

# ANG TANLAG

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

MARCH 2024

VOL. 09



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.



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



# 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



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

# 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.



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



# 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.



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

# 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



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION  
AND HYGIENE



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



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



# 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



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

# REGULAR MEETING

March 6, 2024

During this regular meeting, we discuss on the upcoming activities for our club especially the launching of the RCMC Philanthropic Development Office and Empower 360 Series in Barangay Casuntingan.



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

## EMPOWER 360

March 10, 2024

The Rotary Club of Metro Cebu, ably headed by our ever active PP and DCOS Dr. Jet Bernardo as project lead, together with its Rotaractors, RACMC Community-Based and RACMC CIT-University Chapter, and the Rotary Club of Banilad Metro, delivered a highly successful medical, dental, optical and legal mission to the residents of Barangay Casuntingan in Mandaue City.

This is part of the EMPOWER 360 series of projects by RCMC, which aims to provide a holistic brand of service by addressing the different needs of the society, whether it is a medical need, a legal advice, financial literacy or social awareness.

The club was able to provide services to the following number of recipients:

- Optical services (eye checkup and provision of reading glasses) – 105
- Medical consultation – 172
- Legal advice – 22
- Dental extractions - 125



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



We also provided some giveaways of biscuits, slippers and various noodles to the recipients.

With deep gratitude, RCMC would like to acknowledge its members and partners in service for devoting their time, talent and resources for the success of this project, namely:

- Rotary Club of Banilad Metro
- Dr. Lucila Bontia
- Dr. Oscar Traya
- Dr. Ronie Paloma
- Dr. Justin Andre Mahinay
- Dr. Patrick Daniel Lagarnia
- PP Lambert Lim Lam Thai and friends (for the giveaways)
- Barangay Casuntingan officials and staff
- Our dear fellow members and Rotaractors



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

## RCMC ATTENDED ACOM

March 16, 2024

Our members attended ACOM for the updates of our club and invited fellow rotarians to join the launching of RCMC Philanthropic Development Office.



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

# RC METRO CEBU AND VENRICH HOLDINGS OPC PHILANTHROPIC DEVELOPMENT OFFICE LAUNCHING THROUGH A DINNER FOR A CAUSE.

March 20, 2024

The establishment of the Philanthropic Development Office is a significant milestone for our Club. It signifies our unwavering dedication to serving the needs of our community and creating lasting change. Through this office, we aim to enhance our capacity to implement impactful projects and initiatives that address the pressing issues faced by our society.

May we embrace this new chapter with enthusiasm and determination. Together, let us strive to create a lasting impact and leave a legacy of service and compassion.

Our deepest gratitude to each and everyone for making our event successful and to all the members of the club for the hard work and dedication to make this launch possible. Your commitment to service above self is truly commendable.

May God bless the work of our hands as we continue this philanthropic journey.



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

## 10TH RYLA BOOTCAMP

March 23-24, 2024

Our club sponsored three interactors from the Sacred Heart School-Ateneo de Cebu to join the 10th RYLA Bootcamp in Alta Cebu Garden Village Resort.



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

# AREA 1 DISTRICT GOVERNOR'S NIGHT

March 24, 2024

We joined the Area 1 District Governor's Night. As an area, we celebrated our achievements as we come close to the end of the hope creating year. We are also reminded to revisit our club goals and achieve it before RY 2023-2024 ends.

DG Twinkle and all the rotarians present had fun.



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



# UPCOMING EVENT



**Rotary**  
District 3860



THE MAGIC  
OF ROTARY

## Schedule of Activities

### PETS – SETS | DTTS | DTA 2024 Dumaguete City

PRESIDENTS-ELECT & SECRETARIES-ELECT TRAINING SEMINAR (PETS-SETS)  
DAY 1

April 11, 2024 | 8:00 AM to 8:00 PM

**Venue:** Bethel Guest House

**Attire:** District Shirt, Dark Pants, Dark Blazer

PRESIDENTS-ELECT & SECRETARIES-ELECT TRAINING SEMINAR (PETS-SETS)  
DAY 2

April 12, 2024 | 8:00 AM - 11:00 AM

**Venue:** Bethel Guest House

**Attire:** White Blouse or Polo and Dark Pants

DISTRICT TEAM TRAINING SEMINAR (DTTS)

April 12, 2024 | 8:00 AM - 12:00 PM

**Venue:** Bethel Guest House

**Attire:** White Blouse or Polo and Dark Pants

DISTRICT TRAINING ASSEMBLY (DTA) OPENING PLENARY

April 12, 2024 | 1:00 PM - 5:30 PM

**Venue:** Negros Oriental Convention Center

**Attire:** For PE's - District Officers, PDGs, Future DG's - White Inner, Dark Pants and Blazer, With Theme Tie/Scarf

**Attire:** Other Attendees - White Blouse or Polo and Dark Pants



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

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 @, Dicon #A, 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 @, Dicon #A, 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 @, Dicon #A, 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**



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

# UPCOMING EVENT

● May 25-29, 2024

## RI CONVENTION

We encourage all members to join the RI Convention for the Hope-Creating Year in Singapore.

