

ANG BUDJONG

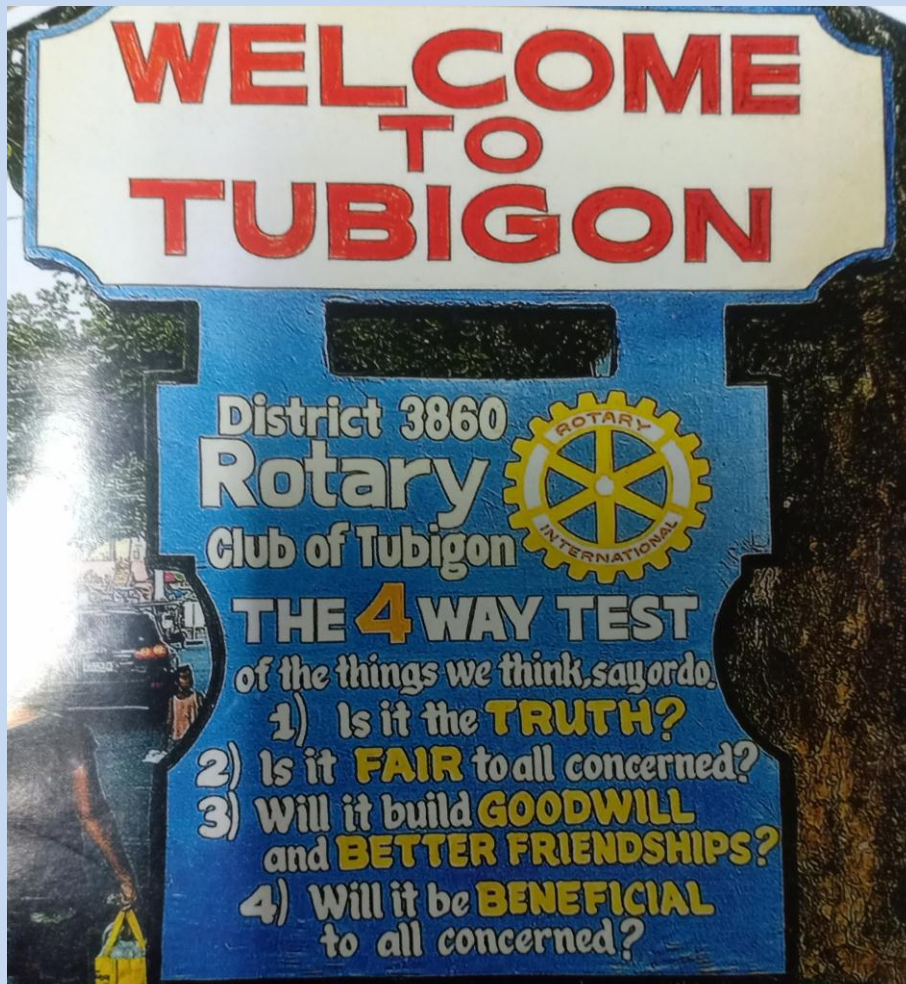
RY 2021-2022
The Official Bulletin of RC
Tubigon

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.

Oct. 31, 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
12th Regular Meeting for RY 2021-2022**

6:00 PM Call to Order	Pres. Delia Lasco
Invocation & Pambansang Awit	Rtn. Trina Sumayang
Object of the Rotary & the 4 Way Test	Rtn. Sonia Concepcion
Rotary Information	Rtn. Nimfa Berdin
Fellowship Singing	Rtn. Michael Estoquia
Laugh Line	Rtn. Maribel Sumayang
Finest Moment	Rtn. Ado Cabasan
Secretary's Time	Rtn. Baby Heyrana
Health Tips	Rtn. Yeng Ranara
Treasurer's Time	Rtn. Lita Rabor
Editor's Time	Rtn. Raymond Castro
Facts of the Matter	Rtn. Gboy Rabor
President's Time	Pres. Delia Lasco
Other Matters	
Adjournment	

Macking Montuya
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
RI President Mehta
RY 2021-2022

October 2021

The spark that Rotary kindled within me forced me to look beyond myself and embrace humanity. It made service a way of life and led me to a guiding principle I still stand by: Service is the rent I pay for the space I occupy on Earth.

A quarter of the Rotary year is now behind us. I am sure you are helping Rotary to *grow more* and *do more*. And I hope you have already done your part for the Each One, Bring One initiative by introducing one person to Rotary.

