

# ANG TANLAG

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

FEBRUARY 2024

VOL. 08



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<br>Pres. Glenda M. Antonio     | 07. Fellowship Singing           |
| 02. Invocation, Anthem<br>and Rotary Hymn           | 08. Talk of the Guest<br>Speaker |
| 03. The Four Way<br>Test                            | 09. Secretary's Report           |
| 04. The Rotarian Pledge                             | 10. President's Time             |
| 05. Introduction of Guest<br>and Visiting Rotarians | 11. Other Matter                 |
| 06. Induction of New<br>Rotarians                   | 12. Adjournment                  |

### Fellowship Continues



PEACE BUILDING AND  
CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

# 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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ENVIRONMENT



# 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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CONFLICT PREVENTION



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DEVELOPMENT



ENVIRONMENT

# 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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 CONFLICT PREVENTION



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 AND TREATMENT



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 AND LITERACY



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 DEVELOPMENT



ENVIRONMENT



# 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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CONFLICT PREVENTION



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AND TREATMENT



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AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# 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.**



PEACE BUILDING AND CONFLICT PREVENTION



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MATERNAL AND CHILD HEALTH



BASIC EDUCATION AND LITERACY



COMMUNITY ECONOMIC DEVELOPMENT



ENVIRONMENT



# 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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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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AND HYGIENE



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AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# 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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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

# REGULAR MEETING

February 7, 2024

During this regular meeting, we had an orientation of R.A.11313 (Anti Bastos Law or Safe Spaces Act) with our Vice-President, Atty. Evelyn Nuñez as the speaker.

The purpose of a VAWC talk is to raise awareness about the issue of Violence Against Women and their Children and to educate individuals about its impact on individuals and society. The talk aims to provide information about the different forms of violence, the signs of abuse, and the available resources and support systems for survivors.

Metro Cebu  
**Rotary**  
Club

**GENERAL MEMBERSHIP MEETING**

AN ORIENTATION OF R.A. 11313  
ANTI BASTOS LAW OR THE SAFE SPACES ACT)

12:00 Noon | 2-7-24  
Casino Espanol Cebu

**Speaker:**  
Atty. Evelyn T. Nuñez  
CPA Lawyer



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CONFLICT PREVENTION



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COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

## 12TH PILIPINAS ROTARACT CONVENTION

February 16-18, 2024

Our rotaract clubs both school and community based were the host club of the 12th Pilipinas Rotaract Convention.

The 12th Pilipinas Rotaract Convention is an annual gathering of Rotaractors from all over the Philippines. It serves as a platform for young leaders to come together, exchange ideas, and collaborate on projects that promote positive change in their communities.

We are very happy and honored to join with us Gov. Twinkle and DT Archie Gamboa.

Congratulations to all our rotaractors and rotarians of District 3860 for a successful event.



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# WALK TO END POLIO TO KICK-OFF THE ROTARY WEEK 2024

February 17, 2024

We are very honored to have with us Gov. Twinkle Gamboa and DT Archie Gamboa and the other participants of PROCON 2024.



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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CHILD HEALTH



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ENVIRONMENT

## MEDICAL, DENTAL, OPTICAL AND LEGAL MISSION AT RECOLETOS ECO-PILGRIMAGE PARK

February 17, 2024

We had a medical, dental, optical and legal mission at Recoletos Eco-Pilgrimage Park



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CONFLICT PREVENTION



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AND TREATMENT



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CHILD HEALTH



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AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# KICK-OFF OF ROTARY WEEK 2024

February 18, 2024

As part of the Kick-Off of Rotary Week 2024, we had an opening mass at the OMPH-Redemptorist Church Cebu attended by some rotarians of Area 1.



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CONFLICT PREVENTION



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AND TREATMENT



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AND HYGIENE



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CHILD HEALTH



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AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

## RCMC PARTICIPATED IN THE ROTARY WEEK 2024 CELEBRATION

Feb 18-24, 2024

Rotary Week is a special time dedicated to celebrating the incredible work and impact of Rotary International and its members. It is a week-long celebration filled with various activities and events that highlight the values and principles of Rotary. Congratulations to all our members who participated in the different activities and to Rotary Week Area 1 Chair, Dr. Jet Bernardo for a successful event and fellowship.



