

**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  
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**OCTOBER 2023 | 7TH 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 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.

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.





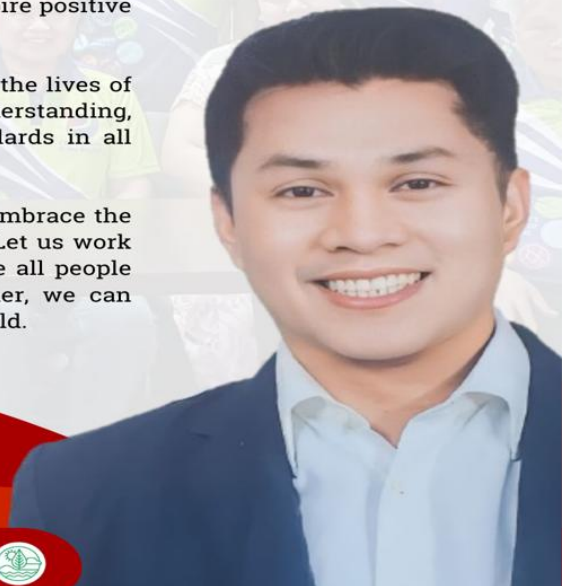
# President's Message

Greetings to all Rotarians!

As we enter the month of October, it is crucial for us as members of the Rotary community to reflect on the impact we have made and the work that still lies ahead. This month presents us with new opportunities to serve, to lead, and to inspire positive change in our communities and beyond.

Let us strive to make a difference in the lives of those in need, to promote peace and understanding, and to uphold the highest ethical standards in all that we do.

I urge each and every one of you to embrace the spirit of Rotary this month and beyond. Let us work together towards a brighter future, where all people can live with dignity and hope. Together, we can make a real and lasting impact on the world.



**JERIC DANE GRANADOS**  
President RY 2023-2024



## The TRIBUNE

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

October 2023

## ROTARY DAY OF SERVICE: PINK OCTOBER 2023

October 1, 2023

Rotary  
District 3860



EARLY DETECTION  
SAVES LIVES

## Pink October 2023

**BREAST CANCER AWARENESS MONTH**

*Free Zumba with Zin Eddie and Marny*

October 1, 2023 | Leyte National High School Gymnasium



The Rotary Club of San Juanico welcomed the month of October 2023 by joining in a significant Pink October 2023 that highlighted the Breast Cancer Awareness Month, a day filled with activities aimed at spreading awareness and providing support to breast cancer patients.

### IN THIS ISSUE...

- Pink October 2023: Breast Cancer Awareness Month
- 7th Regular Meeting





**Wearing pink is more than just a fashion statement; it is a powerful way to show solidarity with breast cancer survivors, patients, and their families.**

Wearing pink is more than just a fashion statement; it is a powerful way to show solidarity with breast cancer survivors, patients, and their families. By donning this vibrant hue, individuals can spark conversations about the importance of regular screenings, self-exams, and healthy lifestyle choices that can reduce the risk of developing breast cancer.



Pink also serves as a symbol of hope and resilience in the face of a challenging diagnosis. It represents the strength and courage of those who are fighting this disease, as well as the unwavering support of their loved ones and the broader community. When we see pink ribbons adorning buildings, vehicles, and social media profiles, we are reminded of the progress that has been made in the fight against breast cancer and the work that still lies ahead.



Zumba is a fun and energetic dance workout, is the perfect way to bring people together in support of a worthy cause. By participating in a Rotary Breast Cancer Awareness Month Zumba event, you are not only showing your support for those affected by breast cancer but also taking a proactive step towards improving your own health.





# 7TH REGULAR MEETING

October 7, 2023

**Rotary**  
 San Juanico Tacloban

# 7th Regular Meeting

OCTOBER 7, 2023  
 @ 12 NOON  
 ABUCAY, TACLOBAN CITY



**Rotary**  
 San Juanico Tacloban

### PROGRAM FLOW

<b>OPENING</b>	
Prayer	PP Frankie Darang
Lunch	
Call to Order	Pres. Jeric Dane Granados
Philippine National Anthem	
Rotary Hymn	
The Four-Way Test	PAG Edito Cumpio
Object of Rotary	IPP Mariel Claros
<b>FELLOWSHIP</b>	
Laughs for Everyone (Marites Time)	Volunteer Rotarian
Fines and Fun	PP Jorge Yu & PP Stef Ruiz

### AGENDA

- Pink October Activities
  - SJRotaract Projects
  - Multi-District Pre-PETS
  - Singapore-RI Convention
  - Other Matters
- a. Dues Collection
- b. Boracay Trip
- c. Jetmatic Pumps
- d. UD Case Update

### FELLOWSHIP

**EMCEE: PP Jorge Yu**





# 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?