



DISEASE PREVENTION AND TREATMENT MONTH

DECEMBER

*“He who cures a disease may be the skillfullest,
but he that prevents it is the safest physician.”*
Thomas Fuller



DISEASE PREVENTION AND TREATMENT MONTH



DISEASE PREVENTION AND TREATMENT

December is recognized as the Rotary Month of Disease Prevention and Treatment, a time when Rotary clubs around the world focus on improving health and well-being in their communities. This month highlights the critical role of prevention, early intervention, and education in reducing the burden of disease, while reinforcing Rotary's commitment to global health initiatives.

Rotary has long been at the forefront of efforts to prevent and treat diseases, from eradicating polio to supporting maternal and child health programs. Clubs organize health camps, vaccination drives, and awareness campaigns that reach thousands of people, often in underserved communities. These initiatives not only provide direct medical support but also educate communities about healthy lifestyles, hygiene, nutrition, and preventive care. Rotary's focus is not only on physical health but also on mental well-being. Many clubs host workshops and campaigns that promote mental health awareness, encourage early detection of stress and depression, and reduce stigma around seeking professional help. By addressing both physical and mental health, Rotary creates a holistic approach to community wellness.

One of the most visible examples of Rotary's impact is the ongoing fight against polio. Through decades of persistent vaccination campaigns, Rotary and its partners have reduced polio cases worldwide by over 99%. This success demonstrates how targeted, well-organized disease prevention efforts can change the course of global health. During this month, clubs also collaborate with local hospitals, NGOs, and government agencies to extend their reach. Projects often include health screenings, blood drives, educational seminars, and distribution of essential medicines and hygiene products. These actions empower individuals to take control of their health and encourage communities to adopt sustainable preventive measures.

December's focus on Disease Prevention and Treatment reminds us that health is not just an individual concern—it is a shared responsibility. Rotary members demonstrate through action that even small interventions, when combined with education and awareness, can save lives and improve the quality of life for countless people.

As we observe this Rotary month, we are called to reflect on our role in promoting health, preventing illness, and creating communities where everyone has the opportunity to live a healthy and productive life.



FRANCESCO AREZZO
ROTARY INTERNATIONAL
PRESIDENT
RY 2025-2026

This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us Unite for Good — for healing, friendship, and access to happiness.



On a grander scale

As 2020-21 Rotary president, I shared our hopes for a new initiative: Programs of Scale. The seeds we planted then are now bearing remarkable fruit.

After the success of Rotary's first Programs of Scale grant recipient, Partners for a Malaria-Free Zambia, the Gates Foundation and World Vision approached us to do more and bigger projects. They know Rotary can make great things happen. From that partnership grew the Rotary Healthy Communities Challenge, now Rotary's most significant disease prevention initiative after polio eradication.

HOLGER KNAACK
CHAIR, BOARD OF TRUSTEES,
THE ROTARY FOUNDATION

The Healthy Communities Challenge aims to combat pneumonia, malaria, and diarrheal diseases, the leading killers of children under 5 in many parts of Africa. Despite progress, these diseases still claim 1 million young lives annually.

This strategic partnership between The Rotary Foundation, the Gates Foundation, World Vision, and PATH, a global nonprofit dedicated to health equity, is now saving lives in the Democratic Republic of Congo, Mozambique, Nigeria, and Zambia.

Let us not forget that our partnerships are made up of people — volunteers, Rotary members, and professionals — striving to make a difference. One of them is Gisela Bettencourt Mirção, of the Rotary Club of Chimoio-Planalto, Mozambique, Healthy Communities Challenge national coordinator and assistant governor for District 9210, who reports:

In Mozambique, preventable diseases remain leading causes of death of children.

With support from our partners, District 9210, and the Ministry of Health, the Healthy Communities Challenge mobilizes resources, technical expertise, and volunteers to strengthen community health systems in two provinces in the country's west.

Community health workers are trained to deliver lifesaving education, prevention tools, and early treatment to families in hard-to-reach areas. The program expands access to testing, diagnosis, and treatment, ensuring children receive timely care. Rotary coordinates advocacy, procures essential supplies, and ensures local ownership alongside government health structures. In its first year, the Healthy Communities Challenge reached thousands of households across four districts, supporting more than 4,400 community health workers to protect children.

ROTARY FOUNDATION CHAIR MESSAGE - DECEMBER

I have been involved since the planning stages, but I hadn't grasped the true impact until seeing it firsthand.

Through the Healthy Communities Challenge, Programs of Scale, and polio eradication, Rotary proves that partnerships, community engagement, and vision can transform global health and save lives.

Your support of The Rotary Foundation makes you part of this life-changing work.

Holger Knaack

Chair, Board of Trustees, The Rotary Foundation



ZONE 21B ROTARY PUBLIC IMAGE COORDINATOR MESSAGE



Happy New Year...

I am writing these lines during the last days of December. As another year comes to an end, we remember our good moments, our efforts, and the value of our Rotary friendship. Now, a new year stands in front of us with new hopes and new opportunities. I wish all of us health, success, and meaningful service. Happy New Year!

January is known in Rotary as Vocational Service Month. One of the strongest foundations of our unity is our professions. We all come from different backgrounds and different areas of expertise, but what brings us together is the belief that a profession is not only a title – it is a responsibility to serve community.

N. ALTAN ARSLAN
PP 2005-2006 RC ANKARA KIZILAY
PDG 2018-2019 D2430
RPIC 2023-2026 ZONE 21B

The true strength of Rotary comes from our professional diversity. We approach problems from different angles, and this variety helps us create better solutions. An engineer may focus on the technical aspects, a teacher reminds us of the human side, a lawyer highlights ethics, and a doctor speaks for responsibility to life. These differences do not divide us; they make us stronger.

This month, let us remember an important public image tool:
The Vocational Service Award.

Every club should present this award to someone who represents professional ethics and service. It should be done not in a closed room, but in a public, visible and joyful ceremony. This is a chance to show our values to the community and to remind society that Rotary stands for dignity, responsibility, and service through profession

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We also have an important event ahead of us: 12-15 March 2026, in Adana.

At this time, we will hold the Public Image & Polio Awareness Summit, organized by Region 25 EPNC Nikola Bozic and RPIC N.Altan Arslan as conveners. This summit is more than a meeting; it is a step forward in our long journey against polio and in building a stronger Rotary Public Image.



Our fight against polio is at a critical point. We are close, but the final steps are always the hardest. This is why strong communication, good promotion, and growing donations are so important. During the summit:

- We will review the current situation of the fight against polio,
- We will work on new public image strategies and communication tools,
- We will focus on visibility, cooperation, and community engagement,
- We will welcome international participants and new opportunities,
- And yes... there will be special surprises for our guests.

Adana will not only host a program; it will carry a message:

“Rotary is here. Service is here. The fight continues here.”

As we begin the new year, let us remember:

Our profession is our identity.

Our service is our promise.

Our unity is our greatest strength.

Wishing all of us a successful, productive and inspiring year.

May our professions guide us, and may our service light the way.

With kind regards,

Rtn. N.Altan Arslan

PP 05-06 Ankara Kızılay RC

PDG 18-19 D.2430

RPIC 23-26 Region 25

Rotary

Zone 21



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Power of Goodness
Video Competition



Last Submission Date: 16 March 2026
<https://thepowerofgoodness.com>



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Video Competition



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GUIDELINES FOR FILMING A VIDEO FOR COMPETITION

“THE POWER OF GOODNESS”

1. **Plan the filming in advance.**

As you prepare your project or event, decide who will be responsible for filming, what equipment will be used, and which shots will be needed. Assign a dedicated person or team for this task.

2. **Use a drone when possible.**

For outdoor activities, aerial shots provide dynamics and add a professional look to the video.

3. **Include interviews.**

Record short interviews with participants, volunteers, organizers, or beneficiaries. Ask what the project means to them, how it made them feel, or what inspired them.

4. **Tell a story, not just document.**

Focus on emotions, action, and outcomes. Show people, not only activities.

5. **Capture the preparation phase.**

Behind-the-scenes footage of volunteers packing, organizing, or coordinating creates authenticity and highlights the effort behind the cause.

6. **Gather short statements.**

Even one or two sincere sentences from someone whose life has been touched can be very powerful. Seek authenticity rather than long monologues.

7. **Ensure good lighting.**

Whether indoors or outdoors, light is essential. Avoid dark rooms or shooting directly against the sun.

8. **Use stable equipment.**

Unsteady shots are distracting. If you don't have a professional camera, use a tripod or stabilizer for your phone.

9. **Film in horizontal format.**

For higher quality and compatibility with platforms such as YouTube, always shoot horizontally.

10. **Include close-up shots.**

Faces, smiles, and hands in action bring warmth and humanity to the story.

11. **Ensure clear sound.**

Use an external microphone if possible. In noisy environments, consider recording separately or adding narration afterwards.

**GUIDELINES FOR FILMING A VIDEO FOR COMPETITION
“THE POWER OF GOODNESS”**

12. Show the final result.

Present the completed project, the happy participants, and the overall impact achieved.

13. Build a timeline through your shots.

Show “before, during, and after” the event. This structure helps tell a complete story.

14. Capture audience reactions.

Smiles, applause, and emotions are living proof of the project’s impact.

15. Include children and youth (with consent).

If children are part of the initiative, ensure parental consent for filming. Their smiles often speak louder than words.

16. Add supporting images or archives.

If your project has history, use “before and after” comparisons, documents, or older photos to show progress.

17. Use music to enhance emotion.

Neutral, uplifting music reinforces the message. Make sure to use licensed tracks or free-to-use libraries.

18. Add English subtitles, especially when people are speaking.

Even short statements should be subtitled to ensure clarity and accessibility.

19. Display names and roles.

When showing someone speaking, add their name and role for context.

20. Start and finish with identity elements.

Open with a short title/intro and close with your club’s logo.

21. Include a message or a quote.

A powerful line or inspiring quote at the end can leave a lasting emotional impression.

22. Prepare a clear script before editing.

Decide what story you want to tell, in what sequence, and with which footage.

23. Show the impact achieved.

Highlight how lives were improved or what was accomplished. This is the heart of the contest — the lasting mark of kindness.

24. Respect Rotary branding.

Use the official Rotary logo, fonts, and colors. Guidelines are available at brandcenter.rotary.org.

You are not alone in this process! Contact us if you have questions!

– Arkan Apturahman, ARPIC D2482 Bulgaria

THE JOURNEY IN DOING SERVICE ABOVE SELF

A Heart in Kenya: I Contain Multitudes



AYDA ÖZEREN

PDG 2023-24

**CADRE OF TECHNICAL ADVISOR
OF ROTARY FOUNDATION**

I never expected a journey to transform me profoundly. It all began with a single sentence that buried itself into my depths during the very first moments of the trip.

As I settled in for a seven-hour flight, searching for something to watch, a film jumped out at me. It was unassuming, with a modest IMDb score and a title I had never heard before: *The Life of Chuck*. With no prior knowledge, I let myself drift into the story. And drift I did—deep into the poetry of Walt Whitman, the film's reverse-chronological narrative, and its poignant way of questioning life.

"I contain multitudes..."

These words from Whitman describe the multifaceted nature of a human being and our inherent internal contradictions.

None of us are just one thing. We don't have a single identity; instead, we are a vast **MULTITUDE** collection of different emotions, thoughts, responsibilities, and paradoxes.

"I am large, I contain multitudes."

I sat with this thought for a long time. Years ago, the title of my own book echoed this exact sentiment: I was "few" but I was "many." I was a vast universe harboring a multitude within. But how much of this magnificent universe—with its clashing thoughts, its weaknesses, and its contradictions—did I truly master? How well did I know myself? My childhood, my loneliness, the rage I nurtured or let rot inside me, the love, the fears...

Before leaving, I had undergone numerous vaccinations and taken various medications and warnings to heart. As I tried to calm my fears at the start of this risky journey into the unknown, I wondered: how would I silence this awakening multitude within me?

In the dead of night, fueled by insomnia, overthinking, and a heavy brain fog born of these internal contradictions, I set foot on land that was entirely foreign to me.

The Volunteer's Mirror

At this moment, I am a volunteer in Kenya. As soon as I stepped into the crowd, I became the "inevitable other" visually. I stand out; I feel every eye on me, despite not being a shy or introverted person.

