#### **OFFICERS AND DIRECTORS** RY 2020-2021

MARCELO FUDALAN

KRIS VINCENT ACERO

AMIRA ALIA M. CAINDEC

CAPT. ROMAR LABASBAS

DISTRICT GOVERNOR

Protocol Officer.

Comm. Development Director Youth Service

**Public Image** 



DR. JULITA L. COGO **Club President** 

LEONILA P. MONTERO

Membership Director

PENAPAIR CIMAFRANCA

Sqt. At Arms

Immediate Past President Club Vice President





MARY JANE CIMAFRANCA KARIN WESEMAEL Club Administrator Chair, TRF



DR. FELINO COLUMNAS Auditor



**BRYLLE MAYLORD CAMARGO** Vocational Service Proj. Dir.



ROMEO D. BALABA ASSISTANT GOVERNOR



HOLGER KNAACK **RI PRESIDENT** 



**ARTHUR S. BAGCAT** 

Club Secretary

President Elect

LUDOVIC GINGNAGEL

International Service

JOHN PAUL MASLOG

MARICEL MADRONA Club Treasurer



JEREMIA PRADO Assistant Treasurer



ROGIE PRADO Comm. Service Director



MARCUSA CUMAYAS **Club Service Director** 



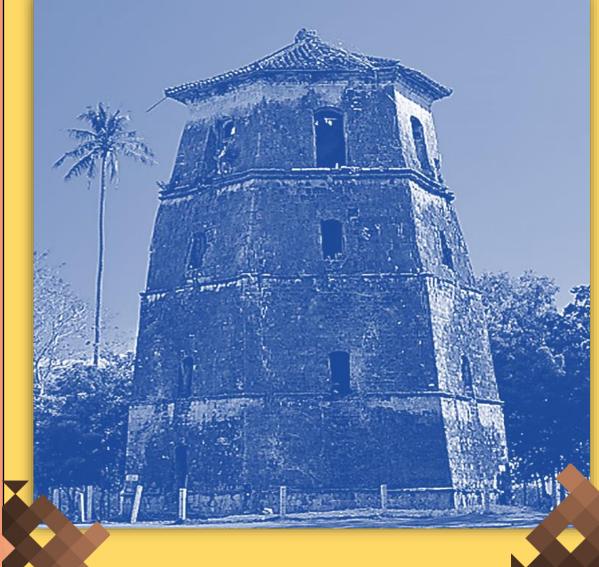
#### **CHARTERED JUNE 12**

### THE WATCHTOWER

Rotary Club of Panglao Island







#### CLUB N0. 874578



## THE WATCHTOWER



#### PROGRAMME

#### ROTARY CLUB OF PANGLAO ISLAND AREA 1F,DISTRICT 3860 WEEKLY REGULAR MEETING MHO CONFERENCE HALL

#### Part I 7:48PM Call to Order

Invocation and Singing of National Anthem Rotary Hymn Object of Rotary and the Four Way Test - Pres. Julita L. Cogo Paul Harris Fellow AVP

AVP

- Rtn. Arthur Bagcat

Part III

Part IV

Secretary's Time Treausrer's Report Health Tips Rotary Information President's Message

- Rtn. Arthur BagcatRtn. Maricel MadronaSKIP
- SKIP
- SNIF -Pros Iulita I Cu
- -Pres. Julita L. Cogo
- AGENDA : Womens Month Activity : Mass Feeding at Balicasag Island : Handwashing Campaign and Distribution of Dental Kits Announcement ADJOURNMENT

#### **INVOCATION**

We are thankful for this day that you have given us, for its blessings, its opportunities, its challenges. May we appreciate and use each day that comes to us. We pray for strength and guidance for each day as it comes, for each day's duties, for each day's problems. May we be challenged to give our best always, and may we be assured of your presence with us. Amen.



