

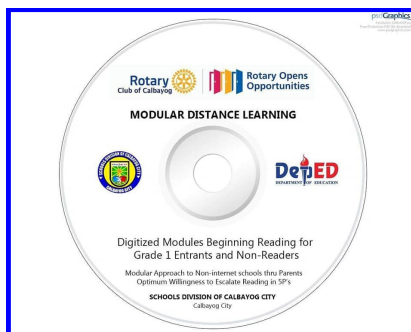


## ROTARY CLUB OF CALBAYOG TURNS OVER DIGITIZED LEARNING MATERIALS TO DEPED CALBAYOG

The significant project all started when the Rotary Club of Calbayog received a communication from Mrs. Lourdes Matan, MTB-MLE Coordinator of the Department of Education Schools Division in Calbayog City, requesting assistance for the purchase of DVDs/CDs to be used by Grade 1 students as E-module in Beginning Reading; while the request for USBs/OTGs will be used by teachers who are handling multi-grade levels. Sixty (60) schools in far-flung barangays in Calbayog City will be the beneficiaries of the project.

Ever supportive of DepEd's initiative to help students especially in places where there is limited or no internet connection at all, the Rotary Club of Calbayog decided not only to purchase the requested materials, but also to produce the digitized modules (to be transferred to OTGs/ USBs and/or DVDs/CDs) to lessen the burden of teachers who would supposedly do the production.

Finally, on November 13, 2020, the Rotary Club of Calbayog officially turned over 100 OTGs/USBs and 500 DVDs/CDs (Digitized Modules for Beginning Reading for Grade 1 Entrants and Non-Readers) to DepEd Calbayog.



The digitized materials were presented to Schools Division Superintendent Dr. Thelma Cabadsan-Quitlig, Assistant Schools Division Superintendent Dr. Elena S. de Luna, and Dr Renato Cagomoc,

CID Chief. Incidentally, DepEd Assistant Regional Director Dr. Arnulfo Balane and Regional EPS in Mother Tongue Dr. Gertrudes Mabutin who were also in San Rafael Memorial School of Fisheries attending a different engagement, were I invited to witness the turnover.

The Rotary Club of Calbayog learned that another book (Book 2) is in the works. With the help and support of the club's service partners, a new partnership in the near future is probable.

Special thanks to Miss Anyag 2019 Nica Zosa for supporting this project.








Fully supporting Rotary International's 7th Area of Focus which is Supporting the Environment, The Rotary Club of Calbayog and the Rotaract Club of Ibatan-Calbayog, together with the Local Government Unit (LGU) of Calbayog, through the City Environment and Natural Resources Office (CENRO), conducted a Mangrove Planting in Brgy Tomaliguez last November 07,2020. The officials and tanods of the said barangay, armed with their own bolos and planting tools, joined the Rotarians in the activity. They also thanked the group for especially choosing Brgy Tomaliguez as the club's recipient for this year's Mangrove Planting.

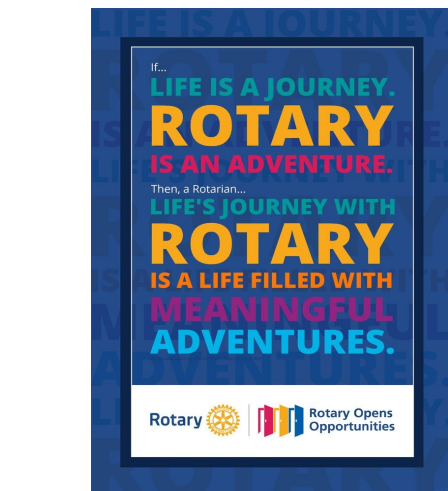


 BASIC EDUCATION & LITERACY	 MATERNAL & CHILD HEALTH	 PEACE & CONFLICT RESOLUTION
<b>NOVEMBER IS THE ROTARY FOUNDATION MONTH</b> 	 WATER, SANITATION, & HYGIENE	
 SUPPORTING THE ENVIRONMENT	 DISEASE PREVENTION & TREATMENT	 ECONOMIC & COMMUNITY DEVELOPMENT



The best way to find yourself is to lose yourself in the *service of others.*





## PROJECT WASH

The Rotary Club of Calbayog led by Transforming President Vivian Jumagdao turned over three (3) portable water tanks to Brgy San Joaquin last November 07,2020. The barangay council requested the water tanks to be utilized in both elementary and high schools, as well as in the barangay, to encourage frequent handwashing as part of proper hygiene. Representatives from Barangay San Joaquin, San Joaquin Elementary School and San Joaquin National High School personally received each of the donated portable water tanks. The Rotary Club of Calbayog believes that the simple reminder of frequent handwashing will help avoid sickness and diseases.



