



Celebrity Greetings

RTN. ERWIN CURVA **PP OLIVER MASENDO**

October 7 *October 13*



OCTOBER 11, 2023

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Programme

Opening Ceremony

Call to Order	PRES ALVIN DEMONTAÑO
Reading of Tonight's Prayer	RTN. JAMES ABLOG
National Anthem	PP TON ACHARON
Rotary Hymn	PP JEREMY AGUINEA
Object of the Rotary/ 4-Way Test	PP JERRY BELBIDER
Intro. of Visiting Rotarians & Guests	DIR. KENNETH ANZANO

Fellowship

Community Singing	RTN. ERWIN CURVA
Celebrity Greetings	RTN. MICHAEL CUE

Club Matters

Treasurer's Time	TREAS. JOHN ARCAMO
Secretary's Time	SEC. JASON FRANCISCO
President's Time & Adjournment	PRES ALVIN DEMONTAÑO

VP EDWARD CARILLO

Moderator



Fully-paid Members

FULLY PAID MEMBERS

2ND QUARTER—RY2023-2024

- RTN. REY CORTES
- DIR. ALEXANDER JAY CRUZ
- RTN. MICHAEL CUE
- RTN. LEO LABRADOR
- RTN. DODZ LAPIZ
- RTN. CHARLES PASCUA
- PO NOEL PIDO
- RTN. FLORANTE RODRIGUEZ
- RTN. RALPH SOGUILON





Rotary International Features

Simone Renault

Sponsored by: the Rotary Club of The North Downs, Kent, England; District 6000 (Iowa, USA)

It was at the University of Iowa that I was introduced to the concept of global health in general, in a lecture by [professor and global health advocate] Paul Farmer. His organization, Partners In Health, had just built a hospital in Mirebalais, Haiti, following an earthquake. I became captivated. I began focusing on questions like, "How do different communities see the concept of healing? What do they do about it? And how can I help?"

The vast majority of mental illness is inherently structural. That means that our experience with the world and with one another cannot be extricated from much larger forces. Poverty is huge. Imagine the mental weight of providing for yourself and your family on less than a dollar a day. Say you spend most of your days worrying about, "Where am I going to get food? How am I going to take care of my loved ones?" That feeds into your stress hormones, connecting your brain to your body.

"I don't think psychiatrists are the people who are going to change the mental health movement on a global scale. I was one of two psychiatrists, or psychiatrists-to-be, in the global mental health program. The others were social workers, case managers, psychologists, researchers, nurses. I think psychiatry has a very small role to play in this. There is a time and a place for antidepressant medications, but having a life well lived? That comes from people. It comes from community. "



Tonight's Prayer

Gracious God,

Help us to work together within Rotary so that
we may do Your bidding on this earth.

And let us say Amen.

Merciful father,

as we gather together as friends
in the spirit of Rotary fellowship and service,
we invoke Your blessings.





R.I President's Message



R. GORDON R. MCINALLY

President
Rotary International
RY 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-Hiyas 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.



Rotary International Features

Tom Kim

Sponsored by: the Rotary Club of Leytonstone and Woodford, Greater London, England; the Rotary Club of West U (Houston), Texas, USA

When I started college, I thought I was going to be a surgeon. But then I worked as a peer mental health counselor. As I spoke with my friends and classmates about topics like depression, anxiety, alcohol use, and so forth, it became apparent that there was a big gap between what was being done for students and what was needed. There was a lot of untreated and undiagnosed mental illness, even at a prestigious university. I became interested in a more public health-focused approach to mental health.



Haruka Goto

Sponsored by: the Rotary Club of Osaka Central, Osaka, Japan; the Rotary Club of Pall Mall, Greater London, England



Global mental health is about looking for the social determinants of mental health. Before I came to London to study global mental health, I was working for the Ministry of Health in Japan, focused on suicide prevention. We need to study suicide, but comparatively few people are interested in it. The number of suicides in the population is increasing. Around the world, 700,000 people die by suicide every year. In Japan and America, it's a very big problem. Working for the Japanese government, I realized that the policy was mostly to ignore the situation.





Rotary International Features



Rotary clubs and districts support study in an emerging field

As the world becomes more connected, experts increasingly view social issues from a global perspective. That's true even when it comes to our minds. The emerging discipline of global mental health explores how different countries diagnose and treat psychological issues.

Rotary clubs and districts have recently sponsored four students to study global mental health at King's College London and the London School of Hygiene & Tropical Medicine. Here, these scholars discuss the social trends, cultural practices, and political and economic contexts that affect our mental wellness – often without us realizing it.



