

Rotary
Club of South Davao



Southern Kris

Official Weekly Publication * Rotary Year 2020-2021

Meets every Wednesday * 1:00 P.M.
Via Zoom, Davao City

EVERY ROTARIAN



EVERY YEAR

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Christine Solivio
Director

42nd Regular Weekly Meeting
Via Zoom

May 12, 2021 * 7:00 PM

Programme

I. Opening:

Call to Order.....VP Virgie Albaera
Presiding Officer

Invocation & Recitation of the 4-Way
Test & Object of Rotary.....PP Nomi Monfort

Introduction of Guests &
Visiting Rotarians.....Sec. Jane Gripo

II. Programme Proper

Rotary Information &
Secretary's Report.....Sec. Jane Gripo

President's Time VP Virgie Albaera
Presiding Officer

III. Club Assembly

IV. Closing

Announcements / Adjournment

SE Ester Gahol
Master of Ceremonies

Invocation

Dear Father,

I know that there is a place for each of your children in the world but we must seek and find where our place is and where we fit in.

Most times, we your children are afraid to take this responsibility of bringing in the new. Beloved Baba, I humbly ask that people do not stop souls like me who are willing to do it. Please make them realize that those souls who have been inspired think they are carrying out your mandate and so will undertake all the tasks, no matter how impossible it may seem to be, for they believe it is the mission you have given them.

Father, please grant all your children especially those present in this room today and all the others who are tuned in, to find their rightful place in the world vast plan. And if they are not in the front line, please inspire them to send their good wishes to those who are.

Lord, everything one does for your glory does not come easy. It needs a lot of continued courage and fortitude plus the needed resources to achieve lofty goals to honor you.

I humbly pray that you allow your children to wholeheartedly accept the specific work those souls who you have placed in the position of leadership with huge responsibilities and challenges to go ahead.

Father, I ask that you inspire them to support and appreciate so they may lift up their hearts in deep love, praise and gratitude to YOU because after all, it is YOU directing this drama in order to alleviate injustices long suffered by your children.

In Jesus name I pray, AMEN.

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 to 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.

FOUR WAY TEST

OF THE THINGS WE THINK, SAY OR DO

- 1st Is it the **TRUTH**?
- 2nd Is it **FAIR** to all concerned?
- 3rd Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4th Will it be **BENEFICIAL** to all concerned?

Declaration of Rotarians in Business and Professions

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity of service;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of community.
3. Do all in my power to dignity my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to all occupations which are useful to the society;
6. Offer my vocational talents to provide opportunities for the relief of the special needs of others, and to improve the quality of life in my community;
7. Adhere to honesty in advertising and in all representations to the public concerning my business or profession;
8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded to others in a business or professional relationship.

Rotary Information...

Rotarians Address Mental Health Issues Head On

by Anne Stein

Rotary has a remarkable record when it comes to health initiatives. We've helped bring polio to the brink of eradication, and clubs have carried out myriad projects focused on preventing disease and supporting maternal and child health. Now the global pandemic has brought attention to another aspect of health that is often overlooked: mental health. In many places, depression, anxiety, and suicide are seen as things to be ashamed of and kept quiet. But Rotary members are recognizing the gaps in understanding and resources and are stepping up to help.

"A year ago, we had 50 members of the Rotary Action Group on Mental Health Initiatives," says Bonnie Black, a member of the Rotary Club of Plattsburgh, New York, and the chair of the action group. "We've tripled our membership during the pandemic, and I believe it's due to the heightened awareness of mental health and wellness."

More than 264 million people worldwide are affected by depression, according to the World Health Organization, and although many mental health conditions can be effectively treated at relatively low cost, many people who need treatment do not receive it.

Felix-Kingsley Obialo, a member of the Rotary Club of Ibadan Idishin, Nigeria, manages the local arm of a project called Wellness in a Box, which his club has worked on in partnership with the Rotary Club of Wellesley, Massachusetts. "Mental health is an area that has been neglected by many people for too long because of the stigma associated with it," says Obialo. "The involvement of Rotary clubs will gradually reduce the stigma, and more and more people will begin to be comfortable around the issue."

Refugees and migrants receive free access to mental health services in Germany

When Pia Skarabis-Querfeld saw refugees pouring into Germany to escape war and other atrocities in 2014, the Berlin-based doctor felt compelled to help. Skarabis-Querfeld, a member of the Rotary Club of Kleinmachnow, eventually launched a nonprofit called Medizin Hilft (Medicine Helps). With support from a Rotary Foundation global grant and clubs around the globe, the nearly all-volunteer organization donates thousands of hours of medical care to refugees and migrants each year.

But doctors in the group quickly noticed that in addition to needing care for physical ailments, about half of their patients had symptoms of psychological problems or psychiatric disorders, including depression, post-traumatic stress disorder, and addiction. In 2020, the Rotary Club of Morehead City-Lookout, North Carolina, worked with Medizin Hilft to secure another global grant that allows the organization to offer free mental health services.