Do you ever think about your earliest days as a Rotarian? I often do — because those first moments of discovering the power of service shaped who I am today. When I joined my Rotary club, our efforts focused on India's rural communities, where people were living without toilets, getting their drinking water from the same pond they bathed in, and sending their children to outdoor classrooms set up under a tree. The nearest health care provider often was miles away — and the services were inadequate. But after Rotary clubs carried out some service projects, the villages had toilets, clean drinking water, a classroom for early learning, and a nearby health care center.

The spark that Rotary kindled within me forced me to look beyond myself and embrace humanity. It made service a way of life and led me to a guiding principle I still stand by: Service is the rent I pay for the space I occupy on Earth.

If you feel the need to reignite the spark of service in yourself or your club, October — Community Economic Development Month — is a great time to do so. When we work to improve the lives of people in underserved communities — through, for example, projects that provide vocational training and access to financial resources — we help build and sustain local economic growth.

The need is great. According to the United Nations, 9 percent of the world's population — that's 700 million people, a majority of them in sub-Saharan Africa — live on less than \$1.90 a day. By supporting strong community development as well as entrepreneurs, we can help improve conditions for people in that region and others.

Your club can also promote economic development in your own community by expanding vocational training opportunities through local schools and community colleges, partnering with lenders to improve access to financial services, or working with a nonprofit that provides resources to entrepreneurs and connects them with the business community.

Of course, developing strong communities is impossible without strong public health. On 24 October, World Polio Day, we'll celebrate our tremendous progress in the effort to eradicate polio. But we also know the fight is not over. We still need your help raising funds and awareness to ensure that all children are immunized against polio. Please don't forget to activate your clubs on that important day and encourage them to donate here: endpolio.org/world-polio-day.

Service has been rewarding for me throughout my life. I know the same is true for many of you. Join me this month in becoming a good tenant of our planet by helping others to better themselves and their communities. Together, we can *Serve to Change Lives*.

"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

SA RESTAURANT:

Rich vampire: Oorder ako ng fresh
blood.

Ordinary vampire: Sa akin isang order
na dinuguan.

Poor vampire: Hot water na lang sa
akin.

Waiter: Ha? Bakit hot water lang po?
(nagtataka ang muka)

Poor vampire: Nakapulot kasi ako ng
napkin sa kanto. Mag-tsa tsaa na lng
ako.

Joke no. 2

PARE1: Pre ano zodiac sign mo?

PARE2: (di alam zodiac sign...nag isip pa)
hmmm...ikaw muna?

PARE1: cancer, ikaw?

PARE2: goiter

PARE1: Parang baliw to, wala namang
ganung zodiac sign ha?

PARE2: Hindi joke lang. ULCER talaga.

Joke no. 3

Ako: Unsay pinakabigaon nga subject sa
school?

Siya: huh? Unsa man?

Ako: Math, kay daghan 'X'.

ROTARY INFORMATION

Rotary
District 3860



SERVE TO
CHANGE LIVES

**CAPTURE.
DESIGN. SHARE.**

LIFE-CHANGING PUBLIC IMAGE VIRTUAL SEMINAR

OCTOBER 23, 2021
SATURDAY
1:30 PM - 5:00 PM

**AMAZING PRIZES
AWAITS YOU!!!**



Pulse Oximeter, Aviche Air Purifier,
Automatic Alcohol Dispenser, Thermal Gun &
RCDD Pink October Mask



REGISTER NOW!



https://us02web.zoom.us/join/register/tZlSf_u2urzspHdYUHL4McERqRJTLajYUzOYK

#CaptureDesignShare
#RotaryPublicImageSeminar
#RotaryDistrict3860
#PeopleOfAction

12th Regular Meeting for RY 2021-2022
October 29, 2021
Minutes of the Meeting

Percentage of Attendance on October 29, 2021 was 85%

Present: Rtns. Baby, Delia, Phoebe, Haydee, Cristy, Lita, Yeng, Blanche, Manno, Michael, Inday, Trina, Macking, Venus, Franco, Sonia, Norma and Nimfa
Absent: Rtns. Raymond, Gboy, and Maribel
On Leave: Rtns. Merna, Ado, Frina

SALIENT POINTS discussed during the Regular Meeting held last October 29, 2021 at Rtn. Delia's Place.