Yet, I am welcomed with such warmth. I am embraced so fully. It feels as if everyone I meet is there specifically for me, having already thought of everything to make my life easier. Just like in the movie, where posters of "Chuck" are everywhere and everyone asks, "Who is Chuck?", I began to feel like the protagonist of a film I started and created myself.

I am here, adding even more to my "multitudes." What followed was a state of pure "emotional millionaire ship."

THE JOURNEY IN DOING SERVICE ABOVE SELF

A Heart in Kenya: I Contain Multitudes

Lessons from the Red Dust

I am learning, experiencing, and living.

I am witnessing forgotten lives, children who do not grow, untreatable diseases, and the absence of running water. I see the flies buzzing with sickness, balls made of rags, and girls pregnant at childhood age. I see the fear in the eyes of thousands of orphaned children—but also the butterfly effect of a tiny smile shared with them. I see how every moment spent with them is sanctified, and the profound sense of gratitude found in total lack.

I witnessed the reality of clothes sent for aid being sold, the longing for a cold drink, and the sheer luxury of clean water from a shower. I felt the hygiene of every bite I took and the way the red dust of the unpaved roads stained my skin.

I saw the tireless effort of teachers, the desperation of doctors, the struggle of women, and the exhaustion of men. I saw humanity that money cannot change, the nobility of the helpers, and the truest form of hospitality. I lived the boundlessness of sharing, the magnitude of courage, and the power of kindness.

The Cosmic Self

It is impossible for me to point out on a map the remote corners of Kenya where I spent my week. It is just as difficult to describe deprivation, the poverty, and the lack of opportunity I encountered. It is hard to comprehend when the injustices of this world reached such a scale.

The air, climate, geography, and people of Africa have left a deep mark on me. I am no longer just "me."

Now I feel deeply Rotarian who is just trying to serve above self.

I contain multitudes. It is as if I have become a cosmic self, with all universes hidden within.

As Walt Whitman wrote in Song of Myself:

"I celebrate myself, and sing myself,

And what I assume you shall assume,

For every atom belonging to me as good belongs to you.

I loafe and invite my soul, I lean and loafe at my ease observing a spear of summer grass.

My tongue, every atom of my blood, form'd from this soil, this air,

Born here of parents born here from parents the same, and their parents the same,

I, now thirty-seven years old in perfect health begin, hoping to cease not till death."



THE JOURNEY IN DOING SERVICE ABOVE SELF

A Heart in Kenya: I Contain Multitudes



THE JOURNEY IN DOING SERVICE ABOVE SELF

On the morning of December 6th, we attended the gathering at the Vatican where approximately 6,000 Rotarians and Rotaractors from around the world came together to meet with the Pope. Together with our Rotaractors Alara Serdar and Şeyhmus Akin, we had the great honor and pleasure of representing District 2440 at this meaningful event, where Rotarians from different cultures and beliefs united around shared values. Realizing that there were no other participants from Türkiye turned this pride into an even greater honor of representing our country.

To briefly summarize, the Giubileo dei Rotariani (The Day of Dialogue Between Rotary and the Vatican) was a highly meaningful event, further enriched by the participation of Pope Leone XIV, highlighting Rotary's global role as a civil society organization. This gathering served as a powerful platform for diplomacy and dialogue, strengthening Rotary's commitment to peace, reconciliation, international cooperation, intercultural understanding, and community service. The Pope's expression of support for collaboration and joint efforts with Rotary added even greater value to this important encounter.

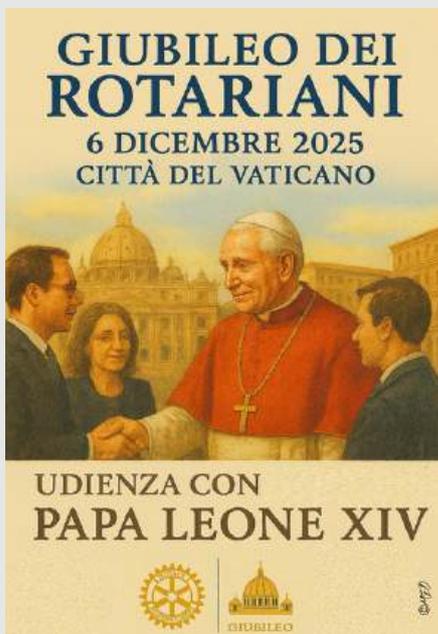
During the reception held on the evening of December 5th, we also had the opportunity to meet international Rotary leaders. We shared a brief yet sincere conversation with RI President Francesco Arezzo, who mentioned that he will be visiting our country in March. We also had a pleasant conversation with Past RI President Mark Maloney. On behalf of District 2440, we presented them with our New Year gifts. With nearly 1,000 Rotarians and Rotaractors in attendance, the reception was truly special — a gathering where friendships were strengthened and the Rotary spirit was deeply felt.

Once again, we witnessed that Rotary is a great family — where a simple handshake can turn into a heartfelt conversation, and where different cultures come together at the same table.

We are grateful for Rotary, and grateful for each one of you.

With love.

RTN. METIN YORGANCIOĞLU
İZMİR DOKUZ EYLÜL ROTARY KULÜBÜ.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Spreading Warmth and Hope: A Heartfelt Initiative by the Ankara Kızılay Rotary Club Spouses Committee

Bringing smiles and encouragement to women and children in need.

In a meaningful act of service, the Ankara Kızılay Rotary Club Spouses Committee organized a special morale event for women and children residing in a local women’s shelter. Guided by Rotary’s spirit of compassion and community, the initiative aimed to provide both practical support and emotional uplift.

As part of the program, the children received brand-new winter coats and boots — thoughtful gifts to help them stay warm and comfortable during the approaching winter months. The day began with a joyful breakfast, followed by laughter-filled moments with a clown performance and the cutting of a celebration cake.

Witnessing their happiness and renewed sense of hope deeply touched every participant. Through this meaningful gathering, our members once again reaffirmed Rotary’s enduring commitment to stand beside those in need — spreading warmth, joy, and a reminder that they are never alone.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Dear Rotarians and Rotarian Spouses,

We are pleased to invite you to the International Tennis Tournament, which will be organized for the first time by Adana Çukurova Rotary Club (District 2430) in Adana, Türkiye between 25–29 March 2026.

If you would like to meet fellow tennis-loving Rotarians from different regions while enjoying exciting matches and friendly competition amid the scent of orange blossoms, this event offers an opportunity not to be missed.

For detailed information, please visit TENNIS.CUKUROVAROTARY.ORG.

We look forward to welcoming you to this special event.



The poster features a background image of a tennis court with a yellow tennis ball on the red clay. At the top left, it displays the Rotary District 2430 logo and the slogan 'UNITE FOR GOOD'. At the top right, it shows the Adana Çukurova Rotary Club logo. The main title 'ITFR ÇUKUROVA ROTARY INTERNATIONAL TENNIS TOURNAMENT' is prominently displayed in white and yellow text. Below the title, the dates '25 - 29 MARCH 2026' and the venue 'ADANA EQUESTRIAN SPORTS CLUB' are listed. A section titled 'DEADLINE' specifies '30 DECEMBER 2025' and notes that the event is exclusively open to Rotary Club members and their spouses. It lists categories: Men's Singles - Group A & B, Women's Singles - Group A & B, Men's Doubles - One Group, and Women's Doubles - One Group. A 'REGISTRATION' section includes a QR code and the website 'TENNIS.CUKUROVAROTARY.ORG' and email 'CUKUROVAROTARY@GMAIL.COM'. Logos for Grand Tennis Academy, Adana Equestrian Sports Club, and the 'END POLIO NOW' campaign are also present.

Rotary District 2430 UNITE FOR GOOD Adana Çukurova Rotary Club

ITFR

ÇUKUROVA ROTARY INTERNATIONAL TENNIS TOURNAMENT

25 - 29 MARCH 2026
ADANA EQUESTRIAN SPORTS CLUB

DEADLINE
30 DECEMBER 2025

EXCLUSIVELY OPEN TO ROTARY CLUB MEMBERS AND THEIR SPOUSES.

CATEGORIES:
MEN'S SINGLES - GROUP A & B
WOMEN'S SINGLES - GROUP A & B
MEN'S DOUBLES - ONE GROUP
WOMEN'S DOUBLES - ONE GROUP

REGISTRATION

TENNIS.CUKUROVAROTARY.ORG
CUKUROVAROTARY@GMAIL.COM

GRAND TENNIS ACADEMY

ADANA EQUESTRIAN SPORTS CLUB

Rotary END POLIO NOW

Village Schools Improvement Project



As part of the Village Schools Improvement Project, Ankara Kizilay Rotary Club proudly completed the comprehensive renovation of Demirhan Village Primary School, located in Hasan Dede, Kirikkale.

- The project included;
- Restoration and renovation works
- Interior painting
- Roof repair and rain gutter maintenance
- Establishment of a library with 10 book sets
- Supply of essential stationery materials
- Provision of 4 tables and chairs for students' meal area

Built in 1929, this historic village school is among the **first 20** primary schools established in the Republic of Türkiye.



Unite for Good

Rotary 

Ankara Kizilay Rotary Club



ARPIC SERTAÇ GÜMÜŞ
DISTRICT 2452

Joy on the Pitch: Salmaniya Rotary Club Sponsors Youth Soccer Club D2452 Bahrain

The Rotary Club of Salmaniya was proud to host a truly unforgettable afternoon by sponsoring a special youth soccer tournament for the boys of Sanabel Orphanage on November 23, 2025.

Two Under 12 Sanabel teams faced off in a friendly match, transforming the pitch into a scene filled with excitement, teamwork, and pure joy.

As part of our commitment to supporting youth and creating moments of happiness, our club provided the boys with brand new uniforms and socks for the game. Their overwhelming excitement when receiving the kits instantly set a high-energy and positive tone for the entire afternoon.

The match was very well attended and served as a beautiful moment of fellowship among our Rotarians. The energy on the field was incredibly uplifting, and it was heartwarming to see the boys play with such passion and confidence. Their infectious smiles and boundless enthusiasm made the day truly unforgettable for everyone present.

Impact Highlight: This event was a meaningful reminder of the profound impact that simple acts of kindness and collective support can have on young lives.

We were delighted to support them and to share this joyful experience together as a club. Thank you to all Rotarians who attended and helped make this initiative a huge success!



Rotary Club	Salmaniya	Country	Bahrain
Date Presented	Salmaniya, BP	Date	23 November 2025
Club Champion	Public Image Country Champion Bahrain		
Rotarian	Bahrain@rotary.org		
Is this an Rot Event/Project/Initiative?			
Joy on the Pitch: Salmaniya Rotary Club Sponsors Youth Soccer			
Rotarian(s) Name (Full name):			
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What are the focus areas covered by your project? (Tick all that apply):			
<input type="checkbox"/> Philanthropy and Charitable Programs	<input type="checkbox"/> Basic Education and Literacy	<input type="checkbox"/> Community Economic Development	<input type="checkbox"/> Supporting the Environment
<input type="checkbox"/> Disease Prevention and Treatment	<input type="checkbox"/> Water, Sanitation, and Hygiene	<input type="checkbox"/> Disaster Preparedness and Response	<input type="checkbox"/> Other (Specify):
Where did you hold the project? (If multiple, please specify the primary site. Also, list coordinates.)			
Link to your social media accounts/website where the project has been published:			

THE JOURNEY IN DOING SERVICE ABOVE SELF

ROTARY CLUB OF SALMANIYA HEALING WITH ART - BAHRAIN D2452

Rotary Club of Salmaniya collaborated with Mobility Center International in Bahrain on 30th November 2025, in the early morning, on a joyful and meaningful project with their kindergarten special needs children, introducing them to painting and creative expression. The artworks were planned to be curated and auctioned, with proceeds intended to support future community service projects together with Mobility Center.

The children absolutely loved the experience. The space was filled with color, laughter, and excitement, and seeing their pride and happiness as they painted made the project truly special and memorable.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Remembrance meeting for PP Abdulla Juma former Minister of Electricity and Water - Bahrain D2452

Memories of Past President Abdulla Juma (Former Minister of Electricity and Water Bahrain)

The Rotary Club of Salmaniya recently held a special remembrance meeting for the loss of our Past President, Abdulla Juma. A true founding pillar of our club and a former Minister of Electricity in Bahrain, he was the embodiment of Service Above Self.

His vision, leadership, and unwavering dedication have shaped generations of Rotarians and strengthened our community since our club's charter in 1971.

