

Hiyas



September, 2023

Third Edition

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Hiyas



The joint efforts of Rotary Club of Cebu Gloria Maris and JCO Foundation Inc. last Aug. 16, 2023 in repairing and refurbishing the gutters and applying fresh coats of paint to the buildings of Mandaue City School for the Arts, showcases a sense of unity and responsibility among all involved parties.



This kind of collective action not only enhances the physical environment of the school but also fosters a positive and supportive educational atmosphere for the students.

Last August 16, a group of Rotarians from the Rotary Club of Cebu Gloria Maris brought the materials to the school. These were received by the school's Guidance Counselor, Ms. Reshel Tutud Matbagon.



JOINT MEMBERSHIP SEMINAR WITH RC CEBU SOUTH

August is Membership Month when Rotary Clubs, around the world focus on membership in Rotary.

Last August 18, 2023, the Rotary Club of Cebu Gloria Maris, together with the Rotary Club of Cebu South, had a Joint General Membership Seminar with Immediate Past District Governor Lilo Aliño as the Keynote Speaker.

During the discussion Rotarians shared variety of reasons why they chose to be part of the organization.

Many are drawn to Rotary's commitment to service and making positive impacts in their communities. The organization's emphasis on fellowship and networking also plays a role, as it provides members with opportunities to connect with like-minded individuals.

Additionally, the sense of purpose, camaraderie, and the chance to contribute to meaningful projects tend to be key factors that keep Rotarians engaged and committed over time.

After the adjournment of the meeting, Rotarians had fellowship singing since Rotary meetings should be fun.





Malnutrition is the failure of individuals to have sufficient food. This can be addressed by educating mothers and helping malnourished children meet minimum daily food requirements.

SAVE LIVES
Adopt a Malnourished Child Today

Children's Balancing Nutrition Program

A Fight Against Malnutrition

Cebu Gloria Maris
Rotary
Club



AMOMA SA KAUGMAON- A FIGHT AGAINST MALNUTRITION AN EXPANDED HEALTH & NUTRITION PROGRAM

FOLLOW-UP VISITS

It has been more than a month now since we launched our 180 days Balancing Nutrition and Expanded Health Program in the 28 barangays in Balamban, Cebu.

It's truly heartening to witness such positive outcomes among over 80% of the malnourished beneficiaries. The improvements in weight, height, appetite, and sleep reflect the effectiveness of the efforts put into addressing their nutritional needs. This progress not only signifies the success of the intervention but also highlights the potential for transformation when a comprehensive approach is taken.

- The fact that some parents have embraced healthier diets for their children demonstrates the ripple effect of education and support, leading to healthier habits at the family level. These results reinforce the importance of continued dedication to initiatives aimed at improving the well-being of individuals and communities.

MULTI-ORGANIZATION COLLABORATION



CREATING IMPACT & EXPANDING OUR REACH

TAGBILARAN CITY, BOHOL

A multi-organization collaboration to fight against malnutrition in our country was held in Tagbilaran City last September 6, 2023.

Our Rotary President, Gay Marie Tiu, represented the Rotary Club of Cebu Gloria Maris, in the launching of the 90days Balancing Nutrition Program. The event was hosted by Tagbilaran City Health Office and the Quota Club of Cebu South. The PNP Maritime Unit Bohol also participated in the launching. There were a total of 156 malnourished (underweight and stunted) Daycare children ages 2- 5 years old.



MENTAL HEALTH AWARENESS BREAK THE STIGMA



Rotary Club District 3860's "Break the Stigma" Mental Health Awareness Workshop -

We believe that breaking the stigma around mental health is crucial to building a healthier, more compassionate society. That's why we were thrilled to host our very own Mental Health Awareness Workshop last August 27, 2023, at 8:30 AM. The event took place on the 3rd Floor of the Golden Prince Hotel, Cebu City.

