

*As we close the year and enter the season of reflection, December invites us to look not only at where we are, but at the kind of future we are building. This month, as Rotary observes Disease Prevention and Treatment Month, we are reminded of a simple yet powerful truth: **the future begins with health.***

A healthy future does not start in hospitals alone—it begins at home, within families, and in the everyday choices we help communities make. When families are healthy, children can learn, parents can work, and communities can thrive. Disease prevention, access to care, clean water, sanitation, and health education are not just services we provide; they are investments in tomorrow.

Across our district and around the world, Rotarians continue to champion initiatives that protect life and restore hope—from medical missions and health screenings to polio eradication and community education. These efforts reflect Rotary's belief that good health is the foundation upon which strong, resilient communities are built.

As we begin 2026, may we recommit ourselves to service that sustains life and safeguards the future. Let us continue to unite for good by caring for families today, so that generations to come may live healthier, fuller lives.



Capturing your goodness in GML pages,

PP Dee B. Antang
Editor-in-Chief, GML
RY 2025-2026





Health should never be a privilege;
those who are able must help bridge
the gap for those who are not.



HEALTHY HEARTS, HOPEFUL FUTURES

The Rotarians Blueprint for Wellness

As we close the year 2025, the global community looks toward a future defined by innovation and progress. Yet, for the Filipino people, that future is inextricably linked to a more fundamental pillar: health. Under the theme Disease Prevention and Treatment, this month's GML issue, *The Future Begins with Health*, explores the current state of our national healthcare system and why the intervention of Rotary is more critical now than ever.



The State of the Nation: A System Under Strain

In 2025, the Philippine healthcare landscape is a study in contrasts. While the Universal Health Care (UHC) Act has technically achieved 100% population coverage—ensuring all 113.8 million Filipinos are PhilHealth beneficiaries—the reality on the ground remains challenging.



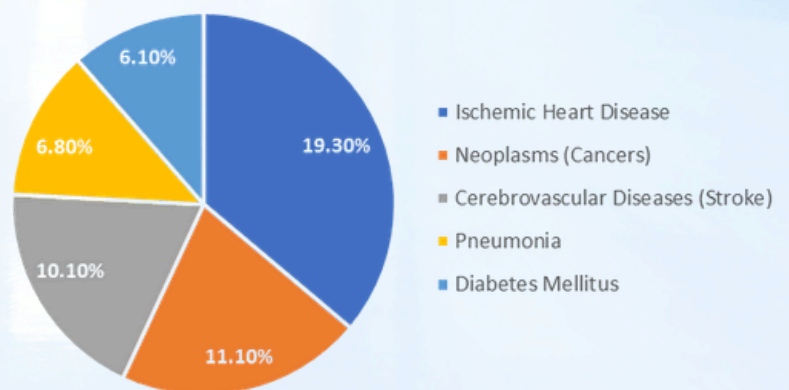
The Financial Burden

Despite "**total coverage**," the cost of staying healthy is skyrocketing. Medical inflation in the Philippines has hit 18.3% this year, the second highest in the Asia-Pacific region. For many Filipino families, a single major illness remains a "catastrophic event," with nearly 45% of health expenditures still paid out-of-pocket.

The Disease Landscape (2025 Data)

Data from the Philippine Statistics Authority (PSA) for the first half of 2025 reveals a persistent struggle with both lifestyle and infectious diseases:

Cause of Mortality



Beyond these "Top 5," 2025 has seen **a concerning 57% surge in new HIV diagnoses** among the youth (ages 15-34), highlighting a massive gap in preventive education and community-based screening.





WHY ROTARY MUST GET INVOLVED

The government's public health system is often overwhelmed, leaving the most vulnerable—our "indigent" and "informal sector" populations—in the shadows. This is where Rotary's unique DNA of Service Above Self finds its greatest purpose.

1. Filling the "Last Mile" Gap

While the Department of Health (DOH) manages large-scale facilities, Rotary clubs excel at "micro-interventions." From mobile diagnostic clinics in remote baranggays to Project Smile (providing dental makeovers for public school teachers), Rotarians reach the areas where the system slows down.

2. Shifting from Treatment to Prevention

The data shows that heart disease and diabetes are our biggest killers. These are largely preventable through lifestyle intervention. Rotary can lead the charge in Community Health Education, promoting "Seven Areas of Focus" like maternal health and disease prevention to stop the cycle of illness before it reaches the hospital doors.