**SHARING HOPE WITH THE WORLD**  
convention.rotary.org

Rotary SINGAPORE 2024

---

**SHARING HOPE WITH THE WORLD**  
SINGAPORE | 25-29 MAY 2024

Rotary SINGAPORE 2024

REGISTRATION CATEGORY	27-31 MAY 2023	1 JUNE 2023 TO 15 DECEMBER 2023	16 DECEMBER 2023 TO 31 MARCH 2024	1 APRIL 2024 TO 29 MAY 2024
Club member, nonmember, or guest, age 31 or over	\$450	\$500	\$595	\$695
Club member, nonmember, or guest, age 30 or under	\$150	\$175	\$225	\$275
Guest age 5-18	\$20	\$20	\$30	\$40
Guest under age 5	Free	Free	Free	Free
Saturday, House of Friendship only	\$60	\$60	\$60	\$100

All amounts are in U.S. dollars.

Register today at [convention.rotary.org](https://convention.rotary.org)  
#Rotary24

EN



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

# PRESIDENT'S MESSAGE

Dear Fellow Rotarians,

Greetings of Peace!

As we end the month of March, I am thrilled to share with you the remarkable achievements we have accomplished as one Rotary Family. This month, we proudly launched the Philanthropic Development Office (PDO), a significant milestone in our journey towards making a lasting impact on the lives of those in need.

The establishment of the PDO marks a new chapter in our commitment to service and philanthropy. It serves as a testament to our unwavering dedication to creating positive change in our communities. Through the PDO, we have created a dedicated platform that will enable us to streamline our efforts, enhance our fundraising capabilities, and develop sustainable projects that address the pressing social issues we face.

I am immensely proud of the hard work and dedication that has gone into bringing the PDO to fruition.



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

# PRESIDENT'S MESSAGE

As we celebrate this achievement, let us also reflect on the incredible impact we have made over the years. Our Rotary community has been a beacon of hope and support, transforming lives and communities around the world. Together, we have exemplified the true spirit of Rotary and demonstrated the power of collective action.

May God bless the work of our hands as we continue this Philanthropic journey.

Yours in Rotary,

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



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

# SECRETARY'S MESSAGE

Dear Fellow Rotarians,

It has been a month filled with purposeful projects and meaningful engagements. First and foremost, I would like to congratulate everyone for a successful launch of our Philanthropic Development Office (PDO). This office will serve as the driving force behind our fundraising strategies, ensuring the continuity of our mission, ministries, and advocacies. With the establishment of the PDO, we are now better equipped to make a lasting impact in our community and improve the quality of life for the people we serve.

I would also like to thank all the members who joined the Medical Mission in Casuntingan, Mandaue City. Thank you also to all those who supported and donated.

We are also very happy that our club sponsored three interactors from the Sacred Heart School-Ateneo de Cebu to join the 10th RYLA Bootcamp in Alta Cebu Garden Village Resort.

Lastly, our president and some of our members enjoyed the District Governors Night for Area 1 and the fellowship with fellow rotarians and DG Twinkle Gamboa.



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

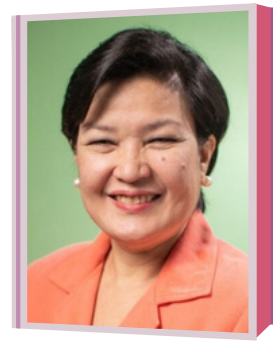
# SECRETARY'S MESSAGE

I am grateful for the support and participation of our members, partners, and the community in making these initiatives successful. Together, we are making a difference and creating a lasting impact. Let us continue to serve with hearts in our hands and strive to make an even greater impact in the coming months.

Yours in Rotary,

**Ma. Emma Ramas**

Secretary  
RY 2023-2024  
RC Metro Cebu



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

Metro Cebu  
**Rotary**  
Club



**CREATE HOPE**  
in the **WORLD**