

VOLUME 5, JANUARY 2024

CENTRAL NEWSBITS

THE OFFICIAL NEWSLETTER
OF THE ROTARY CLUB OF CENTRAL BUTUAN



Mary Grace P. Villanueva, PHF+6, PHS
Past President



TABLE OF CONTENTS

- 4 History of Rotary Club of Central Butuan
- 6 About the Cover
- 9 Message from the Club President
- 12 Mental Health Tips
- 14 Birthday Celebration of AG Ryan
- 16 DepEd Butuan City Division Awards
- 17 Meetings & Fellowships
- 18 Club Officers
- 19 Roster of Members
- 21 Birthdays





THE 4-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?

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.

ROTARIAN CODE OF CONDUCT

The following code of conduct has been adopted for the use of Rotarians:

AS A ROTARIAN, I will

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to: Mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians
5. Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individual that report harassment.

THE HISTORY OF OUR CLUB

Our existence as a new club is rather swift but long in preparation, expeditious but not impulsive. We loosely met somewhere in June 2010 as old fellas trying to rekindle the flames of camaraderie and bonding. Like old shoes that fit easily, we jelled well and got serious in our intention of putting up a club in the months that followed.

We submitted our documents for application in Mid-October of 2010 and then paid our registration fees on the 5th of November 2010. While waiting, at least for of our prospective members were asked at random by the Rotary International just to gauge whether we are able, willing, and ready to be recognized as a club.

On the 4th of December 2010, we learned that our club got the resounding approval effective 26th day of November 2010 by the Rotary International which made us jubilant and awed. In six months, more or less, we were hatched as a new club ready to take the challenge.

Our existence likewise is sort of paradoxical. We are young but not neophytes. On the other hand, we are mature enough but not that old. We are simply as old as our fears before, and now we are young as our hopes.

Like the Phoenix, we have just risen from the ashes of our past and now we are born again. Like a seed that has fallen on the ground and died, we have now germinated and started to welcome the sun. Like the lyrics of the song rendered in a rephrased manner, we have just shed our leaves in winter only to make them grow back in spring. Like a ball, we have hit the bottom and now we are bouncing back again.

We may profound that just like a butterfly, we have metamorphosed and emerged from the cocoon as a new creation and it dawned on us - as if during the 6th day of God's creation that we found ourselves complete in our complementation and it was very good.

We come a long way and we intend to continue via a brand new start, believing that we have promises to keep and miles to go in order for us to continue fulfilling our mission to the lest of our brethren. And continue we shall, considering that "They profit who serve best."



Editorial Board



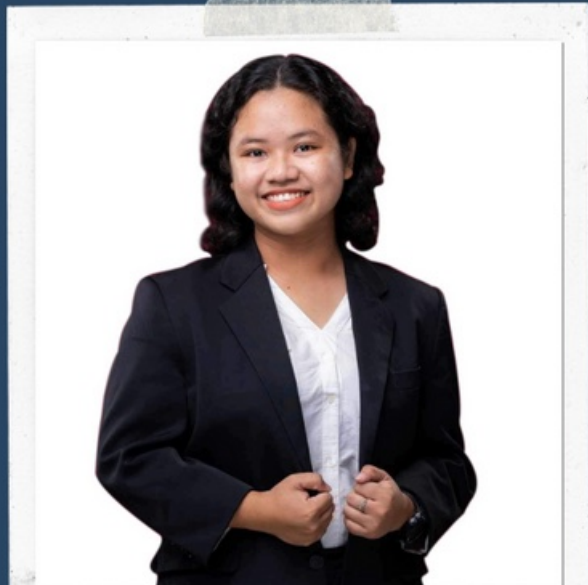
RYAN C. PULLEROS
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Editor-in-Chief



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Asst. Secretary/Rtr. President
Associate Editor



RYAN JAE G. YAP
Asst. Governor / Secretary
Managing Editor & Layout Artist



SHEKINAH MARIE M. EUPEÑA
Rtr. Secretary
Contributing Editor

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About the Cover



PP Grace is best described as powerful beyond measure. A woman leader with strength in simplicity.

Past President Mary Grace P. Villanueva, PHF+6, PHS; Life-changing President; Club TRF Chair; member since RY 2016.

"By continuing what we do best, by remaining open and willing to change, and by keeping our focus on building peace in the world and within ourselves, Rotary helps create a more peaceful world — a more hopeful world."