## THE WATCHTOWER

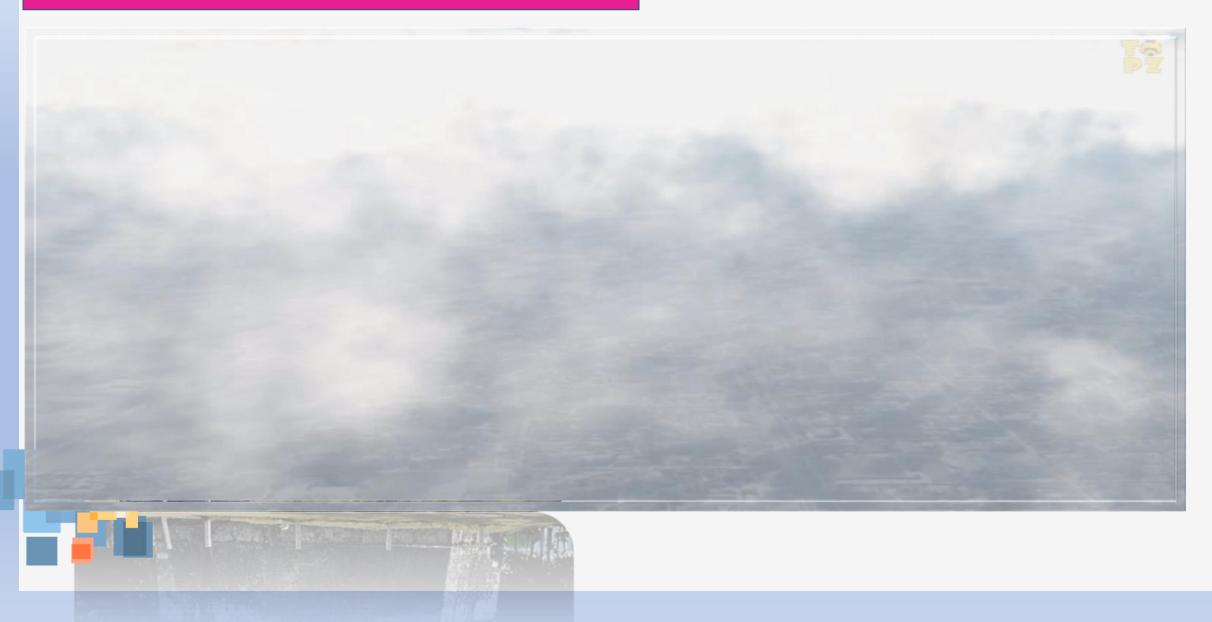
#### National Anthem





## THE WATCHTOWER

#### **ROTARY HYMN**



#### **OFFICIAL CLUB SONG**



WE ARE ROTARIANS

WE ARE ROTARIANS FROM PANGLAO ISLAND AND OUR MAIN GOAL IS TO HELP WE WILL WORK HARDER IF IT IS NEEDED WE PLEDGE OUR SERVICE ABOCE OUR SELF

WE WILL RAISE FUNDS HERE TO HELP THE NEEDY TO ENJOY A BETTER LIFE THROUGH EDUCATION OR THROUGH DONATION WE WILL HELP TO DO IT RIGHT

WE ARE ROTARIANS FROM PANGLAO ISLAND AND OUR MAIN GOAL IS TO HELP WE WILL WORK HARDER IF IT IS NEEDED WE PLEDGE OUR SERVICE ABOCE OUR SELF