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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CHILD HEALTH



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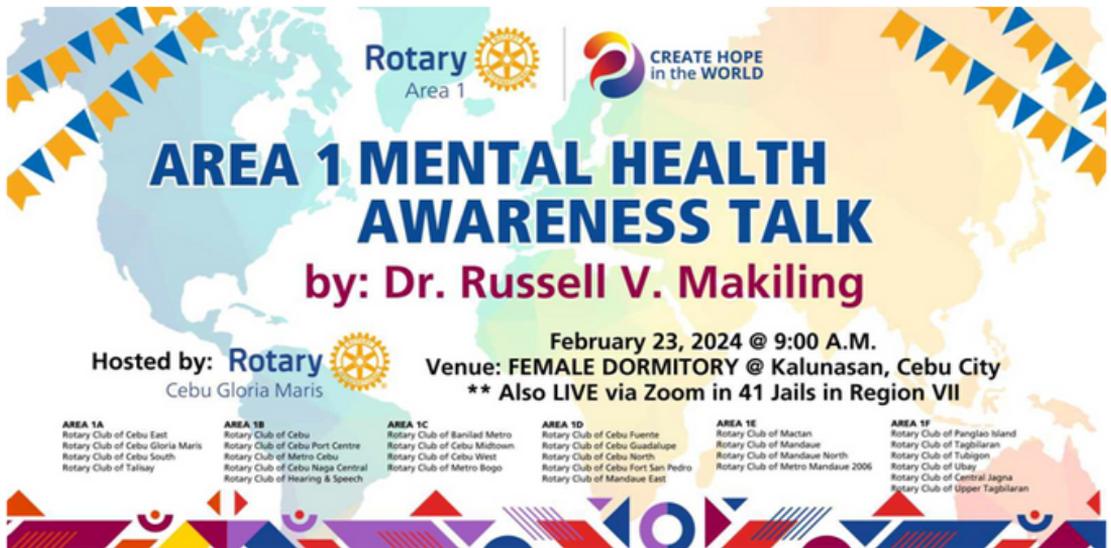


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# RCMC JOINED THE AREA 1 MENTAL HEALTH AWARENESS

February 23, 2024

We joined the Area 1 Mental Health Awareness talk via zoom



**Rotary** Area 1 | **CREATE HOPE** in the WORLD

## AREA 1 MENTAL HEALTH AWARENESS TALK

by: **Dr. Russell V. Makiling**

Hosted by: **Rotary** Cebu Gloria Maris

February 23, 2024 @ 9:00 A.M.  
Venue: **FEMALE DORMITORY @ Kalunasan, Cebu City**  
\*\* Also LIVE via Zoom in 41 Jails in Region VII

<b>AREA 1A</b> Rotary Club of Cebu East Rotary Club of Cebu Gloria Maris Rotary Club of Cebu South Rotary Club of Talisay	<b>AREA 1B</b> Rotary Club of Cebu Rotary Club of Cebu Port Centre Rotary Club of Metro Cebu Rotary Club of Cebu Naga Central Rotary Club of Hearing & Speech	<b>AREA 1C</b> Rotary Club of Banilad Metro Rotary Club of Cebu Miltown Rotary Club of Cebu West Rotary Club of Metro Bogo	<b>AREA 1D</b> Rotary Club of Cebu Fuente Rotary Club of Cebu Guadalupe Rotary Club of Cebu North Rotary Club of Cebu Fort San Pedro Rotary Club of Mandauae East	<b>AREA 1E</b> Rotary Club of Mactan Rotary Club of Mandauae Rotary Club of Mandauae North Rotary Club of Metro Mandauae 2006	<b>AREA 1F</b> Rotary Club of Panglao Island Rotary Club of Tagbilaran Rotary Club of Tubigon Rotary Club of Ubay Rotary Club of Central Jagna Rotary Club of Upper Tagbilaran
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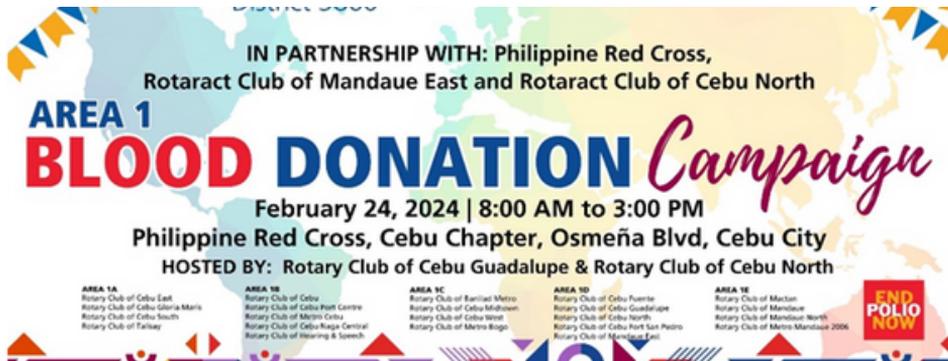


