

ANG BUDJONG

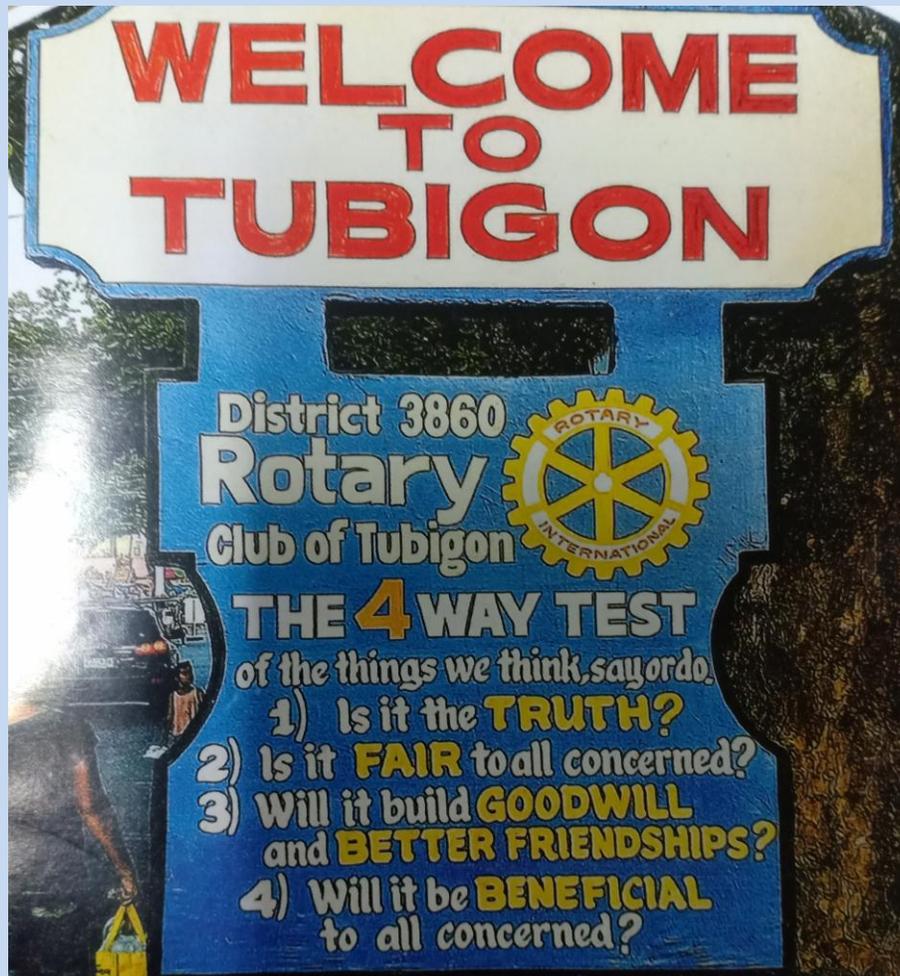
RY 2021-2022
The Official Bulletin of RC
Tubigon

Tubigon
Rotary
Club



SERVE TO
CHANGE LIVES

Heyrana's Farm, Tinangnan, Tubigon, Bohol
Charter Date: January 9, 2009
Weekly Meeting: Friday, 6 PM



Together, we serve to change lives.
#ServiceAboveSelf #ServeToChangeLives



SERVE TO CHANGE LIVES

Club Officers RY 2021-2022

- President:** Delia F. Lasco
- Vice Pres:** Maribel V. Sumayang
- Secretary:** Victoria Heyrana
- Asst. Sec:** Michael Estoquia
- Treasurer:** Angelita B. Rabor
- Asst Tres:** Nimfa R. Berdin
- Auditor:** Ma. Cristina Montuya
- TRF Chair:** Haydee C. Cabasan
- Membership Chair:** Eliodoro Alindao
- Public Relations:** Trina V. Sumayang
- Community Services:** Venus Balaga
- Health Services:** Maricris Montuya
- Vocational Services:** Merna Echiverri
- Youth Service:** Macarmel Ranara
- Club Service:** Phoebe S. Valer
- Intl Service:** Blanche Mascariñas
- Service Project:** Raymond Castro
- Administration:** Sonia Concepcion
- Sgt at Arms:** Franco Concepcion

Contributing Editors:

- Maribel Sumayang
- Delia Lasco
- Baby Heyrana
- Haydee Cabasan
- Lita Rabor

VISITING ROTARIAN

This is to certify that the _____ above Rotarian attended our club meeting on _____ held at Rtn. Trina's Place.