During the 50th-anniversary celebration, Past President Juma shared the definitive history of our club's foundation, underscoring the vital role the club played in Bahrain:

"The founding meeting of the club was held at the Delmon Hotel on 28th April 1971, attended by 30 Charter Members including myself. The name of Salmaniya was agreed, the constitution was adopted and first Board of Directors were elected. Therefore, Salmaniya became a new engine of Community Service in Bahrain."

He also proudly recalled the club's momentous beginning, tying it to a major national event:

"The Club Celebration to receive the Charter, was on 16th December 1971, which coincided with the great occasion of 'Bahrain First National Day Celebrations', following independence from Britain."

His commitment was not just local, but global, having emphasized the importance of networking and learning for the growth of Rotary:

"I think, it is extremely important for Rotarians to attend District Conferences and International Conventions to gain knowledge and ideas, useful to strengthen your work in Bahrain."

His wisdom and kindness touched countless lives. We will forever carry forward his legacy of compassion and commitment. May his soul rest in eternal peace, and may his family find comfort in the profound impact he had on everyone who had the privilege of knowing him.

Rest in Peace, dear PP Abdulla Juma.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Rotarian goodwill reaches Arodaphnousa families in time for Christmas - RC Nicosia Aspelia D2452

Christmas goodwill was on full display on December 19, 2025, with Nicosia Rotarians supporting needy families during the holiday period.

In keeping with the season's spirit of giving, the Nicosia-Aspelia Rotary and Rotaract clubs delivered €1,350-worth of vouchers and over €200-worth of gifts to the Cyprus Anti-Cancer Society's Arodaphnousa Centre.

The Nicosia-Aspelia Rotarians' gifts will ensure nine needy families of cancer patients with children will receive support and comfort before Christmas, a time when society's vulnerable are often most pressed.

Arodaphnousa is the first and only centre of its kind in Cyprus that offers comprehensive palliative care services to cancer patients.





ARPIC MARIA MASTORA
DISTRICT 2475

RID 2475

DG's Stefanos Anastasopoulos Letter
for the month of December 2025

Dear members of our Rotary family,

December is a month of reflection. It is a month when we look back to see what we have achieved and forward to decide what kind of people — and what kind of Rotarians — we want to be. It is no coincidence that in Rotary, December is dedicated to Disease Prevention and Treatment. Because health is not just an area of action; it is the foundation of human dignity, happiness, and life itself.

This Rotary year in our District is making a strong, conscious, and measurable impact in the field of health. Projects are being implemented, delivered, and already changing lives. Actions related to disease prevention, support for vulnerable groups, and strengthening health structures, either through equipment donations or through the provision of essential services, where health systems struggle to respond.

Rotary owes it to itself — and can afford — to invest in health. And it can, because it has its greatest asset: its members. Rotary is proud of its members, their quality, their ethics, their knowledge, and their professional competence.

This quality is not decorative; it is a tool for giving. It is our duty to turn it into action and service to society.

A special place in our strategy this year is given to raising awareness about bone marrow donation. It is a deeply human issue, a matter of life and death.

Information and awareness campaigns and initiatives to find volunteer donors have already been implemented and planned throughout Greece. Every new donor is a ray of hope. Every initiative is a real chance of salvation.

THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475

DG's Stefanos Anastasopoulos letter for the month of December 2025

At the same time, we cannot ignore mental health — the silent, often invisible side of the human experience. In a world that pressures, exhausts, and isolates, Rotary has a unique advantage: Friendship. Companionship. Human presence. The ability to be there for each other and to ask not just a formal "How are you?", but a genuine "How are you, really?".

As December closes another cycle, we realize that we are right in the middle of our shared journey. Six months of collaboration, effort, and action have already been written; six more lie ahead of us, full of possibilities, responsibility, and hope.

Because at the end of the day, Rotary is not about titles, positions, or procedures. It is about people.

People who choose to care. People who choose to stand tall when others tire.

People who turn knowledge into service, profession into offering, friendship into life force. In a world that is ailing — physically, mentally, morally — Rotary does not stand by. It intervenes. It heals. It prevents. It defends human dignity. And it does so not with words, but with actions. Not with fear, but with responsibility.

May the holidays bring you health, peace, and human warmth. And may the new year find us bolder, more united, more determined. May it find us present. Because as long as there are Rotarians who care, hope does not fade – it moves forward.

Merry Christmas and a new year that is worth living and building together.

With respect and
deep Rotary love,
Stefanos Anastasopoulos
Governor 2475 District D.R. 2025-2026



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - ICC Algeria-Morocco-Mauritania-Tunisia-Greece

On November 14, 2025, during the opening ceremony of the Athens ICC-Public Image Summit, the Intercountry Committee (ICC) Algeria-Morocco-Mauritania-Tunisia-Greece was officially chartered. The establishment of this ICC opens the door to impactful and lasting initiatives. By uniting members from the above countries, the committee is well-positioned to develop and implement projects that address regional and international challenges while fostering collaboration and mutual support among participating countries.

Beyond its capacity for action, the ICC is dedicated to promoting peace and fostering world understanding. Such efforts are essential in building bridges between nations

It is a profound honor to have been selected as the President of this ICC on behalf of Greece. This role presents an opportunity to contribute to the committee's mission and to work alongside esteemed colleagues in advancing the values of Rotary.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - ICC GREECE-SERBIA-MONTENEGRO

Signature by I.C.C. Executive chair Nathalie Huygebaerts of the MoU between Greece - Serbia and Montenegro, which promotes fellowship, peace, goodwill, intercultural understanding, and at the same time strengthens cooperation between our countries, with the values and ideals of Rotary as the catalyst



RID 2475 - ICC GREECE - ROMANIA

We are delighted to announce the formation of the new ICC Greece-Romania which strengthens friendship, cooperation, and joint actions between the two countries. This committee is an important pillar for promoting peace, mutual understanding, and Rotary international programs that benefit the communities of Greece and Romania.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - 5TH Continuous Training Seminar in Chrysoupolis

This year's fifth continuing Rotary training seminar was held in Chrysoupoli, Kavala, on November 30th, organized by RC Chrysoupoli Nestos River. This seminar was not just another training event, but tangible proof of the rebirth and dynamic progress of a club that has gone through difficult times and is now growing steadily, with vision and confidence.

As part of this new direction, the "Chrysoupoli-Nestos" Club chose to organize a high-level seminar. This decision in itself reflects the progress, the willingness to contribute, and the belief in the value of education as a driving force for every Rotary community.

The seminar was attended by many Rotarians from all over Northern Greece, who actively participated and gave the event a special energy. The presentations—as always—were excellent: from experienced trainers who shared their knowledge, practices, and years of experience, but also from younger speakers who, in addition to the experience they are gaining, offer a fresh, alternative perspective and a new way of approaching the topics they analyze. It is this combination that makes each seminar lively, rich, and comprehensive.

The seminar was followed by a lovely, relaxed lunch, where participants had the opportunity to discuss, exchange ideas, get to know each other better, and strengthen the bonds that unite the Rotary family.

Warm congratulations to the organizing club, its president Stelios Kafas, all the club members for their warm hospitality and impeccable organization, as well as all the speakers and participants for their excellent contribution. The success of this seminar confirms that when there is cooperation, vision, and continuous education, progress is inevitable.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - 5TH Continuous Training Seminar in Chrysoupolis



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 -

The Power of Life — The Power of Giving

On Sunday, December 7th, at the Oasis Hotel in Glyfada, the first major conference was held on "the importance of bone marrow donation," a topic that is a key priority for our District this year.

The event was co-organized by the **Rotary Clubs of Vouliagmeni, Voula, Glyfada, Athens Omonoia, Athens Parthenon, Chalandri, and Athens South**, with the excellent coordination of RC Vouliagmeni Club and under the auspices of District 2475. Attendance was impressive, with many Rotarians and friends of Rotary coming to learn and be inspired.

The keynote speaker was Hematology Professor at the University of Patras, Mr. Alexandros Spyridonidis, creator of the "Give Life," which has changed the landscape of bone marrow donation in Greece, multiplying the number of volunteer donors and giving hope to thousands of patients.

The program also included deeply moving testimonials from bone marrow recipients—people who are alive today thanks to an unknown donor—as well as from donors, who described their journey toward the greatest gift anyone can offer: the life of a fellow human being.

Their descriptions touched us all and reminded us of what it really means to "Give above Self."

During the event, RID 2475 DG Stefanos Anastasopoulos, presented the new Memorandum of Cooperation between the District and the "Give Life" Organization of the University of Patras. This agreement paves the way for joint actions, informational workshops, sample collection, and a steady increase in volunteer donors in Greece.

A true alliance for life.

The information provided was comprehensive, the sampling procedures were presented in a simple and understandable way, and at the end of the event, many participants asked to become donors or to adopt a sample for immediate identification, further strengthening the national pool of donors and potential donors.

Bone marrow donation is not just a medical procedure.

It is an act of profound humanity.

It is the purest form of the Rotary principle: "Service Above Self."

It is the moment when people stand by each other, without limits, without expecting anything in return, literally giving the gift of life.

Warm congratulations to the organizing clubs, to all participants, and especially:

- Professor Alexander Spyridonidis for his inspiration and enormous social contribution,
- the recipients and donors for their testimonies that touched everyone's hearts,
- the team of students from "Give Life" for their excellent information and sample collection,
- and, of course, all those present who honored this day of life with their presence.

We continue to work hard.

Because every sample can be a life.

THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 -

The Power of Life — The Power of Giving



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475

MEMORANTUM OF COOPERATION (for Bone marrow donation)

Bone marrow donation is one of the purest, bravest, and most silent acts of love toward fellow human beings. It is the moment when a person, often without knowing whom they will save, chooses to become the hope of life for someone else. For thousands of patients with malignant blood diseases—children and adults alike—bone marrow transplantation is not just a treatment option; it is their only chance to continue living, dreaming, and hoping.

Recognizing the profound social, scientific, and humanitarian significance of voluntary bone marrow donation, RID 2475, faithful to its long-standing values and commitment to health and humanity, has signed a Memorandum of Cooperation with the University of Patras and the "Give Life" Organization. This organization is a pioneer in Greece, with innovation, scientific competence, and consistency in informing, raising awareness, and finding volunteer bone marrow donors.

Special mention should be made to Haematology Professor Mr. Alexander Spyridonidis, under whose inspired scientific direction and coordination "Give Life" has become a benchmark for our country, transforming knowledge into action and science into hope. His work, deeply humane and at the same time scientifically sound, is an example of dedication and social responsibility.

Within the framework of this collaboration, the coordination of Rotary's efforts at the District level has been undertaken by Rotarian Vassia Moutafi, a member of RC Rhodos - Kolossos. With inspiration, organizational skills, and a deep understanding of the social dimension of the project, she contributes decisively to bridging scientific knowledge with society, transforming vision into targeted action and collective mobilization.

Through the Memorandum of Cooperation, Rotary and "Give Life" are joining forces with a common, clear, and lofty goal: to educate and inform society, raise public awareness about the importance of bone marrow donation, and actively seek to increase the number of volunteer donors.

This collaboration will be implemented through the organization of informational activities, workshops, scientific events, and open events for the general public, with the support and dynamic presence of Rotary Clubs throughout the country.

The Memorandum, which was unanimously approved by the Board of Directors of our Rotary District,

has a two-year duration, with provision for renewal and further expansion of cooperation, confirming the willingness of all parties for a long-term, meaningful, and effective partnership.

This is a highly symbolic and deeply meaningful partnership, one that demonstrates in practice Rotary's love for health, people, and life. A partnership that embodies in the most meaningful way Rotary's purpose: to serve the common good, support society, and turn giving into a way of life.

Because, ultimately, Rotary does not just offer help.

It offers hope. And hope, when put into action, saves lives.

THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - DISTRICT GRANT

On Saturday, December 6th, RC Kifissia, in collaboration with **RCs' Kifissia-Politeia, Rhodes-Kolossos, and Thessaloniki**, delivered a DJI Mavic 4 Pro Fly More Combo (DJI RC) to the Agios Stefanos Civil Protection Volunteer Association (SEPPAS) as part of the District Grants programs of Rotary District 2475.

The equipment comes with two years of DJI Care Refresh coverage, which provides the Association with immediate replacement or repair in case of damage or accident.