Our distinguished guest, Mr. Gabriel Sebastian Lizada, a Registered Psychologist and Mental Health Advocate, led the workshop. With his wealth of expertise and personal experiences, he shed light on the importance of addressing mental health concerns and dispelling the misconceptions surrounding them.

RIDE TO END POLIO



Rotary Club of Cebu Gloria Maris participated in the Rotary International fight to end polio.

There were Rotarians and even non-Rotarians, who rode their bikes, and dropped by the vaccination site.

The members of the club, joined other Rotary Clubs in Cebu, in serving the beneficiaries in the Talisay Vaccination Site last September 10, 2023.

Through our collaboration with the office of the Mayor of Talisay, there was a mobile music van to entertain everyone with music.

Snacks and lunch were served and each beneficiary, and even the health workers brought home a bag filled with goodies!

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MEMBERSHIP DRIVE

Expanding our Reach & Retaining Existing Members

Last August 31, 2023, at the Golden Prince Hotel, Rotary Club District 3860 embarked on an exciting journey to enhance our club's vitality and strengthen our bonds. We held a Membership Health Check, a survey conducted with our esteemed club members, aimed at understanding how we can further improve our club in various aspects.

August being the Membership Month, the club was buzzing with enthusiasm as we welcomed five new invites into our Rotary family. After adhering to the preliminary meeting protocols, we dived into engaging breakout sessions. Here's a glimpse of the evening's activities:

New Prospects Session: Facilitated by the ever-dynamic Fraulien Co, Co-chairman of the Membership Committee, this session was filled with promise. Our new prospects brimmed with excitement, eagerly anticipating our next scheduled meeting on September 14, 2023, also at the Golden Prince Hotel. We have a diverse group of prospects, ranging from real estate brokers and financial advisers to drug rehabilitation experts and even a former monk - a true testament to our club's inclusivity and diversity.

Membership Health Check: For our seasoned members, Chairman AG Rhea Judilla led a thought-provoking health check survey. Your valuable input will be instrumental in guiding our club towards an even brighter fut contributions to the success of the meeting..



CLUB'S
HEALTH
CHECK

PROSPECT'S
SURVEY





EMPOWERING BARANGAY NUTRITION SCHOLARS THROUGH CROCHETING SKILLS TRAINING

On September 9, 2023, a meaningful and empowering event took place in Balamban, as the Rotary Club of Gloria Maris organized a skills training session in crocheting for the dedicated Barangay Nutrition Scholars.

The Barangay Nutrition Scholars are the unsung heroes of our adopted community. They work tirelessly to ensure that the malnourished children in our adopted community receive the assistance they need. They act as a direct connection between our Rotary Club and the families they serve, making them invaluable assets to our mission.

The Skills Training in Crocheting was conceived as a token of gratitude for their unwavering dedication to our Nutrition Program. The Rotary Club of Gloria Maris acknowledges that their hard work and commitment have been instrumental in achieving our goals.