Sept. 30, 2021

Victoria C. Heyrana
Club Secretary

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 standard in business and profession; 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.

THE FOUR – WAY TEST
of the things we think, say or do:



1. Is it the **TRUTH**?
2. IS it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

**Rotary Club of Tubigon
District 3860
7th Regular Meeting for RY 2021-2022**

6:00 PM Call to Order	Pres. Delia Lasco
Invocation & Pambansang Awit	Rtn. Cristy Montuya
Object of the Rotary & the 4 Way Test	Rtn. Haydee Cabasan
Rotary Information	Rtn. Blanche Mascariñas
Fellowship Singing	Rtn. Inday Cosare
Laugh Line	Rtn. Venus Balaga
Finest Moment	Rtn. Trina Sumayang
Secretary's Time	Rtn. Baby Heyrana
Health Tips	Rtn. Frina Mulhall
Treasurer's Time	Rtn. Lita Rabor
Editor's Time	Rtn. Nimfa Berdin
Facts of the Matter	Rtn. Michael Estoquia
President's Time	Pres. Delia Lasco
Other Matters	
Adjournment	

Maribel Sumayang
Toastmaster of the Day

INVOCATION

Father, As we gather here today, we thank you for the gift of fellowship and family. We ask that you strengthen us, restore us, and inspire us with your love. Let our discussions be charitable and our conclusions fruitful. Help us to strive with all our hearts to know what is pleasing to you. When we know your will, make us determined to do it. May the work that we do and the way we do it bring hope, life and courage to all Amen!



(Host Next Week – Emerald)



Together, we serve to change lives.
#ServiceAboveSelf #ServeToChangeLives



President's Message
Delia F. Lasco
Club President 2021-2022



September 2021

Fellow Rotarians,

Education may seem elusive to some because of poverty but the fact remains that it is our most powerful weapon against poverty itself and ignorance. If only all the kids in the world be given his right to quality education then when we have a better place to live in. We in Rotary recognizes this right to Basic

Education and Literacy. It is one of the seven areas of focus of Rotary. A Rotarian once said "when you teach somebody how to read, they have that for a lifetime. It ripples through the community one by one". In the process, education paves the way for a cleaner environment, healthier children and active adults.

My club, RC Tubigon is a small and young club but this does not deter us from pursuing our goal of changing the lives of others. Being a teacher myself, I believe that things would turn out right when we learn, understand and take action. Malala Yousafzai once said that when she was shot in the head by the Taliban forces, the terrorists thought that they had crippled her ambitions and advocacy for education but they were wrong because what was changed was her weakness, fear and hopelessness instead strength and courage were born.

In observance to Basic Education and Literacy month, RC Tubigon distributed educational materials like pens, pencils, crayons, drawing books and papers to some kindergarten kids who are now becoming restless in staying home due to the pandemic. We are starting with them to help in their holistic development.

Life Changers, be a part of the challenge. You and I are partners and together we CAN!

"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 to seek international unity.
Through Rotary, I will dedicate my all,
World understanding shall be my
cherished goal.

Refrain: With the Four Way Test
I will pursue my quest
And if 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 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
I will pursue my quest
And if I, in a way help obtain
Peace in the world
Then I won't 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
to divide..

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

Peace be achieved, so we won't have lived in vain



Laugh Line

Joke no. 1

TEACHER: Juan! Late napud ka? Pirmi
Ing kag lag-laag mayraba ug bright ka.
Dawbi pangutan-on taka, "Who's our
national hero?"