- November 21 – Tree planting at Pres. Del's vacation house in Bosongon
- December 8 – Christmas Party; Alona Panglao; reserved 8 rooms; food is Rotary way; transportation (please see seat assignment – separate paper); Assembly at Pres. Del's residence in Poooc 11AM; Attire – Hawaiian; for other concerns re Christmas party, please see or call Macking
- December 12 – distribution of old clothing plus slippers and short pants in Ingod and Kan-ikong

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

HEALTH TIPS

HEALTHY BODY
INFOGRAPHIC

ALIT QUATECTUR, ODIT FUGIT, TEM
VENDAESQUE VOLO EST UT PE PORIATQ
UIATQUI DOLORE ET EST, QUI SANDIPSANT
ACCABO. LUMQUIST PELES DOLENDIPSA

DRINK
Water
at the correct time

After Waking Up → Helps activate internal organs

30 min Before a Meal → Helps digestion

Before Taking a Shower → Helps lower blood pressure

Before Going to Bed → Helps to avoid heart attack

Hydrate YOURSELF Well!



FACTS OF THE MATTER

Don't just...

- Don't just learn, experience.
- Don't just read, absorb.
- Don't just change, transform.
- Don't just relate, advocate.
- Don't just promise, prove.
- Don't just criticize, encourage.
- Don't just think, ponder.
- Don't just take, give.
- Don't just see, feel.
- Don't just dream, do.
- Don't just hear, listen.
- Don't just talk, act.
- Don't just tell, show.
- Don't just exist, live

averstu.com



EDITORIAL – Hospital manpower shortage (The Phil. Star)

Despite the easing of restrictions to revive the economy, there is general agreement that the pandemic is far from over. So every effort must be made to keep, if not increase, the health professionals who are manning the COVID frontlines.

Unfortunately, the exodus of healthcare workers particularly nurses continues, and is expected to increase as deployment restrictions are eased, according to hospital operators. The Private Hospitals Association of the Philippines Inc. has warned that in the past three weeks alone, its members have lost about five percent of their nurses. PHAPI warned that at the rate nurses are leaving for jobs overseas, health facilities in the country could be paralyzed within six months.

In this unprecedented public health crisis, healthcare workers have faced the highest risk – not only of getting COVID but also infecting members of their household. Over 100 doctors, nurses and other HCWs have died of COVID, according to official records. The infection risks combined with the long hours and modest pay have led to HCW shortages in both private and government hospitals.

These days there are doctors who have confined their practice to telemedicine to avoid infection. Among nurses, many have opted not to work at all during the pandemic; an estimated 250,000 nurses are unemployed, according to nursing organizations. Many are waiting for the green light to work overseas, where they face the same pandemic risks, but under better working conditions including compensation that can be up to 10 times greater than what they can get in the Philippines.

A limited nursing deployment ban is in place, but people cannot be prevented indefinitely from seeking greener pastures outside their country. There is a strong global demand for health workers amid the pandemic. While efforts are undertaken to improve the working environment for HCWs, there should be sustained effort to ease the COVID burden on hospitals.

PHAPI says severe and critical COVID cases are up by 12 to 15 percent. The group said critical care supplies are also running out in the Visayas and Mindanao, where Delta-driven infections remain high. Health professionals have expressed concern over the easing of restrictions to revive the economy, with weak enforcement of COVID safety protocols.

Even without the pandemic, the country needs doctors, nurses and other health workers. Stakeholders must discuss ways of encouraging them to continue working in the country, and attracting more to join the sector.

TREASURER'S REPORT

Regular Meeting for RY 2020-2021			
11/12/2021			
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-	4,990.00		
Finest Moment-Oct 29, 2021	605.00		
Finest Moment-Nov 5, 2021	1,020.00		
	6,615.00	6,615.00	
BUDJONG Funds:			
Cash on Hand		855.61	
PROJECT FUND			
Cash on Hand-Balance Forwarded	490.00		
Add: Extra Cash from Donations for Breast Cancer A P	324.00		
	814.00	814.00	
TOTAL CASH ON HAND		8,284.61	
Cash on Hand: Others			
SH Fund from Cristy	250.00		
SH Fund from Cristy - Nov 5, 2021	500.00		
	750.00		
Collection for T-shirts:			
Venus Balga	680.00		
Cristy Montuya	680.00		
Ms Mack Montuya	680.00		
Jocelyn Cosare	680.00		
Sonia Concepcion	680.00		
Franco Concepcion	680.00		
	4,080.00		
Total Cash on Hand	13,114.61		

PICTURE PERFECT

OCTOBER 2021 SERVICE PROJECTS



ROTARY DAY OF SERVICE

BREAST CANCER Awareness Month

PINK OCTOBER ADVOCACY FOR BREAST CANCER AWARENESS PROGRAM

Rtn. Marie Blanche Laborte, RN
Resource Person

IMAP Lying in Clinic
October 23, 2021

Tubigon Rotary Club | SERVE TO CHANGE LIVES

DISSEMINATION AND TREATMENT

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

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

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

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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