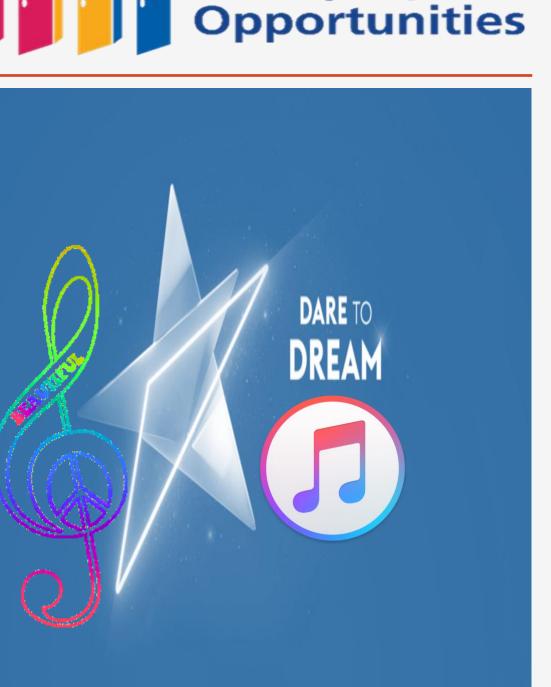
WE LOOK FOR CAUSES THAT ARE TRULY NEEDY WE WANT TO HELP OUT WHERE WE CAN OUR SATISFACTION COMES FROM GIVING SO WE WILL LEND A HELPING HAND

WE ARE ROTARIANS FROM PANGLAO ISLAND

AND OUR MAIN GOAL IS TO HELP WE WILL WORK HARDER IF IT IS NEEDED WE PLEDGE OUR SERVICE ABOCE OUR SELF

WE PLEDGE OUR SERVICE ABOVE OUR SELF

WE PLEDGE OUR SERVICE ABOVE OUR SELF



**Rotary Opens** 

## Club of Panglao Island

#### Rotary Calendar 2020-2021

Rotary







SEPTEMBER

Membership and New Club Development Month

Basic Education and Literacy Month



Peace and Conflict Prevention/Resolution Month

Vocational Service Month

**Rotary Opens** 

**Opportunities** 



Water and Sanítatíon Month



Economic and Community Development Month



Maternal and Child Health Month





December

Disease Prevention and Treatment Month



Youth Service Month



Rotary Fellowships Month

## Rotary



#### **Club of Panglao Island**





The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:



The development of an acquaintance as an opportunity of service:



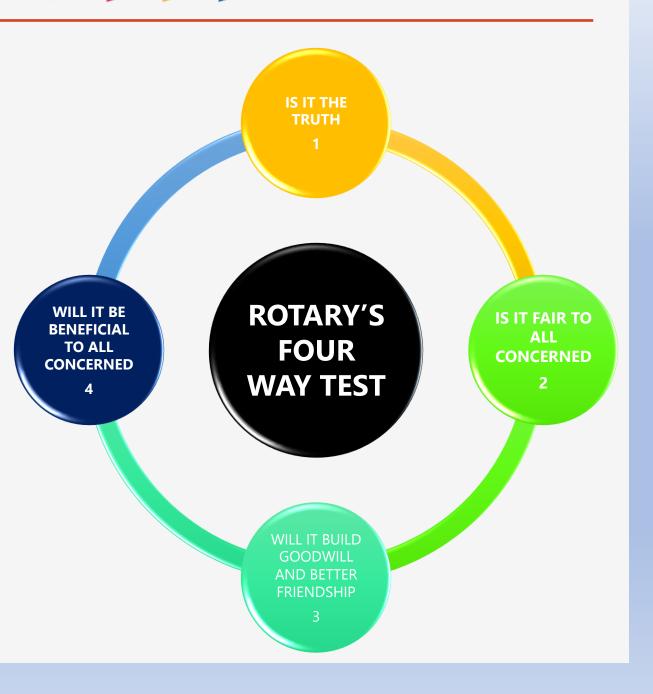
High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society:



The application of the ideal of service in each Rotarian's personal, business and community life:

FOURTH

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



**Rotary Opens** 

**Opportunities** 



#### Secretary's Desk





**ARTHUR S. BAGCAT** RCPI SECRETARY RY 2020-2021

#### FEBRUARY CELEBRANTS



We are looking forward to many more years of friendship and birthdays with you. Have a fantastic birthday!

Your RCPI family want to wish you all the love and happiness in the world, all the three (3)of you deserves. Happy Birthday Rtn. Deo Guden, Rtn. Catalino Sumaylo, Rtn. Jeremia Prado!