JUAN: Jose Rizal ma'am.

TEACHER: Char! Naka chamba pud ang
bogo.

JUAN: Ikaw ma'am bi, kaila kang
SONIA?

TEACHER: Wala! Kinsa man pud na?

JUAN: Mao na diha! Cge rman gud kag
tudlo walay laag-laag. Kabit na sa imong
bana oi!

Joke no. 2

Bata: "Give us this day our daily
bread...with ham, egg, and cheese.
French fries, salad on the side..."

Ginoo: Dong, pag sure uy! Ga-ampo ka
or ga order?

Joke no. 3

Maypa si Snow White, apple ra giingkit,
nagka-lovelife dayun. Ako tawon, FRUIT
SALAD na gikaon, wa gihapon.

ROTARY INFORMATION

AWESOME DISTRICT OFFICERS & SPEAKERS



Anna Louisa Bumagat
District Governor D3860, RI
Welcome Message



Lili Aliño
District Governor - Elect D3860, RI
Inspirational Message



PDG Lina Aurelio, D3800
Ambassador for Empowering Girls
Talk on Empowering Girls



Anniela Carracedo
Executive Director of Rotary Interactive
Quarantine, District Interact Chair
of District 6840 (Argentina)
Topic 1: What is Rotary and Interact



Chynna Julienne Dorado
District Interact
Representative D3860
*Topic 2: My Interact
Journey and Beyond*



Adrian Ding
Founder and Lead Coach, The Academy
for Extraordinary Teens CEO,
Maximum Impact Philippines
Keynote Address: Serving to Change Lives



Atty. Lolita L. Lomanta
District Youth Protection
Officer D3860
*Past... Bawal ang Bastos
My Protection,
My Rights: What I Need to Know*



Al Coli Argo, Author
International Speaker (Alabama)
*8 Focal Points of
Positive Impact Leaders*



Ryan Makiling, OTRP
MA Life Coach/Mental Health
*The Second Wave:
How to Cope Emotionally*



Padma Mangharam-Siap
People Development Specialist (Chicago)
WOW: The Art of Assertive Communication

AMAZING FACILITATORS & HOSTS



Vince Sta. Elena
Team Building Speaker and Facilitator



Nikka Barnal-Batingana
Team Building Facilitator



IU Director Matt Clarence Melgar
International Understanding Director
IACMM2006 - HOST



DIR Chynna Dorado
District Interact Representative D3860
HOST

<https://fb.me/e/1dve8zj5j>

6th Regular Meeting for RY 2021-2022
September 17, 2021
Minutes of the Meeting

Percentage of Attendance on September 17, 2021 was 52%

Present: Rtns. Baby, Delia, Phoebe, Haydee, Cristy, Lita, Yeng, Blanche, Manno, Michael, Inday, and Nimfa

Absent: Rtns. Raymond, Macking, Gboy, Venus, Norma, Maribel, and Trina

On Leave: Rtns. Merna, Ado, Frina, Franco, Sonia

SALIENT POINTS discussed during the Regular Meeting held last September 17, 2021 at Rtn. Delia's Place.

- That on Saturday, October 9 2021, Rotarians will go to Tagbilaran to get the box.
- Ma'am Delia will ask LGU if we can borrow their elf. We will pay the driver and the gasoline.
- Ask seedlings from Bishop for the tree planting in Bosongon.
- To make it a policy that if there is an official activity transportation should be shouldered by the club.
- To monitor our water filters that we distributed to Macaas, Cabulijan and Pinayagan Norte.
- To segregate used clothing ready for distribution.

There being no other items to be discussed, the meeting was adjourned at 8:30 PM.

