

## JULY EVENTS



Sisterhood Agreement Signing between Rotary Club of Downtown Davao and Rotary Club of Panglao Island July 11, 2019 at Bistro Rosario present during the signing are members of the RCPI headed Pres. Leonila Paredes Montero and RC Downtown Davao Members headed by Pres. Ethel Caseres, DGRPR Twinkle Gamboa.



Rotary Club of Central Davao 45th Induction and Turn-Over Ceremonies, July 12, 2019 at Davao City.



Basic Orientation Seminar and Strategic Planning with DS Barbette Lominoque and DRFC Lilo Aliño, July 14, 2019.

Chartered June, 2012

Club No. 874578

Panglao Island  
**Rotary**  
Club



# The Watchtower

The Official Gazette of Rotary Club of Panglao Island  
Rotary Year 2019 - 2020



# THE OBJECT OF ROTARY

# Rotary



JULY EVENTS

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.

**THIRD.** The application of the ideal of service in each Rotarian's personal business and community life;

**SECOND.** High ethical standards 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;

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



Australian Ambassador to the Philippines His Excellency Steven J. Robinson. Governor Art Yap, Congressman Edgar Chatto and Mayor Leonila P. Montero last July 4, 2019 at Amorita Resort - Panglao, Bohol



Area Coordination Meeting (ACOM) last July 6, 2019 at Casino Espanol - Cebu City.

THE FOUR WAY TEST  
OF THE THINGS WE THINK, SAY OR DO

FIRST

IS IT THE TRUTH?

SECOND

IS IT FAIR  
TO ALL CONCERNED?

THIRD

WILL IT BUILD  
GOODWILL  
& BETTER FRIENDSHIPS?

FOURTH

WILL IT BE  
BENEFICIAL  
TO ALL CONCERNED?

\_\_\_\_\_  
Visiting Rotarian

\_\_\_\_\_  
Rotary Club

This is to certify that the above Rotarian attended our club meeting on

\_\_\_\_\_  
held at \_\_\_\_\_

\_\_\_\_\_  
Club Secretary

## JULY 2019 COMPLETED PROJECTS AND ACTIVITIES

DATE	ACTIVITY
July 4, 2019	Visit of Australian Ambassador HE Steven Robinson
July 6, 2019	Area Coordination Meeting - Cebu City
July 11, 2019	Sisterhood Agreement Signing - RC Downtown Davao
July 12, 2019	Induction and Hand-over Ceremonies - RC Central Davao
July 14, 2019	Basic Orientation Seminar and Strategic Planning
July 15, 2019	Project Visit at Libaong Elem. School

DATE	ACTIVITY
July 16, 2019	One Rotary, One District New Year Celebration at Tawala ES
July 16, 2019	One Rotary, One District New Year Celebration at Libaong ES
July 16, 2019	General Membership Meeting
July 19, 2019	Asia Pacific Youth Exchange Emersion - SB Session Hall
July 27, 2019	Fellowship Dinner - Bellevue Resort
July 28, 2019	Mangrove Planting with EU Ambassador to the Philippines HE Franz Jessen
July 31, 2019	Committee Meeting and General Membership Meeting

## ROTARY INTERNATIONAL PRESIDENT'S MESSAGE

### ROTARY CONNECTS THE WORLD



Rotary is built on connection. When Paul Harris came to Chicago as a young lawyer, he formed Rotary for one compelling reason: to help him connect to others in a new city. More than a century later, we have at our disposal countless ways to form friendships and networks, most of which Paul Harris never dreamed. Yet Rotary's ability to connect us remains unique – and unrivaled.

Through its distinct mission and structure, Rotary International provides a way to connect to our communities, to network professionally, and to build strong and lasting relationships. Our membership connects us to a global community through our countless projects and programs, our leadership in polio eradication, and our work with and through the United Nations. Our service connects us to people who share our values, who want to take action for a better world; it connects us to people we would never otherwise meet, who are more like us than we could have imagined; and it connects us to people who need our help, allowing us to change lives in communities around the world.

As a new decade begins, we are shaping Rotary's future. In 2019-2020, Rotary will implement its new strategic plan, respond to the innovation of the Council on Legislation, and serve in our revitalized areas of focus. But the real work of shaping Rotary's future lies in our clubs, where our organization must do the most to adapt to today's changing realities.

While the club remains the core of the Rotary experience, we are now far more creative and flexible in deciding what a club can be, how it can meet, and even what can be considered a Rotary meeting. We need to be organized, strategic, and innovative in how we approach membership, forging wider and deeper connections to our communities and forming new club models to attract and engage more – and more diverse – members.