R. Gordon R. McInally
Rotary International President
RY 2023-2024



Central Butuan
Rotary
Club



CREATE HOPE
in the WORLD

Central Butuan

Rotary
Club



CREATE HOPE
in the WORLD

Acquaintance
Fellowship
Connections Opportunity
Education **Service**
Community
Understanding International
Diversity Youth
Peace
Membership Commitments United
Expertise **Integrity** Action Fair Respectful Ethical
Accountability Honor
Relationships Development
Leadership
Sincere Responsible Professional

MESSAGE FROM THE CLUB PRESIDENT

Dear Rotary Club of Central Butuan Family,

As we bid farewell to another year and embark upon a new chapter, it is with great joy and gratitude that I address our beloved Rotary Club family. Throughout the years, we have grown not only as a service organization but also as a tight-knit community bonded by values and a shared vision for a better tomorrow.

The sense of family and camaraderie within our club has been the cornerstone of our success. We have stood by each other's side, supported one another's dreams, and celebrated countless achievements together. In times of triumph and tribulation, we have found solace in the unwavering solidarity of our Rotary family.

As we step into the New Year, let us remain steadfast in upholding the core values that define who we are as Rotarians. Our commitment to service, integrity, and collaboration has been the driving force behind the transformative initiatives we have undertaken. It is this unwavering dedication that has positioned our club as a beacon of hope in the hearts of the community we serve.

Despite the challenges that have befallen us, we have never faltered in our duty to make a positive impact. From supporting education in underserved areas to providing vital healthcare assistance, our club has been a true embodiment of selfless service and compassion. Let us continue to be at the forefront of change, reaching out to those in need and constantly seeking new avenues to better the lives of the less fortunate.

In the coming year, let our unity grow stronger, our service expand further, and our impact resound louder. Together, we have the power to create a ripple effect that can uplift and transform countless lives. With every smile we bring, every child we educate, and every person we empower, we reaffirm the relevance and purpose of Rotary in our community.

As we celebrate the dawning of a new year, let us embrace it with renewed vigor, enthusiasm, and an unwavering commitment to our shared goals. Together, we can make a difference, not only in our community but also in the lives of those who depend on us.

Thank you for being a part of this incredible journey and for your unyielding dedication to our Rotary family. Here's to a year filled with boundless opportunities, memorable experiences, and the fulfillment that comes with serving others. Together, let us continue to be the heart and soul of Rotary Club of Central Butuan, shaping a brighter future for all.

Yours in service,

Pres. Ryan C. Pulleros, PHF+1, PHS
Club President
Rotary Club of Central Butuan



*The happiest
people don't have
the best of
everything, they
just make the best
of everything.*





Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is The Magic of Rotary and called on members to recognize and amplify the organization's power to save lives.

“Don’t misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words,” Urchick told incoming district governors at the Rotary International Assembly on 8 January. “It’s up to you. You create the magic with every project completed, every dollar donated, and every new member.”

Be an ally

How can you support mental health and well-being? Here are some tips.

STRIVE TO

Invest in intentional, meaningful relationships that build a sense of belonging.

Learn the signs and symptoms of mental illness to increase your own knowledge and help you raise awareness.

Discuss the importance of self-care and share examples that may resonate with others. Use wording that challenges stereotypes or myths and makes it clear that mental health issues are only one part of who someone is.

Learn what professional mental health resources are available in your area or nation and share them as appropriate.

Be an active listener. Give people your full attention and be aware of your body language. For example, try to sit up straight and make eye contact. Acknowledge what the person is telling you.

Validate what people say and be empathetic. This could mean saying, "I appreciate that you are sharing this with me" or "It must have been difficult to talk about this."

Ask open-ended questions, such as, "What was that like for you?" or "How did that make you feel?" Doing so gives people an opportunity to share without judgment.

Use appropriate language that focuses on the person, not the mental health issue. For example, say, "She has depression" rather than "She's depressed." Use evidence-based wording in line with professional practice.

Be a mental health ally. In this role, you can support someone and offer resources or direct the person to professionals as appropriate.



Find out more in the *Prioritizing Mental Health* brochure, which has information about Rotary International President Gordon McInally's mental health initiative and ideas for how your club and district can get involved. Download it at rotary.org/initiatives23-24.



AVOID

Trying to have a conversation about a difficult topic in a space that doesn't offer privacy.

Dismissing mentions of uneasiness or sadness. Instead, use them as opportunities to engage in further discussion.

Advising a specific intervention or solution when you discuss a mental health issue. Leave this to professionals with expertise.

Offering unsolicited advice, no matter how well-intended. Someone might want to share without seeking solutions.

Engaging in comparisons. Sharing personal experiences can be a powerful way to connect, but everyone's situation is different. Make sure to recognize the other person's experience.

Minimizing what someone is experiencing by using language such as, "It could always be worse" or something similar.