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## RCMC PARTICIPATED IN AREA 1 BLOOD DONATION CAMPAIGN

February 24, 2024

RCMC Participated in Area 1 Blood Donation Campaign at the Philippine Red Cross, Cebu Chapter Osmeña Blvd



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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AND HYGIENE



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CHILD HEALTH



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AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# VISITED LUCIANO B. RAMA SR. MEMORIAL NATIONAL HIGH SCHOOL IN CAMOTES

February 25, 2024

We visited Luciano B. Rama Sr. Memorial National High School in Camotes to check the progress and updates of the construction of the Audio & Visual Classrooms.

## A Joint Project of:

Inspired by the Teachers  
& Students of RAMA High



### Project Schedule:

Phase 1: Commenced January 2024, Completion Planned for May 2024  
Building Works, 2 New Classrooms

Phase 2: Completion Planned for December 2024  
Bathrooms, Final Fitout, Audio & Visual Equipment

### Project Beneficiaries:

The Department of Education Cebu Province Division



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AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# UPCOMING EVENT

March 2, 2024

## SMILE AND HEALTH ON WHEELS

RCMC will have Smile and Health on Wheels at Sta Rosa de Lima Parish, Alcoy, Cebu.

This is a medical and dental caravan bringing care to underserved communities.



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



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AND LITERACY



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DEVELOPMENT



ENVIRONMENT

# UPCOMING EVENT

March 20, 2023

## RCMC AND VENRICH HOLDINGS OPC START THEIR PHILANTHROPIC JOURNEY BY LAUNCHING THEIR PHILANTHROPIC DEVELOPMENT OFFICE

RCMC and Venrich Holdings OPC will have a Dinner for a Cause as they start their Philanthropic Journey by launching their Philanthropic Development Office on March 20, 2023 at City Sports Club Cebu.

The flyer features logos for Rotary Club of Metro Cebu, Venrich Holdings (VA), and Spring Rain Global. The main text reads: 'Venrich Holdings OPC & Rotary Club Metro Cebu invite you to A Philanthropic Journey'. The event details are: 'City Sports Club Cebu Sinulog Ballroom, March 20, Wednesday 5:30 pm'. The theme is 'DINNER FOR A CAUSE' with the slogan 'My Child'. Contact information includes rotary.org, RCMetroCebu, +63 928 455 1866, and glenda.rcmetrocebu@gmail.com. A photo of a woman is on the right side.



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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AND HYGIENE



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CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

# UPCOMING EVENT

March 23-24, 2024

## RYLA BOOTCAMP

On March 23-24, 2024 we will have the RYLA bootcamp and RCMC commits to let our interactors join the said event.

Rotary District 3860 | CREATE HOPE in the WORLD

Fun and Friendship | Unleash Your Creativity | Embrace Connection

**10th**  
Interact District 3860 **RYLA**  
rotary youth leadership awards  
**Boot Camp**

Inviting Rotaractors, Interactors, Children of Rotarians, and Student Leaders aged 15-20 to join and participate in

**Leading with H.O.P.E.**  
Holistic Leadership • Optimum Development  
Productivity & Positivity • Emotional Intelligence

**REGISTER NOW** >

**Registration Fee:**  
Php 3,600.00  
until March 8, 2024

**Inclusion:**  
Meals and Snacks  
Accommodation  
Boot Camp Kits

**March 23, 2024 (1PM) to March 24, 2024 (4PM)**  
Alta Cebu Village Garden Resort  
Cordova, Mactan, Cebu



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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AND HYGIENE



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CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

UPCOMING EVENT

● May 3-4, 2024

## DISCON DAVAO 2024

On May 3-4, 2024 we will have the DISCON Davao 2024. We are encouraging all members to join and participate.