## November Meetings:

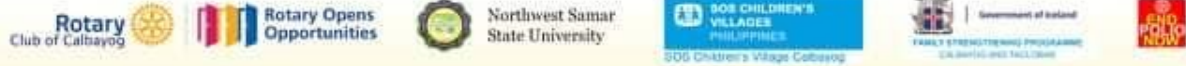
**November 14, 2020:** Transforming President Vivian Jumagdao called a meeting last November 14, 2020 to update activities that were temporarily put off due to unpredictable weather and local health protocols. Three (3) activities originally scheduled for September and October 2020 were finally implemented the first two weeks of November. Two (2) more activities are expected to be completed this month.

In addition, a special fund-raising project was conducted in support to District 3860's call to send aid to regions affected by both Typhoons Rolly and Ulysses.

The club was able to raise Php 60,000.00 for to help Cagayan and Bico Regions.

**November 27, 2020:** Selected officers were called to a special meeting last November 27,2020 to lay down plans for District 3860's Awarding Ceremonies for Champion Year (RY 2019-2020) scheduled on December 04,2020.

A proposal was also discussed to schedule the pinning of Paul Harris Fellows for RY 2019-2020 on the same day. In addition, schedules of activities to be implemented for December 2020 were finalized, and will be presented to the body.



Rotary Club of Calbayog

Northwest Samar State University

SOS Children's Village Calbayog

# BUSINESS DEVELOPMENT PLANNING and FINANCIAL LITERACY SEMINAR-WORKSHOP

November 26 - 27, 2020, Brgy. Manguinoo, Calbayog City

The Rotary Club of Calbayog, together with Iceland Government, SOS Children's Village Calbayog and Northwest Samar State University, organized a Seminar-Workshop on Business Development Planning and Financial Literacy in Brgy Manguinoo, Calbayog City last November 26-27, 2020. Forty-seven (47) participants actively participated in the two-day seminar-workshop which started with a Welcome Message by Manguinoo Brgy Captain Merline Yangzon, followed by a short Overview of the activity by Dr. Catherine Rodriguez, Associate Professor IV, and NWSSU Director for Extension Services.

Afterwards, Rotarian Lito Rosalado of the Rotary Club of Calbayog, gave a personal testimony of his humble beginnings as an entrepreneur, sharing his success story as an owner/proprietor of numerous business ventures. The seminar-workshop then proceeded with the topic "Financial Management" facilitated by Mr. Herbert M. Fabillar, a NWSSU Instructor.

The second day was likewise well-attended. A Lecture on "Business Plan" followed by a workshop was facilitated by Mr. Joseph Emil David, also a NWSSU Instructor. Afterwards, Rotarian Felix Jumagdao Jr, gave a personal testimony, sharing his struggle as a working student, and making sacrifices before he became a successful entrepreneur.

Meanwhile, Rotarian Lito Rosalado donated four (4) LPG Gasulets, while Rotarians Bon and Reinalyn Calvara donated face shields. All donations were personally received by the participants.

Transforming President Vivian Jumagdao, on the other hand, gave a short Closing Remarks, thanking Iceland Government, SOS Children's Village Calbayog and NWSSU for the trust, and the participants for their active involvement. I

It was almost two (2) months ago when the Rotary Club of Calbayog, SOS Children's Village Calbayog and the NWSSU forged a partnership to organize a community-based seminar-workshop that would cater to the participants in Manguinoo. The topics defined were specific to the needs of the participants based on the assessment conducted before the seminar-workshop schedule



