

ANG TANLAG

THE OFFICIAL E-BULLETIN OF THE ROTARY CLUB OF METRO CEBU

NOVEMBER 2023

VOL. 05



Metro Cebu
Rotary
Club



CREATE HOPE
in the **WORLD**



PROGRAM

ROTARY CLUB OF METRO CEBU RI DISTRICT 3860, CLUB NO. 17123

Casino Español, Ranudo Street, Cebu City
Every 1st and 3rd Wednesday of the Month, 12NN

WELCOME TO OUR BI-MONTHLY REGULAR MEETING!

01. Call to Order by
Pres. Glenda M. Antonio
02. Invocation, Anthem
and Rotary Hymn
03. The Four Way
Test
04. The Rotarian Pledge
05. Introduction of Guest
and Visiting Rotarians
06. Fellowship Singing
07. Secretary's Report
08. President's Time
09. Other Matter
10. Adjournment

Fellowship Continues



PEACE BUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION
AND HYGIENE



MATERNAL AND
CHILD HEALTH



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AND LITERACY



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INVOCATION

Lord, we come to you today asking for your guidance, wisdom, and support as we begin this meeting.

Help us to engage in meaningful discussion; allow us to grow closer as a group and nurture our bonds through fellowship.

Fill us with your grace, Lord God, as we make decisions that might affect the community, and members of our club.

And continue to remind us that all that we do here today, all that we accomplish, is for the pursuit of truth for the greater glory of You, and for the service of humanity.

We ask these things in your name.



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PHILIPPINE NATIONAL ANTHEM

LUPANG HINIRANG

Bayang magiliw
Perlas ng Silanganan
Alab ng puso
Sa dibdib mo'y buhay

Lupang Hinirang
Duyan ka ng magiting
Sa manlulupig
'Di ka pasisiil

Sa dagat at bundok
Sa simoy at sa langit mong bughaw
May dilag ang tula
At awit sa paglayang minamahal

Ang kislap ng watawat mo'y
Tagumpay na nagniningning
Ang bituin at araw niya
Kailan pa ma'y 'di magdidilim

Lupa ng araw ng luwalhati't pagsinta
Buhay ay langit sa piling mo
Aming ligaya na 'pag may mang-aapi
Ang mamatay ng dahil sa iyo



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ROTARY HYMN

I want to be a Rotarian for the world,
 Make the Rotary flag be a flag of peace unfurled;
 I will 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:

With the Four Way Test
 We'll pursue our quest
 And if we, in a way help obtain
 Peace in the world
 We shall not have lived in vain.

Build a bridge for tomorrow's youth,
 Strengthened by nothing but the truth;
 Let's join our hands, there's no reason we'll divide.
 We shall all understand, while the good Lord is our guide.

Refrain:

With the Four Way Test
 We'll pursue our quest
 And if we, in a way help obtain
 Peace in the world
 We shall not have lived in vain.

Peace be achieved,
 We shall not have lived... in vain.



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THE FOUR-WAY TEST

Of the things we think, say, or do

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships.



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THE ROTARIAN'S PLEDGE

I am a Rotarian.
I will always uphold the **truth**.

I am a Rotarian.
I will always strive to be **fair** in all my dealings with my fellow human beings.

I am a Rotarian.
I will always endeavor to build **goodwill** and **understanding** in my community.
Among my countrymen, and among peoples of all nations.

I am a Rotarian.
I will always seek to promote the greatest good for the greatest number of people in the spirit of **Rotary service**.

I am a Rotarian.
I will always observe Rotary International's motto:

SERVICE ABOVE SELF.



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CLUB OFFICERS AND DIRECTORS RY 2023 - 2024

CLUB OFFICERS

RY 2023 - 2024

President:	Glenda M. Antonio
Vice-President:	Evelyn T. Nuñez
Secretary & President Elect:	Ma. Emma A. Ramas
Asst. Secretary:	Nicole Clare C. Justo
Treasurer:	Marjorie Bernardo
Asst. Treasurer:	Bart Van Oost
Auditor:	Adrian Lee

BOARD MEMBERS

RY 2023 - 2024

1. Dr. Josefina Zabate	6. Bart Van Oost
2. Dr. Glenda Antonio	7. Arch. Jonathan Zabate
3. Atty. Evelyn Nuñez	8. Dr. Wyben Briones
4. Ma. Emma Ramas	9. Robert Tito Pacana
5. Dr. Marjorie Bernardo	10. Lambert Lim