3. Eradicating Stigma

With the alarming rise in HIV cases and the ongoing need for mental health support, Rotary's voice is vital. We have the platform to conduct awareness campaigns that dismantle the social stigmas preventing Filipinos from seeking early diagnosis and treatment.





A CALL TO ACTION: THE FUTURE IS IN OUR HANDS



The 2025 Supreme Court ruling to protect PhilHealth funds reminds us that health is a right, not a privilege. However, a legal right is meaningless without access.

As Rotarians, we are not just observers of the healthcare system; we are its vital partners. By investing in diagnostic equipment for local health centers, sponsoring surgical missions, and leading nutrition programs, we are building the foundation of a healthier Philippines.

"We deserve to dream, not of the day when we can walk into a hospital without fearing financial ruin, but of the beautiful life that can still be led after healing." — Excerpt from the Philippine Supreme Court Decision, Dec 2025.

The future does not begin with technology or infrastructure alone —it begins with a healthy populace.



**Let us ensure that
for every Filipino,
the future starts today.**





PEACE ON SOLID GROUND:

The Highlanders' Journey to Establishing the Peace Pole in Brgy. Silangan, San Mateo, Rizal

ROTARY CLUB OF SAN MATEO HIGHLANDS



“ROTARY PEACE POLE”

This Peace Pole bearing the message “May Peace Prevail on Earth” is dedicated by the Rotary Club of San Mateo Highlands, in partnership with the AFP Village Ladies Club, as a lasting symbol of our shared commitment to peace, unity, and service above self. Anchored in the ideals of Rotary International and strengthened by community partnership, it stands as a reminder that peace is built through mutual respect, compassion, and collective responsibility.

May this Peace Pole inspire the community to uphold the values of tolerance, cooperation, and peaceful coexistence, fostering goodwill, understanding, and harmony among peoples of all cultures, beliefs, and generations, as we work hand in hand to build a safer, more just, and more peaceful world for today and generations to come.

Established by the Rotary Club of San Mateo Highlands, Rotary International District 3800.

Inaugurated this 20th day of December 2025 at AFP Village, Silangan, San Mateo, Rizal



The Peace Pole

The Peace Pole that now stands with pride at AFP Village in Barangay Silangan, San Mateo, Rizal, may appear calm and unshaken, but behind its installation lies a story of persistence, discipline, and the collective will to build peace where it matters most.

On December 20, 2025, the Rotary Club of San Mateo Highlands officially unveiled the Peace Pole Marker—a beacon of hope in a community defined by diversity and daily movement. However, the road to this installation was far from simple. What many witnessed during the unveiling was only the final chapter of a long and determined journey.

The Beginning: A Vision for Silangan

The idea to erect a Peace Pole in Brgy. Silangan was first inspired by the community’s identity. “Silangan,” meaning east, symbolizes light and beginnings—a fitting location for a symbol dedicated to peace. Highlanders believed that planting the Peace Pole here would serve as a daily reminder that peace lives within community effort, understanding, and dialogue.





The Challenges: Coordination, Conflicts, and Compromises

What followed was a series of meetings, discussions, revisions, and logistical hurdles. The club began extensive coordination with the AFP Village Ladies Club and the AFP Village Homeowners Association (AFPVAI).

The selection of the exact location was the most challenging part. Several proposed sites were measured, debated, and revisited. Each party had valid concerns—visibility, accessibility, safety, and symbolism.

There were moments when opinions clashed. There were days when the arguments appeared to outweigh the agreements. There were instances when the project felt close to being halted. Yet, the Highlanders stood firm. Guided by the belief that peace requires patience and respect, the club chose to listen, negotiate, and build trust rather than walk away.





Reaching Higher Ground—Literally and Symbolically

After several weeks of coordination and discussion, the final decision was made: the Peace Pole would be placed at the AFP Village Garden area, right across Barangay Silangan’s Hall and beside the public market and covered court—ensuring maximum public visibility and strong community relevance.

The pole now stands near roads leading to various housing areas, near public schools, and just a few steps away from places of worship. This location was not chosen hastily—it was earned through cooperation.