	ATTENDANCE							
	NAME	FEBRUARY 02	FEBRUARY 09					
				FEB 16	FEB 23			
1	Acero, Kris Vincent		Р	Р				
2 3	Arbole, Cristina	2	2	2	2			
4	Bagcat, Arthur Balaba, Romeo	P P	P P	P P	Р			
5	Balaba, Mary Jane	r	P	P				
6	Balicog, Jovil							
7	Boetsch, Thomas							
8	Bulay-bulay, Ivy		Р	Ρ				
9 10	Cabal, Jonathan							
	Calalin , Ferdinand							
11	Camargo, Brylle Maylord		Р	Р				
12	Carael, Maria Cielo							
13	Cimafranca, Mary Jane							
14	Cimafranca, Penapair							
15	Cogo, Julita	Р	Р	Р	Р			
16	Columnas, Felino	Р	Ρ	Р	Р			
17	Corloncito, Cecil							
18	Cumayas, Marcusa	Р	Р	Р	Р			
19	Diao, Dexter	r	r	P	r			
20			_					
	Fudalan , Marcelo	Ρ	Р	Р	Р			
21	Gingnagel, Ludovic			Р				
22	Guden, Deonico		Р	Р				
23	Kennedy, Ermigarda		Р	Р				
24	Lopez, Bradpitt	Р	Р	Р				
25	Madrona, Celeste	Р	Р	Р	Р			
26	Maslog, John Paul	Ρ	Р	Р				
27	Montero, Leonila	Р	Р	Р				
28	Montero-Caindec, Amira Alia	P	P	P				
29		r	r	F				
30	Okane, Rich		_					
	Prado, Jeremia	Р	Р	Р	Р			
31	Prado, Rogie	Ρ	Р	Р	Р			
32	Sandoval, Ivan		Р	Р				
33	Sumaylo, Catalino		Р					
34	Ventura, Carolina			Р				
35	WEsemael, Karin		Р	Р				
36	Udo, Wrobbel							
37	XUI, Tina							
1	HONORARY MEMBERS Bantay, Rosario							
2	Bendijo, Devy		Р					
3	Sevens, Frank							
4 5	Dollisen, Geah Marie		P	P				
5 6	Lagnason, Mary Ann Alvares, Neon Francis		Р	Ρ				

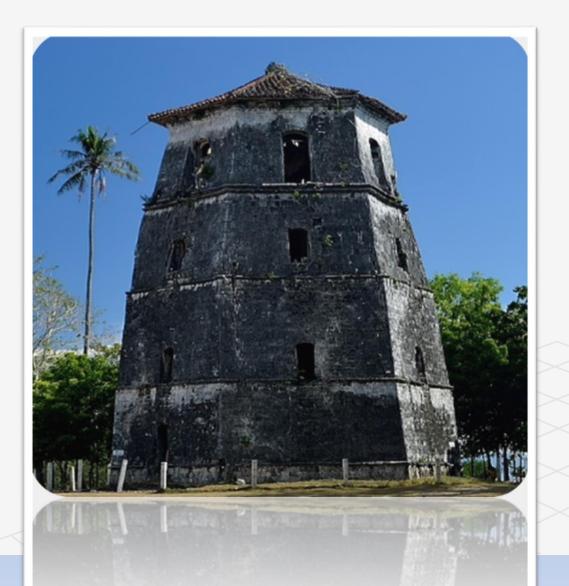




#### Club of Panglao Island

## THE WATCHTOWER

#### TREASURER'S REPORT





**RTN. MARICEL MADRONA** 



#### PRESIDENT'S CORNER

DR. JULITA L. COGO RCPI PRESIDENT RY 2020-2021

#### **Greetings!**

My fellow transforming rotarians, in doing some good deeds such as distribution of IEC materials containing information on Anti-bastos Law, VAWC, health protocols and guidelines in this time of pandemic and distribution of masks to market vendors, habal habal drivers and to kids, we already have contributed much in acquiring peace and some conflicts in our community.

The Rotary Club of Panglao Island also continues to serve the underprivileged and economically challenged families in our community and even extended our services to other municipalities by giving food for the children and cribs for infants at the Holy Trinity Angels orphanage in Alburquerque, Bohol.

