



**CREATE HOPE
in the WORLD**

JANUARY IS VOCATIONAL SERVICE MONTH

January is Rotary's Vocational Service Month, a great time to start leveraging vocational service in your club projects and activities.

DO GOOD WORK

Think back to when you became a Rotarian. It's likely that someone recruited you because you were respected in your field. Using your professional skills to help others

is at the heart of Rotary. But what does that involve? In this issue, we explore the many facets of vocational service. We speak with the founder of Mercy Ships, which staffs its medical ship with volunteers including doctors, nurses, teachers, and cooks; share tips

for putting together a vocational training team (VTT); and look at the opportunities to serve in The Rotary Foundation Cadre of Technical Advisers. Vocational service also involves using your leadership position to model and encourage ethical behavior among employees, associates, and your community. Need ideas? VISIT [ROTARY.ORG](https://www.rotary.org)



Presidential Message

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our

commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.



Gordon McNally
Rotary International President
RY 2023-2024

From P1...

Presidential Message

There is no denying that incidents of violence and atrocities being perpetrated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's Create Hope in the World.



CREATE HOPE in the WORLD

The first task in building a compelling
story world is to create hope.

Donald Maass

quote fancy

Zone 21B Rotary Public Image Coordinator Message

The relationship between mental health and peace is complex and deep. People living in peace generally lead less stressful lives, positively impacting their mental health. Providing a safe environment can make individuals feel safer and improve their mental well-being.

On the other hand, in conflict and uncertain environments, people often face higher levels of stress and may be exposed to traumatic experiences. These situations can negatively affect mental health and lead to psychological problems. Therefore, maintaining and improving mental health in situations of conflict and unrest can be more challenging.

In particular, children may struggle to cope with traumatic events experienced during war. Events such as bombings, armed conflicts, and the loss of family members can deeply affect children's mental health, leading to post-traumatic stress disorder (PTSD), depression, anxiety disorders, and other psychological issues.

Additionally, children may be deprived of education during war, which can negatively impact their long-term development.

Women may be subjected to gender-based violence during war, such as sexual violence, rape, and abduction. These types of rape and sexual assaults can hinder women's physical and psychological recovery. Furthermore, coping with the loss of family members and struggling with economic difficulties during war can also affect women's mental health.

In conclusion, the effects of war on the mental health of children and women can be profound and long-lasting. Therefore, psychological support and rehabilitation programs are crucial during the reconstruction of post-war societies. These programs can assist in the post-traumatic healing process and contribute to the healthy functioning of society.

These are the main reasons for the forum that we will organize in Belgrade in February to evaluate the relationship between Peace and Mental Health, the first information of which I gave you in my article last month. I hope this forum will raise awareness about this issue and give us the happiness of doing more for humanity.

CREATE HOPE in the WORLD



N. Altan Arslan
PP 2005-2006 Ankara Kızılay RC
PDG 2018-2019 D2430
RPIC 2023-2026 Zone 21B



ARPIC Alaeddin Demircioğlu
District 2420/2430/2440

ARPIC **Alaeddin Demircioğlu on...**

The Journey in Doing Service Above Self

D2440: MINDFUL LIFE TRAINING BY RC OF WELLBEING

Mindfulness is the ability to manage our attention impartially and kindly. It means being aware of our breath, body, feelings, emotions, thoughts and behaviors in daily life and being able to observe them gently without judgment.

In the relevant training, one of the benefits that Mindfulness will bring to our lives is that we will learn to see our behaviors more clearly. As our mindfulness skills improve, it becomes easier to see the habits that do not benefit us or the world and the triggers that remind us of them.

Mindfull Life Training was carried out in cooperation with "Rotaract Club of İzmir, Rotary Club of Çakabey and Rotary Club of Wellbeing" under the instructorship of "RTN. GÜL ÇUKUR".

**"Mindfull
Life"
Training**

Eğitmen : Gül Çukur

23.01.2024, 20.00

Online

**İyi Yaşam
Rotary
Kulübü**
**İzmir Çakabey
Rotary
Kulübü**

**İzmir
Rotaract
Kulübü**

**Rotary
2440. Bölge**

Akademi

**DÜNYAYA
UMUT OL**

ARPIC

Alaeddin Demircioğlu on...

