

Hiyas



October, 2023
Fourth Edition

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Hiyas



Rotary Club of Cebu Gloria Maris believes in preserving nature.
Last September 17, 2023
at Alferez Beach Resort,
we joined the other Rotarians of District 3860 in planting mangroves.



Planting mangroves can reduce shoreline erosion and can protect coastal communities against coastal flooding, high winds and waves.

Mangroves can also provide essential habitat for thousands of species. The aim is to support livelihood without destroying the mangrove forest.



Thanks for joining us!

GAY MARIE M. TIU

Welcome to the Health Education & Wellness Rotary Action Group.

This Rotary Action Group operates in accordance with Rotary International policy.

WELCOME TO THE HEWRAG, PRES. GAY MARIE TIU !

We are delighted to share some exciting news with all of you. Our club's commitment to addressing malnutrition and improving the health of our community has taken a significant step forward. Our President, Gay Marie Tiu, has made the decision to join the Rotary Action Group for Health Education and Wellness (HEWRAG).

This strategic move not only demonstrates our dedication to Rotary's core values of service and community betterment but also underlines our resolve to make a tangible impact on one of the most pressing issues in our community—malnutrition.

The Rotary Action Group for Health Education and Wellness is a global network of Rotary members and professionals who are passionate about promoting health and well-being around the world. By joining this group, we gain access to invaluable resources, expertise, and collaborative opportunities that will greatly enhance our ability to tackle malnutrition and health-related challenges in our community.

Here's what this means for us:

Expertise and Knowledge Sharing: We will have the chance to tap into the collective wisdom of healthcare professionals and experts in the field. This knowledge will help us design and implement more effective and sustainable projects.

Global Partnerships: Being part of this action group opens doors to potential partnerships with other Rotary clubs, organizations, and experts worldwide who share our mission. We can learn from their experiences and collaborate on impactful projects.

Enhanced Impact: Our projects aimed at fighting malnutrition and improving community health will benefit from evidence-based strategies and best practices, ensuring a more significant and lasting impact.

Increased Awareness: Our involvement in this action group can help raise awareness of the important work we do within Rotary and in the broader community. This, in turn, may attract more resources and support for our initiatives.

Thank You DG Rozanne "Twinkle" Gamboa!



District Governor's Visit

The annual "official visit" of Rotary District 3860 Governor, Rozanne "Twinkle" Gamboa to our club, was held last September 26, 2023 at Golden Prince Hotel.

It was an opportunity for the club to present our plans and strategies for the Rotary Year 2023-2024, at the same time present what we have accomplished so far.

DG Twinkle Gamboa was accompanied by the Chief of Staff for Visayas of Rotary District 3860. It's so heart-warming to have received appreciation from district officers for all our accomplishments since July 1, 2023.



MULTI-ORGANIZATION COLLABORATION



PHILIPPINE SOCIETY OF MEDICAL ONCOLOGY and SM City Cebu
in cooperation with The Medical Oncology Group Cebu,
Philippine Society of General Surgeons, Philippine Obstetrics and Gynecology Society
iCanServe Foundation Inc., Eduardo J. Aboitiz Cancer Center and Rotary Club of Cebu Fuente

PINK CANCER CHAT 2023 "Breast Cancer in the Young"

WAYS TO REGISTER

Scan the QR Code



Enter the Link

OR [http://bit.ly/
PinkCancer2023](http://bit.ly/PinkCancer2023)

October 1, 2023
8AM to 12NN
SM City Cebu
Cinema 7

Facebook Livestream
Cancer Experts: PSMO

Breast Cancer 101
Fertility Issues
Stories of Hope
Skin Care for the Cancer Patient



RCCGM Supports Pink Cancer Chat

CINEMA 7, SM CITY, CEBU

A group of RCCGM ladies attended the Cancer Chat last October 1, 2023 at Cinema 7, SM City, Cebu.

There were various groups present during the event. We met cancer survivors, health practitioners and many others who were there to learn more about the disease.

This event marks the beginning of a month long celebration of Pink October which is focused on breast cancer awareness and prevention.





Rotary Club of Cebu Gloria Maris' Mooncake Festival 2023 Celebration

The Mid-Autumn Festival, renowned as the Mooncake Festival, is a time-honored Chinese observance celebrated on the fifteenth day of the eighth month in the lunar calendar. This festival carries deep cultural and historical significance, symbolizing the bountiful harvest, familial togetherness, and the enchanting allure of the full moon. Across Asia, it serves as a moment for families and friends to unite, relish delectable mooncakes, and partake in various festive customs.

MOONCAKE FESTIVAL



In a heartwarming display of cultural harmony and companionship, the Rotary Club of Cebu Gloria Maris came together on September 29, 2023 to commemorate the Mid-Autumn Festival with an unforgettable evening with a dinner at the Montebello Villa Hotel in Banilad, Cebu City. It was then followed by the Mooncake dice game, where participants took turns rolling the dice, eagerly anticipating the symbols that would determine their prizes. Members secured multiple prizes throughout the Mooncake dice game, and ultimately, it was Rox who emerged as the fortunate grand prize winner.