Officers and members of our club who are professionally trained doctors, nurses and dentists extended their hands and quality care to the children of Purok 6, Poblacion , Panglao aged 2-6 years old. According to studies, nearly 6 million children die each year because of poor health care and inadequate sanitation. That is why during the celebration of the Rotary Week 2021, our club distributed toothbrushes and tubes of toothpaste to the children, accompanied by our rotarian dentist who conducted lectures and demonstrations on the proper toothbrushing technique. Then we distributed some books to preschool children in the same area. These projects promote one of our club's causes, the caring of young children.

In this juncture, my heartfelt gratitude to you my fellow transforming rotarians of RCPI for your full and wholehearted support to the programs and projects of our club. Your involvement in these programs solidifies our purpose as rotarians.



Rotary

**Rotary Opens Opportunities** 

# Rotary













Jan 13- Leonila Montero Jan 17 – Brylle Camargo

February 03 – Deo Guden February 13 – Lino Sumaylo February 16 – Jeremia Prado

March 21 - Aya Montero March 23 – Maricel Madrona March 25 – Kris Vincent Acero

April 24 – Fernand Calalin April 25 – Marcusa Cumayas

June0 8 – Romeo Balaba

June 24 – Mary Jane Cimafranca

June 13 – Mary Ann Lagnason



SEPTEMBER





July 19 – Geah Marie Dollisen July 26 – JP Maslog

August 03 - Cielo Carael August 05 – Dr. Julita Cogo "August 15 – Carol Ventura

September 07 – Ivy Bulaybulay September 22 – Thomas Boetsch September 23 – Francis Neon Alvares

**Rotary Opens** 

**Opportunities** 

October 04 – Penapair Cimafranca October 11- Mary Jane Balaba October 16 – Devy Bendijo

November 01 - Arthur Bagcat November 04 – Minda Kennedy November 05 - Felino Columnas November 24 – Ludovic Gingnagel November 27 – Jovil Balicog

December 05 – Rogie Prado December 21 – Bradpitt Lopez December 27 – Karin Wesemael December 29 – Marcelo Fudalan







CLUB OF PANGLAO ISLAND

## Gathering chickens

The farmer's son was returning from the market with the crate of chicken's his father had entrusted to him, when all of a sudden the box fell broke and open. Chickens scurried off in different directions, but the determined boy walked all over the neighborhood scooping up the wayward birds and returning them to the repaired crate. Hoping he had found them all, the boy reluctantly returned home, expecting the worst. "Pa, the chickens got loose," the boy confessed sadly, "but I managed to find all twelve of them." "Well, you did real good, son," the farmer beamed. "You left with seven."