SEPPAS consists of approximately 90 fully trained volunteers who respond daily to fires, rescues, floods, and other emergencies. The Association covers the Municipality of Agios Stefanos, the entire Municipality of Dionysos, and neighboring municipalities such as Kifissia, Oropos, Marathon, and Acharnes, intervening wherever requested by the competent authorities.

Their work is one of the most powerful examples of volunteerism and social contribution in Northern Attica. The new equipment will significantly enhance the volunteers' ability to monitor, detect, and prevent fires providing them with a valuable operational tool in their daily work.

We would like to express our special thanks to the President of SEPPAS, Mr. Christos Sismanoglou, for his warm cooperation, impeccable organization, and tireless dedication to serving the volunteer corps and the local community.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KORINTHOS

RC Korinthos had the special honor of welcoming 55 Rotarians as part of the ICC and Public Image Summit held in Athens from 13-16/11/2015.

The visitors toured the Isthmus of Corinth, followed by a guided tour by members of our Club at the Archaeological Museum of Ancient Corinth.

The delegation was welcomed by the Deputy Mayor of Tourism, Ms. Dimitra Tsoulouha, who also provided them with specialized tourist material.

The media gave extensive coverage to this extremely successful initiative, and we express our warmest thanks to them. The event concluded with a meal based on traditional Corinthian flavors at a local restaurant, where guests had the opportunity to enjoy fresh seafood.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475

The Rotary Clubs of Kifissia Kefalari, Dionysos, Kifissia Kastri, Amarousion, and Athens Lycabettus, under the auspices of RID 2475, organized a special event with subject "When Work Serves Peace: The Role of Family and Security."

On Wednesday, November 26, 2025, at Villa Botsis in Nea Erythrea, we discussed how the reality of work, social cohesion, and family stability become levers of peace—with the assistance of important guests from the fields of politics, academia, and volunteerism.

It was an evening of substance, inspiration, and purpose, as the proceeds will support the Charitable Association for People with Intellectual Disabilities "Agia Filothei."



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KIFISSIA POLITIA

Members of RC Kifissia-Politeia volunteered at the "Festival of Joy" organized by "Ergastiri," Association of Parents, Guardians, and Friends of People with Disabilities, at the Syntagma Metro station on November 25 and 26.

The proceeds will be used to support the work of the "Ergastiri" Association.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KORINTHOS

An important collaboration with the Kalogeropoulos Foundation bore fruit for the 250 children who enjoyed a program by three leading solists, Noe Inui, Alexia Mouza, and Timotheos Gavriilidis Petrin on November 25, in collaboration with RC Korinthos.

The cultural education continued with our members attending an amazing concert on November 26 at the Municipal Theater of Corinth, where we experienced the magic of music for two hours. We are very grateful to Kalogeropouleio for this opportunity.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC ANOIXI SEMELI

Photos from the Christmas Bazaar event organized by the non-profit organization "PANOS & CHRYSIDIS - HELPING CHILDREN," which is supported by RC Anoxia Semeli, for many years with donations, purchases of items, and volunteer work.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC RODOS KOLOSSOS

RC Rhodos – Kolossos organized a special dinner with Bingo games and the impressive human Slot Machine, with one big goal:

To contribute to the global effort of Rotary International to eradicate polio. The evening began with an interesting speech by Rotarian Savvas Pappasavvas, who presented Rotary's actions and the evolution of the disease, reminding us how important is the fight for a world without polio.

We would like to express our sincere gratitude to all contributors and members who supported this wonderful initiative.

Together, we are making the world safer for children, bringing the End Polio Now goal closer!

Every contribution counts!

Because when we unite for good, we can change the world.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC PIRAEUS EAST

Stationery donation to the Hadjikyriakos Foundation in Piraeus

Our Rotary club as every year, this year too, responding to the request of the Hadjikyriakos Foundation, delivered on November 27th necessary stationery materials for the girls hosted there.

The delivery of the stationery was made by the president of our club Thomas Tassios and our club member Despoina Lainiotou.



**RID 2475 - RC PSYCHIKO & HALANDRI
A taste of the City of Athens Museum**

On Saturday, November 29, 2025, members of RC Psychiko and Halandri, chaired by Sofia Mithou and Maria Dimelli, respectively, visited the Athens City Museum, the first residence of King Otto and Amalia, where they were guided through this magnificent space by an exceptional tour guide. With the help of artificial intelligence, the tour became even more interesting.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KIFISSIA POLITIA

RC Kifissia Politia President Jenny Michalopoulou and past President Christina Kartsitou delivered on December 2nd, on behalf of RC Kifissia-Politia, over two hundred books, kindly donated by Euroaxex S.A., to ERGASTIRI, the Association of Parents, Guardians, and Friends of People with Disabilities. The proceeds from the sale of books by "ERGASTIRI" will be used to support its work.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC IRAKLEIO CANDIA

In a simple celebration surrounded by nature in the village of Gournes, Heraklion, RC Heraklion Candia, with the full participation of its members and friends, celebrated the process of distilling raki.

In a traditional space belonging to Mr. KOKOU, surrounded by vineyards and olive trees, and with the band of Mr. Lasithiotakis Pantelis, we enjoyed ourselves until late on Sunday evening, November 30, 2025.

The event was organized by Mania Simantiraki, a member of our Club, whom the Club congratulates for her flawless execution.

There was a bazaar with small festive creations by Mania, as well as sweet creations by Dean Maria Archontoulaki.

We would also like to thank our President Anna Petromichelaki, Vice-Secretary Marianna Papadaki, and Vice-President Maria Antonakaki for the delicious treats they prepared. On behalf of all the members of RC Iraklio Candia, we would like to warmly thank all of you who honored our event with your presence and friendship.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC CHALKIS

A pleasant event was successfully organized on Sunday, November 23, 2025, at Chalkis Sailing Club. It was an original and enjoyable dinner party organized entirely by the wives of RC Chalkis members, who chose to call themselves RotaryGirls (without institutional character) but with a substantial and significant contribution to the club's activities. The lunch took the form of a buffet with dishes e homemade by the women themselves. Their organization, enthusiasm, and skills produced perfect culinary results and ensured that all those who attended had a wonderful time in a warm, friendly, fraternal, and "delicious" atmosphere. In addition to the regular members and, of course, their wonderful and creative wives, many guests attended the event and had a great time with everyone. A total of 78 guests came and thanked us for the wonderful lunch EVENT, promising to invited to the next meeting again.

On the occasion of this event, the Club president rtn Ioannis Petropoulos, thanked the participants for the success of the organization and referred to the goals and vision of Rotary, proposing the prospect of admitting new members. Based on the participation, success, and attendance, next time we will seek to invite members from other clubs to share this experience with us and exchange ideas.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KERKYRA

With due pomp and circumstance, RC Kerkyra. presented its awards on December 3rd, to the outstanding students of the city's philharmonic orchestras.

This year's awards went to: Adamantini Varotsi (violin) and Christos Prosoparis (percussion) from the Corfu Philharmonic Society, Eleni Fagogeni (saxophone) from the Mantzaros Philharmonic Society, and Konstantina Prifti (flute) from the Kapodistrias Philharmonic Association.

The official speaker for the evening was Mr. Alexis Theophylaktou, Deputy Director of the Orchestra and Exarch of the Greek National Opera Orchestra.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC. KERKYRA

Significant distinctions for Teresa Kourtesis, the swimming champion supported by RC Kerkyra, at the 32nd ALEXANDRIA, 5-7/12/2025. A new cycle of success has just started with our logos on the top step of the podium! We are proud of you! First place and gold medal in the 100m freestyle. Second place and silver medal in the women's 50m freestyle and second place, silver medal, in the women's 200m freestyle final, with a personal best.



RID 2475 - RC ANOIXI SEMEMLI THE TREE OF LOVE

These are our "ornaments" from the Tree of Love that we decorate every year.

We took them to the Church of Prophet Elias in RodopoliS and gave them to Father Yannis, the inspiration and creator of the food distribution for the persons in need.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KIFISSIA KASTRI

RC Kifissia Kastri visited the Athens Nursing Home on Thursday, December 4th, where two days earlier there was delivered a 2.5-meter-tall Christmas tree. The tree was sponsored by Mr. Dimitris Pappas from the Ministry of Agricultural Development and Food, and we thank him once again for his solidarity and contribution.

The participation of the elderly and the employees was truly touching.

Once again, we realized that love, humor, and warmth have no age.

So we decorated with the ornaments we bought as Rotary Club and with those from previous years, and the result was wonderful!

We would like to thank our members runs Gina Papavasiliou and Romalea Zikou for the sweets they offered. Finally, RC Kifissia Kastri distributed handmade cards with wishes for everyone, employees and residents alike.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KIFISSIA POLITEIA

With great joy and emotion, President Jenny Michalopoulou and members of RC Kifissia-Politeia welcomed the children from the "Ergastiri" Association of Parents, Guardians, and Friends of People with Disabilities, at the "Vathis" tavern in Kifissia for the traditional Christmas dinner. The children had fun and received Christmas gifts from the RC's BOD members.

We warmly thank the owners of the "Vathis" tavern for providing the dinner and for the sensitivity they always show to vulnerable groups.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC ATHINAI GOUDI

RC Athinai - Goudi proceeded to a significant donation to the “Vouvalio” General Hospital – Health Center of Kalymnos on Friday, December 5, 2025.

A delegation of the Club delivered medical equipment worth a total of €75,000 to the hospital. The equipment includes, among other things:

Three modern NIKKISO DGB-EXA dialysis machines to support the Artificial Kidney Unit, Surgical diathermy, suction, and instruments for the operating room, Mechanical column scales for the obstetrics department.

The hospital administrator expressed his warm thanks to the Rotary Club, noting that the donation significantly strengthens the infrastructure and ability to provide quality health services to the residents of Kalymnos and the surrounding islands. For his part, the Mayor described the initiative as particularly important for supporting the local community.



THE JOURNEY IN DOING SERVICE ABOVE SELF

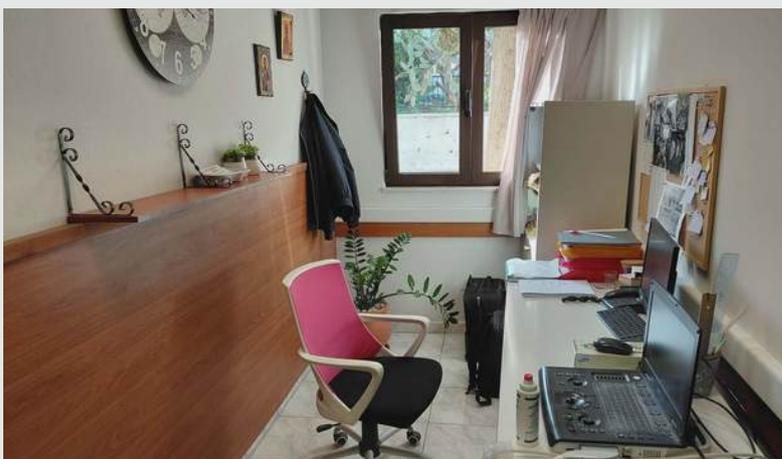
RID 2475 - RC IRAKLION

A day of giving and humanity at the Haraka Health Center.

On Sunday, December 7, 2025, RC Heraklion continued its annual contribution to primary health care. Doctors who are members and friends of Rotary volunteered at the Haraka Health Center and examined local residents with kindness and generosity, providing support and relief to people who really needed it.

The medical specialists who volunteered their time and expertise were: cardiologist, dermatologist, orthopedist, neurologist, pulmonologist, pediatrician, ENT specialist, endocrinologist, urologist, and surgeon. We would like to express our heartfelt thanks to our Club's members Yiannis Ierapetritis and Pantelis Kroustalakis for their impeccable organization and coordination of this initiative.

We would also like to express our gratitude to the Haraka Health Center, the Municipality of Archanes-Asterousia, the 7th Regional Health Authority of Crete, and Commander Nektarios Papavasiliou for their substantial support.



THE JOURNEY IN DOING SERVICE ABOVE SELF RID 2475 - 8 ROTARY CLUBS

GIVE THE GIFT OF ACCESS 2.0" PROGRAM AND INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

A special wheelchair donation took place on Wednesday, 3 December 2025, the International Day of Persons with Disabilities established by the United Nations in 1992. Eight collaborating Rotary Clubs—Rotary eClub of Greece, Agia Paraskevi, Anixi–Semeli, Kifisia–Kastrí, Patras–K. Palamas, Preveza, Halandri, and Psychiko—coordinated their efforts to deliver two additional wheelchairs to the National Archaeological Museum of Athens, continuing last year's donation to meet the museum's increased needs.