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CLUB COMMITTEE CHAIRS RY 2023 - 2024

1. The Rotary Foundation	Chair: Dr. Wyben Briones Co-Chair: Dr. Marjorie Bernardo
2. Membership	Chair: Roberto Tito Pacana
3. Protocol & Fellowship	Chair: Lambert Lim
4. Public Image/DEI	Chair: Elcasmer Acedo Co-Chair: Vera Cruz
5. Club Administrator	Jonathan Zabate
6. Service Projects and International Affairs	Dr. Josefina Zabate
7. Disease Prevention	Dr. Wyben Briones
8. Maternal and Child Health	Dr. Josefina Zabate
9. Peace and Conflict	Atty. Eddie Barrita and Ernesto Dakay
10. Basic Education and Literacy and Empowering Women	Atty. Evelyn Nuñez
11. Water Sanitation and Hygiene	Dr. Susan Valmayor
12. Community and Economic Development	Marcelo Anthony Igot
13. Environmental Concerns	Dann Diez and Ma. Emma Ramas
14. Disaster and Relief	Jonathan Zabate
15. Election Chair	Atty. Eddie Barrita
16. Ways and Means	Florita Hall



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CHARTER PRESENTATION AND INDUCTION OF MEMBERS AND CLUB OFFICERS OF THE INTERACT CLUB OF METRO CEBU SHS-ATENEO DE CEBU

November 11, 2023

We had a successful charter presentation and Induction of Members and Club officers of the interact club of metro cebu SHS-Ateneo De Cebu.

RCMC continues to energize and inspire young leaders ages 12-18 through service and encourage them to become responsible global citizens by supporting Interact club of the Sacred Heart of School Ateneo de Cebu.

Thank you for the efforts of the club Immediate PP Doc Josefina Ebao-Zabate and AG Jonathan Zabate and the officers and members.

In the spirit of Rotary, we continue to transcend in creating hope for the world. God bless



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CHARTER PRESENTATION AND INDUCTION OF MEMBERS AND CLUB OFFICERS OF THE INTERACT CLUB OF METRO CEBU SHS-ATENEO DE CEBU

November 25, 2023

We launched the EMPOWER 360 series.

Through Empower 360, our club will work together with local communities, partner organizations, and other stakeholders to identify needs, develop sustainable solutions, and implement impactful projects. This approach ensures that individuals are not only provided with immediate assistance but also equipped with the tools and resources to create lasting change in their lives.

By focusing on empowerment in all areas of life, Rotary aims to create a world where everyone has the opportunity to reach their full potential and live a dignified and prosperous life.

On the same day, we had a successful Medical-Legal-Dental-Optha Mission in San Roque Parish Subangdaku headed by our dynamic president Dr. Glenda Miro Antonio who conducted a financial literacy and social enterprise seminar to the parishioners. Immediate Past President Dr. Josefina Zabate and Assistant

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Governor (Architect) Jonathan Zabate and PP Dr. Wyben Briones conducted general consultation, Atty. Evelyn Nuñez for a legal consultation, Past District Chief of Staff Dr. Marjorie Bernardo, who attended to almost 40 patients and did almost 70 extractions and the rest of the club members, PDG Philip Tan and his fellow Rotarians from Rotary Club of Cebu West.

Our heartfelt gratitude goes to the volunteer doctors, Ron Flores and Lloyd Vildosola of Focal Sight for sponsoring the 100 eyeglasses, Optometrist Dr. Patindol, Atty. Francis Abangan, our Rotaractors, parish volunteers, Parish Priest-Fr. Francisco Ferreras, CM, Parish Community Services Coordinator—Ms. Irene Ignacio and to everyone who in one way or another helped and supported our outreach activity today! It wouldn't have been a success without all of you! God bless your generous hearts!



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RCMC JOINED THE GLOBAL SLEEPOUT

December 2, 2023

The Global Sleep Out is an annual event organized by Spring Rain Global. This is a remarkable initiative that aims to raise funds and awareness for the homeless and vulnerable individuals in the Philippines and all over the world.

During this event, participants have the opportunity to sleep out or sleep rough, away from the comfort of their own beds, in solidarity with those who have been forced into homelessness due to life's circumstances.



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RCMC JOINED ACOM AT METRO CENTER, BOHOL

December 3, 2023

Pres. Glenda Antonio and Asst. Secretary Nicole Justo, joined ACOM at Metro Centre, Bohol.