Rotary is indeed a family. Yet too often, the structure of membership or the demands of leadership seem to place Rotary out of reach for today's younger professionals. Rotary can and should be an experience that complements our families instead of competing with them. When our Rotary clubs are warm, welcoming places where service and family go hand in hand, we give family-oriented young professionals the opportunity to embrace Rotary service and model positive civic engagement. And when we make the expectations of Rotary offices realistic and manageable for busy professionals, we develop the skills and networks of a new generation of Rotarians – who will become Rotary leaders.

In 2019-2020, it will be our challenge to strengthen the many ways that Rotary Connects the World, building the connections that allow talented, thoughtful, and generous people to unite and take meaningful action through Rotary service.

Mark Daniel Maloney  
President, Rotary International, 2019-2020

My fellow “**Champion**” Club Officers and Rotarians,

This is going to be a very exciting Rotary journey for the District and your Club. I know that with our joined efforts, we CAN and WILL be able to share each Rotarian’s aspirations in life. Let us work to achieve our goals and make this Rotary year the most significant and memorable one.

At our Governor’s training held during the International Assembly in San Diego, USA, I had the privilege of joining more than five hundred of our Rotary leaders who lead their respective Districts. Together, we committed to the vision of our **Rotary International President Mark Maloney** who encouraged us to live by the theme: “**Rotary Connects the World**”. Reflecting on it and our work as Rotarians throughout a century of doing good, I realized that at the heart of our Rotary experience is to make **innovative** and **sustainable CONNECTIONS** with our members, people of different cultures, traditions and religions. Once connected with our fellow partners in service, they will be persevered to make a difference in our communities and provide professional opportunities we would otherwise not encounter if not through Rotary.

This year, we shall work towards four essential priorities: **First**, is to grow Rotary – by **strengthening membership**, both at the **Club** and **Rotaract** levels. **Secondly**, is to allow Rotary meetings become more **flexible**, **closer** to our homes and **involve** our Family in our service projects or activities. **Third**, is to **develop** leaders beyond the club level and provide opportunities for them to grow. And **fourth**, **broadening** projects related to the SIX Areas of Focus in alignment and partnership with the United Nations.

By the end of the Rotary year, we hope to be able to address Rotary’s major priorities on supporting **The Rotary Foundation (TRF)** through our personal and continuing contributions to the Annual Programs Fund and the End Polio Campaign. With greater emphasis to expand our presence, it is only through our **Public Image** initiatives would our community be able to value and appreciate the good deeds that we Rotarians have been doing in the past 100 years.

Thank you for being part of my Champion Team and May God continue to bless us for our enduring love to **SERVE BEYOND OURSELVES**.

Yours in Rotary Service,

*Philip N. Tan*  
**Philip N. Tan**  
 District Governor, RY 2019-20



- July 2019** - New Leadership Month
- August 2019** - Membership and New Club Development Month
- September 2019** - Basic Education and Literacy Month
- October 2019** - Economic and Community Development Month
  - 7-13 October — Rotary Alumni Reconnect Week
  - 24 October — World Polio Day
- November 2019** - Rotary Foundation Month
  - 4-10 World Interact Week
  - 9 November — [Rotary Day at the United Nations](#), New York, New York, USA
- December 2019** - Disease Prevention and Treatment Month
- January 2020** - Vocational Service Month
  - 19-25 January — [International Assembly](#), San Diego, California, USA
- February 2020** - Peace and Conflict Prevention/Resolution Month
  - 23 February — Rotary's anniversary
  - 28 February — Presidential conference, Rotary Day at the UN Economic Commission for Latin America and the Caribbean, Santiago, Chile
- March 2020** - Water and Sanitation Month
  - 9-15 March — World Rotaract Week
  - 28 March 2020 — Presidential conference, Rotary Day at UNESCO, Paris, France
  - 31 March — Preregistration discount ends for the [Rotary International Convention](#)
- April 2020** - Maternal and Child Health Month
  - 30 April — [Rotary International Convention](#) registrations and ticket cancellations are due
- May 2020** - Youth Service Month
  - 7-8 May — Presidential conference, Rotary Day at the Food and Agriculture Organization, Rome, Italy
- June 2020** - Rotary Fellowships Month
  - 5-6 June — Rotaract Preconvention, Honolulu, Hawaii, USA
  - 5-6 June — Youth Exchange Officers Preconvention, Honolulu, Hawaii, USA
  - 5 June — Presidential conference, Honolulu, Hawaii, USA
  - 6-10 June — [Rotary International Convention](#), Honolulu, Hawaii, USA
  - 30 June — [Rotary Citation](#) for Rotary Clubs Award nominations are due