Following the Mooncake dice game, the celebration continued as members and guests chose to prolong the celebration by staying at the hotel. This extension allowed for more moments of togetherness, additional stories to be shared, and the fostering of the enduring friendships that are synonymous with the Rotary Club of Cebu Gloria Maris.

The annual celebration of the Mid-Autumn Festival by the Rotary Club of Cebu Gloria Maris remains a cherished tradition that embodies unity, cultural appreciation, and fellowship among its members and guests.



A Daycare Delight Project Barangay Saksak Asturias, Cebu

On October 5, 2023, in the remote mountainous terrain of Brgy Saksak, Asturias, Cebu, the Rotary Club of Cebu Gloria Maris embarked on a heartwarming mission that brought smiles and excitement to the young pupils of Ms. Mae's daycare. This mission was driven by a commitment to enhance basic literacy, provide access to safe drinking water, and promote healthy living in a remote area where educational resources are scarce.

The program started with the distribution of loot bags, each filled with food, tumbler and a toy. In addition to the loot bags, the Rotary Club also donated workbooks, stickers and essential school materials to support basic literacy. These valuable resources were met with tears of joy from Ms. Mae, the dedicated teacher who had longed for such materials to aid in her pupils' education.

The Rotary Club's commitment to the well-being of the community extended beyond literacy. Recognizing the significance of safe drinking water, the club had previously donated a water filtration system to the day care.

After the giving of the gifts, the pupils were reminded to stay away from junk foods. The project aimed not just to improve literacy but to foster a culture of well-being and nutrition among the young learners.

This mission exemplified the Rotary Club of Cebu Gloria Maris' unwavering dedication to boosting basic literacy, ensuring access to safe drinking water, and fostering a life of well-being for all.

Legal Aide to the Barangays



On October 5, 2023, after navigating perilous mountain roads, we have finally reached our destination, Brgy. Saksak, which serves as the focus of Rotary Club of Cebu Gloria Maris's mission. During this undertaking, our primary objectives were to strengthen fundamental literacy, secure access to clean drinking water, and advocate for a healthier lifestyle in this remote area. During that time, we were privileged to have our lawyer member, Atty. Rheswi Grace Colina, with us. This presented a unique opportunity to extend legal assistance to the residents, marking the first-ever legal aid initiative in their history. While they had been periodically visited by health workers, the presence of a lawyer for legal consultations was a new experience for them.

At first, the offer of legal consultations might have seemed like an unfamiliar prospect to the residents. When announcements were made that she was ready to provide legal guidance, nobody approached her. It appeared that the community was unaware of the extent to which legal assistance could address their concerns.

To bridge this knowledge gap, Atty. Rheswi Grace Colina took the initiative to address the gathered residents. She stood before them and presented the various areas of law that she could assist with, including civil, criminal, labor, and corporate laws. As she delved into her explanations, the people began to realize that their myriad concerns, which had been lingering in their minds, could indeed be addressed through legal means.

“ Atty Rheswi Grace Colina provided free legal aide to the residents of Barangay Saksak, Asturias, Cebu



Atty. Rheswi Grace Colina, is also an assistant director of the Integrated Bar of the Philippines (IBP) Cebu Chapter. She had a history of actively providing legal aid services to remote and underserved areas. Her dedication to making legal assistance accessible to those in need had taken her to far-flung places before, and now, she extended her expertise to Barangay Saksak through Rotary Club of Cebu Gloria Maris. As a resolution, she committed to the group to provide legal aid in areas where the Rotary Club of Cebu Gloria Maris will have its mission.

Who is Atty Rheswi Colina?



Breast Cancer Awareness For All

Barangay Saksak,
Asturias, Cebu



October is a month of significance, as it marks Breast Cancer Awareness Month—a time when individuals, communities, and organizations worldwide unite to raise awareness about the most common cancer among women globally. This month, we emphasize the importance of early detection, prevention, and support for those affected by breast cancer. But what happens when this vital message of awareness and empowerment reaches places where regular consultations with medical professionals are far from common? Join us as we recount our journey to a remote barangay, where the concept of breast cancer awareness was a relatively foreign one.

Our mission on October 5, 2023 took us deep into the heart of a secluded barangay, far removed from the conveniences of urban life. Our DOH partner represented by Mr. Eufemio Mulion III, delivered a lecture on breast cancer awareness. In the span of just a few minutes, this remote community went from being unaware of breast cancer to becoming informed advocates for their own health.

Cebu Gloria Maris

Rotary
Club



CREATE HOPE
in the **WORLD**



THE FOUR WAY TEST

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?