The initiative was supported by an in-kind sponsorship from Ms. Marilena Kavvada, an educator, children's book author, and owner of the "Likno" education and culture center. Having learned about the program through last year's activities, she gladly contributed to the National Archaeological Museum while her young students were sensitized about disability and accessibility through this hands-on experience. All participants sent a powerful message: Everyone is unique! Everyone is equal! All together



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC PENTELI

RC Pendeli continuing its support towards the institution of Special Olympics Hellas organized a great event on December 11th. The guest speaker Mrs Artemis Vasilicopoulou, Manager Director of Special Olympics Hellas, diligently presented the trajectory and the significant contribution of the Organization to the Greek society.

In the frame of the event the Gold Medalist Constantinos Triantafyllou, son of a club member, has been announced as an honorary member of RC Pendeli. Constantinos a great athlete keeping alive the Olympic spirit is a role model for all. The Club President Stamatios Papadakis and PRID Katerina Kotsali introduced the Olympic champion

In an atmosphere full of emotion, numerous representatives of the state, various institutions and Rotarians paid tribute to the athletes with distinguished capabilities



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - TWINNING RC SANTORINI OIA & RC MARMARA

RC Santorini – Oia paid an official visit to Istanbul, where the twinning of the Club with RC Marmara took place, as part of a joint Rotary event hosted by the Marmara Sailing Club.

RC Santorini – Oia was represented by President, rtn Ioanna Alafouzou, and AG and PP rtn Arsenis Moutsos, confirming the Club's desire to develop international ties of cooperation and friendship. Two Greek clubs attended the same event, RC Santorini – Oia and RC Preveza, with the latter represented by PDG Vissarion Zachos, head of a four-member delegation, contributing to the international and transnational character of the meeting.

Of particular importance was the presence of representatives of D-2420 Türkiye, including PDG rtn Ahmet Kara, the President of ICC rtn Müfit Ülke, as well as the representative of ICC Greece-Türkiye rtn Sedef Acar, whose contribution was decisive for the successful completion of the process.

RC Santorini-Oia expresses its warmest thanks to RC Marmaras and its members, as well as to the Marmaras Sailing Club, for their impeccable hospitality and the highly symbolic of this Rotary meeting.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475- RC ATHINAI

RC Athinai Donates Essential Items to "Agios Andreas" Child Protection Unit for Christmas

On Monday, December 15th, RC Athinai made a generous donation of essential items to the Child Protection Unit "Agios Andreas" in Alimos, in anticipation of the Christmas season.

The donation, which included personal care products, clothing, and footwear for 32 children aged 4 to 15, was delivered by RC

President rtn Anastassios Ballas, Secretary rtn Stavros Katsoulis, and member rtn Konstantinos Flegkas. This initiative, made possible thanks to the contributions of all Club members, reflects the Club's commitment to social responsibility, community support, and spreading warmth and care, particularly to children, during the festive period.



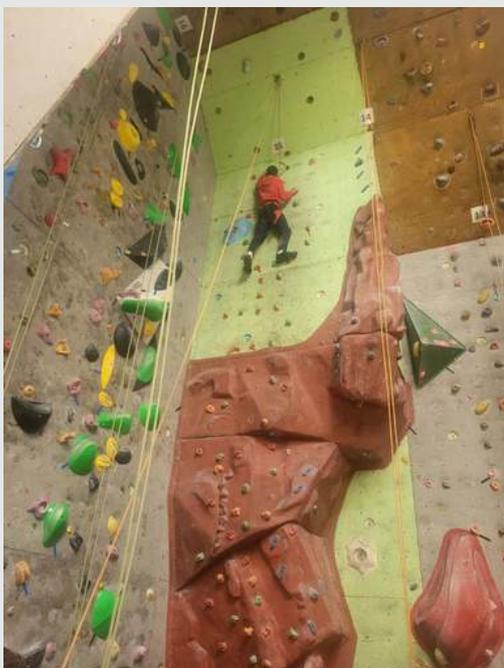
THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC PSYCHIKO & KIFISSIA KASTRI

On Sunday, December 21, at a beautiful sports complex in Pallini, in collaboration with RC Kifissia-Kastri, RC Psychiko hosted, as every year, children from the SOS Children's Villages in Vari.

The children had fun on the largest climbing wall in Greece and were delighted to receive the gifts they were given.

Also present RID 2475 Secretary Christina Kartsitou, President Dina Korontzi, members of RC Pallini-Gerakas and the General Manager of SOS Children's Villages in Greece, Mr. George Protopapas.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC RHODOS KOLOSSOS

RC Rhodes-Kolossos had the pleasure of offering a special outing for dinner to 14 children from the Rhodes Girls' Child Care Center.

The wonderful hospitality of Pan & Vino restaurant and its beloved owners, Duchess and Antonis Zotalis, made our experience even more special. We thank them warmly for their generous offer and for welcoming the children.

Club President Spyros Dalianis and the members would like to express their heartfelt thanks to the President of the Rhodes Child Care Center Branch, Maria Korakaki, who is always willing to work together for the good of the children, as well as the employees of the structure who accompanied the children with love and care.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC KERKYRA

Food distribution to vulnerable families ahead of the holidays by the Rotary Club of Corfu



RID 2475 - RC RHODOS KOLOSSOS

When a school on a small island like Psérimos sends you a thank-you letter, you realize how powerful giving can be!

A computer, a musical instrument, and creative school supplies brought smiles to the children's faces.

🙏 We thank them from the bottom of our hearts for their kind words and continue to work together for the greater good



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC ATHINAI & GLYFADA & KALLITHEA

With great joy and a spirit of service, three computers, three touch screens, and the specialized Grid 3 communication software were donated to ELEPAP by RC Athinai, with the support of RID 2475, RC Glyfada, and RC Kallithea, as part of the District Grant 2025–26.

The handover ceremony was attended by AG rtn Olga Flesoura, RC Athinai President rtn Anastassios Ballas, RC Glyfada President rtn Anastassios Zaharas, Rotarians Stavros Katsoulis and Angelos Sourvinos, ELEPAP's General Manager Mr. Georgios Krassaris, as well as key staff members.

During the event, the importance of the donation was highlighted in supporting the communication, learning, and overall development of the children, who are persons with disabilities, contributing to their inclusion, equal participation, and improved quality of life.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC DIONYSOS

RC Dionysos held a two-day charity bazaar in early December at the PEGAP-NY premises in Anoixi, Municipality of Dionysos. We would like to thank everyone who participated in this successful event and contributed to its noble cause. We are delighted that every year participation increases and the amount collected rises, enabling us to meet more of the needs of our most vulnerable fellow citizens. Happy holidays and a prosperous new year.



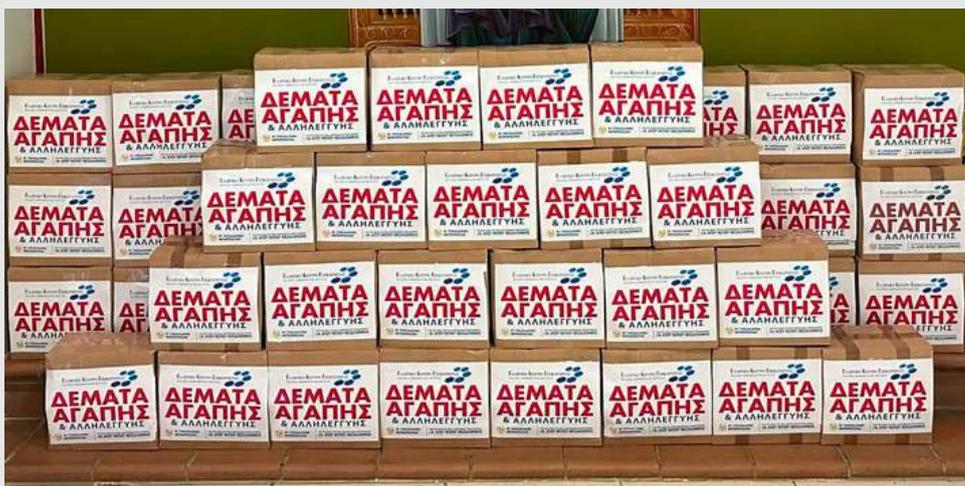
THE JOURNEY IN DOING SERVICE ABOVE SELF

RID 2475 - RC THESSALONIKI METROPOLITAN

DELIVERY OF “PACKAGES OF LOVE”

For the 16th consecutive year, the Hellenic Communication Center, in cooperation with the Metropolitan Rotary Club of Thessaloniki, delivered “Packages of Love” to the Holy Church of Hagios Photios of Thessaloniki, with the purpose of being distributed to families in genuine need of support and assistance.

The Hellenic Communication Center, which organizes and coordinates the social solidarity program “PACKAGES OF LOVE,” extends its sincere thanks to all those who contributed once again this year, and especially to the dairy industry MEVGAL, the pasta industry MAKVEL, the flour mill “MANNA” Keramaris Bros, the pastry shops NIKOS ALEXOUDAS, Mr. Ilias Galanopoulos of REGINA Ioannidis S.A., PCP Clothing / Papachristou, KYANA cosmetic products by Giannis Vasileiadis, the conference and event organization office Voyager Travel & Congress, and the members of RC Thessaloniki Metropolitan.



THE JOURNEY IN DOING SERVICE ABOVE SELF



ARPIC ARKAN APTURAHMAN
DISTRICT 2482

Plamen Tsvetkov
District Governor 2025-2026
Rotary International
District 2482 - Bulgaria
Monthly Message December



Dear Rotary friends, Rotaractors and Interactors,

December once again gathers us around the light — not only the one shining in our streets and homes, but the light each of us carries and passes on. The end of the year brings us back to those quiet moments of reflection, when we decorate the Rotary tree with both small and great deeds that have truly made a difference.

Every idea is a garland.
Every light — a good project.
Every star — a person we have supported.

In November, we shared together the wonderful **“Vibrant Club” Forum** — a space where clubs exchanged their energy, stories and vision for the future. Thank you for your active participation, for the courageous conversations, and for the inspiration each of you brought. The lecture on intergenerational connection reminded us that change begins with understanding — and that bridges are built side by side, by those with experience and those who are just gaining it.

The highlight of the event was the National Rotary Bulgaria Award. My congratulations to this year’s recipient — the remarkable actress **Gergana Stoyanova, nominated by RC Sevlievo and RC Burgas Pyrgos.**

Very soon, the new procedure for nominating candidates for this prestigious award for the current Rotary year will be officially announced. The more clubs that take part, the stronger, more respected and more meaningful this award will become.

THE JOURNEY IN DOING SERVICE ABOVE SELF

Plamen Tsvetkov District Governor 2025-2026

Rotary International District 2482 - Bulgaria Monthly Message - December

November was also the month when projects approved for District co-funding received the green light to begin. We are already seeing the first results. RC Burgas and RC Bansko–Razlog were among the first to share updates from the initial stages of their initiatives. Thank you! When clubs take action, communities grow.

December also reminds us of another focus embraced by many of our clubs — **Disease Prevention and Treatment**. Prevention saves lives. I encourage you, especially now before the holidays, to organise screenings, awareness campaigns and meetings with medical professionals — anything that helps people turn their attention towards caring for their own health.

Mental Health remains a priority for us. Globally, one in seven people lives with a mental health disorder, according to a recent World Health Organization report. Yet only 9 per cent of people with depression receive adequate treatment. Rotary can respond by promoting mental health awareness within our clubs, working with local health systems, supporting the training of healthcare workers, and backing initiatives that provide care where it is lacking. Even small investments in this area bring enormous value — for the individual, their family and society as a whole.

In the first days of December, we also launch the **Second National Arts Competition “Choose Freedom”** — a competition that says *NO* to addictions and *NO* to aggression. Thank you to all the clubs that stand behind this message. Our young people need this topic — and so do we.

During this month, giving to **The Rotary Foundation** continues to grow. Thank you to everyone who donates, regardless of the amount. Giving is a personal act, and it brings prestige to the club each of us represents. Let us add one more spark to our shared fire in this final month of the year.

December is also a month of preparation. The success of the next Rotary year is built now.