The Victory: Signing, Support, and Shared Custodianship

The journey culminated in the symbolic unveiling of the peace pole, followed by the signing of a Memorandum of Agreement between the Rotary Club of San Mateo Highlands and the AFP Village Ladies Club, securing shared responsibility to protect the site and maintain its relevance for future generations.

District 3800 Governor Gina Sanchez, Past President Noel Cuico, the Chairman for Service Project, and Assistant Governor Michael Raymundo, the Chair for Peace Building and Conflict Prevention, together with AFP Village Ladies, AFPVAI, and barangay representatives, witnessed the moment—affirming the community’s united stand for peace.

A Symbol of the Journey Itself

Today, the Peace Pole in Barangay Silangan represents more than peace; it represents the journey toward peace:

- the courage to start,
- the humility to listen,
- the strength to compromise,
- and the grace to rise above challenges.



Challenges did not stop the project—instead, they shaped the meaning of the pole itself.

From heated arguments to warm collaboration, from confusion to clarity, and from planning to installation, the Peace Pole now stands exactly where it should be: on ground strengthened by unity.

As the Highlanders look toward future peace initiatives, this pole serves as a reminder that peace is never passive. It is built, protected, discussed, disagreed upon, and ultimately shared.

Silangan now rises as a place where peace is not just spoken—it is planted. And from this pole, the message will continue to rise.



Contributor
Vega M. Castor, MD, MM
President Nominee
RC San Mateo Highlands



Project KAySAYA,

**KALINGA AT SAYA
PARA SA MGA KUYA**

Rotary Club of Mandaluyong West

OUTREACH PROJECT

Service Project for the PDL's of BJMP Mandaluyong Male Dormitory.

“Heavy rains and extreme floodings cannot stop our project for the day, we are needed more than ever during these situations”. These are the words of Good President Angeli Ancheta when asked about the weather condition during the early morning preparations.

“Kalinga at Saya para sa mga KUYA” aims to elevate PDL's, “Kuya” or elder brother, a friend or a call of respect to a male in modern Filipino times.

Reaching-out to bring-out the smiles and hope to almost 600 Persons Deprived of Liberty or PDLs. The Rotary Club of Mandaluyong West provided more than just slippers, food and basic items – we responded to the assessed concerns of the PDL's with undertakings consistent with Rotary's causes;

“Kalinga at Saya para sa mga KuYa”
An outreach project for BJMP Mandaluyong Male Dormitory

Aug. 22, 2025
8 AM
BJMP Mandaluyong,
Maysilo Circle,
Mandaluyong City

**Together,
We can!**

#toGodbeallthegory

	1. Hepatitis B & C Awareness Talk by Yellow Warriors Philippines
	2. CPR Caravan by Philippine Red Cross
	3. Distribution of Scientific Calculators
	4. Hepa B & C Testing by Viral Hepatitis Free Philippines, Inc.
	5. Liver Ultrasound by Kylledmed Phils.
	6. Distribution of Vitamin C by Cnergee
	7. Talks on Peace & Order by Rtn. Jay Lomongo of RC Mandaluyong West
	8. Distribution of Bible by FLS Group & Phil. Bible Society
	9. Bible Reading by Rtn. Ruby Mendoza of RC Mandaluyong West



For Basic Education and Literacy:

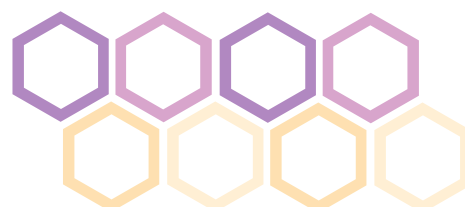
1. Hepatitis B & C Awareness Talk by Yellow Warriors Philippines.
2. CPR Caravan conducted by volunteers from Phil. Red Cross Mandaluyong Chapter.
3. Distribution of 35 Scientific Calculators essential for the college education of qualified student scholars of Rizal Technological University.



For Disease Prevention and Treatment

Our corporate partners provided the following:

4. Hepatitis B & C Testing by Viral Hepatitis Free Philippines Inc. for close to 100 patients facilitated by Nurses Rtn. Sarah Mae Masinsin of Phil. Red Cross and Nurse Tess Abuy of St. Lukes
5. Liver Ultrasound and consultation to concerned patients/PDLs by KilledMed
6. Distribution and Turnover of Vitamin C by CNERGEE





For Peacebuilding and Conflict Prevention

7. Talks on Peace & Order by Jail Officer Rtn. JB Lomongo.
8. Distribution of New Testament Bibles and Karunungan for Life Books courtesy of FLS Group and Philippine Bible Society.
9. Bible Reading and talks on Mental Health by Rtn. Ruby Mendoza



Moreover, job opportunities were made available for the families of the PDL's from corporate partner Prestige Alliance MPC with office in Mandaluyong City.