Under the guidance of Ulla Michels-Vermeulen, a psychologist who is also a member of the Kleinmachnow club, psychologists, psychiatrists, translators, and social workers help people like Fatma, a Syrian nurse who once treated bomb attack victims. When the situation became too dangerous in Syria, she left home. But fleeing was traumatic, explains Michels-Vermeulen.

While crossing the Mediterranean, Fatma watched several passengers drown before another vessel came to the rescue of their drifting boat. She spent time in a refugee camp, where people slept in tents, there were no doctors, and there was not enough to eat. She was sexually assaulted several times on the journey.

"Fatma has been accepted to stay [in Germany] and is going to school to learn German, but she is still getting counseling. She is suffering from nightmares, sleeplessness, concentration problems, and flashbacks," Michels-Vermeulen says. "It costs society a lot if we ignore these mental health problems. And it's a human right to get support if you are ill."

cont. next issue...



Secretary's Report

An Dharling Jane Gripo
Club Secretary

Comparative Weekly Attendance

	May 5
CLUB MEMBERSHIP	29
HONORARY MEMBER	04
PRESENT	12
ON LEAVE	00
ABSENT	13
MADE UP	00
ATTENDANCE % BASE	25
WEEK AVERAGE	48.00%

Guests:

PP Torbjorn Wilhelmsen-Bergen Rotary Club, Norway
PP Arcel dela Cruz –RC Davao 2000 Rtr. Neil Ontong

Happy Anniversary!!!

May 21 – Spouse Sandro Adora



Reminder:

June 4-6, 2021 – DISCON 2021 with
the theme : "Opening
Opportunities to a Whole New
World".

June 12-16, 2021 – 2021 Virtual RI
Convention



The President's Corner

Bertel Ingmar Bertelsen
Club President

My fellow Rotarians,

The Philippine Eagle Foundation has a fundraiser event coming up. Since our members showed a big interest in eagles when we had them as guest speaker maybe some members can donate something so the eagles can also survive the crisis.

As some of you may remember is that I am also a board member of the Rotary group End plastic Soup. They will now join forces with another group that I am also a member of which is ESRAG. That is the environmental group of the Rotary. This will become a group that you will hear a lot more of in the future.

Thank you!!!

Donors for Community Pantry Project:

Pres. Ingy Bertelsen	- P 2,000
PDDG Arthur Uy	- 2,000
PP Don Torno	- 2,000
VP Virgie Albaera	- 2,000
SE Ester Gahol	- 2,000
PP Gerry Munda	- 1,000
PE Michael Chellathurai	- 1,000

Total :	P12,000
	=====

**Retro Night
Dance Craze Competition**
June 4, 2021, 7:00pm

Rotary District 3860

DISCON 2021
JUNE 4-5, 2021
"Opening Opportunities to a Whole New World"

Mechanics

- This competition is open to all Rotarians, Rotaractors Spouses and Rotakids.
- Form a group of a minimum of 5 members. It can be one club, area wide, for as long as you meet the "group" composition of at least 50% Rotarians, and the remaining 50% are Rotaractors, Spouses & Rotakids.
- You can choose a Dance Craze music or medley of the following but not limited to e.g. Macarena, Footloose, Gang Nam, Asereje, living la vida loca or OPM for your groups' entry.
- Pre-record a chosen dance Craze with a minimum 3 minutes and maximum of 4 minutes in mp4 format.
- Deadline for submission of the recorded entry will be on 20 May 2021.
Please save your entry on Google Drive, then send the link to the Discon Secretariat via MESSENGER to the following accounts: Shiela Estante, Valentino Dionisio & Ranz Apolinario.
- The Discon Fellowship Committee, has invited judges experts in this kind of competition. Judges' decision shall be final.
- Top 10 Presentations will be featured during the Fellowship Night on June 4, 2021.
- Prizes:

1st	- 15,000
2nd	- 10,000
3rd	- 7,500
- Please confirm your intent to participate on or before 12 May 2021, so the fellowship committee will know how many entries are expected to be featured. Please message Ms. Shiela Estante via messenger or text her at 0920 953 4196.

Criteria:

1. Performance	40%
Staging, execution, showmanship, Projection, entertainment value and dance routines	
2. Choreography and Originality	30%
Timing and coordination of steps (moves related to the music) Snappy and graceful execution of movements Dance arrangements and concept unique and original Creative moves	
3. Theme and Music	20%
Inventiveness of props (use existing materials) Creativity and uniqueness Relevance to the theme	
4. Cinematography (Local Scenes chosen to show your area)	10%
TOTAL	100%

AG VALENTINO "Val" L. DIONISIO
DISCON 2021 Fellowship Chair
Rotary Club of East Davao

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RCSD 41st E-Meeting

With guest speaker Rtn. Torbjorn Wilhelmsen, Past President of Bergen Rotary Club, Norway. May 5, 2021



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active trawling
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FORDACK, JOHN
GAHOL, ESTER
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LOZANO, LEONOR

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ALBAERA, VIRGIE "Virgie"	Logistics Service Provider	
AQUINO, ABDULAH "Nonoy"	Recreational	Linda
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CHUA, JACOB "Jake"	Wholesale Management	Bing
DE TORRES, NIKKI "Nikki"	Financial Advisor	Donald
GAHOL, ESTER	Architect	
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