HEALTH TIPS

5 Tips To Keep Your Chin Up

- **1 Do something impulsive.**
Do something impulsive that you haven't planned every day. It's better to have no plan so we can seize the opportunities that may arise.
- **2 Have rituals.**
We are less who we are than what we do. Do 3 things that you love every day. As a result, feeling the gratitude will help you better sleep. Better sleep helps to be in a better mood. A better mood helps to make better decisions.
- **3 Exercise at least 10 minutes a day.**
Exercising has an influence on your brain, on your mood, on your ability to reflect and on your health.
- **4 Take breaks.**
Prevent burnouts by stopping what you are doing and do something else. Create a different atmosphere, add some novelties in your daily routine.
- **5 Learn something new.**
Learning helps to create new connections in your brain and to come up with new ideas and new opportunities.

Source

FACTS OF THE MATTER

10 Hard Facts about Life

1. You can't change the world, but you can change your world.
2. The world is cruel, mean and hard. Deal with it.
Love is precious. Never defile or squander it.
People will fail you. Learn to forgive and to break with someone.
"I can't" means "I don't want to". Stop lying to yourself.
The only thing standing between you and your dream is you.
7. You are imperfect. Don't act like you are not.
8. Mistakes happen. Learn from them instead of ignoring them.
9. Success does not fall into your lap. It is long and hard work.
10. You are like million others. Only your deeds will make you stand out.



EDITORIAL – Restricting the unvaccinated (The Phil. Star)

In the United States, sweeping COVID vaccination requirements have been ordered by President Joe Biden, covering not only healthcare and federal government workers but also private sector employees.

The US, which is home to COVID vaccine makers Pfizer, Moderna, Johnson & Johnson and Novavax, has the world's largest stockpile of anti-COVID vaccines, with people able to get their shots even in pharmacies. It also has enormous capacities for regular COVID testing, with test kits available even for home use. But there is strong vaccine hesitancy in the country, which Biden is blaming for the spike in COVID infections and deaths attributed to the Delta variant. Health experts have described it as the pandemic of the unvaccinated.

In the Philippines, where the slow vaccination is affecting even economic growth forecasts for the year, the biggest business groups are asking the government for permission to impose restrictions on unvaccinated employees and customers, particularly in areas such as Metro Manila where the inoculation targets for the adult priority groups are nearing attainment. The groups point out that this will protect both the vaccinated and unvaccinated, restore consumer confidence and speed up the revival of the economy.

They issued the appeal amid reports of continued resistance to COVID vaccines even where the jabs are available. Health experts attribute the vaccine hesitancy to misinformation particularly on social media as well as residual fears arising from the hysteria over the anti-dengue vaccine Dengvaxia.

Health experts have stressed that even vaccinated people can carry the virus without getting sick and infect the unvaccinated. Those infected can in turn pass on the virus to unvaccinated members of their household, particularly minors, the elderly and those with comorbidities. There are reports that the unvaccinated also tend to be more potent carriers of the virus and, in the season of Delta, they can cause breakthrough infections even among the fully vaccinated.

Anti-vaxxers have invoked their right of refusal, but this must be balanced against the right of others to be protected from infection. The government has banned smoking in enclosed public spaces to protect public health. Why not provide protection against a highly contagious and deadly disease? The business groups' proposal will ease pressure on the heavily burdened healthcare system, save lives and help get the economy out of intensive care.

TREASURER'S REPORT

Regular Meeting for RY 2020-2021			
10/1/2021			
Treasurer's Report			
CASH IN BANK -			
Cash General Fund			77,119.02
Project Fund			11,010.00
			88,129.02
CASH ON HAND -			
Cash General Fund			
Balance Forwarded-			16,330.85
Add: SAR/DD Levies- Franco Concepcion	2,700.00		
Sonia Concepcion	2,700.00		
District/Disater Levy-Frina Mulhall	600.00		
Ma. Carmel Ranara	600.00		
Finest Moment -Sep 10, 2021	1,100.00		
	7,700.00		7,700.00
			24,030.85
Less: Bread- for Pulang Araw residents during Water Filtration Turn-Over	500.00		
Wreath- for Late Dave Collins	1,600.00		
Tarp- Water Filtration Turn-Over	380.00		
TRF- 40,000-26,700 (from Maribel)	13,300.00		
	15,780.00		
Less: V-Hire:Ubay Tree Planting	2,500.00		
V-Hire: Panglao Coastal Clean-up	3,000.00		
	5,500.00		
	21,280.00		(21,280.00)
			2,750.85
Add: Jocelyn Cosare-donation for Panglao Coastal Clean-up			500.00
Total Cash on Hand-General Fund			3,250.85
BUDJONG Funds:			
Cash on Hand			855.61
PROJECT FUND			
Cash on Hand			490.00
TOTAL CASH ON HAND			4,596.46
Cash On Hand: Others (SH from Cristy)			
		150.00	