**Rotary District 3860** | **CREATE HOPE in the WORLD**

# DISCON DAVAO 2024

**REGISTRATION FEES**  
**NO ON-SITE REGISTRATION!!!**

REGISTRATION CATEGORY	Early Bird January 15 to February 29, 2024	Regular Rate March 1 to April 25, 2024	Late Registration April 26 to April 30, 2024
<b>ROTARIAN</b> <small>(Includes: Dicon ID, Dicon Kit, Day 1 PM Snacks and Fellowship Dinner, Day 2 AM Snacks, Lunch, PM Snacks and Governor's Night Dinner)</small>	PHP 6,000	PHP 6,500	PHP 7,500
<b>SPOUSE, NON-ROTARIAN &amp; PARTNER</b> <small>(Includes: Dicon ID, Dicon Kit, Day 1 Fellowship Dinner, Day 2 Two AM Snacks, Lunch, PM Snacks, and Governor's Night Dinner)</small>	PHP 5,000	PHP 5,500	PHP 7,500
<b>ROTAFACTOR</b> <small>(Includes: Dicon ID, Dicon Kit, Day 1 PM Snacks and Fellowship Dinner, Day 2 AM Snacks, Lunch, PM Snacks and Governor's Night Dinner)</small>	PHP 5,000	PHP 5,500	PHP 7,500

**BANK DETAILS**  
BANK NAME: BDO UNIBANK, INC  
ACCOUNT NAME: ROTARY CLUB OF  
DOWNTOWN DAVAO  
ACCOUNT NUMBER: 002708029336

**GCASH DETAILS**  
AN\*\*\*\*Y JO\*N M.  
09175090990  
JA\*\*N D.  
09778025778



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



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AND HYGIENE



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CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

# PRESIDENT'S MESSAGE

Dear Fellow Rotarians,

Greetings of Peace!

As we conclude the month of February, a month filled with remarkable achievements and memorable moments. I am immensely proud of the success we have achieved through the PROCON and Rotary Week Celebration. Your dedication and commitment have truly made a difference in the lives of many.

The success of these events was a testament to the collective efforts and unwavering dedication of our Rotary family. It is through your commitment to service above self that we have been able to create a lasting impact in our communities.

I extend my heartfelt gratitude to each and every one of you for your unwavering support and commitment to Rotary and all our activities and service projects for this month. Your dedication is what makes our organization strong and impactful. Let us continue to work together, united in our mission, and strive for even greater success in the months to come.

Yours in Rotary,

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



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

# SECRETARY'S MESSAGE

Dear Fellow Rotarians,

I am pleased to present the Monthly Secretary's Report for the Rotary Club of Metro Cebu for the month of February 2024.

## 1. Rotary Week Activities:

The Rotary Club of Metro Cebu actively participated in the Rotary Week celebration, a series of events aimed at fostering community engagement and fellowship. Our involvement included:

**Holy Mass:** On February 18, 2024, we attended the Holy Mass held at the Redemptorist Church, joining together in prayer and reflection.

**Bowling Tournament:** We organized and participated in a Bowling Tournament, promoting camaraderie and friendly competition among Rotarians and community members.

**Swimming Competition:** Another highlight of the Rotary Week was the Swimming Competition, where members showcased their athletic prowess and sportsmanship.

**Badminton Competition:** A Badminton Competition was also organized, providing an opportunity for members to engage in healthy recreational activities.

**Ballroom Dancing Competition:** Adding a touch of elegance and grace, the Ballroom Dancing Competition brought together Rotarians and their partners for a delightful evening of dance.

**Awarding Ceremonies and Closing Program:** The week concluded with the Awarding Ceremonies and Closing Program on February 24, 2024, where we celebrated the winners of various competitions and reflected on the success of the week-long festivities.



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
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CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

## 2. Mental Health Lecture:

In line with our commitment to community welfare, we hosted a Mental Health Lecture in February 23, 2024. This informative session aimed to raise awareness about mental health issues and provide resources for support and intervention.

## 3. Blood Letting:

Continuing our tradition of service to humanity, we organized a Blood Letting event in February 24, 2024. Through this initiative, we contributed to the vital need for blood donations, potentially saving lives in our community.

## 4. Inspection of Construction of Science Classrooms:

As part of our ongoing partnership with the Rotary Club of Gosforth and Twin Cities of Australia, we conducted an inspection of the construction progress of two Science Classrooms in Luciano Rama School in Poro, Camotes, Cebu Philippines. This collaborative effort underscores our commitment to improving educational infrastructure and opportunities for youth development.

In conclusion, the month of February was marked by meaningful engagements and impactful initiatives that furthered our mission of service above self. I extend my gratitude to all Rotarians for their dedication and participation in these endeavors.

Yours in Rotary,

**Ma. Emma Ramas**

Secretary  
RY 2023-2024  
RC Metro Cebu



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CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT

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