



**Doing**

**Good**

**Every**

**Day**



## Rhythms of Unity

In the picturesque setting of Orok Elementary School, which is tucked away in the calming Surigao landscape. Not only was the day distinguished by the sun's golden rays, but it was also by the golden opportunity given to the students. The Rotary Club of Central Surigao, in partnership with the Rotaract and Interact Clubs, organized the event, which brought together the power of group kindness and the quest of knowledge.

A moment that would go down in the history of the neighborhood took place beneath the stately canopy of trees that shaded the schoolyard. This program sowed a vision of enlightenment and optimism for the bright minds of Orok Elementary, in addition to providing educational resources. Under the direction of President Ramon Gotinga's steadfast dedication to

education, the Rotary Club of Central Surigao had long recognized the need for improved instructional materials at Orok Elementary School. Understanding how important education is in determining one's future, the club envisioned a project that would provide resources while also igniting a passion for study.

Collaborating with the enthusiastic Central Interact and Rotaract Clubs, the joint project aimed to provide these young learners with more than material goods. It was about planting the seeds of knowledge, encouraging a culture of curiosity, and creating avenues for a better future. On the day of the event, there was a tangible buzz of excitement in the air as club members assembled, loaded down with books and learning kits in their boxes. The pupils' eagerness for their surprise was reflected in the volunteers'



exuberant excitement. With vibrant banners and happy voices, the handouts started. The moment each student received their personalized study kit, which included a variety of books ranging from inspirational tales to folk tales, along with notebooks, pencils, and erasers, their eyes brightened. It was an invitation to set off on an expedition through the domains of knowledge and imagination, not just some materials.

The initiative's effects became evident as the day came to an end. The pupils' beaming faces conveyed appreciation, passion, and a renewed love of study. It was more than just a donation; it was an example of the influence that group efforts can have on transforming the educational landscape, as well as a change-catalyst and source of optimism.



# **Bringing Ethos into Practice**

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**The Rotary Club of Central Surigao, ready to bring the area of focus into fruition!**



## Dancing Towards Awareness:

The Rotary Club of Central Surigao, the Rotary Club of Midtown Jewels, the Rotary Club of Metro Surigao, and the Rotary Club of Surigao City came together to organize a colorful event that used the upbeat and energetic rhythms of Zumba to raise awareness about breast cancer.

The idea for Zumba for a Cause began when the clubs realized how effective community involvement can be in raising awareness of important health issues. Acknowledging that breast cancer is a common issue that affects people's lives, they imagined an occasion that would not only encourage physical fitness but also function as a forum for the distribution of vital information and assistance.

It took months of careful organization and cooperation, with each club providing resources, knowledge, and eager volunteers. The planning committee painstakingly created a comprehensive strategy that combined education with exercise and made use of Zumba's widespread popularity to spread the word about breast cancer awareness.

It was a calculated decision to hold the performance on Surigao City Boulevard, a busy thoroughfare that attracted both locals and

tourists. Its picturesque views and spacious areas made the ideal setting for the lively and energizing Zumba classes, drawing a varied crowd and enhancing the awareness campaign's effect.

The Zumba instructors took their spots upfront, facing the blue seascape, prepared to guide the participants through the moves. The air was filled with the upbeat rhythms of SouthEastAsian-inspired music, which served as a platform for important health teaching and an enjoyable workout.

An ocean of vivid colors and energetic movements filled the boulevard, which was now an outdoor dancing arena. The compelling message of breast cancer awareness through dance and the contagious passion of the performers drew onlookers to the show.

As the Zumba for a Cause event moved forward, there was a buzz of activity, life, and unity on the street. The Zumba, muffled across the boulevard, emphasized the solidarity and dedication of the Rotary clubs to public health and welfare.



