

Rotary
Tagbilaran



**IMAGINE
ROTARY**

OFFICIAL BULLETIN ROTARY YEAR 2022 2023

Chartered April 12, 1971 - Club No. 17134 - Area 1F

Issue:

November 2022



**THE BLOOD
COMPACT**

**ROTARY CLUB OF TAGBILARAN
ZONE 1F, DISTRICT 3860**

A.Call to Order	Rtn. Kazan Baluyot
B.Invocation, Pambansang Awit, Rotary Hymn	Rtn. Radhika
C.The Object of Rotary and Four-Way Test	Rtn. Baby Bantol
D.Secretary's Time	Rtn. Robert Pedralba
E.Matters Arising from the Minutes	Rtn. Kazan Baluyot
F.Rotary Information	Rtn. Collin Jubac
G.Fellowship Singing	Rtn. Baby Bantol
H.Jokesville	Rtn. Irena Heberrer
I.Finest Moment	Rtn. Ella Helliksen
J.Health Corner	Rtn. Kazan Baluyot
K.Treasurer's Time	Rtn. Yelle Jubac
L.President's Time and Project Updates	Rtn. Kazan Baluyot
M.Closing Song – True Rotarian	
N. Adjournment	

Rtn. Alex Bongawan
Host of the Day

INVOCATION

We express our profound gratitude for friends, pleasant times, amusement, and fellowship, particularly the Rotary fellowship. May these reminders of your abundance nourish our bodies as we get ready for the trials that lie ahead for us in Rotary. Keep us constantly aware of the needs of others and attentive to our role as Rotarians. In the name of your Eternal Truth, we pray for these things. Amen.



THE FOUR-WAY TEST

The test which has been translated into more than 100 languages, asks The Following questions:

Of the things we think, say or do

- Is it the **TRUTH**?
- Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned?

The Object of Rotary

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:

- FIRST.** The development of acquaintance as an opportunity for service;
- SECOND.** 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;
- THIRD.** 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 CLUB OF TAGBILARAN:

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PHILIPPINE NATIONAL ANTHEM

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

Lupang Hinirang
Duyan ka nang magiting
Sa manlulupig
Di ka pasisiil

Sa Dagat at bundok sa simoy
At sa langit mo'y bughaw
May dilag ang tula
At awit sa paglayang minamahal
Ang kislap ng watawat mo'y
Tagumpay na nagniningning
Ang bituin at araw niya'y kailan
Pama'y di magdidilim

Lupa ng araw ng luwalhati't pagsinta
Buhay ay langit sa piling mo
Aming ligaya nang pag
May mang-aapi
Ang mamatay ng dahil sayo

BOHOL PROVINCIAL HYMN

Yuta kong minahal,
Hatag ni Bathala;
Sa adlaw'g gabi-i,
Taknang tanan
Dinasig sa kinaiyahan
Sa mga bayaning yutawhan
Imong kalinaw gi-ampingan
Lungsod sa bungtod nga
matunhay
Ug matam-is nga kinampay

Puti ang kabaybayunan
Walog sa suba binisbisan
Bahandi sa dagat ug kapatagan
Gugma ang tuburan
Sa kagawasan sa tanan
Panalanginan ka
Ihalad ko lawas ug kalag
Sa mutya kong Bohol.

*I want to be, A Rotarian for the world
Make the Rotary flag, be the flag of
peace unfurled*

*I will serve my community
Help to seek international unity
Thru Rotary, I will dedicate my all
World understanding shall be my
cherished goal*

Refrain :

*With the Four Way Test
I'll pursue my quest
And I in a way help obtain
Peace in the world
Then I won't have lived in vain.*

*I'll observe Service Above Self
Lend a hand to all who'll need my
help*

*I'll get my spouse to involve in Rotary
And in Rotary ways, I will train my
family*

*(Repeat Refrain - substitute "I" with
"We")*

*Build a bridge for tomorrow's youth
Strengthened by nothing but the truth
Let's join our hands, there's no
reason to divide*

*We shall all understand, while the
good Lord is our guide*

*(Repeat Refrain - substitute "I" with
"We")*

OUR IMPACT ON EDUCATION

Rotary members make amazing things happen, like:

Opening schools: In Afghanistan, Rotary members opened a girls' school to break the cycle of poverty and social imbalance.

Teaching adults to read: Rotary members in the United States partnered with ProLiteracy Detroit to recruit and train tutors after a study showed that more than half of the local adult population was functionally illiterate.

New teaching methods: The SOUNS program in South Africa, Puerto Rico and the United States teaches educators how to improve literacy by teaching children to recognize letters by sounds instead of names.

