

## 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  
We'll pursue our quest  
And if we, in a way help obtain  
Peace in the world  
Then we 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.

**Refrain:** With the Four Way Test  
We'll pursue our quest  
And if we, in a way help obtain  
Peace in the world  
Then we won't have lived in vain.

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

Rotary  
Koronadal Central



CREATE HOPE  
in the WORLD

# THE CENTRAL CONNECTION

ROTARY YEAR 2023-2024

OFFICIAL  
BULLETIN

Meets every Tuesday  
7:00 PM at Cinco Niñas Filipino Cuisine and  
Restaurant, City of Koronadal, South Cotabato

## The FOUR-WAY TEST

Of the things we think, say or do:  
Is it the TRUTH?

Is it FAIR to ALL CONCERNED?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL TO ALL CONCERNED?

## 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.

## ROTARY CODE OF CONDUCT

- ✓ Act with integrity and high ethical standards in my personal and professional life;
- ✓ Deal fairly with others and treat them and their occupations with respect;
- ✓ 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;
- ✓ Avoid behavior that reflects adversely on Rotary or other Rotarians;
- ✓ Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.

## ROTARY OBSERVATION MONTHS



# OCTOBER CELEBRATORS

October 6  
Rtn. John Farid K. Macaludos



October 14  
PP Junette Hurtado

October 28  
Rtn. Ricardo D. Daraug, Jr.

October 28  
Rtn. Allan C. De Lima

**Wishing you a very happy birthday and a splendid year ahead.**

# 7<sup>th</sup> General Membership Meeting and Fellowship

## PROGRAM

PART I. REGISTRATION AND DINNER	
PART II. MEETING PROPER	
Call to Order	Pres. Sarah M. Gapas
Invocation	Overture
Philippine National Anthem	Overture
Rotary Hymn	Overture
Four-Way Test & Object of Rotary	
Secretary's Report	Sec. Hazel Eugenio
President's Time and Adjournment	Pres. Sarah M. Gapas
Agenda:	
<ol style="list-style-type: none"> <li>1. Review on the previous projects and activities</li> <li>2. Updates on the 5<sup>th</sup> ACom Meeting</li> <li>3. Preparation for the Governor's Night</li> <li>4. Campaign for the Walk of Hope Activity</li> <li>5. Othe matters</li> </ol>	
PART III. FELLOWSHIP	

### *Invocation*

Heavenly Father, thank you for every seat that has been filled tonight. For each mind and heart that fills the presence of this room, we thank You. Only You truly know what we are setting out to accomplish on this meeting. Strengthen our confidence in who You have made us to be. Set us free from comparison in order to work together efficiently. Bless this meeting, all those present, as well as the lives of those we will encounter afterward. Ready us to make every moment count. Thank you for the heavenly wisdom and we entrust everything unto You. Amen.



## PRESIDENTIAL MESSAGE

**R. Gordon R. McNally**  
RI President 2023-2024



The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow—a psychologist or psychiatrist—at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to [mindhealth@rotary.org](mailto:mindhealth@rotary.org) with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world—in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group—who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to *Create Hope in the World*.