The Journey in Doing Service Above Self

**D2440: UNESCO BURSA ASSOCIATION
COMMUNITY CORP" FROM RC of
BUSA-HEYKEL**

Heykel Rotary and Bursa Unesco Association: Strong Collaboration

An agreement for collaboration between two major international organizations was

signed at the Bursa Unesco SOKUM (Intangible Cultural Heritage) Museum located in Misi. Bursa Unesco Association President İlker Özaslan, District Governor Ayda Özeren (RI District 2440), Deputy Governor Mehmet Dal, Heykel Rotary Club President Ozan Razgrat, and members of the association signed a Rotary Community Corps Agreement aiming for a long-term partnership. With this agreement, the goal is to combine their efforts in cultural, educational, and scientific activities for Bursa and its surroundings.

President İlker Özaslan of the Bursa Unesco Association spoke about the association's efforts to establish institutional structure by forming local and international connections since its establishment in Bursa in 1998. He mentioned the ongoing efforts to restore and allocate a historic house in Misi, Bursa as a museum for the association. Approval from the Ministry of Culture and the European Union was obtained for the conversion of the historical house in Misi into a museum through accreditation initiatives, Özaslan added. He expressed his belief that the collaboration with Rotary clubs, known for their longstanding and worldwide community-oriented initiatives, would be highly beneficial for Bursa and the association.



ARPIC

Alaeddin Demircioğlu on...

The Journey in Doing Service Above Self

From PS...

D2440: UNESCO BURSA ASSOCIATION COMMUNITY CORP" FROM RC of BUSA-HEYKEL

District Governor Ayda Özeren of Rotary 2440 stated that it is an honor for the organization, which has been serving through friendship for peace for 119 years, to enter into such an agreement. Emphasizing

Rotary as the first civil society organization with a delegate at the United Nations due to its humanitarian projects, Özeren highlighted the significance of both organizations carrying the flag together in contributing to world peace.



D2420,2430,2440: GIKA PROJECT

GIKA PROJECT is a joint venture project of District 2420,2430 and 2440 to be initiated in order to guide entrepreneurial women, to create the necessary conditions and to provide them with the necessary equipment.

Women Entrepreneurs Project will be a very good example of the cooperation between Rotary, Municipalities, Universities and Non-Governmental Organizations.

In this context, with the project to be carried out in order to transform the professional knowledge of women who have moved away from business life for various reasons. The target is to train women, raise awareness, and support them to transform their knowledge and skills into added value.

It is the fact that an important dimension in the empowerment of women, who are the subjects of sustainable development, is to increase women's participation in employment, to support entrepreneurship and to combat women's poverty.

ARPIC

Alaeddin Demircioğlu on...

The Journey in Doing Service Above Self



From PG...

D2420,2430,2440: GIKA PROJECT

In this context, housewives who try to earn income by producing various products at their homes and selling their products to their immediate surroundings and people in the neighborhood markets in order to provide additional income to their families. By the help of Rotary online e-commerce site channel shops will be established and they will have the opportunity to sell their products worldwide which will provide economic freedom



D2430: First aid training" BY RC OF PERGE

Rotary Club of Perge provided first aid education and training to 120 fourth-graders and ten instructors on January 17, 2024 at Şehit Serhat Genç Primary School; provided first aid education and training to 120 fourth-graders and ten instructors. By providing information on who can provide first aid and who should step in during an emergency, Rotary Club of Perge was able to increase the public's awareness of the significance of first aid. The instruction lasted for almost five hours. By using a baby doll to graphically demonstrate the first fundamental first aid rule—look, listen, feel—at the conclusion of the course. After the training, there was a certificate ceremony.



ARPIC

Alaeddin Demircioğlu on...

The Journey in Doing Service Above Self

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Defne Dilsiz
2023 2024
Perge Rotary
Term President

From P7...