PICTURE PERFECT

SEPTEMBER 2021 SERVICE PROJECTS



ATTENDANCE

SUMMARY OF ATTENDANCE FOR RY 2021-2022

As of September 16, 2021

ROTARIANS	No. of Meetings	Meetings Attended	Meeting Missed	SERVICE CREDITS			Attendance
				EARNED	UTILIZED	BALANCE	
TEAM DIAMOND							
Venus Balaga	5	2	3				40%
Ma. Trina Sumayang	5	3	2				60%
Sonia Concepcion	5						0%
Frina Mulhall	5	2	3				
Angelita Rabor	5	2	3				40%
Nimfa Berdin	5	5	0				100%
TEAM SAPPHIRE							
Victoria Heyrana	5	5	0				100%
Michael Jenniver Estoquia	5	0	5				0%
Maribel Sumayang	5	3	2				60%
Pedrito Cabasan	5	2	3				40%
Macarmel Ranara	5	0	5				0%
Delia Lasco	5	5	0				100%
TEAM EMERALD							
Raymond Castro	5	0	5				0%
Gboy Rabor	5	1	4				20%
Maricris Montuya	5	0	5				0%
Phoebe Valer	5	5	0				100%
Norma Suacillo	5	3	2				60%
Merna Echeverri	5	1					20%
TEAM PEARL							
Franco Concepcion	5						0%
Eliodoro Alindao	5	2	3				40%
Cristy Montuya	5	4	1				80%
Haydee Cabasan	5	5	0				100%
Blanche Mascariñas	5	0	5				0%
Jocelyn Cosare	5	1	4				20%

RC TUBIGON MEMBERS

TEAM DIAMOND	ID Number	PHF	Birthdays
Venus C. Balaga	8081500	PHF	January 13
Ma. Trina V. Sumayang	8083610	PHF	January 19
Sonia C. Concepcion	6966788	PHF	January 30
Frina Mulhall			
Angelita B. Rabor	8237009		February 12
Nimfa R. Berdin	9322868	PHF	March 8

TEAM SAPPHIRE	ID Number	PHF	Birthdays
Victoria C. Heyrana	6966796		April 10
Michael Jenniver Estoquia	9194294		April 6
Maribel Sumayang	10652791		April 12
Pedrito Cabasan	8613843		June 6
Macarmel Ranara	10652797		July 16
Delia F. Lasco	6966795	PHF	July 24

TEAM EMERALD	ID Number	PHF	Birthdays
Raymond Castro	10652805		July 20
Glenn Joseph Rabor	10929469		August 13
Maricris Montuya	10929468		August 22
Phoebe S. Valer	10652806		Sept 19
Norma Suacillo			Sept 24
Merna Echiverri	10929460		Sept 29

TEAM PEARL	ID Number	PHF	Birthdays
Franco Concepcion	6966789	PHF	October 04
Eliodoro Alindao Jr.	8081496		November 2
Cristy G. Montuya	6966785	PHF	Nov 06
Haydee C. Cabasan	8399188	PHF	Nov 27
Blanche Mascariñas	10929458		Nov 27
Jocelyn Cosare			

Honorary Members

1. Maria (BicBic) Bangcoy
2. Amy Barreda
3. HerryUy
4. Dave Collins
5. William R. Jao
6. Yolanda Mascarinas
7. Walter Lasaca



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