## Empowering Knowledge: Breast Cancer Awareness Symposium

Following the high-spirited and invigorating Zumba for a Cause event at the Surigao City Boulevard, the Rotary Club of Central Surigao, the Rotary Club of Midtown Jewels, the Rotary Club of Metro Surigao, and the Rotary Club of Surigao City continued their commitment to Breast Cancer awareness with a symposium held at Pakalz Catering. The lively Zumba classes gave way to the calm surroundings of Pakalz Catering, signaling a change from vigorous exercise to deliberate reflection. The symposium served as a vital forum for information sharing, encouragement, and camaraderie as well as an opportunity to delve deeper into the complexity of breast cancer.

Pakalz Catering emanated a sense of hope mixed with solemnity as guests filed into the space. The scene was set for an educational and contemplative gathering, where knowledge would grow and misconceptions about breast cancer would be debunked.

A knowledgeable speaker from Caraga Regional Hospital took the podium, accompanied by a plethora of images and instructional resources. She gave talks on a variety of topics, including the most recent developments in treatment choices as well as risk factors and early identification. Participants enthusiastically participated, asking insightful questions and looking for answers, creating a supportive and empowering atmosphere. Open dialogue

regarding the significance of routine screenings, self-evaluations, and the requirement for community support for individuals impacted by breast cancer were fostered by the symposium.

The symposium speaker's and attendees' personal stories served as a monument to bravery and resiliency. The tales they shared struck a deep chord with me, stirring up feelings and emphasizing the value of awareness, early identification, and having a supportive network.

The Rotary Club of Central Surigao's President, Ramon Gotinga, expressed sincere appreciation to all of the speakers and guests for their dedication to awareness-raising. In his parting words, he underlined the importance of community support in the healing process as well as the strength of information in overcoming the obstacles presented by breast cancer. The guests left the symposium with a greater understanding of the subject, and a fresh resolve to raise awareness of breast cancer in their local communities.



**Disease Prevention and Treatment**



Al-Bouylon

# Approaches to Adult Learning ; a Guide

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dult learning encompasses various methodologies. Experiential learning, often synonymous with "learning by doing," is a prevalent approach in adult education. It emphasizes practical application, immersing learners in hands-on experiences. Transformative learning, on the other hand, involves encountering challenges that provoke an "aha" or "lightbulb" moment, sparking a profound shift in understanding.

Experiential learning prioritizes active engagement, allowing individuals to directly interact with real-world situations. Through this process, learners not only gain theoretical knowledge but also develop practical skills applicable to their personal and professional lives. Reflection plays a crucial role, enabling learners to analyze experiences critically and extract valuable lessons, bridging the gap between theory and practice.

On the other hand, transformative learning hinges on transformative moments triggered by encountering problems or contradictions. These moments challenge existing beliefs and perspectives, leading to significant personal growth and learning. Critical reflection facilitates the restructuring of one's cognitive framework, accommodating new insights and fostering a deeper understanding.

Both experiential and transformative learning underscore the importance of reflection and active involvement in the learning process. Experiential learning emphasizes hands-on engagement for skill acquisition, while transformative learning focuses on profound personal shifts in understanding and perspective. These approaches complement each other, providing diverse avenues for adult learners to acquire knowledge, develop skills, and undergo personal transformations.

Adult learning employs various methodologies, with experiential and transformative learning standing out as impactful approaches. By utilizing these methods, educators create dynamic learning environments tailored to meet the diverse needs of adult learners, fostering holistic development and lifelong learning.

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## Experiential Learning

Experiential learning is what happens when you use experiences and observations to learn something new. This approach works best in situations where people are learning through observation and hands-on activities.

At its essence, experiential learning revolves around the notion that individuals learn most effectively when immersed in practical experiences. Departing from traditional educational models, this approach champions active participation, urging learners to delve into real-life situations to grasp concepts and skills.

Fundamental to the philosophy of experiential learning is the emphasis on observation. Learners are encouraged to keenly observe their surroundings, interactions, and the outcomes of their actions. This act of observation enables them to decipher patterns, understand cause-and-effect relationships, and extract valuable insights from the situations they encounter. Through astute observation, learners refine their understanding and draw connections between theoretical knowledge and real-world applications. Thus, experiential learning remains an influential methodology in shaping effective educational experiences and nurturing well-rounded, adaptable learners; it a valuable tool for continuous and lifelong learning.