D2430: First aid training" BY RC OF PERGE





ARPIC Sertaç Gümüş
District 2452

ARPIC Sertaç Gümüş on...

The Journey in Doing Service Above Self

D2452: RC TRIPOLI-MAARAD WITH RC BEIRUT CADMOS

As a part of a national awareness campaign, Rotary Club Tripoli - Maarad partnered with Rotary Club Beirut Cadmos and Embrace NGO in order to bring to Lycee Alphonse de Lamartine School in Tripoli two Mental Health Awareness workshops for their Secondary students.

The aim of this project was to empower youth to identify early mental health distress symptoms and to be engaged regarding their own well-being and their communities.

Two sections of Secondary students attended interactive sessions where they actively participated in the discussions and openly voiced their opinions about different issues.

Hotline 1564 Embrace
Rotary International District 2452
Rotary International
Lycée Alphonse De Lamartine De Tripoli
Lycée Franco-Libanais Alphonse de Lamartine



ARPIC Sertaç Gümüş on...

The Journey in Doing Service Above Self

From Pg...

D2452: RC TRIPOLI-MAARAD WITH RC BEIRUT CADMOS



ARPIC

Sertaç Gümüş on...

The Journey in Doing Service Above Self

D2452:

NEW EARLYACT CLUB OPENS IN BAHRAIN

In cooperation between the Bahrain Rotary Club of Seef Bahrain and Britus International School, an EarlyAct club was established under the sponsorship and supervision of the Rotary Club of Seef Bahrain, located in Bahrain - District 2452.



In a joint ceremony held by the school on January 28, 2024, the Britus Bahrain EarlyAct student members and its board of directors were introduced. The EarlyActors presented their plans and goals for the academic year.

The President of RCSB Adnan Alameer, and members of the club's Board of Directors presented the Rotary Certificate to EarlyAct Student Board of Directors for establishing the Britus Bahrain EarlyAct Club.

The ceremony included speeches on this occasion from the presidents of the two, in which they discussed the importance of establishing the EarlyAct Club in the school and providing opportunities for students to get involved in their community and make a difference under the slogan of Rotary International: "Service above self"



The school principal Mr. Gary Gibbons, also concluded this meeting by welcoming this cooperation, indicating the desired benefit from it in the long term and its positive impact on the new generations represented by the school and its students and thanking the Rotary Club of Seef Bahrain for their cooperation and sponsorship of this club.



ARPIC
Sertaç Gümüş on...

The Journey in Doing Service Above Self

From P11...

D2452:
NEW EARLYACT CLUB OPENS IN BAHRAIN



ARPIC
Sertaç Gümüş on...

The Journey in
Doing Service Above Self

From P12...

D2452:
NEW EARLYACT CLUB OPENS IN BAHRAIN



ARPIC

Sertaç Gümüş on...

The Journey in Doing Service Above Self

D2452: RC MANAMA-VOCATIONAL VISIT

The Rotary Club of Manama (District 2452 - Bahrain) had its vocational visit to ALBA on Monday, 29th Jan. CEO of ALBA, Mr. Ali Al Baqali gave a speech to the club members and presented a memento to the club. The visit concluded with a tour of the facility and a lunch.

#Rotary #rotaryclubofmanama #bahrain #alba @rotaryclubofmanama



ARPIC Sertaç Gümüş on...

The Journey in Doing Service Above Self

From P14...

D2452: RC MANAMA-VOCATIONAL VISIT



The foundation upon which Rotary
is built is friendship; on no less firm
foundation could it have stood.

— Paul P. Harris —

ARPIC

Sertaç Gümüş on...

The Journey in Doing Service Above Self

D2452:

CONVERSATION WITH TRUSTEE CHAIR &
PAST ROTARY INTERNATIONAL PRESIDENT
BARRY RASSIN

Rotary
District 2452



CREATE HOPE
in the WORLD

Let's talk about the impact of the
Rotary Foundation on the public image of Rotary

Join the conversation with...