Invalidating the feelings that someone shares with you, such as by saying, "You're overreacting" or "You'll be fine."

Using language that labels or stigmatizes someone, such as describing people or situations as "crazy" or "insane."

Trying to fix everything for someone who confides in you or asks for support. Seek out resources and be an ally for the person.





Happy Birthday
AG RYAN

WE CELEBRATE DIVERSITY





DEPED BUTUAN CITY DIVISION'S STAKEHOLDERS RECOGNITION

Congratulations to Rotary Club of Central Butuan headed by Hope-creating President Ryan Pulleros for being awarded by the Department of Education-Butuan City Division's Sustained Partner Award last January 19, 2024 at LMX Convention Center, Butuan City.

Together with Pres. Ryan in receiving the prestigious award were PAG Ricky Andres, AG Ryan Yap, Rtn. Ande Baulete with spouse Faith, and Rac. Jefferson Andres. Mabuhay ang Rotary Club of Central Butuan!



JANUARY 2024

Regular Meetings

MEETINGS & FELLOWSHIPS



Central Butuan Rotary Club CREATE HOPE IN THE WORLD

18th REGULAR MEETING

January 5, 2024
Friday | 06:00 PM
Plated Cafe & Bistro
Uniform: Hope Creating

Central Butuan Rotary Club CREATE HOPE IN THE WORLD

19th REGULAR MEETING

January 12, 2024
Friday | 06:00 PM
Plated Cafe & Bistro
Uniform: Indigo



Central Butuan Rotary Club CREATE HOPE IN THE WORLD

20th REGULAR MEETING

January 19, 2024
Friday | 06:00 PM
Plated Cafe & Bistro
Uniform: Purple

Central Butuan Rotary Club CREATE HOPE IN THE WORLD

21st REGULAR MEETING

January 24, 2024
Friday | 06:00 PM
Plated Cafe & Bistro
Uniform: Hope Creating



Area Coordination Meeting



Hope Creating Club Officers of Rotary Club of Central Butuan

Ryan C. Pulleros, PHF+1, PHS
Alain James G. Buque, PHF+1
Ryan Jae G. Yap, PHF+7, PHS
Almar E. Dela Cerna, PHF
Anthony C. Madayag Jr., PHF+4, PHS
Napoleon N. Malimit, PHF+1
Melchora U. Donoso, PHF
Ana Marie C. Fernandez, PHF+1
Ronnie D. Daumar, PHF
Benjie C. Rollon, PHF

Eliseo D. Malayao, PHF+2
Jehoven M. Guilot, PHF
Enrique G. Andres, PHS, Major Donor L1

Rohdora J. Canlas, PHF+3
Kenneth D. Banluta, PHF
Mary Grace P. Villanueva, PHF+6, PHS
Enrique G. Andres, PHS, Major Donor L1

Reynaldo E. Baltazar
Magdaline L. Ocampo, PHF+1
Jame D. Hermosada, PHF
Kherstin Amor C. Josen, PHF
Armie Leila M. Mordeno, PHF+1
Analee M. Bokingo, PHF+2
Richellie Mae Y. Cordova, PHF+1
Christian Jade G. Azura, PHF

Noel M. Ajoc, PHF
Romel M Natad, PHF+3
Rino F. Te, PHF+6
Rotela Fatima A. Ortiz, PHF
Arfe L. Bermudez, PHF+1
John A. Uy, PHF+4
Mario Y. Chu Jr., PHS, Major Donor L1
Pai Hsin C. Chou, PHF
Norberto D. Ventura, PHF

President
Vice President
Secretary
Asst. Secretary
Treasurer
Asst. Treasurer
Auditor
Asst. Auditor
Sgt. At Arms

Protocol Officer
Club Internet Officer
Club Admin Officer

Membership Chair
Public Image Chair
The Rotary Foundation Chair
Service Projects Chair

Peace Building & Conflict Prevention Committee Chair
Disease Prevention & Treatment Committee Chair
Water, Sanitation & Hygiene Committee Chair
Maternal & Child Health Committee Chair
Basic Education & Literacy Committee Chair
Community Economic Development Committee Chair
Environment Committee Chair
Diversity, Equity & Inclusion Committee Chair

Club Service Director
Vocational Service Director
Community Service Director
Youth Service Director
International Service Director