Jaeden Joyner

Sponsored by: the Rotary Club of Chiswick & Brentford, Greater London, England; District 6860

I had no idea that global mental health was its own field until I found this master's program. It's focused on public health and incorporating cultural awareness and cultural differences into medical practices. I've learned that there's so much variability in mental health conditions. A condition will have different symptoms depending on where you are in the world.



R.I President's Message

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 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.





Secretary's Report



JASON CARLO FRANCISCO

Secretary
Rotary Club of Metro Dadiangas
RY 2023-2024

Date of Meeting	Total Membership	# of Members Used in Calculating the Attendance	# of Members Present	# of Members Made-Up	%
OCT. 4, 2023	63	63	54	1	86%
AVERAGE ATTENDANCE					86%



Upcoming Activity



Pink October 2023

BREAST CANCER AWARENESS MONTH

EARLY DETECTION SAVES LIVES

OCTOBER 14, 2023 | SATURDAY
OVAL GYMNASIUM, G.S.C



MATERNAL AND CHILD HEALTH

Pink October 2023
BREAST CANCER AWARENESS MONTH

Dance for a Cause



SHIRTS AVAILABLE AT P=₱ 500.00
October 14, 2023 | 5:30AM
Oval Gymnasium, General Santos City





Metro Activities

Project SMILE

RAGASA, MALACHI ROSE | 5 MONTH OLD | F | Lagao, GSC

Date of Operation: **September 12, 2023**



BEFORE

DURING

AFTER



Treasurer's Report



JOHN ARCAMO

Treasurer

Rotary Club of Metro Dadiangas

RY 2023-2024

OCTOBER 11, 2023

Club's Fund as of October 3, 2023 **₱291,381.11**

Add: Club's Collection (OCTOBER 4, 2023) 58,100.00

Add: Club Uniform Collection & Pink October Tarp 3,700.00

TOTAL Club's Fund by OCTOBER 5, 2023 ——— ₱353,181.11

LESS EXPENSES

Meals (October 4) 16,191.00

Secretariat Allowance (October), Load & Transpo reim, 6,872.00

Office Supplies & Metro Medium Cover for September 6,990.00

Project Balik Eskwela @ Palian Elem School (School Sup.) 36,432.00

TOTAL EXPENSES 66,485.00

TOTAL BANK BALANCE AS OF OCTOBER 10, 2023 ₱286,696.11

PAYABLES

Project SMILE 93,000.00

TRF (Annual Fund & PolioPlus Society) 47,025.00

Polio Plus Fund Collection (300/member) 16,500.00

TOTAL PAYABLES 156,525.00

TOTAL CLUB'S FUND AS OF OCTOBER 10, 2023 ₱130,171.11





President's Message



ALVIN RAY DEMONTAÑO

President
Rotary Club of Metro Dadiangas
RY 2023-2024

Good evening fellow Rotarians, Rotaractors, & Guests. Thank you for attending our 14th regular club meeting for Rotary Year 2023-2024.

Last October 8, 2023, the Council of Presidents had an emergency meeting, spearheaded by Prexy Lindalee Anos of RC Greater General Santos pertaining to our Area-wide activity this coming October 14, 2023 at the Oval Gymnasium, General Santos City. Our Pink October Event consists of a motorcade, zumba event which we are hosting, PhilHealth Forum, Medical Mission courtesy of St. Elizabeth Hospital, Inc., as well as a Breast Cancer Awareness Campaign, and a Bazaar.

For our Pink Zumba, as part of our fundraising program, I encourage all members to support the club in buying our shirt for 500.00 each. Your support means we can do more projects in the future.

Happening also on October 14, in partnership with the Philippine Dental Association - Gensan Chapter, lead by their President Dr. Jovencia Flores, our club supported their cause by providing 40 pairs of slippers and arrozcaldo to th community of Purok Naval DBP Homes, San Isidro, GSC (a purok composed of Indigenous People- B'laan and Kaolo mixed married with Cebuano).



President's Message

On October 21, we will be going to Cebuano Elementary School - Tukay-El Extension in Tupi, South Cotabato to distribute School Supplies and Smart TVs. This project was proposed to us by Rtn. Lando Pañares who is leading this event.

I would also like to remind everyone of their PolioPlus Society Donation of \$100.00 per year for us to become the first in the area to be a 100% PolioPlus Society Club. This will add recognition to the club, as well as help the cause in eradicating the disease worldwide.

Looking forward to your participation in the coming events! That is all for tonight's weekly meeting. Thank you everyone for coming and may you have an enjoyable night.