## Some of Rotary's most memorable conventions

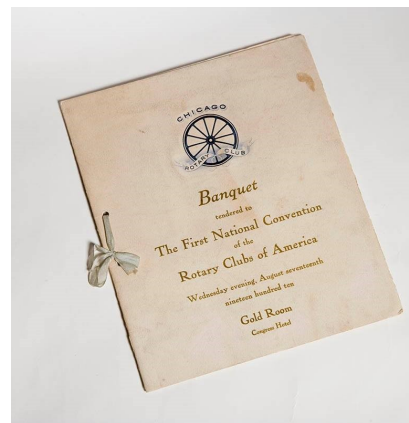
Since 1910, the Rotary convention has combined fellowship with Rotary business and inspired attendees with notable guest speakers and entertainers, workshops, and messages from Rotary leaders.

On 15 August 1910, Paul Harris convened the first Rotary convention. At the time, there were 16 clubs in the United States. They shared the Rotary name and had similar objectives, but no central office or constitution.

“

This is going to be a convention in which we will get down to business and endeavor to launch the National Association of Rotary Clubs. We need the best thought and cooperation of every single man who is here,” Harris told the 60 registrants assembled at the Congress Hotel in Chicago. “We are going to try and have a good time as we go along, that is, we are going to intersperse enough good time so that you will not remember it as a sad occasion; but nevertheless, the primary purpose of this convention is to transact business.”

In Rotary's early years, the convention delegates debated and voted on changes to Rotary's Constitution and Bylaws. As membership and convention attendance grew, this process evolved, and in 1977, the Council on Legislation became Rotary's legislative body. The convention remained the main event for meeting friends, celebrating accomplishments, and discussing the future of Rotary.



HEALTH TIPS

# The Healthy Living Manifesto

rawforbeauty.com

source: greenyatra

1. Drink more water
2. Get enough sleep
3. Meditate
4. Exercise
5. Pick exercises you enjoy
6. Work out different parts of your body
7. Eat more fruits
8. Eat more vegetables
9. Pick bright colored foods
10. Cut down on processed foods
11. Love yourself
12. Go barefoot walking/running
13. Purge negative people from your life
14. Purge negativity from yourself
15. Journal out happy thoughts
16. Avoid trigger foods
17. Breathe deeply
18. Address emotional eating issues
19. Eat small meals
20. Stop eating when you feel full
21. Go for brown carbs vs. white carbs
22. Live a life with purpose
23. Say no to oily foods
24. Cut out sugary foods
25. Go organic
26. Improve your posture
27. Cut out soda and caffeine
28. Don't drink alcohol
29. Learn to prepare your own meals
30. Learn to say no
31. Bring a water bottle when you go out
32. Dine at salad bars more often
33. Go for low calorie, low fat alternatives
34. Stop smoking
35. Avoid passive smoking
36. Have healthy snacks
37. Drink fruit/veg smoothies
38. Try juicing
39. Go on a vegetarian diet
40. Go on a vegan diet
41. Try raw veganism
42. Get out more often
43. Exercise good dental hygiene
44. Join classes
45. Hang out with healthy people

RCPI OFFICERS AND DIRECTORS

## ROTARY CLUB OF PANGLAO ISLAND

Club No: 84578

**Date Chartered:** June 2012

**Schedule of Meeting:** every Tuesday

**Venue:** Kasadya Hall, Linaw Beach Resort, Daorong, Danao, Panglao, Bohol

**Website:**

**Email:** rotaryclubofpanglaoisland@yahoo.com

### OFFICERS AND DIRECTORS RY 2019 - 2020

Leonila P. Montero  
**President**

Catalino A. Sumaylo  
**Club Administration Director**

Julita L. Cogo  
**President Elect**

Marcelo B. Fudalan  
**Club Membership Director**

Julita L. Cogo  
**Vice President**

Mary Jane D. Balaba  
**Public Image Director**

Kris Vincent C. Acero  
**Secretary**

Felino C. Columnas  
**Community Service**



Leonila P. Montero  
**President**

Celeste P. Madrona  
**Treasurer**

Marcosa H. Cumayas  
**Vocational Service Director**



Kris Vincent C. Acero  
**Secretary**

Ludovic Gingnagel  
**Auditor**

Amira Alia P. Montero  
**Youth Service Director**

Penapair Cimafranca  
**Sgt. At Arms**

Thomas Boetsch  
**International Service Director**

Arthur Bagcat  
**Protocol Officer**

Karin Wesemael  
**The Rotary Foundation Chairman**