- Hold your club assemblies and elect the President-Nominee for 2027–28 and the Board for 2026–27;
- Report their names in MyRotary and on the District website;
- Prepare your semi-annual financial report and submit it by the end of January;
- Review the goals already set in MyRotary and outline what lies ahead for the second half of the year.

Let us not forget our Rotaract Clubs — they too need support. Help them go through the same processes so they can be stable, strong partners in our shared causes.

THE JOURNEY IN DOING SERVICE ABOVE SELF

Plamen Tsvetkov District Governor 2025-2026

Rotary International District 2482 - Bulgaria Monthly Message - December

Dear friends, Presidents-Elect, preparation for your year begins now. In just a few days, you will know the names of your team members. Choose your key committees, define your vision, and create your own small “roadmap”. Time is the most valuable advantage you have. Do not forget to plan your participation in the District PELS on 28–29 March 2026 in Plovdiv — the place where you will gain the foundation for a successful term and meet many new friends.

Dear friends, when we look back on the year, we see countless meaningful actions. We are not benefactors “only at Christmas”. We are people of action — every day, without pause.

In the coming festive days, let us allow ourselves to feel joy. To give thanks. To love. And to remember that friendship is the star on our tree — the one that shines the brightest and never fades.

I wish you warm holidays, peace, inspiration and strength.

May the New Year be filled with good ideas, realised projects and bold dreams!

United, we can create change — within ourselves and in our communities.

With respect and friendship,

Plamen Tsvetkov

District Governor 2025–2026

Rotary International, District 2482 – Bulgaria



THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM

LEADERSHIP, IMPACT, COMMUNITY



There are events that pass quickly, leaving behind a few photos and the memory of a good time. And then there are those after which you leave with new ideas, new questions, and a clear sense that something needs to be set in motion. Vibrant Club Forum was one of the latter — not because it was proclaimed important, but because its content, conversations, and people gave it true meaning.

On 15 November 2025, the cozy Park Hotel Sevastokrator in Arbanasi village hosted the Vibrant Club Forum. The one-day event was packed with a rich program. It began with deepening our knowledge on how to succeed in relationships across different generations, thanks to lecturer Lyubomir Getov. In the afternoon, the program continued with the presentation of the Rotary National Award in Bulgaria for 2024–2025, which was awarded this year to actress Gergana Stoyanova.



Georgi Stanishelski and Valentin Vasilev from RC Vratsa transported us directly to Brussels — no plane tickets, no lost luggage needed — through their inspiring account of their Rotary FUSION experience in September. Their enthusiasm was infectious in a way that is hard to fake. The event brought together Rotary leaders from Europe, Africa, and the Middle East — people who do not like empty words and prove through action that the future is not something you wait for, but something you make. Georgi and Valentin emphasized how important it is to internalize the messages of Rotary leaders. Their story made it clear that the club hall is a good starting point, but it is at zonal and international Rotary events that the puzzle comes together and the bigger picture becomes visible.

THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

Another young leader, Gergana Vardarova, a Bulgarian living in Italy and a board member of Rotaract Milano Madunina, shared her experience with Rotaract in Italy. Her presence at the Life Club Forum gave Bulgarian Rotarians and Rotaractors the opportunity to look beyond the boundaries of our district and see how the structure and organization work there, how relationships with Rotary clubs are managed, and how meetings are conducted. She also spoke about successful projects and best practices such as “Operazione Carriere”, focused on the future development of young people, and “Dolce Solidarietà”, an initiative that transforms solidarity into effective charity.



A significant contribution to the vitality of clubs comes from attracting and retaining new members. DGND Nedyalka Rosenova (RC Smolyan) highlighted different Rotary club models and the opportunities they create for growth and development. Against the backdrop of the fact that the traditional club model predominates in Bulgaria, she also presented new flexible forms as a real option for adapting to contemporary rhythms and attracting new members.

Through concrete examples, she demonstrated how these models work in practice and how they could be applied in Bulgaria as a natural continuation of efforts to build more dynamic and open clubs.

THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

In the same session, Assistant District Governor Boyana Bankova-Angelova (RC Sofia Triaditsa) spoke about “Life Clubs of the Future: Innovations, Models, Technologies”, illustrating her points with real-life examples from club activities. She shared experiences from their meetings, projects, and people — what works, what doesn't, and why. Her message was clear and easy to understand: good solutions do not come from complicated schemes, but from the ability to listen to people.



The presentation by Ivaylo Vasilev (RC Sofia-Balkan) arrived with long, twirled mustaches in honor of Movember — the month dedicated to men's health — and immediately grabbed attention with its topic:

"Artificial Intelligence to Support Presidents and Secretaries: Make the Lazy Work, Teach You Smarts."

In addition to a clear comparison of various AI tools and their practical advantages, we saw how artificial intelligence can be applied in Rotary life — from creating event invitations, producing meaningful translations of important foreign-language summaries, to analyzing club surveys. And this was just the beginning.

THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

In the session on club projects, Konstantin Stoyanov (RC Stara Zagora), Chair of the Rotary Foundation Committee, kept every attendee in the room actively engaged. Participants quickly divided into groups, starting with a quiz on the Rotary Foundation, after which each group had to develop a project within one of the focus areas.

The ideas didn't stay on paper. A project fair followed, where groups "pitched" their ideas to one another, defended them, debated, and ultimately voted on which project was the best, most meaningful, and most sustainable. Amid laughter, friendly competition, and concrete examples, the topic "The Rotary Foundation and Our Projects" moved from theory to practice — with a clear sense that viable projects were being born.



The Assistant District Governors played a key role, but instead of guiding the clubs, they were given an important task themselves. Konstantin Stoyanov placed them at two separate tables and immediately put them into working mode. Within a limited timeframe, they had to create and present ideas for a national project. One team focused on a comprehensive campaign aimed at addiction prevention, while the other developed a concept for an environmental project centered on plastic waste.



THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

The Community Service Grants for the 2025–2026 Rotary year were presented in a clear and practical context by Petrun Vardarov (RC Samokov), Chair of the Community Service Committee.

He guided the topic through the specific application requirements, priority areas, and those details that make the difference between a good project and an approved project. A comparative review of already funded initiatives provided a clear picture of what works in practice and where it is worthwhile to focus our efforts.



In the session on Public Image, Galya Pencheva (RC Rousse-Danube), from the Public Image Committee, spoke directly about the benefits and the most common mistakes in our work across various communication channels — from traditional and electronic media to online and social platforms. The topic “Planned Visibility – From Action to Impact” organized the logic behind our publications and answered questions such as: what stories do we tell, where and when do we share them, and how can we work with each channel so that our efforts lead to real visibility and meaningful impact.



THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

Galya Atanasova (RC Shumen), Brand Officer, opened the door to something important — club presentations that actually work. Presentations that you can confidently show to a new member or guest without needing to provide extra explanations. This is about a clear, well-organized, and logically connected “business card” of the club: who we are, what we do, and why it makes sense to be part of it. She explained what should be included in such a presentation and how to achieve it without unnecessary noise, overloaded slides, or scattered messages.



The President of Rotary International, Francesco Arezzo, sent a video message about the upcoming District 2482 conference.



In a live broadcast from Greece, Rotary Public Image Coordinator Altan Arslan and his assistant Arkan Apturahman encouraged more Rotarians and Rotaractors to participate in the “Power of Good” contest.



THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

The appearance of the END POLIO Ambassador immediately changed the energy in the room. The white bear captured everyone's attention, smiles, and phone cameras, but behind the charming image was a clear reminder of one of Rotary's most important causes — the fight against poliomyelitis. Its presence refocused attention where it belongs: on children's health, the future of our kids, and the shared goal of a polio-free world.



District Governor-Elect Alexander Petrov, District Governor Nominee Nedyalka Rosenova, as well as friends Teodor Kekevski (RC Ruse – Dunav) and Kristina Staeva (RC Burgas) spoke openly about their personal reasons for joining and staying in Rotary. No general statements — just specific moments, meetings, and experiences that have kept them engaged over time.

The format “From the Heart for Rotary – Rapid Questions, Honest Answers” brought together in one conversation the experience of long-standing Rotarians and the perspective of newer friends, with a clear message: personal stories, words, and the presence of each of us can make Rotary an attractive place for new members.



THE JOURNEY IN DOING SERVICE ABOVE SELF

VIBRANT CLUB FORUM LEADERSHIP, IMPACT, COMMUNITY

Did the “Vibrant club” Forum make our clubs more vibrant and our experiences more meaningful? The answer is not in superlatives; it lies in what remained after it: ideas, conversations, meetings, and the desire to make things better. The program combined theory and practice, serious topics and active participation—the energy came not from the format, but from the people in the room. The forum set the direction for our clubs, and that is more than enough.

As for those who weren't there... they can only mark it down for next time. Because “Vibrant club” is not one of those events that can be caught up on with stories and photos.



THE JOURNEY IN DOING SERVICE ABOVE SELF

ACTRESS GERGANA STOYANOVA RECIPIENT OF THE NATIONAL ROTARY AWARD OF BULGARIA

During the annual “Vibrant Club” Forum of Rotary District 2482 – Bulgaria, the highest public distinction of the Bulgarian Rotary community – the National Rotary Award of Bulgaria – was presented. This year’s recipient is actress Gergana Stoyanova, nominated by the Rotary Clubs of Sevlievo and Burgas – Pyrgos.

The award was granted in recognition of her significant public contribution and personal mission over the past years: engaging with students across the country through her motivational seminars, “I Learn, I Believe, I Can, I Know.”

With her characteristic humanity and talent for communication, Gergana Stoyanova builds bridges to young people. She encourages them to think, to explore, and to ask themselves who they truly are. She speaks about roots, belonging, values, and the strength to be oneself. Her lessons are invaluable for the younger generation, and it is no coincidence that many regard her as a modern-day enlightener.



"We need to have a strategy, because we have to deal with different types of generations, different ways of thinking, and especially now, as artificial intelligence emerges, our children are at risk," shared Gergana Stoyanova.

Gergana Stoyanova received a statuette created by Prof. Dr. Momchil Mirchev from the National Academy of Arts, along with a certificate crafted by calligrapher Angela Aytovska. The awards were presented by Margarita Bogdanova, District Governor 2024–2025 of District 2482 – Bulgaria.

The ceremony took place under the motto “United for Good” and in the spirit of “The Magic of Rotary” – where humanity meets action, and words turn into real change.

THE JOURNEY IN DOING SERVICE ABOVE SELF

The jury also highly valued the second nomination – the Friedrich Schiller Association, put forward by Rotary Club Sofia City.

For more than 30 years, the Association has been teaching children aged 6 to 13 German and introducing them to the culture and traditions of German-speaking countries. Over 25,000 children have gone through the program, which was created on the initiative of a group of parents who wanted to provide high-quality early foreign language education.



In the photo: Margarita Bogdanova presents Certificates to representatives of the clubs that submitted nominations for the Rotary Bulgaria National Award.

THE JOURNEY IN DOING SERVICE ABOVE SELF

AWARDS FOR CLUBS WITH THE LARGEST DONATIONS TO THE ROTARY FOUNDATION

During the 2024–2025 Rotary year, clubs from District 2482 once again proved that philanthropy is not a habit, but a conscious choice — a decision to get involved, take responsibility, and believe that every amount matters when it is invested wisely.

The Banner Recognition Summary clearly shows the picture:

The Rotary Clubs of Radnevo, Aytos, and Ruse–Danube are in the Top 3 in donations per member, while RC Stara Zagora–Beroe received recognition for 100% participation of its members with contributions to The Rotary Foundation.

Only 1,520 clubs worldwide achieve such distinctions.

The awards were presented during the “Vibrant Club” Forum by District Governor Nominee and Assistant Regional Coordinator for The Rotary Foundation, Nedyalka Rosenova.

Awarded Clubs:

1. RC Radnevo – \$364.82 (contribution per member)
2. RC Aytos – \$182.95 (contribution per member)
3. RC Ruse–Danube – \$173.27 (contribution per member)



RC Stara Zagora–Beroe received recognition for a donation exceeding \$100 per member, as well as for being a club in which 100% of Rotarians have contributed to The Rotary Foundation.

In the photo: DG Plamen Tsvetkov and DGN Nedyalka Rosenova present the award to the President of RC Stara Zagora–Beroe, Atanas Hristov.