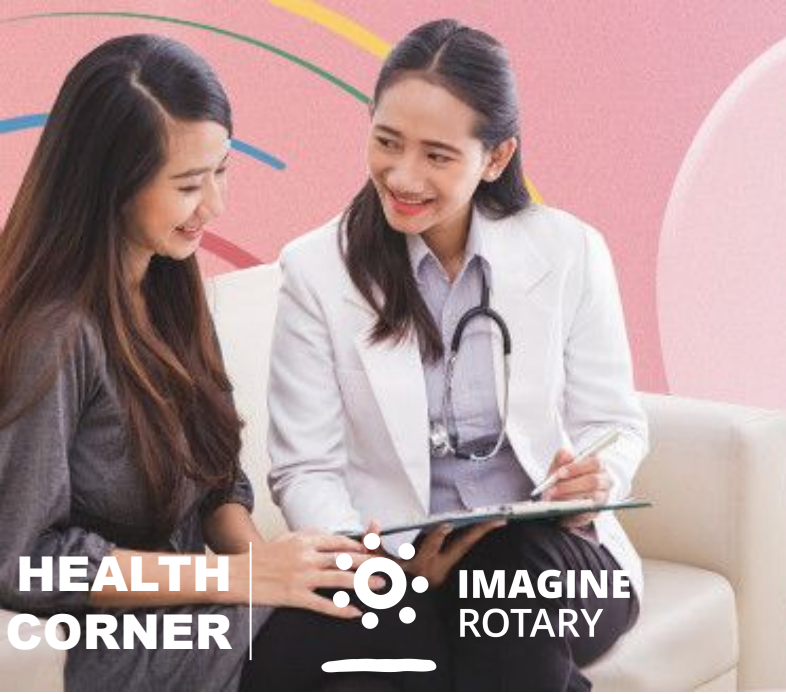
Making schools healthy: Rotarians are providing clean, fresh water to every public school in Lebanon so students can be healthier and get a better education.

Enhancing educational systems: In Kenya, Rotary clubs are working with the Global Partnership for Education and local and national governments to advance life-long learning opportunities for poor and marginalized children. [Learn more.](#)

I Say A Little Prayer

Song by Burt Bacharach and Hal David

The moment I wake up
Before I put on my makeup
I say a little prayer for you
While combing my hair, now,
And wondering what dress to wear, now,
I say a little prayer for you
Forever, and ever,
(You'll stay in my heart and I will love you)
(Forever) Forever, and ever,
(We never will part Oh, how I love you)
(Together) Together, forever,
(That's how it must be to live without you)
Would only mean heartbreak for me, ooh
I run for the bus, dear,
While riding I think of us, dear,
I say a little prayer for you
At work I just take time
And all through my coffee break-time,
I say a little prayer for you
Forever, and ever,
(You'll stay in my heart and I will love you)
(Forever) Forever, and ever,
(We never will part Oh, how I love you)
(Together) Together, forever,
(That's how it must be To live without you)
Would only mean heartbreak for me
My darling, believe me
For me there is no one but you
Please love me too
Answer my prayer
Answer my prayer now babe, oh-oh
Forever, and ever, ever
(You'll stay in my heart and I will love you)
(Forever) Forever, and ever,
(We never will part Oh, how I love you)
(Together) Together, forever,
(That's how it must be to live without you)
Would only mean heartbreak for me, nobody but me
My darling, believe me
For me there is no one but you
Please love me too
Answer my prayer
Answer my prayer now babe
Say you love me too
Answer it right now babe
Answer my prayer



Warning signs of mental illness

**HEALTH
CORNER**



**IMAGINE
ROTARY**

Mental illnesses are conditions that affect the way we think, feel, and behave. They may manifest as emotional changes, like feeling extreme sadness, fear, or anxiety. It can also manifest as states of confusion, like not being able to concentrate or think coherently, or having weird thoughts or feelings. Typically involving the brain, these conditions are often caused by an interplay of various factors including personal/environmental stressors, genetics, and biochemical/hormonal problems. Most people will experience some form of mental health problem in their lifetimes, many of which resolve on their own. However, mental illness can also be severe and require professional attention and support. This is why it is important to recognize warning or danger signs of mental illness - for yourself or for your loved ones.

- Sudden changes in mood or personality
- Sudden changes in daily routine (e.g. sleeping, eating)
- Prolonged and/or excessive feeling of depression, sadness, anger, fear, or other emotions
- Withdrawal from social or professional activities
- Failure to fulfill daily responsibilities
- Delusions (i.e. having weird thoughts)
- Hallucinations (i.e. seeing, hearing, or sensing things that don't exist)
- Substance use
- Suicidal thoughts
- Acts of aggression
- Unexplained physical injuries

For children and young people, other warning signs include:

- Sudden changes in academic performance and social engagements in school, including "cutting classes" or sudden drop in grades,
- Defiance of authority at home or in school
- Being hyperactive or excessively restless

What to do?

