

Rotary
District 3860



CREATE HOPE
in the **WORLD**

San Juanico Tacloban

Rotary
Club



The **TRIBUNE**

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



Club Number | 17129
Chartered | May 6, 1975

SEPTEMBER 2023 | 5TH EDITION



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



The International Day of Peace takes place 21 September. The United Nations General Assembly declared this a day devoted to strengthening the ideals of peace through observing 24 hours of non-violence and cease-fire.

It is not enough, as People of Action, to simply avoid making war. If we are to Create Hope in the World, we must aggressively wage peace.

Where can we begin? There are countless armed conflicts around the world, and the global population of displaced people is higher than ever. The opportunities are nearly limitless, but the cycles of violence and hardship seem endless.

My advice is to start small but think big. I look to Rotary members in Pakistan and India for inspiration.

In March 2020, about 50 Rotary members from Pakistan met about 50 Rotary members from India at Kartarpur Sahib, a shrine in Pakistan. The sanctuary honors Guru Nanak, the founder of Sikhism, a religion practiced in both countries. Tensions between the two countries barred many religious pilgrims from India from visiting the shrine. That is, until Pakistan opened a visa-free pathway to them in 2019.

Earlier this year, Rotary members from opposite sides of the border again met at the shrine, this time with about twice as many participants.

Any work toward building peace needs to be brave and bold. What these Rotary members have done is just that. The Pakistani government took an important step toward peace when it admitted Indian pilgrims to the Kartarpur Sahib shrine, but Pakistani Rotary members took the next step when they welcomed Rotary members from India as friends and family. That is Positive Peace at work.

These peacebuilders did not stop there. Club representatives at this year's meeting signed twin club certificates to recognize their long-term commitment to continue to learn from each other and to work together on more peacebuilding efforts, and they have held joint meetings via video chat.

The importance of communicating with and learning from another culture cannot be overstated, and Rotary is making it even easier to do so. One way of engaging in cross-cultural dialogue and building relationships across borders is through virtual international exchanges that build on our current programs and make them more accessible.

A virtual exchange uses online platforms to connect people from different parts of the world so they can share their traditions, priorities, values, and more. Virtual exchanges can serve as a window to another part of the world through activities such as teaching a digital cooking class, learning a new language, or even designing service projects with a global impact.

These online chats have the potential to inspire new connections and more respect between societies. Taking that knowledge and using it to better the lives of our fellow human beings is the next step.

Let's see where it takes us.





CREATE HOPE
in the WORLD

President's Message

Greetings to all Rotarians!

The month of September is crucial to reflect on the powerful message delivered by the Rotary community. May this month serves as a guiding light, inspiring members to uphold the values of service, leadership, and fellowship.

I would like to emphasize the significance of unity and collaboration in achieving our goals for peace. By working together towards a common purpose, we can make a greater impact on our communities and the world at large.

Furthermore, the importance of innovation and adaptability in the face of challenges must prevail. As we go through uncertain times, it is essential to embrace change and find creative solutions to address the needs of those we serve.

JERIC DANE GRANADOS
President RY 2023-2024

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The
TRIBUNE

San Juanico Tacloban
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THE TRIBUNE: OFFICIAL CLUB BULLETIN OF ROTARY CLUB OF SAN JUANICO

September 2023

MINDFUL MOMENTUM: GEARING FOR MENTAL WELLNESS AT SCHOOL (SEMINAR ON MENTAL HEALTH)

September 14, 2023



The Rotary Club of San Juanico recently organized a seminar titled "Mindful Momentum: Gearing for Mental Wellness at School" at Eastern Visayas State University on September 14, 2023. The event aimed to raise awareness about the importance of mental health among students and educators.

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- A-COM meeting for Area 2B
- 5th Regular Meeting
- Seminar on Mental Health

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A-COM MEETING FOR AREA 2B (Rotary Center of Tacloban) September 6, 2023

5TH REGULAR MEETING September 9, 2023

During the meeting, passionate Rotarians from different Rotary Clubs of Area 2B shared their insights and proposed strategies to drive positive change in our area. Through engaging discussions and thoughtful deliberations, consensus was reached on various action plans that will benefit the community as a whole.



