

**Rotary**  
Tagbilaran



**IMAGINE  
ROTARY**

**OFFICIAL BULLETIN ROTARY YEAR 2022 2023**

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

Issue:

March 2023



# THE BLOOD COMPACT



**JOINT FELLOWSHIP MEETING  
ZONE 1F, DISTRICT 3860**

A.Call to Order

Rtn. Kazan Baluyot

Rtn. Dures Tagayuna

Rtn. Gladys Gallentes

B.Invocation, Pambansang Awit, Rotary Hymn

C.The Object of Rotary and Four-Way Test

D.Secretary's Time

Rtn. Robert Pedralba

E.Matters Arising from the Minutes

F.Rotary Information

Rtn. Gabriel Victor Pestelos

G.Fellowship Singing

Rtn. Baby Bantol

H.Jokesville

Rtn. Victor J. Bantol

I.Finest Moment

Rtn. Cynthia Pedralba

J.Health Corner

Rtn. Mabel Saniel

K.Treasurer's Time

Rtn. Yelle Jubac

L.President's Time and Project Updates

Rtn. Kazan Baluyot

Rtn. Dures Tagayuna

M.Exchange of Banerette

N.Closing Song – True Rotarian

O. Adjournment

**Rtn. Louella G. Bantol**

Host of the Day

**INVOCATION**

We beseech Thee, our Heavenly Father to bestow Thy grace upon this meeting. As we enjoy our fellowship, one with another, may we grow in stature, so that we may be able to give more to our friends in Rotary , and in turn give strength to the ideals of Rotary in the service to mankind. 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.

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### ROTARY CLUB OF TAGBILARAN:

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# ANTHEM AND HYMN



## 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")*

**ROTARY  
INFORMATION**



**IMAGINE  
ROTARY**

**Rotary**  
District 3860



**CREATE HOPE  
in the WORLD**



**APRIL  
21-22**

**Henann Resort Alona Convention Center  
PANGLAO ISLAND, BOHOL, PHILIPPINES**

**Registration Fee:  
Rotarian P4,500 | Rotaractor P3,500  
Spouse/Non-Rotarian P3,500  
Last day of Registration: APRIL 14, 2023**

**Hosted by:**



**Co-hosted by:**



# FELLOWSHIP SINGING



Tell me something, girl  
Are you happy in this modern world?  
Or do you need more?  
Is there something else you're searchin' for?  
I'm falling  
In all the good times, I find myself longin' for change  
And in the bad times, I fear myself  
Tell me something, boy  
Aren't you tired trying to fill that void?  
Or do you need more?  
Ain't it hard keeping it so hardcore?  
I'm falling  
In all the good times, I find myself longing for change  
And in the bad times, I fear myself  
I'm off the deep end, watch as I dive in  
I'll never meet the ground  
Crash through the surface, where they can't hurt us  
We're far from the shallow now  
In the sha-ha, sha-ha-llow  
In the sha-ha-sha-la-la-la-llow  
In the sha-ha, sha-ha-llow  
We're far from the shallow now  
Oh, ha-ah-ah  
Ah, ha-ah-ah, oh, ah  
Ha-ah-ah-ah  
I'm off the deep end, watch as I dive in  
I'll never meet the ground  
Crash through the surface, where they can't hurt us  
We're far from the shallow now  
In the sha-ha, sha-ha-llow  
In the sha-ha-sha-la-la-la-llow  
In the sha-ha, sha-ha-llow  
We're far from the shallow now





Healthy  
Pilipinas

Konsultayo  
sa ating mga  
Primary Care Providers



# Mare, isang stick lang ba talaga?

Tigilan at iwasan ang yosi  
for a healthy heart!



**QUIT NOW!**

Call  
**1558**  
for  
assistance



Bisyo-free lifestyle  
para sa healthy heart  
and mind!



# Colorectal Cancer

Colorectal cancer is a type of cancer affecting the colon and/or the rectum. It is currently the third most common type of cancer in the Philippines after breast and lung cancer. Most colorectal cancers start as a growth on the inner lining of the colon or rectum.

## Cause

Most colorectal cancers start as polyps. These polyps can change into cancer over time (usually many years), but not all polyps become cancer. Once they become cancerous, they can then travel to nearby lymph nodes or to distant parts of the body. Various factors can increase the risk for developing colorectal cancer, including:

- Increasing age, especially after age 50
- Being overweight or obese
- Lack of physical activity
- Certain types of diets, especially red meat and processed meat
- Cigarette smoking
- Heavy alcohol drinking
- History of colorectal polyps or cancer, inflammatory bowel disease, or inherited syndromes like Lynch syndrome
- Family history of colorectal cancer or polyps

## Signs And Symptoms

Individuals with colorectal cancer can have no symptoms at all, during early stages of the disease. When symptoms do appear, it's often only after the cancer has already grown or spread. Symptoms include:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding without soreness or discomfort at the area around the anus
- Dark stools, or blood in the stool
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

While in many cases, people who have these symptoms do not have cancer, it's still important to go to the doctor so the cause can be found and treated if needed.

# Colorectal Cancer

Colorectal cancer is a type of cancer affecting the colon and/or the rectum. It is currently the third most common type of cancer in the Philippines after breast and lung cancer. Most colorectal cancers start as a growth on the inner lining of the colon or rectum.

## Management (Diagnostic, Treatment, Other Care)

One way to test for colorectal cancer is to look for occult (hidden) blood in the stool. If the test results are positive (that is, if hidden blood is detected), a colonoscopy will be needed to investigate further. Although blood in the stool can be from cancers or polyps, it can also have other causes, such as ulcers, hemorrhoids, or other conditions. Patients with colorectal cancer are managed depending on the size and extent of the cancer, among other factors. Types of treatment may include surgery, chemotherapy, radiation therapy, or newer therapies like targeted therapy or immunotherapy.

## What You Can Do (Prevention and Control)

To help reduce the risk for developing colorectal cancer, an individual may:

- achieve and maintain a healthy body weight
- have a healthy diet (e.g. nutrient-dense foods, vegetables, fruits, whole grains)
- avoid red and processed meats, sugar-sweetened beverages, highly processed foods, and refined grains
- avoid alcohol if possible; or limit consumption to  $\leq 1$  drink/day for women and  $\leq 2$  drinks/day for men
- take aspirin or other medications which can lower the risk for colorectal cancer (upon the advice of a doctor)
- get screened for colorectal polyps and have them removed if possible



# 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



# 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

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



#### **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.



# IMAGINE ROTARY