Manda West Rotarians with volunteers from Red Cross Mandaluyong Chapter, BJMP Mandaluyong and Medical Doctors with Jail Chief Warden Joey Genecera.

"We are extremely grateful for the Rotary Club of Mandaluyong West headed by Good President Angeli Ancheta with her clubmates and partners for extending these kinds of unforgettable services to the PDL's of our facility. I am sure that you will be able to make them feel important, and cared by people like Rotarians. Mabuhay ang Rotary!", said Chief Warden Mr. Joey Genecera.

A side-tour of the facility led by Jail Officer / Rotarian JB Lomongo with BJMP officers, a lunch fellowship and an appreciation ceremony made the event more meaningful. Also worthy to note that BJMP Mandaluyong is among the top state-of-the-art facility in the entire Philippines which among others has clean dorms, art and music room, library, commissary, barbershop, gymnasium, E-dalaw, and E-burol facilities.

Our utmost appreciation to all partners and individuals for making this possible and more importantly for the opportunity to serve.

Together, We Can!

Contributor
PP Joel Reña
RC Mandaluyong West



PRIVACY TIP OF THE MONTH

THE RIGHT WAY,
MADE SIMPLE.

A PRIVACY-CONSCIOUS RI DISTRICT 3800

Because Every Rotarian's Privacy Matters.

SAFE HOLIDAY POSTING

"CELEBRATE, DON'T OVERSHARE."

Avoid posting sensitive beneficiary details.

Review captions carefully for names, faces, and other identifying information before posting. Under the Philippine Data Privacy Act (RA 10173), personal data must be handled responsibly, with proper consent.

When in doubt, anonymize details and focus on the story or impact rather than on identifiable individuals.



JOYFUL MOMENTS,
CAREFUL CHOICES –

Celebrate Safely!

A Tiny Tip,
Big Impact – from



PP ANTHONY JAKE V. DURAN

RI District 3800 Data Protection Officer
RY 2025 - 2026



A quick, candid pulse check from across Rotary District 3800!

Each month, the GML tosses out one playful question and gathers real, insightful—and sometimes unexpected—answers on how the “Unite for Good” journey is unfolding.


In this December issue, the GML highlights Rotarians in the medical profession who are making a tangible impact through disease prevention initiatives:

How has your involvement in Rotary strengthened your commitment to your profession and inspired you to extend care beyond the clinic?



LICENSED NURSE

PP MARK JAY P. DAGAT

PhD (C), MHA, MAN, RN,
CQS, DipPSQua, FPSQua
Command Fleet Nurse 
Philippine Fleet, Philippine Navy

Rotary Club of San Mateo Highlands

"Service is love made visible – when we choose to show up, serve with humility, and to heal not only bodies, but lives." Through Rotary, I learned that true care doesn't end at our clinic door or in my own profession; it begins wherever humanity calls."



My service in Rotary has deepened my understanding that service does not end when our clinic doors close or when my military uniform is taken off. As a Rotarian, a military nurse, a college professor, a co-owner of VCD Clinic and Pharmacy, and most importantly, a loving father, I have learned that healing takes many forms, sometimes it begins with medicine, but often it begins with presence, compassion, and action within the community.



Rotary strengthened my commitment to my profession by reminding me that care must reach people where they are, especially those who are unseen, underserved, or unheard. Working with Rotary has taught me to look beyond symptoms and see stories, families, and futures that need protection and hope. It inspired me to extend care beyond our own health facility into communities, classrooms, and even in crises, where service becomes a shared responsibility, and compassion becomes a collective force.

BALANCING DUTY, COMPASSION, AND PURPOSE



A military nurse by calling, a healer by heart, and a leader by choice — he stands at the intersection of service and sacrifice. As a Co-Owner of VCD Clinic and Pharmacy, he extends care beyond uniforms and walls, making healthcare more accessible to the community he serves.