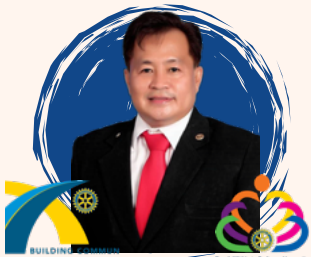
DRRM

Roster of Members of Rotary Club of Central Butuan

<u>MEMBER ID</u>	<u>NAME</u>	<u>CLASSIFICATION</u>
11595893	Noel M. Ajoc, PHF	Government Service - Regional Director
6657364	Eleanor L. Albaran, PHF	Clothing Boutique
8349989	Enrique G. Andres, PHS, MDL1	General Merchandise
10800023	Christian Jade G. Azura, PHF	Education/Events Management
11516502	Reynaldo E. Baltazar	Security Service
10337799	Kenneth D. Banluta, PHF	Government Service - Public Information
9101089	Ande J P. Baulete, PHF	IT Industry
6944945	Arfe L. Bermudez, PHF+1	Nursing Service
11115130	Analee M. Bokingo, PHF+2	Real Estate
8306099	Alain James G. Buque, PHF+1	Public Service
8739300	Rohdora J. Canlas, PHF+3	Government Service - General Service
10946302	Pai Hsin C. Chou, PHF	Bicycle-Retailing
8229829	Mario Y. Chu Jr., PHS, MDL1	Hotel Inn and Bars Owner
10946307	Richellie Mae Y. Cordova, PHF+1	Engineering-Professional
10284874	Ronnie D. Daumar, PHF	Pest Control
10279568	Almar E. Dela Cerna, PHF	Government Service - Research
9653594	Melchora U. Donoso, PHF	Commercial Banking
11830525	Jason Alex B. Famador	Health & Safety
9101082	Anna Marie C. Fernandez, PHF+1	Marketing
9375461	Jehoven M. Guilot, PHF	IT Industry - Programming
11516499	Jame D. Hermosada, PHF	Insurance-Nonlife
11357266	Kherstin Amor C. Joson, PHF	Beauty Salon
9653598	Anthony C. Madayag Jr., PHF+4, PHS	Medical Supplies Distribution
6017190	Eliseo D. Malayao, PHF+2	Metal Engraving
8521376	Napoleon N. Malimit, PHF+1	Manufacturing - Fire Extinguisher
9381979	Armie Leila M. Mordeno, PHF+1	Government Service
6944941	Romel M. Natad, PHF+3	Government Service - Provincial Director
11093503	Magdaline L. Ocampo, PHF+1	Nursing Service
10668521	Randyllle Shane B. Occida, PHF	Nursing Service
9375478	Erelon Simeon N. Ongcoy, PHF+3	General Merchandise
11511828	Rotela Fatima A. Ortiz, PHF	Lawyer-Law Enforcement
8229837	Cesar T. Palma, PHF	Construction & Supply
1183052	Charlene S. Plaza	Lawyer-Profession
10344804	Ryan C. Pulleros, PHF+1, PHS	Construction & Supply
11516502	Benjie C. Rollon, PHF	Rice and Feed Supply
11830518	Ria Noreen H. Salinana, PHF	Occupational Therapy
8563088	Ver Joeven C. Tanginan, PHF	Commercial Banking
6762934	Rino F. Te, PHF+6	Printing and Wellness Industry
6017203	John A. Uy, PHF+4	Food Processing Industry
6762474	Norberto D. Ventura, PHF	Bakeshop
9653611	Mary Grace P. Villanueva, PHF+6, PHS	Real Estate
9990932	Ryan Jae G. Yap, PHF+7, PHS	Auto Repair



Council of Presidents 2010-2023



CP Eliseo D. Malayao
 PHF+2
 2010-2012



PP John A. Uy
 PHF+4
 2012-2013



PP Mario Y. Chu, Jr
 PHS, Major Donor Level 1
 2013-2014



PP Norberto D. Ventura
 PHF
 2014-2015



PP Romel M. Natad
 PHF+3
 2015-2016



PAG Enrique G. Andres
 PHS, Major Donor Level 1
 2016-2017



PP Rino F. Te
 PHF+6
 2017-2018



PP Napoleon N. Malimit
 PHF+1
 2018-2019



PAG Rohdora J. Canlas
 PHF+3
 2019-2020



AG Ryan Jae G. Yap
 PHF+7, PHS
 2020-2021



PP Mary Grace P. Villanueva
 PHF+6, PHS
 2021-2022



IPP Anthony C. Madayag Jr
 PHF+4, PHS
 2022-2023



Pres. Ryan C. Pulleros
 PHF+1, PHS
 2023-2024

**CREATE HOPE
 in the WORLD**

HAPPY
Birthday
January
Celebrants!

12 - AG RYAN JAE YAP
28 - PP MARIO CHU, JR.



Rozanne Twinkle C. Gamboa
District Governor
Rotary Year 2023-2024

Rotary 
District 3860



CREATE HOPE
in the WORLD