	ARTERED JUNE 2012			CLUB NO. 8457
1	NAME	CLASSIFICATION	ROASTER NUMBER	
A	Acero, Kris Vincent	Tourism	10511147	
	Bagcat, Arthur	Jurist Doctor	8175640	
	Balaba, Romeo	Travel Agent	9181792	
	Balaba, Mary Jane	Businesswoman		
	Balicog, Jovil	Hotelier	9188275	
	Boetsch, Thomas	Engineer	8500236	
	Bulay-bulay, Ivy	Hotelier	10646331	
(	Cabal, Jonathan	Military Personnel	10796895	
	Calalin , Ferdinand	Businessman	9776070	
	Camargo, Brylle Maylord	Scuba Diver	10633504	
	Carael, Maria Cielo	Businesswoman	9165819	
3 (	Cimafranca, Mary Jane	Teacher	9598559	
4 (	Cimafranca, Penapair	Politician	9598566	
5 (	Cogo, Julita	Physician	9776073	
6 (	Columnas, Felino	Dentist	9776090	
7 (	Corloncito, Cecil	Engineer	10646310	
B	Cumayas, Marcusa	Scuba Diver	8869926	
	Diao, Dexter	Businessman		
DF	Fudalan , Marcelo	Businessman	9776094	
	Gingnagel, Ludovic	Resort Manager	9776108	
	Guden, Deonico	Director		
	Kennedy, Ermigarda	Nurse	10633487	
	Lopez, Bradpitt	BFP	10000101	
	Madrona, Celeste	Tourism	8500293	
	Maslog, John Paul	Jurist Doctor		
	Montero, Leonila	Elected Official	6526131	
	Montero-Caindec, Amira Alia		9210022	
	Okane, Rich	Businessman	10125592	
	Prado, Jeremia	Businesswoman	10336156	
	Prado, Rogie	Comp. Engineer	10336168	
	Sandoval, Ivan	Military	10350100	
	Sumaylo, Catalino	Budget Officer	9837999	
	,			
	Ventura, Carolina WEsemael, Karin	Tourism/HTL Tourism	8839247 8500045	
	Udo, Wrobbel	Engineer	8500322	
7 )	XUI, Tina	Businesswoman		
		HONORARY		
	Bantay, Rosario	Businesswoman	9838045	
	Bendijo, Devy			
	Sevens, Frank	Businessman	9095290	
	Dollisen, Geah Marie	Gov't Employee	10796897	
	Lagnason, Mary Ann	Secretary	10633519	
	Alvares, Neon Francis			





#### HEALTH TIPS

#### Healthy and active lifestyle and routine while the world around us has adapted to limiting exposure to COVID-19?

- **1. Stay active**: The gyms may not be open, however, there are lots of safe alternatives to getting physical activity without going against the preventive best practices recommended by the CDC like social distancing and avoiding large crowds.
- **2. Adequate sleep**: Good sleep is essential to our overall health. According to The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services and the nation's leading medical research agency: "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system."
- **3. Diet and nutrition**: Practicing self-discipline and avoiding "emotional eating" due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic and how it affects our lives is imperative.
- **4. Self-care**: Take time to take care of yourself. Be supportive and suggest the same for those close to you. Meditation, relaxation, quality time with family, personal care of yourself promotes overall wellness.
- **5. Healthcare maintenance**: If you have medications prescribed for any condition, be sure to take them as directed by your provider. Chronic conditions such as hypertension, diabetes, asthma and many others should be kept in check with taking your medications as prescribed. Be sure to reach out to your healthcare team with any concerns as well.
- **6. Cope with stress and anxiety**: Positively cope with stress and anxiety induced by new precautions we must all now take to combat the spread of COVID-19 in our communities
- **7. Stay connected**: Talking with loved ones while in isolation can help reduce the anxiety and instances of feeling down. Take time to utilize the multitudes of technologies and apps (many free) that can help you stay in touch with those you love. Our busy lives before the COVID-19 may have limited how often we connected with distant loved ones, now's the time to fully exploit these modern capabilities for fellowship, companionship, and camaraderie.

#### **ROTARY INFORMATION**

#### 4 ways to build peace through Rotary

According to <u>UNHCR</u>, 65.6 million people are currently displaced by conflict, violence, or persecution. Rotary members refuse to accept conflict as a way of life and are committed to pursuing projects that address the structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary projects provide trainings that fosters understanding and equip communities with skills to resolve conflicts. During February, Rotary Peace and Conflict Prevention/Resolution Month, build peace and mitigate conflict by:

1. Incorporating conflict resolution and mediation strategies into service projects involving local schools, orphanages, workplaces, and community centers.

2. Supporting marginalized groups in risk of violence or persecution by providing relief to those who have fled areas of conflict.

3. Participating in fellowship and service activities with Rotary clubs in other parts of the world to promote greater international understanding.

4. Recruiting candidates for a <u>Rotary Peace Fellowship</u>. Up to 100 peace fellowships are offered annually at Rotary Peace Centers at universities around the world.