In the classroom, he shapes future professionals as a College Professor, guiding minds with discipline, empathy, and integrity. At home, he embraces his most meaningful role — a loving father, grounded in faith, family, and the quiet strength that comes from love.

Through every uniform he wears and every role he carries, his mission remains the same: to serve with honor, lead with purpose, and heal with heart.



*“Steadfast in service,
Strength with Purpose.”*



LICENSED MEDICAL DOCTOR &
BOARD-CERTIFIED OB-GYNECOLOGIST

PP MILLIE ROSE MORALES-FRANCISCO

Master in Hospital Management
Master of Business Administration
Certified Healthcare Administrator
Diploma in Health Leadership and Management
Fellow, Phil. Obstetrical & Gynecological Society

Rotary Club of Malabon Central

*“When we Unite for Good, hospitals become hubs of service,
and healing becomes a shared community mission.”*



Rotary has strengthened my calling as a physician by reminding me that healthcare is both a profession and a shared responsibility. Living this year’s theme, Unite for Good, I have witnessed how collaboration transforms healing from individual care into meaningful community impact.



As Medical Director of Malabon Hospital and Medical Center (MHMC), Rotary has inspired me to open our hospital not only as a place for treatment but also as a venue for service..



EXTENDING CARE BEYOND HOSPITAL WALLS



Through Rotary partnerships, MHMC hosts preventive screenings, maternal and adolescent health programs, vaccination drives, and health education initiatives. These experiences reaffirm that prevention, access, and compassion are as vital as cure.



Rotary challenges me to integrate service into leadership, extend care beyond clinic walls, and unite professionals, institutions, and volunteers for good—creating sustainable health and lasting hope for the communities we serve.



“Where Rotary unites, healing multiplies.”



LICENSED DENTIST

PP CRISTINA C. NERY

Public Information Office
World Health Organization

Rotary Club of Rodriguez

“Service is the bridge between my profession and my purpose.”



Rotary has transformed my perspective from treating individual patients to serving entire communities. Inside the clinic, I address immediate dental needs, but through Rotary, I witness the stark reality that oral health is often a luxury rather than a right for many.

This shift has deepened my understanding of healthcare beyond treatment, emphasizing prevention, education, and accessibility. It has challenged me to see beyond the dental chair and recognize the broader factors shaping oral health. Through community engagement, I’ve witnessed how collective efforts create meaningful impact, strengthening my sense of purpose—not only to heal, but to advocate for healthier communities.

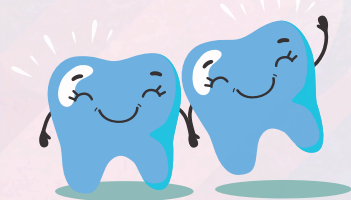


BRINGING SMILES TO LOCAL COMMUNITIES



Participating in missions has shown me that poor oral hygiene is often linked to broader systemic diseases, strengthening my commitment to advocate for health literacy and prevention. Rotary allows me to scale my skills beyond the dental chair, ensuring that quality care reaches those who may never access private practice.

These experiences have deepened my dedication to expanding access to care and reinforced the value of early intervention and education. Working with fellow volunteers has highlighted the power of collaboration, shaping my view of dentistry as a tool for meaningful and lasting impact.



"Healing smiles, empowering lives beyond borders."



BE PART OF THE STORY THAT INSPIRES

An Invitation to Rotarians and Project Partners

The Governor's Monthly Letter (GML) is more than a publication—it's a celebration of service, leadership, and impact. This Rotary Year, we invite YOU to help us bring its pages to life.

Whether you're a passionate Rotarian or a proud Project Partner, your story matters—and the district wants to hear it.

SHARE YOUR ROTARY JOURNEY

Tell us what moved you to serve. What project changed your perspective? What keeps your Rotary heart beating?

GET FEATURED IN THE GML

This is your platform. Showcase your business, organization, or advocacy—especially if it aligns with Rotary's causes and values. Let others know how you're making a difference in your own way.

BUILD NEW CONNECTIONS

Through the GML, your voice reaches over a thousand leaders, change-makers, and future collaborators in District 3800 and beyond. It's the perfect space to grow your network and strengthen your impact.