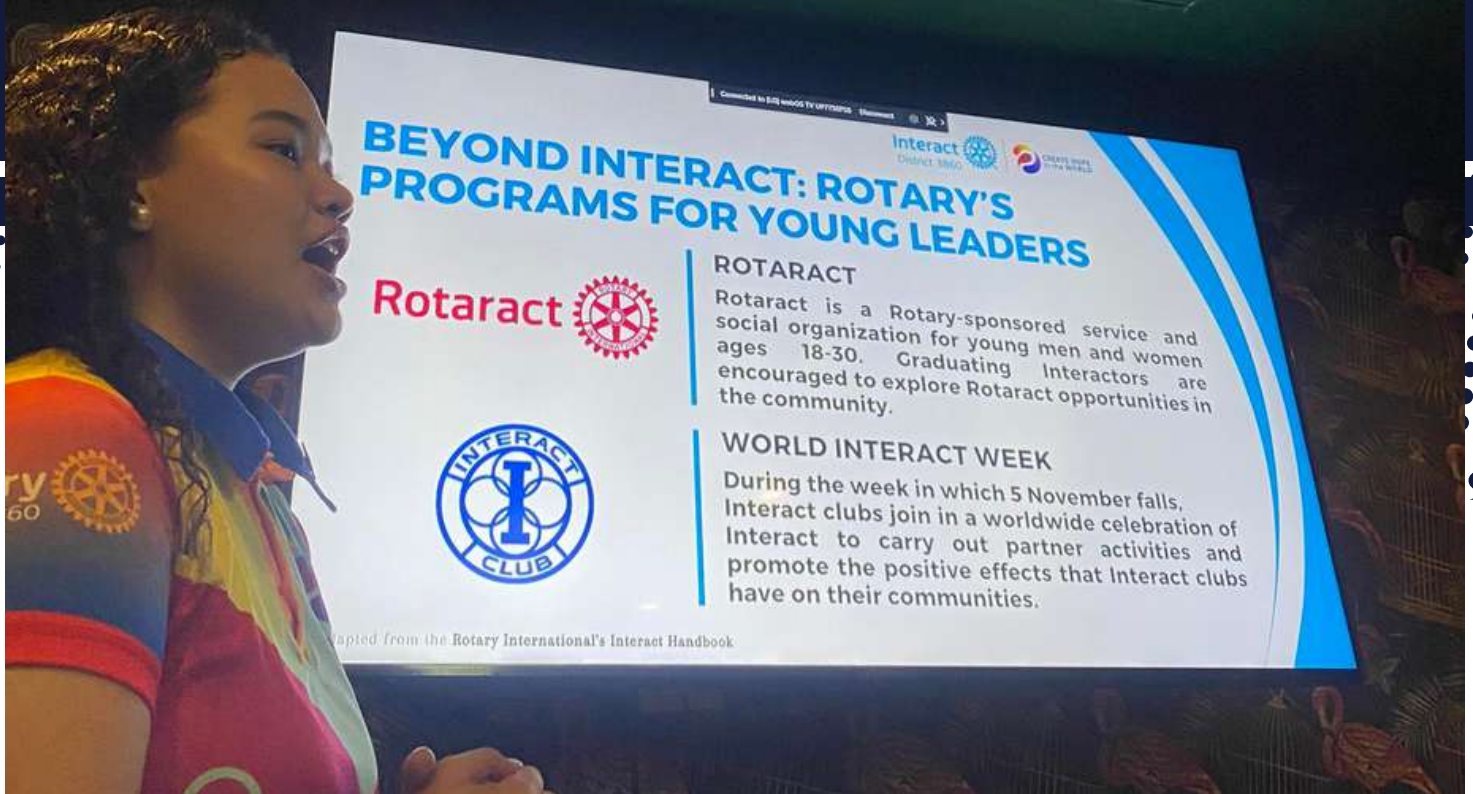
During the crocheting workshop, Rotary Club of Gloria Maris supplied the participants with the necessary materials and guidance to learn the art of crocheting. Each participant was tasked with creating at least two sets of coasters, one in green and one in red. Following the workshop, a quality control process was implemented to ensure that the products met the standards set by our Club. Once the quality was confirmed, the participants were tasked with producing a predetermined number of coaster sets.

The Rotary Club of Gloria Maris has committed to supporting the sales and promotion of these crocheted products during the Christmas season. The items will be marketed as attractive Christmas giveaways, and the profits generated will go directly to the participants, providing them with a much-needed boost in their income.

This initiative not only equips these dedicated frontliners with a valuable skill but also opens up avenues for them to enhance their financial well-being.



ON OUR JOIRNEY TO CREATING A NEW INTERACT CLUB



Rotary clubs can energize and inspire young leaders ages 12-18 through service and encourage them to become responsible global citizens by supporting Interact clubs.

During our strategic planning meeting at the beginning of the Rotary Year 2023-2024, the creation of a school-based Interact Club was part of our New Generation goals.

With this goal, we have invited the District Interact Representative, Frantly Mae Gelig last September 14, 2023, to discuss the details of Interact and answer some of our questions.

