

Rotary
District 3860



CREATE HOPE
in the **WORLD**

San Juanico Tacloban

Rotary
Club



The **TRIBUNE**

**OFFICIAL CLUB BULLETIN OF
ROTARY CLUB OF SAN JUANICO**



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ROTARY CLUB OF SAN JUANICO OFFICERS RY 2023-2024

- Club President:** Jeric Dane G. Granados
- Club Immediate Past President:** Mariel D. Claros
- Club President- Elect:** Erwin Vincent G. Alcala
- Club Vice President:** Jorge D. Yu
- Club Executive Secretary:** Joerge Brosas
- Club Secretary:** Edward De Jesus
- Club Treasurer:** Mariel D. Claros
- Club Protocol Officer:** Francisco Darang, Jr.
- Club Administration Chair:** Maria Wilma Pascua
- Club Membership Chair:** Estefano V. Ruiz
- Club New Generation Chair:** Jonell Martin A. Que
- Club Public Image Chair:** Winston Yao Cabigon
- Club Service Projects Chair:** Victorio Esperas
- Club Learning Facilitator:** Richard Uy
- Club Foundation Chair:** Johny C. Go



Presidential Message



At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member – because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders – leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections – and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along – that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years – and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.





President's Message

Greetings to all Rotarians!

As we enter the month of August, I am reminded of the importance of service above self, a core value of Rotary International. This month, let us recommit ourselves to making a positive impact in our communities and beyond.

August presents us with an opportunity to reflect on our achievements so far and to set new goals for the future. Let us use this time to strengthen our bonds of friendship and fellowship, and to work together towards a common purpose.

I urge each and every member of our Rotary club to actively participate in our projects and initiatives this month. Whether it is through volunteering, fundraising, or advocacy, your contribution makes a difference. Let us strive to be the change we wish to see in the world.

JERIC DANE GRANADOS
President RY 2023-2024



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THE TRIBUNE: OFFICIAL CLUB BULLETIN OF ROTARY CLUB OF SAN JUANICO

August 2023

ECO-BLAST: A Tree Planting Activity



Miss Philippines Earth - Air 2023, Kerri Reilly, graced the activity, together with the Department of Environment and Natural Resources (DENR) Region 8 Forest Officers, the Rotary Club of San Juanico, and the Barangay Council of Barayong, headed by Capt. Feleciano Dolina Jr.

IN THIS ISSUE...

- ECOBLAST: A Tree Planting Activity
- Membership and New Club Development Month





"AS PEOPLE OF ACTION, WE INSPIRE EVERYONE TO TAKE ACTION IN ACTIVITIES THAT SUPPORT THE ENVIRONMENT"





MEMBERSHIP AND NEW CLUB DEVELOPMENT PLAN AUGUST 2023



I joined to meet new friends.
I stayed to change the world.

While every month can serve as Membership & New Club Development Month, August is a good month to celebrate our Rotary club, our members, and the good we do in your community and around the world. If you haven't recommended a new Rotary member yet during this Rotary year, now would be a great time to get started. Everything Rotarians, Rotaractors and Interactors need to know about membership to assist you can be found on My Rotary – under Membership.

MEMBERSHIP AND NEW CLUB DEVELOPMENT

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Rotary Club of North Bay

YOU NEED ROTARY BECAUSE...

- You care about your community and want to be involved with people who share your commitment.
- You like to be associated with people and ideas that really make a difference in your world.
- You believe in service. You know that our world is enriched by women and men like yourself, and you want to do your part.
- You have talents that you are willing to share.
- You like to have fun. You like to be around people who enjoy what they are doing, whether working, or volunteering, or just socializing.

ROTARY NEEDS YOU BECAUSE...

- Rotary needs need talented people like you to be an effective organization serving their community.
- You are a leader in your community. Whether you are outgoing or reserved, Rotary needs leaders like you.
- Rotary needs people with new energy and new ideas.
- Rotary is a highly regarded international organization that makes things happen – locally, nationally, and internationally. But nothing happens without the efforts of people like you.

August is



Membership and New Club Development Month



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.

THE FOUR 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 concerned?