Article prepared by: Galya Pencheva, Public Image Committee

THE JOURNEY IN DOING SERVICE ABOVE SELF

**COMMUNITY SERVICE GRANTS
9 CLUB PROJECTS RECEIVED DISTRICT FUNDING**

At the beginning of the Rotary year, District 2482 announced a call for applications for Community Service Grants, with a clear goal — to encourage initiatives with real and measurable impact on the community.

Clubs were given the opportunity to apply for non-refundable funding for projects aligned with the Areas of Focus of The Rotary Foundation and the priorities of Rotary International.

The result is a diverse portfolio of projects — ranging from health and prevention, through education and environmental protection, to mental well-being and an active lifestyle.

The projects that received funding were announced during the “Viral Club” Forum.

RC STARA ZAGORA – BEROE

Project: Outdoor Fitness Area



The fitness area will be built in the yard of Ninth Primary School “Veselin Hanchev.” The new space will support an active lifestyle for 990 students from grades 1–7, as well as an additional 200–300 children and adolescents from the surrounding community.

The goal of the initiative is to encourage physical activity and healthy habits, strengthen social relationships among young people, and use sport as a preventive tool against addictions.

RC SVISHTOV

Project: History Comes Alive – Tales of Svishtov

This innovative educational project is aimed at children aged 7–12. Its goal is to bring the young residents of the town closer to the rich historical heritage of Svishtov through modern, interactive materials.

Children will explore the town through specially designed booklets with illustrations and short stories, enhanced with QR codes linking to videos, virtual tours, and digital resources. The initiative encourages active learning through play and visual content.



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RC BOURGAS

Project: Sustainable Agriculture and Environmental Thinking

A practical and educational program on sustainable agriculture, aimed at 45–50 children in grades 3–4, as well as their teachers and parents. The goal of the project is to help participants develop environmental awareness, a sense of responsibility toward nature, and practical skills for growing vegetables for consumption. Children will learn about ecosystems, aquatic life, and food chains, and will build a 3D model of a sustainable farm. The program will conclude with a final event titled “The Fruits of Our Labor.”

RC GORNA BANYA

Project: Enhancing Emotional Intelligence

The project focuses on developing emotional intelligence and the early recognition of risk signals among children in the community. A total of 250 beneficiaries are involved, including children at risk, as well as their teachers and parents.

Planned activities include art therapy sessions and training for teachers. The initiative will conclude with an exhibition titled “Community Puzzle.”



RC YAMBOL

Project: “Green Room of Health”



The project aims to improve the health and mental well-being of student athletes through the creation of a modern facility designed to serve 250 beneficiaries, including students, teachers, and parents. The room will provide medical and psychological support, and basic medical equipment will be purchased. The project also includes training sessions with psychologists, medical doctors, and dietitians, focusing on topics such as addictions, stress management, and healthy nutrition.

THE JOURNEY IN DOING SERVICE ABOVE SELF

RC HARMANLI

Project: Breast Cancer Prevention

The campaign is aimed at women aged 30–65 from the municipality. The initiative provides free preventive medical examinations for 500 women and delivers informational outreach to more than 2,000 residents. The screenings will be carried out from February 2 to February 14, with the support of medical professionals from the local hospital and the community. The initiative aims to establish an annual preventive screening practice and to raise awareness about the importance of early detection of the disease.



RC POMORIE

Project: Early Care – Big Smile

A long-term project aimed at improving the dental health of children aged 8–9 through early prevention, screening, and educational activities.

The initiative reaches more than 500 beneficiaries, including 320 children, as well as their parents and teachers. Over a four-month period, dental and orthodontic screening will be conducted for 80% of children in the target age group.



THE JOURNEY IN DOING SERVICE ABOVE SELF

RC SMOLYAN

Project: Be Cool – Prevention of energy drink, vaping, and screen time addictions

The initiative involves 240 direct participants—180 youth and 60 parents—and indirectly reaches hundreds more families and teachers through information campaigns. The project aims to develop self-reflection, critical thinking, and refusal skills regarding risky behaviors, while supporting parents with practical tools for effective communication with their children.

The project is built on proven methods: role-playing, group discussions, case studies, meetings with influencers, and active social initiatives.



RC BANSKO – RAZLOG

Project: Let's Talk About Health – Early Prevention Saves Lives

The project is implemented through the creation of an accessible podcast series dedicated to prevention, early diagnosis, and personal responsibility for health.

The episodes feature medical doctors and health professionals who present important topics in clear and accessible language, with the aim of improving health literacy and counteracting false medical information online. The content is expected to reach over 50,000 people through social media and regional media outlets.

*As of the date of publication, some of these projects are already in the process of implementation.

**The article was prepared based on information provided by:
Petrun Vardarov, Chair of the Community Service Committee**

THE JOURNEY IN DOING SERVICE ABOVE SELF

Christmas Joy and Solidarity for the Children of the “Petko Rachov Slaveykov” Special Education Centre, Harmanli

On the eve of the Christmas holidays, Rotary Club Harmanli once again proved that kindness has the power to transform lives and bring genuine joy. As part of a festive celebration, the club delighted the children of the “Petko Rachov Slaveykov” Special Education Centre, where 51 children up to the age of 12 received their Christmas gifts.

The initiative is part of the charitable campaign “From Child to Child – Become a Secret Santa”, organised by Rotary Club Sofia City, in which Rotary Club Harmanli has participated as a partner from the very beginning. The campaign carries a message of empathy, care and attention for children who are most in need of support and warmth.

The President of Rotary Club Harmanli, Alexander Petrov, addressed those present, expressing his hope that this meaningful initiative would continue in the coming year and bring smiles to even more children. He emphasised the importance of the partnership with Rotary Club Sofia City and the shared efforts in the name of doing good.

The festive atmosphere was further enriched by the heartfelt gratitude of the school’s director, Mrs Natalia Petkova, who expressed her appreciation to the Rotarians for their care and continued support. As a token of thanks, she presented Christmas gifts to the club members who attended the celebration and shared the joy with the children.

Meeting the children, seeing their smiles and their genuine happiness reminds us that the true meaning of Christmas lies in shared kindness, humanity and the belief that together we can make the world brighter and better.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Christmas Hope and Smiles at the “Nadezhda” Day Centre – Harmanli

As part of the Christmas campaign “From Child to Child – Become a Secret Santa”, Rotary Club Harmanli continued its mission to bring joy, care and humanity where they are most needed. This time, the Christmas spirit reached the children and adults who use the services of the “Nadezhda” Day Centre for Children and Adults with Disabilities.

With many smiles, excitement and a festive spirit, the centre’s users received their Christmas gifts — a symbol of care, empathy and attention. The meeting was filled with warm emotions and genuine joy, reminding us that Christmas is a time for sharing and support.

The Director of the centre, Mrs Mima Krasteva, expressed her sincere gratitude to Rotary Club Harmanli for the gesture and for its ongoing commitment to people with disabilities. As a token of appreciation, she presented a special gift to the club, symbolising the good partnership and mutual respect between them.

The initiative once again demonstrated how important cooperation between organisations, volunteers and the community is in the pursuit of a better and more compassionate world. For the members of Rotary Club Harmanli, these meetings are not merely the fulfilment of a cause, but a meaningful experience that leaves a lasting impression and reminds us why kindness truly matters.

The smiles, the warm words and the shared joy are the most precious gift — proof that hope lives on in every act of humanity.



THE JOURNEY IN DOING SERVICE ABOVE SELF

A New Space for Relaxation and Inspiration at the “Zahari Stoyanov” Vocational High School of Electrical Engineering and Technologies, Harmanli

A new covered seating area was officially opened in the school courtyard of the “Zahari Stoyanov” Vocational High School of Electrical Engineering and Technologies — a space created not merely as part of the school environment, but as a place for relaxation, social interaction, learning outside the classroom and the sharing of ideas.

The covered seating area was implemented on the initiative of Interact Club Harmanli, with the support and sponsorship of Rotary Club Harmanli. The young Interactors successfully carried out the project, demonstrating commitment, responsibility and true team spirit.

The project was realised through the programme “Us and Our Tomorrow”, funded by the Municipality of Harmanli, with the following parameters:

- Total cost: BGN 6,000
- BGN 4,000 – funding through the programme
- BGN 2,000 – provided by the members of Interact Club Harmanli for the construction of the concrete base

During the official opening ceremony, the school principal expressed gratitude to the initiators and partners, after which the ribbon was symbolically cut and the covered seating area was formally opened.

With this project, the school courtyard is enriched with a cosy and functional space that will contribute to a more pleasant and inspiring environment for students — a result of the initiative and positive example set by the young people in our community.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Rotary Club Razgrad Donates Bicycle Racks to the Razgrad Branch of Ruse University

Rotary Club Razgrad donated bicycle racks to the Razgrad Branch of Ruse University, which have been installed in front of the branch's two buildings. This excellent initiative is aimed at everyone who uses bicycles and wishes to live in a more environmentally friendly environment. Cycling undoubtedly benefits both physical and mental health. It improves the functioning of various organs and the cardiovascular system, strengthens muscles, reduces stress and helps maintain healthy body weight. Cycling also enhances endurance, coordination and mood. At the same time, the bicycle is an environmentally friendly and socially responsible means of transport.

The message of the Rotarians from the club is to encourage the use of bicycles as one of the most eco-friendly modes of transport in an urban environment. Bicycles do not pollute the environment and help reduce traffic congestion.

The President of Rotary Club Razgrad, Tsvetelina Boteva, expressed her satisfaction with the successful implementation of the idea and wished that the new addition would be useful to the higher education institution in the city of Razgrad. She also congratulated the academic community on the occasion of the 80th anniversary of Ruse University.



THE JOURNEY IN DOING SERVICE ABOVE SELF

Early Care – A Big Smile!

Within the framework of the project “Early Care – A Big Smile!”, implemented by Rotary Club Pomorie, the first dental and orthodontic screenings were carried out among 8- and 9-year-old pupils from schools in the town of Pomorie.

The examinations were conducted by Dr Strezova, with the children accompanied by members of Rotary Club Pomorie, who actively supported the organisation and logistics — including transportation, coordination with the schools and ensuring a calm and safe environment for the pupils.

The project combines prevention, education and personal Rotary commitment, with the aim of reaching at least 80 per cent of children in the target age group and establishing lasting habits of good oral hygiene.

Rotary — leading by personal example.



THE JOURNEY IN DOING SERVICE ABOVE SELF

IAC SMG “Buy and Donate” vol. 1: Rotary, Rotaract, Parents and Friends Supporting Interact

For yet another year, Interact Club SMG carried out one of its most recognisable charitable initiatives — the “Buy and Donate” campaign. Over three consecutive weekends in November, students from SMG stood at the entrances and after the checkouts of three Lidl stores to inform customers about the cause and collect donations of food products.

The girls and boys from Interact SMG welcomed visitors with smiles and enthusiasm, while many customers shared that they were taking part in the campaign not for the first time. This is living proof that “Buy and Donate” has established itself as a trusted and meaningful tradition. The energy of the young people naturally inspired their parents as well, who became actively involved in the organisation and logistics. Special thanks go to Daniela Overbayk and Kalin Mishkov for the tremendous dedication, time and resources they invested during the pre-holiday month.

In the spirit of this year’s goals of Rotary Club Sofia-Balkan, the initiative received strong support from the entire Rotary family. The Club President, Ivaylo Vasilev, together with the whole of Rotaract Club Sofia-Balkan, personally took part in transporting and arranging the donated products. Every weekend, tonnes of food items passed through their hands, transported and stored in a warehouse kindly provided by Xerox Bulgaria – GREE.

The initiative dates back ten years, originally launched under the name “Let Us Remember Them” by Interact Club SMG, soon joined by Interact Club at the 73rd Secondary School — both clubs part of the Rotary Club Sofia-Balkan family. Those young people are today the backbone of Rotaract Club Sofia-Balkan — a living link between generations and a testament to the power of continuity within Rotary.

Konstantin Kostadinov recalls:

“We used to call the bags we distributed ‘buy-and-donate’ units — for example, we would say that we have 100 ‘buy-and-donates’ to distribute.”

In the next parts, we will share how the donated products reach the people they are intended for, and how kindness continues its journey.