If you detect any of the above in yourself or in your loved ones, action steps include offering or seeking peer support, facilitating or seeking professional counseling/help, and providing or seeking a safe, non-judgmental space where the affected individual can recover without fear of stigma or judgment.

The National Mental Health Crisis Hotline numbers are 1553 (Luzon-wide landline toll-free number), 09163514518 / 09178998727 (Globe), 09086392672 (Smart). Other external resources can be found [here](#).

BIRTHDAY CELEBRANTS



**IMAGINE
ROTARY**

BIRTHDAY CELEBRANTS

January

15. Rtn. Fancy Baluyot
19. Rtn. Mayelle Jubac

February

09. Rtn. Gian Dohig

March

23. Rtn. Rey Collin Jubac

April

17. Rtn. Rodolfo Pedralba Jr.
24. Rtn. Armin Koglin

May

08. Rtn. Victor Bantol
12. Rtn. Gab Pestelos
23. FP Nerio Zamora II

June

01. Rtn. Ella Helliksin
13. Rtn. Tony Maquindang
16. Rtn. Christiane Ciurletti

July

05, Rtn. Jaccario Man-on
14, FP Cynthia Pedralba
27, Rtn. Mabelle Saniel

August

01. Rtn. Bob Pedralba

September

October

06, Rtn. Georgina Maquindang
10, Rtn. Victoria Sandidge
11, Rtn. Louella Bantol

November

01, FP Irena Heberer
11, Rtn. Gladys Gallentes
14. Rtn. Alex Bongawan

December

23, FP Angelina Hoffman



MOBILIZING PEOPLE WITH DISABILITIES IN THE PHILIPPINES



FITTING AND DISTRIBUTION OF WHEELCHAIRS

DR. LIMS CLINIC & HOSPITAL and VALENCIA TECHNICAL VOCATIONAL HIGH SCHOOL
Valencia, Bohol, Philippines
November 8-11, 2022





🌸🌻Now They're Here... A delegation of Rotarian Doctors & Therapists arrived on November 7th to properly provide Wheelchairs to people with Disabilities in Bohol. 🌸🌻Welcome to Bohol Imaginative Rotarians from Hope Haven International, RC Sioux Falls West, South Dakota, USA; RC Campbell River, BC Canada; RC Rapid City, South Dakota; RC Rapid City Rushmore, South Dakota, USA... They had fun @the Loboc River Cruise & Welcome Dinner Fellowship in Badiang Spring Resort Hotel, Valencia, Bohol where they are staying for five days... 🌸🌻We're so glad to have You...!

PICTURES



♥ First Day, Nov.8th....
Training of the Medical Staff of Dr. Lim's Clinic & Hospital, Valencia, Bohol..
♥23 Valencianhons were fitted & received Wheelchairs..♥THANK YOU SO MUCH Drs. Guido & Grace Lim for being one of our partners in serving our fellow Boholanos..And we are Truly grateful to Hope Haven International, Rotary Clubs of Sioux Falls West,Rapid City Rushmore, Rapid City, Parkes, Historic Filipino Town, Custer, Campbell River; & LGU-Valencia...♥To God be the Glory...🙏

PICTURES



The Recognition Night...

With DG LILU & DS JONG...The Team for Mobilizing PWDs in the Phil.(Wheelchair Fitting & Distribution Project)...were given Certificates recognizing the tireless efforts, unconditional Love they shared for the Boholano people..& were treated with a sumptuous Dinner hosted by Pres. Kazan Baluyot..'Thank You Mr. President'

♥ November 12th. @Bellevue Resort, Panglao, Bohol

MONTHLY THEMES



Rotary International Monthly Themes

July	New Rotary Year Begins
August	Membership and New Club Development Month
September	Basic Education and Literacy Month
October	Economic and Community Development Month
November	Rotary Foundation Month
December	Disease Prevention and Treatment Month
January	Vocational Service Month
February	Peace and Conflict Prevention/Resolution Month
March	Water and Sanitation Month
April	Maternal and Child Health Month
May	Youth Service Month
June	Rotary Fellowships Month