5TH REGULAR MEETING

12 NOON

09.09.2023 | RC San Juanico Club House
Brgy.91 Abucay, Tacloban City





San Juanico Rotary Club

CREATE HOPE in the WORLD

In partnership with:

SEMINAR ON MENTAL HEALTH

Mindful Momentum: Gearing for Mental Wellness at School

September 14, 2023 • EVSU GAD FUNCTION HALL

PROGRAM

OPENING

- Prayer
- Lunch
- Call to Order
- Philippine National Anthem
- Rotary Hymn
- The Four-Way Test
- Object of Rotary

- PP Frankie Darang
- Pres. Jeric Dane Granados
- IPP Mariel Claros
- IPP Mariel Claros

FELLOWSHIP

- Laughs for Everyone (Marites Time)
- Fines and Fun
- Volunteer Rotarian
- PP Jorge Yu & PP Stef Ruiz

AGENDA

- Mediation Result
- 3rd ACOM Meeting
- Mental Health Awareness Campaign in partnership with EVSU
- Multi District Pre-PETS
- Other Matters

FELLOWSHIP

MCEE: PP Edward de Jesus





The seminar featured insightful discussions on stress management techniques, mindfulness practices, and the significance of seeking help when facing mental health challenges. Speakers emphasized the need for creating a supportive environment within educational institutions to address mental health issues effectively.



Attendees were encouraged to prioritize self-care and to look out for one another in times of distress. The seminar also highlighted the role of community support in promoting mental well-being among students.



May this event serve as a crucial platform for fostering a culture of openness, understanding, and empathy towards mental health in academic settings. It is imperative that such initiatives continue to be organized to ensure the holistic development of students and educators.

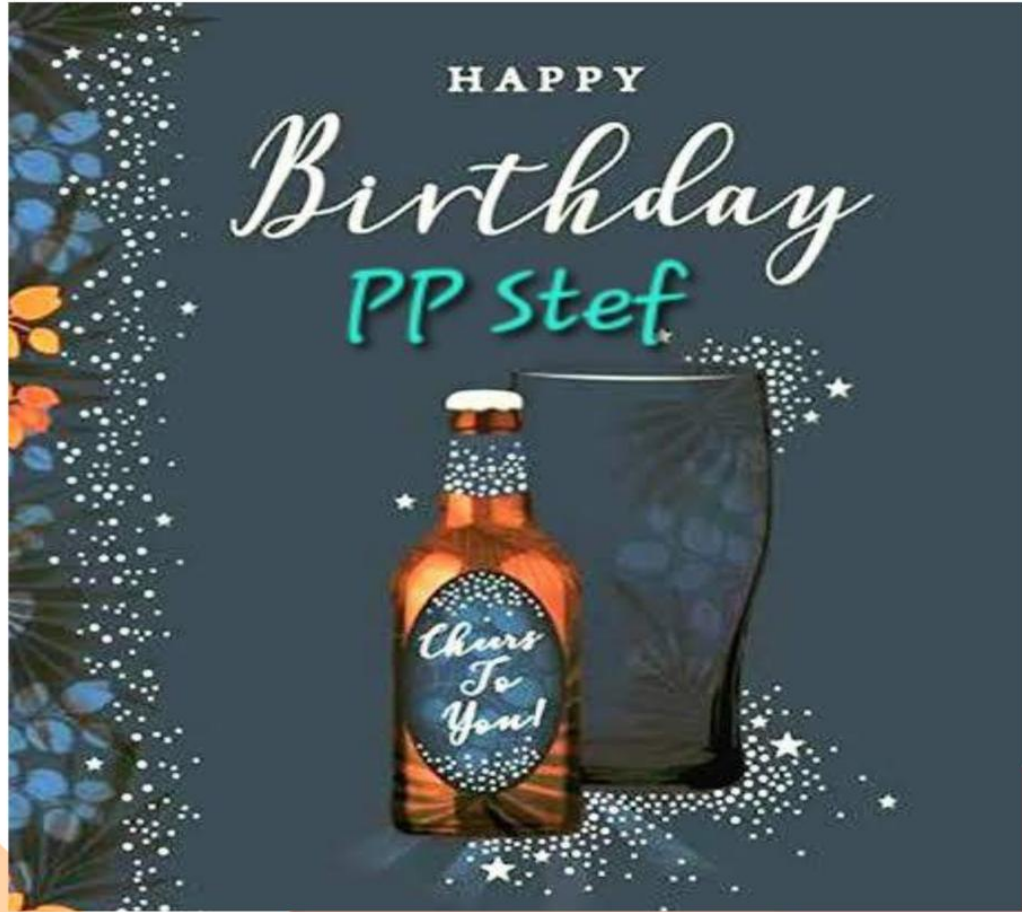




RCSJ's 49th Induction and Turn-Over Ceremony was featured in a Local Tabloid.



Members of the Rotary Club of San Juanico led by new President Jeric Dane Granados and Immediate Past President Mariel D. Claros are shown here with City Mayor Alfred S. Romualdez, Past District Governor Pablo Quiñanzon, Ana Bomagat and District Governor-Elect Carolyn Andrade during its turn-over ceremony at Summit Hotel, Tacloban City, July 16, 2023.





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?