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RCMC ON EMPOWER 360 SERIES

December 4, 2023

A journey of creating hope in the world, one community at a time.

Back to back talks with RCMC Pres Dr. Glenda Antonio on Financial Literacy and VP Atty. Evelyn Nuñez on Ending violence against Women and Children at the Municipality of Alegria.

A talk was also given by Mayor Gilberto Magallon and Vice-Mayor Verna Magallon and the attendance of the municipal Councilors, Brgy officials, parish pastoral council members, teachers and municipal/LGU employees and workers.

With alegria becoming a community corps, we continue to scale impact for the common good of all.

It has been a successful endeavor with full force collaboration among stakeholders.

This is all for RCMC and Rotary as we dedicate our service to the community entrusted in our care.

Thank you to the Municipality of Alegria and Rev Fr Cui of St. Joseph Parish for the overwhelming support and hospitality during the said activity.



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UPCOMING EVENT

December 2023

ELECTION OF PRESIDENT FOR RY 2025-2026

December 21, 2023

RCMC CHRISTMAS PARTY

During this Christmas party fellowship, let us engage in meaningful conversations, share stories and laughter, and strengthen the connections that make our RCMC family so special. Let us take this opportunity to get to know one another better, to celebrate our achievements, and to support each other in our endeavors.

December 2023

GIFT GIVING AT SAN ROQUE PARISH—SUBANGDAKU

As we come together to celebrate this festive season, let us take a moment to reflect on the true meaning of Christmas. It is a time of love, compassion, and giving. It is a time to share our blessings with those who are less fortunate and to spread kindness wherever we go.

In the spirit of the season, I encourage you all to embrace the joy of giving. Whether it's through a small act of kindness, a donation to a charitable cause, or volunteering your time, let us remember that even the smallest gestures can make a big difference in someone's life.



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PRESIDENT'S MESSAGE

Dear fellow Rotarians,

As we gather together once again, I am reminded of the incredible strength and resilience that our Rotary Club of Metro Cebu embodies.

This week, I want to emphasize the importance of staying connected and supporting one another. In these uncertain times, it is crucial that we lean on each other for guidance, encouragement, and inspiration. Let us continue to foster a sense of community within our club and extend our support to those in need.

I also want to express my gratitude to each and every one of you for your unwavering dedication and commitment to our shared mission. Your passion and enthusiasm are what drive our club forward and make a positive impact in our community.

As we navigate through these ever-changing times, let us remember that together, we can overcome any obstacle. Let us continue to innovate, adapt, and find new ways to serve and uplift those around us.

Thank you for your continued support and for being an integral part of our Rotary Club of Metro Cebu family.

Yours in Rotary,

Dr. Glenda Antonio
 President
 RY 2023-2024
 RC Metro Cebu



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SECRETARY'S MESSAGE

Dear Rotarians and Friends,

I hope this message finds you well. Here are the highlights of the Rotary Club of Metro Cebu's activities for the period from November 1 to 30, 2023:

Regular Lunch Meeting (November 8, 2023) - We had a successful regular lunch meeting at Casino Español de Cebu. It was a great opportunity for fellowship and to discuss our ongoing and upcoming projects.

Induction of Interact Club Officers and Members (November 11, 2023) - We had the pleasure of inducting the new officers and members of the Sacred Heart School Ateneo de Cebu Interact Club. Their energy and enthusiasm will undoubtedly contribute to the success of our community service initiatives.

Empower 360 (November 25, 2023) - We organized Empower 360 Degrees at San Roque Parish, Subangdaku, Mandaue City. This event featured dental, medical, optha, legal, and financial literacy activities conducted simultaneously to benefit our deserving beneficiaries. It was a wonderful opportunity to provide essential services and empower the community.

Looking forward to the upcoming month, we are excited to invite everyone to the following activities in December:

Regular Lunch Meeting (December 6, 2023) - Join us at Casino Español de Cebu for another productive lunch meeting where we will discuss important matters and plan for future projects.

Christmas Party (December 21, 2023) - Celebrate the joyous holiday



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season with us at the City Sports Club of Cebu. Let's come together for an evening of merriment and camaraderie as we share the spirit of giving and fellowship.

Furthermore, please be reminded that the Election of Officers for the Rotary Year 2025-2026 will also be conducted. This is an important occasion as we select the leaders who will guide our club towards a brighter future. Save the dates for these events, and let us make the most of this special time of the year.

Yours in Rotary,

Ma. Emma Ramas

Secretary

RY 2023-2024

RC Metro Cebu



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