## CLUB PAST PRESIDENTS



**LORETA C. SY, PHF+4**  
Rotary Year 2013-2014  
*"Engage Rotary, Change Lives"*



**ORLANDO N. DELA CRUZ<sup>+</sup>**  
Rotary Year 2014-2015  
*"Light Up Rotary"*



**OSCAR PAGUNSAN**  
Rotary Year 2015-2016  
*"Be a Gift to the World"*



**FREDERICK D. CAYABYAB, PHF**  
Rotary Year 2016-2017  
*"Rotary Serving Humanity"*



**JUANITO C. CUEVA, PHF+2**  
Rotary Year 2017-2018  
*"Rotary: Making a Difference"*



**EODEGARIO R. SANTOS, PHF+1**  
Rotary Year 2018-2019  
*"Be the Inspiration"*



**RYAN G. DELA CRUZ, PHF**  
Rotary Year 2020-2021  
*"Rotary Opens Opportunities"*



**DAPHNY DORRIS P. DOMINGO, PHF+1**  
Rotary Year 2019-2020  
*"Rotary Connects the World"*



**MARYBELLE S. AGREDA, PHF+1**  
Rotary Year 2021-2022  
*"Serve to Change Lives"*



**BENJIE V. HOKSUAN, PHF+1**  
Rotary Year 2022-2023  
*"Imagine Rotary"*

## ROSTER OF MEMBERS

Nb	Rotarians	Classification	Spouse
1	Abayon, Leonor C	Insurance Brokerage	-
2	Agreda, Marybelle S, PHF1	Fuel Distribution	Adonis
3	Balacing, Gideliza R, PHF+2	Entrepreneurship	
4	Basilio, Lino E, PHF1	Restaurant Management	Veronica
5	Cayabyab, Frederick D, PHF	Commercial Banking	Mercy
6	Cordero, Marites M, PHF		
7	Queva, Juanito C, PHF+3	Security Services	Yolanda
8	Dalaten, Kahanudin G	Government Service-Provincial	
9	Dela Cruz, Ryan G, PHF	School Administration-Tertiary	Iaisha
10	De Lima, Allan C	Government Service-City	-
11	Domingo, Daphny Dorris P., PHF1	Government Service-Environmental	-
12	Espulgar, Jeff Adlrex B	Government Service-Investigator	-
13	Eugenio, Kristine Hazel J.	Medical Services	-
14	Felix, Jinna I.	Government Service-Transportation	
15	Gapas, Sarah M, PHF	Entrepreneurship	Antonio
16	Go, Enrico Jacinto A	School Administration-Tertiary	Dona
17	Holsuan, Benjie V, PHF1	Government Service-Treasurer	Mary Jane
18	Hblite, Maribel S, PHF	Cable Management	Moses Rhonell
19	Hurtado, Marie Antonina I, PHF	Government Service-Board Member	-
20	Ilaq, Yolanda C, PHF+3	Real Estate Broker	-
21	Labiao, Hebah Abdullah G	Educational Services-Instructor	Jibril
22	Lorenzo, Donnah Marie L	Government Service-Education	Jorge III
23	Macaludos, John Farid K	Government Service-Legal (DTI)	-
24	Megarang, Ana Nhara D	Government Service-Legal (DENR)	-
25	Magsino, Roberto	Government Service	-
26	Mari, Nervielle R	Government Service-Insurance	Nirfa
27	Matinong, Miguel M	Government Service-Board Member	Agnes
28	Porque, Joeden	Optometrists	-
29	Pingoy, Dagny S, PHF+3	Hotel Management	Gerard Samuel
30	Punsalan, Krisjuper Andreo J.	Government Service-Military	Regina
31	Santos, Leodegario Jr. R, PHF1	Tire and Battery Distribution	Ruth
32	Sarmiento, Alejandro Jr. T.	Medicine	Glezel
33	Sueno, Bahandi B, PHF	Restaurant Management	-
34	Sueno, Perfecto, Jr. D, PHF+8	Fuel Distribution	Marilou
35	Sy, Loreta C, PHF+4	Construction Materials Distribution	Victoriano Sr.
36	Sy, Eleosie Y.	Store Management	Victoriano Jr.
37	Taghap, Marlon N, PHF	Government Service	Arianne
38	Teneqiq, Elva L	Life Insurance	-
39	Vargas, Mary Oris	Medicine-Obstetrics/Gynecologist	-
40	Velasco, Dennis A, PHF	Judiciary	Jennifer
<b>NEW MEMBERS</b>			
1	Dafielmota, Basilio E	Government Service- Civil Service	Annabelle
2	Casado, Lesly Ann A	Secretarial Services	-



## Club President's Message

Rtn. Sarah M. Gapas

Greetings to all!

Foremost, let me thank you for your continued support in various activities. The End Polio Walk this morning and our campaign for the total eradication of Polio will not be possible without your support. When added together, we are millions in this globe working together for this noble cause. Thank you once again for your dedicated effort and commitment. My presidency is not easy but with your act of help, it makes the responsibility easier.

Our campaign for Breast Cancer Awareness last October 14, 2023, was a total success. Thank you to all who attended and supported the project, especially to our Member-Doctors Rtn. Marycris Vargas, Rtn. Alex Sarmiento, Rtn. Kevin Rabor, and Rtn. Leana Filipina. We also learned new things about how to take care of our health from the Guest Speaker Dr. Sheila Mae B. Pandan. After the program was the free physical check-up and a total of 36 clients were served and enjoyed the project.

The Areas 3F, 3G and 3H Committee meeting last October 22, 2023 in General Santos City discussed the assessment of the Pink October activities, Walk of Hope, and the incoming Governor's Night. The Areas 3FGH will ensure that we will have a memorable night with the Governors on November 4. Moreover, the Rotary Foundation Awards night is fast approaching. I am encouraging the Rotarians and Spouses to attend.

For now, let us enjoy the meeting and the rest of the night for fellowship. Thank you once again for your presence.