Trustee Chair
Past RI President- Barry Rassin

February 14, 2024

Armenia 7:00 pm

Bahrain 6:00 pm

Cyprus 5:00 pm

Georgia 7:00 pm

Jordan 6:00 pm

Lebanon 5:00 pm

Palestine 5:00 pm

Sudan 5:00 pm

United Arab Emirates 7:00pm



**"The importance of talking about
how The Rotary Foundation is
changing the world"**

Meeting ID: 836 8364 2775

Passcode: D2452

ARPC Sertaç Gümüş on...

The Journey in Doing Service Above Self

D2452:
CONVERSATION WITH TRUSTEE CHAIR &
PAST ROTARY INTERNATIONAL PRESIDENT
BARRY RASSIN

WELCOME

Rotary
District 2452

CREATE HOPE
in the WORLD

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United Arab Emirates 7:00pm

"The importance of talking about
how The Rotary Foundation is
changing the world"

Meeting ID: 836 8364 2775
Passcode: D2452

2024-02-14 18:05:48





ARPIC Maria Mastora
District 2475- Rotary & Rotaract

ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC HERAKLEION EL GRECO

New instruments were placed in the playground of the SOS Children's Village of Crete and the old ones were cleaned and maintained, in order to give new carefree moments of play to the children living in the Village. The renovation of the playground was done with the initiative and contribution of RC Herakleion El Greco, RID 2475, RC Rethymno and Caussade Midi Quercy/-France. Total cost 6.500 euro.



ARPIC
Maria Mastora on...

**The Journey in
Doing Service Above Self**

From P18...

RID 2475: RC HERAKLEION EL GRECO



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC HERMOUPOLIS

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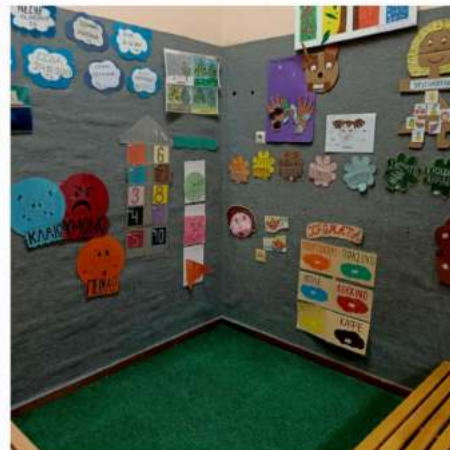


ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC KOMOTINI-RODOPI

RC KOMOTINI -RODOPI offered Christmas gifts to the children of the Komotini Special Kindergarten during its visit to the school on Friday, December 22, 2023. President Eleni Hatzi with Secretary Kevork Melkonian dressed as Santa Claus gave gifts and joy to the little children.



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC VOULA PANORAMA

RC VOULA PANORAMA responding to the invitation of the Society for the Protection of Spastics/Open Door and wanting to support its aims, attended the speech of the distinguished and beloved by all, Professor of the History of Modern Hellenism Maria Efthimiou on the topic: "Greece in the 20th Century" on Friday 12 January

2024 in the hall of the "PARNASSOS" Literary Association.

All the proceeds of the event will be allocated to the purposes of the Society for the Protection of Spastics/Open Door.



ARPIC
Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC HERMOUPOLIS

RC HERMOUPOLIS donated, on January 11th, to the Agios Panteleimon nursing home a quantity of lemons which came from the estate of RC President Panagiotis Tzanavaris



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC PERISTERI ANTHOUPOLI

RC PERISTERI ANTHOUPOLI delivered sweets to the "The Mother" Baby Center, for the needs of the children of the structure!

The donation was received by the head of the Structure.

Many thanks to the friend of our Club and photographer Mr. M.kazerakis, who undertook the communication and receipt of sweets from "LAVDAS" company.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC PHERMOUPOLIS

RC HERMOUPOLIS significantly strengthened the "love basket" of Syros scouts where they collected food and gave it to families in need.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC KOZANI ELIMEIA

RC Kozani and RC Kozani-Lassanis, were merged to the new RC Kozani Elimia, so that with a significant number of Members and with a team spirit, it can provide a dynamic Rotarian presence in the Prefecture of Kozani. RID 2475 congratulates them on this important decision and will

stand by them in the new beginning. RC's which have few members, even in Attica, are urged to follow the example of above RC's and to seek their union with another Rotary Club of the region, if there is one.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475

A very successful event was held at the Hall of the Old Parliament on January 13th, 2024 on the topic: **DISABILITY - Creating Hope**, co-organized by the 2475 District of Rotary International, within the framework of the priority of the RI for Diversity, Equity and Inclusion (DEI), the Association of Athenians and the Hellenic Scientific Society of Physiotherapists.