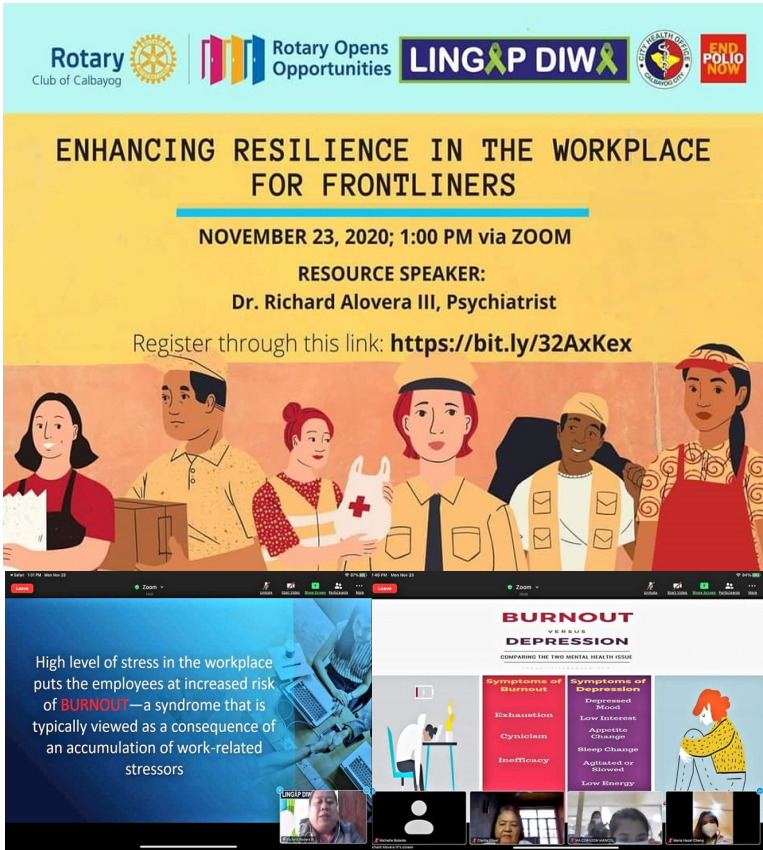


**Awareness and Advocacy Campaign**

The Rotary Club of Calbayog partnered with Lingap Diwa of Unilab (United Laboratories) the second time in a webinar, and this time, focusing on frontliners. The Awareness and Advocacy Campaign titled "Enhancing Resilience in the Workplace for Frontliners" dated November 23,2020 was well attended with one hundred fifty six (156) confirmed participants from different sectors including doctors, nurses, teachers, men in uniform, businessmen, and others who in one way or another are considered frontliners.

Dr. Sylvia de Guzman, Calbayog City's Health Officer, gave the Opening Remarks. Rotary Club of Calbayog Transforming President Vivian Jumagdao formally introduced the speaker who is also an active member of the Board of the Rotary Club of Calbayog and a psychiatrist by profession, Dr. Richard Alovera.

Dr Richard Alovera discussed various topics like workplace stressors, burnout, depression, mindset for the new normal, among others. Lingap Diwa, on the other hand, announced its Patient Online Consult Assistance with readily available neurologists and psychiatrists who will cater to individuals considering professional help in non-emergency cases.



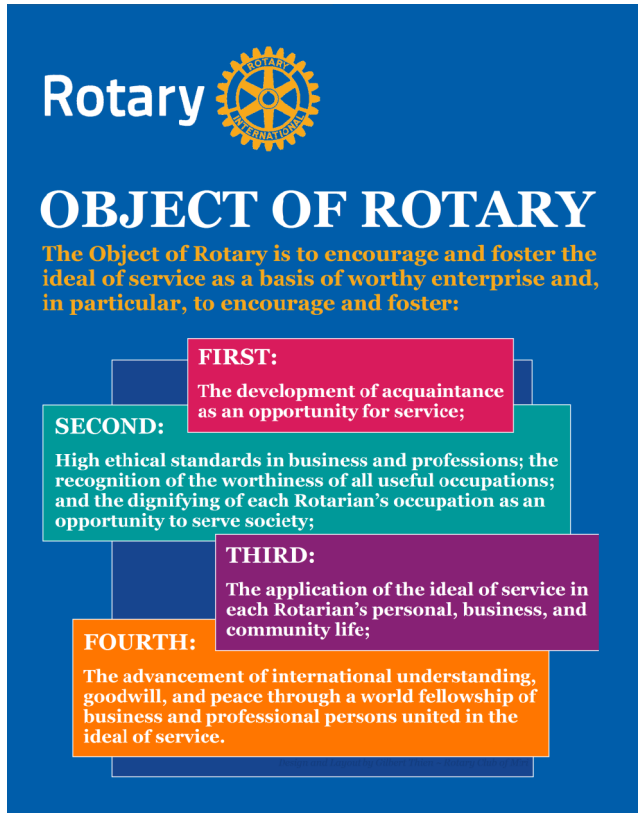
**ENHANCING RESILIENCE IN THE WORKPLACE FOR FRONTLINERS**  
 NOVEMBER 23, 2020; 1:00 PM via ZOOM  
 RESOURCE SPEAKER:  
 Dr. Richard Alovera III, Psychiatrist  
 Register through this link: <https://bit.ly/32AxKex>


**BURNOUT VERSUS DEPRESSION**  
 COMPARING THE TWO MENTAL HEALTH ISSUES

High level of stress in the workplace puts the employees at increased risk of **BURNOUT**—a syndrome that is typically viewed as a consequence of an accumulation of work-related stressors

**Symptoms of Burnout:** Exhaustion, Cynicism, Inefficiency

**Symptoms of Depression:** Depressed Mood, Low Interest, Appetite Change, Sleep Change, Agitated or Slowed, Low Energy



**Rotary** 

**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 an 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.



**Rotary** 

**TOGETHER WE SEE A WORLD WHERE PEOPLE UNITE AND TAKE ACTION TO CREATE LASTING CHANGE ACROSS THE GLOBE IN OUR COMMUNITIES AND IN OURSELVES**

**ROTARY'S VISION STATEMENT**

Time for **FAMILY.**  
 Time for **WORK.**  
 Time for **COMMUNITY.**  
 Time to make **A DIFFERENCE.**  
 Time **FOR** **Rotary**