THE JOURNEY IN DOING SERVICE ABOVE SELF

IAC SMG “Buy and Donate” vol. 2: 15 Tonnes of Kindness on the Road to Vidin

Every year, on the eve of the Christmas holidays, Interact Club SMG carries out the project “Buy and Donate” — an initiative that collects non-perishable food products in partner Lidl stores and directs them to people in need. This year’s format — three weekends, three locations — led to an impressive result: 15 tonnes of donated food products.

This volume, however, completely changed the scope of the task and confronted the team with a series of serious logistical challenges, requiring fast, flexible and unconventional solutions. The first obstacle appeared at local level — the available space in the partner network’s warehouses proved insufficient. The solution? “Fitness weekends” for Rotaractors and Rotarians from Sofia-Balkan. Interactors, their parents and friends joined in carrying the products — out of breath but smiling people who, among pallets and boxes, experienced the Rotary idea in action.

The next challenge was the need for a transit warehouse. Here, a key role was played by Kalin Mishkov — Emo’s father — who organised the transfer of the products from the initially planned small warehouse to a much larger one. Thanks to this decision, the campaign continued without delay or compromise.

But the work was far from over. After two intense weekends during which Nikola, Lili and the entire SMG team sorted the products into the standard “buy-and-donate” units (bags), it became clear that more than 30 pallets were ready for shipment to Vidin. The planned transport turned out to be completely insufficient.

A few phone calls later, the solution emerged — the President of Rotary Club Vidin, Lyudmil Ivanov, provided a large lorry and warehouse space in Vidin, from where the actual distribution of the donations will begin. And when even the lorry was not enough, “Bate Vencho” stepped in, with his van taking care of the final three pallets.



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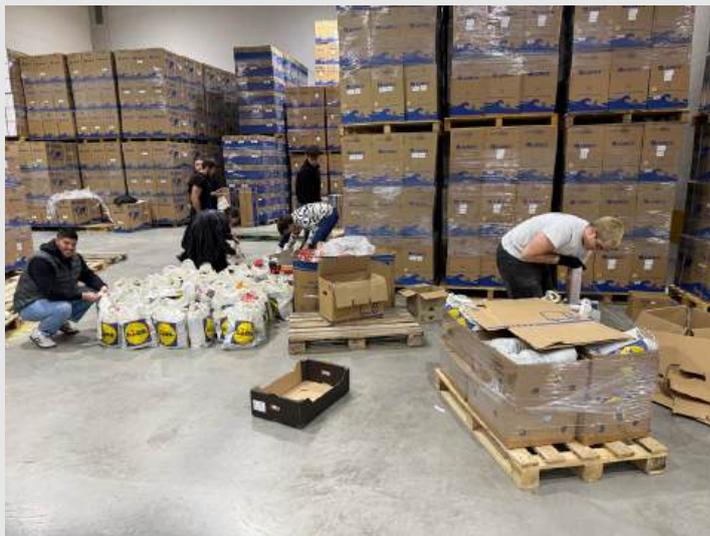
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Special thanks also go to the team at the Xerox Bulgaria warehouse, who tirelessly assisted with loading the prepared pallets and became an indispensable part of the project’s logistical success.

Looking thoughtfully at the fully loaded lorry, the President of Rotaract Club Sofia-Balkan, Fifo Todorov, recalls:

“The first time, everything fitted into one large Land Rover and the boot of a car. I will never forget how we got the jeep stuck in a ravine, while a lonely elderly woman enjoyed the commotion and the overexcited young people.”

Ten years later, once again, there are two vehicles — but this time a lorry and a cargo van. The scale is different, the challenges are greater, but the spirit remains the same: when we are together, kindness always finds a way.



THE JOURNEY IN DOING SERVICE ABOVE SELF

The Youth Café – Part of the “Be Cool” Project

The first event of the “Be Cool” project, organised by Rotary Club Smolyan with the support of District 2482, was an emotional, constructive and highly engaging experience.

Thanks to the active partnership with the Youth Centre Smolyan, we hosted a wonderful meeting with young people who participated enthusiastically throughout the event. Guest lecturer Prof. Ilin Savov captivated the audience so effectively that he encouraged them to actively engage and participate. The young attendees demonstrated sharp minds, practised their critical thinking, and applied the knowledge shared by the lecturer in practical role-playing situations.

Over 40 young people, aged between 12 and 26, took part in the activities. The audience was further enriched by the presence of teachers, journalists and parents, creating an interesting and successful mix. Conversations flowed naturally and easily.

The goal of bringing together young people, parents, specialists and public figures who share the belief that change begins with knowledge and leading by example was fully achieved. It was a joy to witness these remarkable young people — motivated, driven, and full of purpose. We are seeing the growth of a wonderful future generation that needs to be heard, trusted, given space to express themselves, and supported as we move forward together. They should never be underestimated, for they match us in their kindness, desire for a better world, and pursuit of a successful life, bringing fresh, inspiring energy.

We believe that through this campaign for addiction prevention, we will help more people make informed choices and embrace a truly free, addiction-free life.

During the event, participants were awarded the title of “Ambassador”, which they received with pride and enthusiasm. We now have over 40 ambassadors of the cause.



THE JOURNEY IN DOING SERVICE ABOVE SELF



**ARPIC ALEKSANDAR RADOJICIC
DISTRICT 2483**

**1. 28.10.2025 - RC SOMBOR: DONATION OF
HEARING AIDS FOR THE OLD PEOPLE'S HOME IN
SOMBOR**

On 28.10. the members of the club, Sonja Romić Švec and Maria Reffle, presented the Director of the Institution, Goran Basta, with a valuable donation - two hearing aids for users who need it the most, in the presence of his associates.



04.11.2025 - RC Pančevo:

**Donation of air conditioners for
the association "Dečje srce"**

The Pancevo Rotary Club has successfully completed another action to the mutual satisfaction of the users of the association "Dečje srce" and our members. From the collected funds, an inverter air conditioner was purchased and installed in the premises of the therapeutic workshop and cafe "Heart Sounds" in Pančevo.



**19.11.2025 - ROTARACT club Belgrade Skadarlija: Humanitarian Pub Quiz
a success to remember!**

In a joint organization with the Rotaract club Belgrade Centar, the Rotaract club Belgrade Skadarlija held the first humanitarian pub quiz in the Ritual na ada cafe. 12 teams participated, over 60 participants, and a total of 95 registration fees were paid! We would like to thank Rotaract clubs: Mihajlo Pupin-Pančevo, Bor, Belgrade, Belgrade Čukarica, Belgrade Dedinje, Belgrade Singidunum, Rotary Club Belgrade Technology and of course especially our Rotary Club Belgrade Skadarlija - thank you all for your support and great energy!

The collected funds are intended for the Nikola Stojković Animal Rescue Association. Thank you to everyone who was part of the evening that combined knowledge, humanity and good mood!



20.11.2025 - RC Pančevo Mihajlo Pupin: Joint meeting of RC Mihajlo Pupin, RC Pančevo, RC Smederevo, RC Veliko Gradište and Rotaract club Mihajlo Pupin and lecture by DGE Daliborka Bradić about the Rotary Foundation

The joint meeting of Rotary Club "Mihajlo Pupin", Rotary Club Pancevo, Rotary Club Smederevo and Rotary Club Veliko Gradište was attended by PDG Dragan Brajer, PDG Vladimir Matić, DGE Daliborka Bradić, ADG Ivan Janjušević, as well as presidents and representatives of the aforementioned clubs. After the opening speech of the president of the club, Vanja Jekić, there was an address by ADG Ivan Janjušević, as well as all the present representatives of the clubs who presented the current actions that their clubs are carrying out in order to improve the local community, as well as the announcement of the plan of actions until the end of the Rotary year. Friends and representatives of the clubs Belgrade Passport, Belgrade Čukarica and Rotary Club Belgrade Sava also presented the action plan. On this occasion, there was a lecture by DGE Daliborka Bradić about the Rotary Foundation, which was followed by a meaningful and constructive discussion, exchange of ideas and socializing.



29.11.2025 - RC Leskovac: Celebration of 90 years since its foundation

RK Leskovac is on Saturday, 29.11.25. marked 90 years since the establishment of the FIRST RK Leskovac in our town, back in 1935, which is the anniversary of PRIDE! On that occasion, a charter on FRATERINATION was signed with RK Prilep from Macedonia. Our ceremony was magnified by friends: brothers from RK Kumanovo, RK Passport from Belgrade headed by the previous governor Dragan Brajer, RK Belgrade Technology from Belgrade, RK Kraljevo, RK Vranje Bora Stanković, Innervil club from Belgrade and Innervil club from Kumanovo. After the formal part of the meeting, in the AUCTION of old bottles of wine from our member Nikola Janjić's "Stari Dani" winery, 30,000 dinars were collected for gift packages for children with special needs from the association "Duga" from Leskovac. It was an evening of wonderful socializing with songs, wine and guitars.



23.11.2025 - RC Valjevo: Charter celebration on Divčibare in Vila Plamenac

Rotary club Valjevo celebrated 29 years of existence, with the announcement of a large international campaign to purchase a colonoscope worth 130,000 euros for the Valjevo Health Center. This important event, organized in the villa "Plamenac" in Divčibare, was attended by numerous guests - representatives of Rotary clubs from Belgrade, Novi Sad, Kragujevac, Sremska Mitrovica, Čačak and Rotary E-club, showing the strength and unity of the Rotary movement.

The president of Valjevo Rotarians, dentist Milica Kovačević, stated that in the past period the club has implemented a number of important actions supporting the education system (donations of computers, books, drones, mbot robots, prizes for the best students and athletes), as well as sensitive and vulnerable categories of the population. Rotarians also organized numerous environmental actions (planting trees, cleaning communal waste in Divčibari), organized concerts, lectures and other activities.

President Kovačević particularly highlighted the beginning of a large humanitarian action - the purchase of a valuable device, a colonoscope, for the Valjevo Health Center, the total value of which is 130 thousand euros, and will be realized within the framework of the international Rotary project. "The goal of the action is to organize preventive examinations and screening tests by purchasing this device, in order to detect colon cancer at the earliest possible stage of the disease. This significantly improves the prognosis and treatment of this vicious disease and, of course, reduces mortality," Kovačević said. She expressed the hope that this extremely complex and serious action will be completed by the end of the current Rotary year, which ends on June 30, 2026.



**20.11.2025 - RC e-Club Montenegro: Humanitarian action
for the Old People's Home in Podgorica**

Rotary e-Club Montenegro, on the initiative of past president Edita Dautović, and in cooperation with the Association of Entrepreneurs of Montenegro, implemented a humanitarian action that increased the library fund of the Old People's Home in Podgorica and brought additional support to its users. By donating a significant number of books, hygiene items, medicines, diapers for adults and fruit, both organizations sent a clear message about the importance of caring for elderly fellow citizens and preserving their dignity. The joint performance of the organizations sent strong messages that resonated with the public: that older people are not forgotten, that their life experiences have a timeless value and that any investment in their well-being is an investment in a more humane and fairer social environment. The donation of literary works particularly emphasized the importance of culture and reading as a source of joy, comfort and mental stimulation, while hygiene and medical supplies provided concrete support for the daily needs of the users. Members of the e-Club visited the Home for the Elderly and talked to the users, which emphasized the immediate, human dimension of this action. The users expressed their gratitude for the attention and time devoted to them, which further confirmed the importance of such initiatives. In the spirit of continuing cultural and humanitarian activities, a poetry evening was also held on November 27, 2025, when 10 writers visited the Home and presented their works, providing users with an opportunity for socializing, inspiration and emotional enrichment. The nominated president Radmila Čagorović pointed out that the goal of such actions is to continuously strengthen the community through humanity, education and culture, with thanks to partners who contribute to the creation of a society with more warmth, empathy and respect for the elderly.



REGIONAL EVENT EX YU UNITE FOR GOOD

Belgrade, 28-30. 11 in 2025

The first regional event "Rotarians from Ex Yugoslavia - UNITE FOR GOOD" was successfully completed, leaving behind strong impressions, true Rotarian energy and a sense of pride in everything we achieved together. During the last weekend of November, we hosted Rotarians from the Districts of Slovenia and North Macedonia, Bosnia and Herzegovina and Austria, Croatia, Bulgaria, Romania and Moldova, as well as clubs from Serbia and Montenegro. More than 200 registered participants and the fact that all three events were fully booked even seven days before the start - are the best confirmation that we exceeded expectations.



CONTACT US!

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🗣️ You are welcome to contact the assistants assigned to your districts and send in your questions or projects to be featured in the Zone 21B newsletter.

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