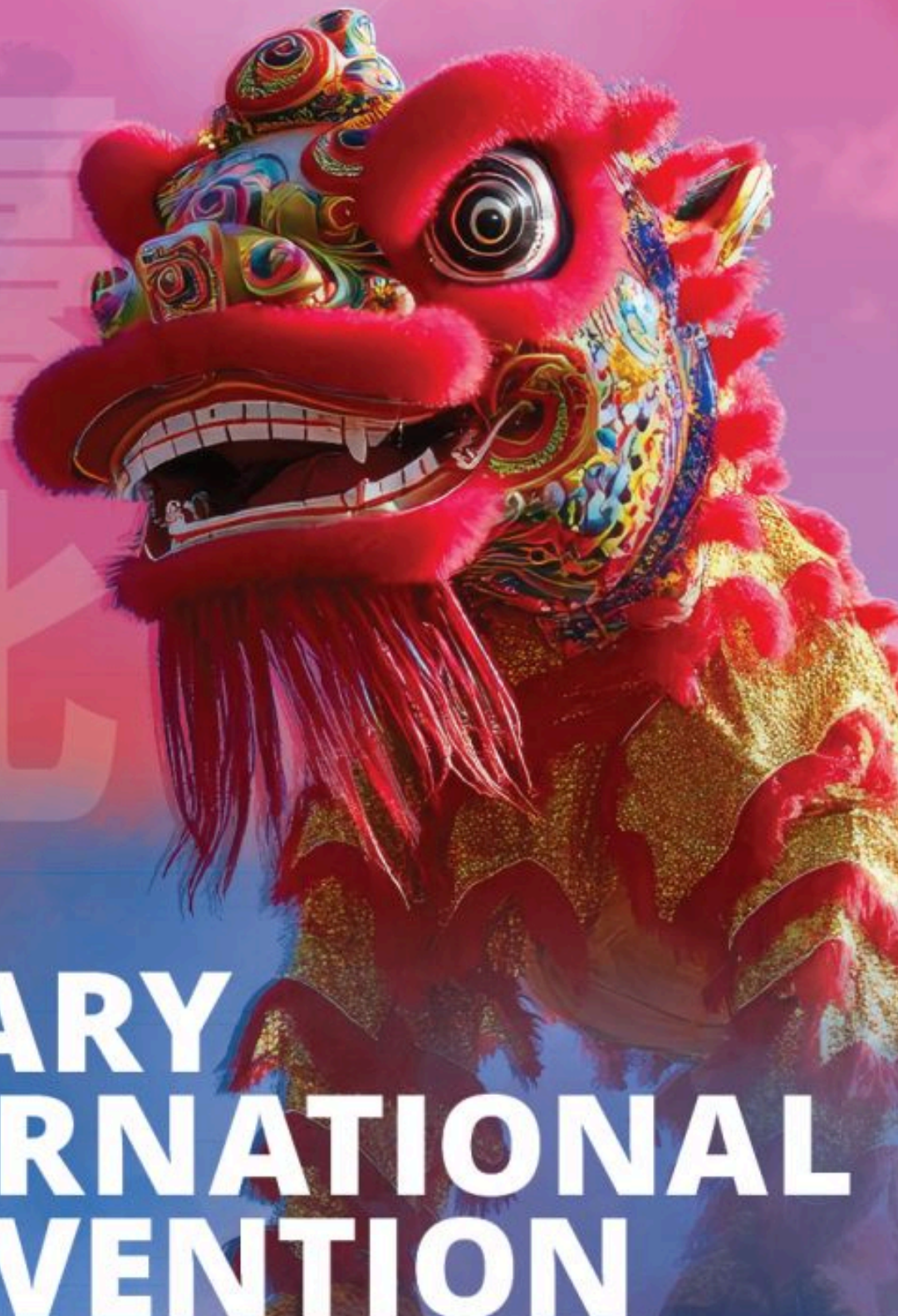


Let's unite for good—one story, one partnership, one issue at a time.

Connect with us at 3800gml@gmail.com.

We'd love to feature your Rotary story, your business, or your community impact.

BE PART OF THE GML MOVEMENT—WHERE SERVICE MEETS CREATIVITY.



ROTARY INTERNATIONAL CONVENTION

TAIPEI, TAIWAN | 13-17 JUNE 2026

Rotary



TAIPEI
2026

REGISTER
NOW!

Rotary
District 3800



UNITE
FOR
GOOD

gml

GOVERNOR'S
MONTHLY
LETTER



DECEMBER 2025 ISSUE