PROJECT UPDATES



Projects/Activities	Date	Location/Remarks
One District One Rotary New Year's Children Party	July 1, 2022	Sunshine Home Orphanage
Committee Meeting	July 7, 2022	Metro Center Hotel
Area Blood Letting Activity	July 13, 2022	Tubigon, Bohol
Governor's Visit	July 13, 2022	Dr Baluyot's Garden
52nd Induction and Turnover Ceremonies	July 13, 2022	Kew Hotel
1st Virtual Regular Meeting	July 20, 2022	Virtual
Area Com Meeting	July 30, 2022	Cebu City
Wheelchair Project Update Valencia	August 3, 2022	Valencia
Regular Meeting	August 10, 2022	Tagbilaran City
Strategic Planning	August 6, 2022	Luxury View Deck Belveue
Visayas Public Image Seminar	August 13, 2022	Cebu City
Basic Orientation Seminar (RAC Tagbilaran)	August 13, 2022	Tagbilaran City
Fellowship Meeting	August 15, 2022	Baclayon
Basic Orientation Seminar (RC Tubigon)	August 21, 2022	Tubigon
Area Com Meeting	August 27, 2022	Cebu City
Regular Meeting	September 7, 2022	Belian Hotel
One Rotary One District Tree Planting	September 17, 2022	Ubay Bohol
Project Meeting	September 22, 2022	Metro Center Hotel
Ocular Inspection	September 22, 2022	Valencia Bohol
Food for the Surgical Mission Team for the Cleft Lip & Cleft Palate Operations	September 19-23, 2022	Governor Celestino Gallares Hospital
RECOGNITION Night for the Surgical Mission Team of OPERATION HOPE	September 23, 2022	Bohol Cultural Center
Regular Meeting	September 28, 2022	Belian Hotel
Pink Motorcade Area 1F	October 3, 2022	Bohol
Pink Symposium	October 3, 2022	Cong. Simeon Toribio Memorial Hospital
Pink Bazaar	October 4-7, 2022	Capitol Building

PAUL HARRIS FELLOW

1. Charles Jubac PHF
2. Luz Mabelita Saniel PHF
3. Mamta Rani PHF
4. Norris Oculam
5. Rey Collin Jubac PHF
6. Robert James Simpson PHF

MULTIPLE PAUL HARRIS FELLOW

1. Alex Nale Bongawan PHF+1
2. Paulette Christiane Ciurletti PHF+1
3. Boris Heberer PHF+1
4. Ma. Eva Eleanor Jubac PHF+1
5. Armin Koglin PHF PHF+1
6. Cynthia Pedralba PHF+1
7. Rodolfo Pedralba, Jr. PHF+1
8. Robert Pedralba PHF+1
9. Francisca Baluyot PHF+2
10. Angelina Vidas Hoffman PHF+2
11. Kazan Benigno Baluyot PHF+4
12. Irena Heberer PHF+6
13. Louella Bantol PHF+8
14. Victor Bantol PHF+8



CONTINUING MAJOR DONORS

Club's first MAJOR DONORS

PAG Victor Bantol

PSAG Louella Bantol



IN LOVING MEMORY OF



Francisca S. Baluyot

JANUARY 15, 1940 - NOVEMBER 14, 2022

MASS WILL BE HELD ON
NOVEMBER 24, 2022, THURSDAY
AT 1:00 P.M.

ST. JOSEPH THE WORKER CATHEDRAL
TAGBILARAN CITY, BOHOL





PEACEBUILDING AND CONFLICT PREVENTION

Today, 42 million people are displaced by armed conflict or persecution. Through our partnerships with several leading universities, Rotary Peace Fellows develop the skills to strengthen peace efforts, train local leaders to prevent and mediate conflict, and support long-term peace building in areas affected by conflict. We provide up to 100 peace fellowships per year at Rotary Peace Centers.



DISEASE PREVENTION AND TREATMENT

More than 100 million people are pushed into poverty each year because of medical costs. We aim to improve and expand access to low-cost and free health care in underdeveloped areas. Our members educate and mobilize communities to help prevent the spread of major diseases such as polio, HIV/AIDS, and malaria. Many of our projects ensure that medical training facilities are located where the workforce lives.



WATER, SANITATION, AND HYGIENE

More than 2.5 billion people lack access to adequate sanitation facilities. At least 3,000 children die each day from diarrheal diseases caused by unsafe water. Our projects give communities the ability to develop and maintain sustainable water and sanitation systems and support studies related to water and sanitation.



MATERNAL AND CHILD HEALTH

At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, we provide immunizations and antibiotics to babies, improve access to essential medical services, and support trained health care providers for mothers and their children.



BASIC EDUCATION AND LITERACY

Sixty-seven million children worldwide have no access to education and more than 775 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.



COMMUNITY ECONOMIC DEVELOPMENT

Nearly 1.4 billion employed people live on less than \$1.25 a day. We carry out service projects that enhance economic and community development and develop opportunities for decent and productive work for young and old. We also help strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.



ENVIRONMENT

We are committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment. We empower communities to access grants and other resources, embrace local solutions, and spur innovation in an effort to address the causes and reduce the effects of climate change and environmental degradation.



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