#### FEBRUARY EVENTS AND ACTIVITIES

**Rotary Opens** 

Rotary Opens Opportunities

FEBRUARY 02,2021 - RCPI MEETING HELD AT PRES. DR. JULITA COGO RESIDENCE FEBRUARY 04,2021- COMMITTEE MEETING HELD AT PIZZA PEPINO RESTAURANT. FEBRUARY 09,2021- RCPI WEEKLY REGULAR MEETING HELD AT MHO CONFERENCE HALL. **FEBRUARY 11,2021** – GIFT GIVING AND SHARING OF LOVE TO THE HOLY TRINITY ANGELS ORPHANAGE FEBRUARY 13,2021- AREA COORDINATION MEETING HELD THROUGH ZOOM. FEBRUARY18,2021 - DISTRIBUTION OF FLYERS WITH INFORMATION ON ANTI-TERRORISM, ANTI BASTOS LAW, VAWC AND HEALTH GUIDELINES AND PROTOCOLS. FEBRUARY 19,2021-TURN OVER OF CRIBS TO HOLY TRINITY ANGELS ORPHANAGE OF THE MUNICIPALITY OF ALBURQUERQUE. FEBRUARY 27,2021 – DISTRIBUTION OF DENTAL KITS TO THE CHILDREN OF PUROK 5, BRGY. POBLACION, PANGLAO FEBRUARY 27, 2021 – LECTURE AND DEMONSTRATION ON PROFER TOORHBRUSHING FEBRUARY 27,2021 – DISTRIBUTION OF BOOKS TO PRE SCHOOL CHILDREN





#### RCPI WEEKLY REGULAR MEETING HELD AT THE RESIDENCE OF PRES. DR. JULITA COGO







#### COMMITTEE MEETING HELD AT PIZZA PEPINO RESTAURANT







#### RCPI WEEKLY REGULAR MEETING HELD AT MHO CONFERENCE HALL







#### GIFT GIVING AND SHARING OF LOVE TO THE HOLY TRINITY ANGELS ORPHANAGE





20

90 41

#### AREA COORDINATION MEETING HELD THROUGH ZOOM

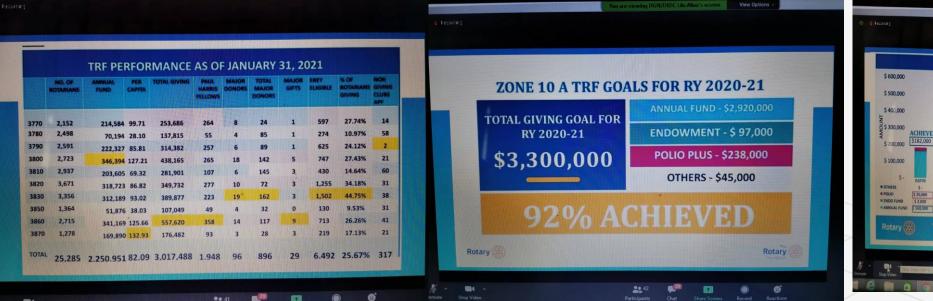






**Rotary Opens** 

**Opportunities** 









DISTRIBUTION OF FLYERS WITH INFORMATION ON ANTI-TERRORISM, ANTI BASTOS LAW, VAWC AND HEALTH GUIDELINES AND PROTOCOLS



## Rotary Opens Jao Island

#### DISTRIBUTION OF FLYERS WITH INFORMATION ON ANTI-TERRORISM, ANTI BASTOS LAW, VAWC AND HEALTH GUIDELINES AND PROTOCOLS



#### DISTRIBUTION OF FLYERS WITH INFORMATION ON ANTI-TERRORISM, ANTI BASTOS LAW, VAWC AND HEALTH GUIDELINES AND PROTOCOLS