## Secretary's Report

Rtn. Hazel Eugenio

1. I am pleased to inform you that the club submitted on-time the September 2023 activity and attendance report including the club bulletin. Below is the screenshot of the said report.

Month	Report Status	Activity Type	Member Count	Attendance
September 9, 2022	Submitted	Meeting - Regular/Forum - CE 1h	11	8/11 Regular
September 9, 2022	Submitted	Meeting - Fellowship	11	8/11 Regular
September 15, 2022	Submitted	Event - 10th Anniversary of the Club - 100th Anniversary - CE 1h	1	1/1 Regular
September 15, 2022	Submitted	Event - 10th Anniversary of the Club - 100th Anniversary - CE 1h	19	8/11 Regular
September 15, 2022	Submitted	Meeting - Regular/Forum - CE 1h	11	8/11 Regular
September 15, 2022	Submitted	Meeting - Fellowship	11	8/11 Regular
September 15, 2022	Submitted	Meeting - Regular/Forum - CE 1h	19	8/11 Regular
September 15, 2022	Submitted	Meeting - Fellowship	19	8/11 Regular
September 15, 2022	Submitted	Event - 10th Anniversary of the Club - 100th Anniversary - CE 1h	8	8/11 Regular

2. As showed in the above image, we also started to submit the October report, making sure that we will surpass the set deadline.
3. The club conducted the Breast Cancer Awareness Forum with Zumba and free check-up while contributed also to the PinkOctober to Remember, a simultaneous Breast Cancer Awareness campaign of Areas 3FGH held in General Santos City last October 14, 2023. The photos of the activities were posted in this bulletin.
4. As committed during the Governor's Visit, I would like to remind the officers to finish the online course through the [www.rotary.org](http://www.rotary.org). This is one of the goals and challenges of the District as part of the citation. If you need some help on this concern, just notify me or Prexy Sarah.



## Trustee's Chair Message

Barry Rassin

On 24 October, we renew our commitment to our top humanitarian goal for World Polio Day. This year, let's remember a young health worker in Pakistan known as Bibi Marjana (Miss Marjana). She braves the snow and cold in the mountains to vaccinate 84 children in rural areas, visiting each home, often miles apart.

Marjana is one of the thousands of frontline workers in Afghanistan, Pakistan, and outbreak areas I consider heroes in the final push to end polio. The work they do, coupled with the vision of our partners and the support you give, is moving mountains.

With Rotary's partnership, the Global Polio Eradication Initiative is aggressively pursuing two key goals from its 2022-26 strategy. First, we aim to halt wild poliovirus type 1 transmission. This year, only six cases have been documented as of this writing. Could this be the year we see the last of these poliovirus cases? We're cautiously optimistic that it might.

Second, we aim to report the final case of circulating vaccine-derived poliovirus type 2, or cVDPV2, in outbreak countries. About 80 percent of cVDPV2 cases last year occurred in subnational areas of the Democratic Republic of Congo, Nigeria, and Yemen. We must implement tailored strategies to stop the virus in these areas.

Other challenges persist, including political tensions, security risks and access issues, and the lasting effect of the pandemic in Afghanistan and Pakistan.

Despite these challenges, we are making progress. Poliovirus strains are diminishing, as is the number of affected regions where polio once prevailed. A new vaccine we have introduced reduces the incidence of the circulating vaccine-derived virus type 2.

Rotary is the organization that had the audacity to take on a global effort to protect children everywhere from disability or even death due to polio. We must have the tenacity to see it to the finish line.

What can you do to help us get there, you ask? Join or initiate a PolioPlus Society in your club or district and engage all members in this historic moment. And don't forget that the Bill & Melinda Gates Foundation continues to amplify Rotary's donations to polio eradication with a 2-to-1 match for every dollar.

You can also advocate the cause of polio eradication with governments to secure political and financial support and promote Rotary's leadership role in all media.

Like Marjana marching up the mountain, we have our goal in sight, and we will keep going until we get there.

# PHOTO DOCUMENTATION

General Membership Meeting and Fellowship  
October 3, 2023 at the Cinco Niñas, City of Koronadal



# PHOTO DOCUMENTATION

Zumba and Breast Cancer Awareness Forum  
October 14, 2023 at the Paraiso Hotel and Resort Covered Court, City of Koronadal



# PHOTO DOCUMENTATION

Zumba and Breast Cancer Awareness Forum  
October 14, 2023 at the Paraiso Hotel and Resort Covered Court, City of Koronadal



# PHOTO DOCUMENTATION

Emergency Areas 3FGH Committee Meeting  
October 8, 2023 at the Altori Bistro, General Santos City

