

South Davao  
**Rotary**  
Club



**IMAGINE**  
ROTARY

Official Weekly Publication \* Rotary Year 2022-2023

**Southern  
Kris**

Meets every Wednesday \* 12:00 NN  
Rekado Restaurant, Davao City

**EVERY ROTARIAN**



**EVERY YEAR**

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*19<sup>th</sup> Regular Weekly Meeting*

February 01, 2023 \* Aulson's Cafe \* 12:00NN

**Program**

**I. Opening:**

- Call to Order.....Pres. Virgie Albaera
- Invocation.....Dir. Bhing Shimizutani
- Singing of National Anthem & Rotary Hymn &  
Recitation of the 4-Way Test & Object of Rotary
- Introduction of Guests &  
Visiting Rotarians

**II. Program Proper**

- Rotary Information &  
Secretary's Report.....Sec. Apple Adora
- President's Time .....Pres. Virgie Albaera

**III. Closing**

- Announcements / Adjournment

**PE Ester Gahol**  
*Master of Ceremonies*

## 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

- 1<sup>st</sup> Is it the **TRUTH**?
- 2<sup>nd</sup> Is it **FAIR** to all concerned?
- 3<sup>rd</sup> Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4<sup>th</sup> 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 dignify 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.

## Invocation

LORD JESUS, Son of GOD, You humbled Yourself to become man in order to serve and not to be served.

We humbly ask You to teach us the ideals of service: that what matters most is not how much have we got, but how much we have given; not how we have won, but how much we have done; not how much we have saved, but how much we have sacrificed; not how much were we honored but how much have we served.

God, our Father, always uses those closest to Him. Grant us therefore the privilege and the grace to be closest to You, His Son, to be truly Your servants amidst the people we serve.  
Amen.

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## ROTARY HYMN

*I want to be a Rotarian for the world  
Make the Rotary flag as the flag of peace unfurled  
I shall serve my community  
Help achieve universal unity.*

*Through Rotary I shall dedicate my all  
World understanding shall be my cherished goal  
With the 4-Way Test, I'll pursue my quest  
And if I, in a way, help obtain peace in the world  
I shall not have lived in vain*

*I observe service above self  
Lend a hand to all who need my help  
I'll get my spouse to involve in Rotary  
And in Rotary ways I will train my family*

*With the 4-Way Test, we'll pursue our quest  
And if we, in a way, help obtain peace in the world  
We shall not have lived in vain*

*Build a bridge for tomorrow's youth  
Strengthened by nothing but the truth  
Let's join our hands, there's no reason we'll divide  
We shall all understand why the good Lord is our guide*

*With the 4-Way Test we'll pursue our quest  
And if I, in a way help obtain  
Peace in the world*

*We shall not have lived in vain*

*Peace be achieved we shall not have lived in vain.*

## Rotary Information...

### Mind matters: Interactor shares her wisdom about mental health

By Diana Schoberg



Sara Pimprikar has seen her high school friends stressing out during exams or over important papers or projects. She's occasionally felt that way herself. "If I see one of my classmates is troubled, I try to talk with them," says the 17-year-old, who is a member of Interact Club of Wisdom High International School, Nashik, India. "Sometimes all they need is a listener, but sometimes they need help."

About 1 in 7 people from ages 10 to 19 experience mental health conditions, and depression, anxiety, and behavioral disorders are among the leading causes of illness and disability for that age group, according to the **World Health Organization**.

Pimprikar's mother, Aabha, is a member of the Rotary Club of Nasik Grapecity and the founding president of District 3030's Action Group on Mental Health Initiatives. When Pimprikar overheard her mother talking about the group, "it plucked a string with me," she says. She volunteered to create Instagram video clip reels for the group and began writing for Mind Matters, the group's monthly newsletter. "Mental health is a stigmatized issue," she says. "As a society, it is our responsibility to talk about it more openly."

Pimprikar's work on mental health and her involvement in her Interact club led to her selection by the **Rotary Action Group on Mental Health Initiatives** to speak at Rotary Day with UNICEF in March 2022 on a panel devoted to mental health and positive well-being. The session was moderated by Zeinab Hijazi, UNICEF senior mental health technical adviser.

"It is absolutely OK if you are facing issues related to mental health," says Pimprikar. "The only thing you need to understand is there is treatment available. You can always reach out. You don't have to go through it alone."

*This story originally appeared in the February 2023 issue of **Rotary** magazine.*

RCSD 18<sup>th</sup> regular weekly meeting and birthday fellowship of VP/PN Sonja Garcia at Rekado Restaurant. Jan. 25, 2023





## Secretary's Report

Ailleen Joy C. Adora  
Club Secretary

### Comparative Weekly Attendance

	Jan. 11	Jan. 18	Jan. 25
CLUB MEMBERSHIP	20	20	20
HONORARY MEMBER	05	05	05
PRESENT	10	10	12
ON LEAVE	00	00	00
ABSENT	10	10	08
MADE UP	00	00	00
ATTENDANCE % BASE	20	20	20
WEEK AVERAGE	<b>50.00%</b>	<b>50.00%</b>	<b>60.00%</b>

#### Guests:

PP Nonoy Aquino	Sp. Kathy Uy	Sp. Lynda Tabije
Anton Aquino	Sp. Marselle Lozano	Margarita Antonio
Annie Quitay		

### Happy Birthday!

Feb. 01 – PP JL Solivio  
09 – Treas. Sally Baneke  
16 – Rtn. Dennis Aballe



### Reminder:

Feb. 12, 2023 - RCSD 55<sup>th</sup> Charter Anniversary  
Feb. 17-18, 2023 – PETS/SETS Butuan City  
Feb. 20-26, 2023 – Rotary Week  
April 21-22, 2023 - DISTAS 2023 Bohol



## The President's Corner

Virgie Albaera  
Club President

Greetings RCSD Members!

February is Peace and Conflict Prevention/Resolution Month. One of the seven areas of focus of Rotary.

The Rotary family is committed to pursuing projects that address the structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources.....

During February, Rotary Peace Building and Conflict Prevention Month, we're celebrating our commitment to build peace and mitigate conflict.

February 23, Rotary's 117th Birthday is also World Understand and Peace Day.

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect. That is why this Weaving School project in Mapula Paquibato is very timely. Let's work hand in hand to help our less fortunate brothers and sisters. Once again we are called to do "Service Above Self".

God bless us all!

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