**Rotary Opens** 

Opportunities



#### TURN OVER OF CRIBS TO HOLY TRINITY ANGELS ORPHANAGE OF THE MUNICIPALITY OF ALBURQUERQUE

Rotary Opens Opportunities







**Rotary Opens** 

Opportunities

#### DISTRIBUTION OF DENTAL KITS AND BOOKS TO THE PRE-SCHOOLER CHILDREN OF PUROK 5, BRGY.POBLACION, PANGLAO







#### Rotary Opens Opportunities

#### LECTURE AND DEMONSTRATION ON PROFER TOORHBRUSHING



#### **ROTARY** Club of Panglao Island





#### DISTRIBUTION OF BOOKS TO PRE SCHOOL CHILDREN



#### ROTARY CLUB OF PANGLAO ISLAND ROASTER OF MEMBERS RY 2020-2021



PRES. JULITA L. COGO



RTN. JEREMIA PRADO



RTN. CIELO CARAEL



IPP LEONILA P. MONTERO

**RTN. CAROL VENTURA** 



PP AYA M. CAINDEC



RTN. MARY JANE BALABA RTN. MARCUSA CUMAYAS R



**RTN. DEVY BENDIJO** 



• • •

**PP KARIN WESEMAEL** 



RTN. IVY BULAY-BULAY



**RTN. MARY ANN LAGNSON** 





RTN. MARICEL MADRONA RTN. MARY JANE CIMAFRANCA

**Rotary Opens Opportunities** 



**RTN. MINDA KENNEDY** 



**RTN. GEAH DOLLISEN** 

KIN. MARI JANE CIMAFRANC



**RTN. JOVIL BALICOG** 



**RTN. ROCARION BANTAY** 

#### ROTARY CLUB OF PANGLAO ISLAND ROASTER OF MEMBERS RY 2020-2021



AG ROMEO BALABA



**VP MARCELO FUDALAN** 



SEC. ARTHUR BAGCAT



RTN. FELINO COLUMNAS RTN.LUDOVIC GINGNAGEL RTN. BRYLLE CAMARGO





**Rotary Opens Opportunities** 



**PRTN. PENAPAIR CIMAFRANCA** 



RTN. CATALINO SUMAYLO



**RTN. ROGIE PRADO** 



RTN. KRIS VINCENT ACERO



RTN. THOMAS BOETSCH



**RTN. JONATHAN CABAL** 





**RTN. CECIL CORLONCITO** 



**RTN. ROMAR LABASBAS** 



RTN. FERNAND CALALIN

RTN. BRADPITT LOPEZ



**RTN. IVAN SANDOVAL** 



**RTN. NEON FRANCIS ALVARES** 

RTN. DEONICO GUDEN

#### ROTARACT CLUB OF PANGLAO ISLAND ROASTER OF MEMBERS RY 2020-2021



MARK GLEN BALDO PRESIDENT





**KENNETH JAY CAPRICHO** 

LOIS JANLEX TRILLANO **PRINCE ALDRIN DUMANGCAS** ASSTN. SECRETARY



**SECRETARY** 

LEE ADRIAN DENOSO **PROTOCOL OFFICER** 



**AILA MARIE CLEMEN** PUBLIC IMAGE



HONEY CARL FUDALAN PRESIDENT -ELECT



**KRIS VINCENT ACERO** AUDITOR **INTERNATIONA SERVICE** 



**DEONICO DEO GUDEN CLUB ADMINISTRATOR** 



**JAMES ARAGON** PRESIDENT NOMINEE



FRUCTUSO DUMALUAN JR.



JUSTINE MILAY **IMMEDIATE PP** 





**Rotary Opens Opportunities** 

TREASURER



**ROMAR BERGADO** MEMBERSHIP



#### ROTARACT CLUB OF PANGLAO ISLAND ROASTER OF MEMBERS RY 2020-2021



DIANE CUMAYAS



JOHN MARLOU EULDAN



MITZI MARIE AILEEY DURAN



FRANCE MARIE TAN



JULIE ANN MANGYAO



**REXOR JAMES MONZOLIN** 



**JENNYFER TOLEDO** 





**ROXAN CLENISTA** 



JHOMARIE MIJOS



MARIA OPELLA VANESSA ESTOQUIA



**STEVE BONGO** 



JHONREX POJAS



WELA DELA SERNA PUNAY



**Rotary Opens Opportunities** 



MARK JOSEPH SARIGUMBA