Respect for diversity is not an obligation, but a necessary condition for our continued development and evolution. The value of diversity should be recognized as a source of competitive advantage, be a priority for the creation of a society that respects and supports the uniqueness of the individual.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self



From P27...

RID 2475

The Organizing Committee:
Maria Delivoria - ICC president Taskforce
Expansion Zone 21, President DEI 2475
RID, RC Koropi
Myrto Dimitriou - President RC Kifis-
sia-Politeia
Stavros Katsoulis - Secretary RC. Athinai
Vassiliki Mantzorou - Representative
Association of Athenians



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

From P29...

RID 2475

Maria Mastora - ARPIC Zone 21B - RC Koropi

Georgia Petta - University of Western Attica assistant Professor of Physiotherapy, President of Hellenic Association of Physiotherapists,

Haralambos Tigginagas - Physiotherapist, AG 2475 RID - RC Athinai

Rachil Topalidou - AG 2475 RID, RC Athinai-Lycavittos



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475

RID 2475: RC MARATHONAS NEA MAKRI

On Saturday 13/1/2024, in collaboration with R.C. Famagusta - Cavo Greco, R.C. Larnaca – Kition, along with the support of the Marathon Municipality, a tree-planting project was held as an expression of solidarity between the clubs and the Municipal.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

From P31...

RID 2475

RID 2475: RC MARATHONAS NEA MAKRI

The action took place in an unused area of land in Kato Souli of the Marathon Municipality, and a lung of green, a grove of carobs, was created, leaving the imprint of Rotary on the environment.

The planted trees represent the Hope of Rotary for a better future.
Afterward, the museum's staff held an excellent guided tour at the Marathon Run Museum.

The action was completed by exchanging souvenirs and club banners.



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC PERISTERI ANTHOUPOLIS

RC PERISTERI ANTHOUPOLIS visited the Association of Parents and Guardians of the Disabled of Western Attica ELPIDA, and offered to the children of the structure, happy moments, with a celebratory party with mascots and popcorn!



Governor of RID rtn Dimitris Bekos was also there and he undertook the preparation of popcorn with incoming president of RCYannis Makris, as well as AG Rachel Topalidou.

Many thanks to the incoming President for covering the event (uniforms, popcorn machine)!



ARPIC
Maria Mastora on...

The Journey in Doing Service Above Self

From P34...

RID 2475: RC PERISTERI ANTHOUPOLIS



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC RHODOS KOLOSSOS

RC RHODOS KOLOSSOS delivered the new playground to the 1st Special Primary School of Rhodes, a donation from RC Rhodes-Kolossos, making a dream of children, parents and teachers a reality.



Rotary
District 2475



ΠΡΩΤΟΚΟΛΛΟ ΠΑΡΑΔΟΣΗΣ ΚΑΙ ΠΑΡΑΛΑΒΗΣ

Σύνθετου Οργάνου Παιδικής Χαράς
του Ειδικού Σχολείου Ρόδου

Σήμερα ημέρα Δευτέρα 15 Ιανουαρίου 2024 και ώρα 13:30, στον προαύτιο χώρο του 1^{ου} Ειδικού Σχολείου Ρόδου επί της Βασιλέως Ηρακλείου 77 στη Ρόδο συνήλθαν :

- 1) Ο Ροταριανός Όμιλος Ρόδος-Κολοσσός, εκπροσωπούμενος δια της Προέδρου του Βάσως Μουτσηρή
- 2) Η Διευθύντρια του 1^{ου} Ειδικού Σχολείου Ρόδου και Βασιλική Παυλίδου

και προβήκανε, ο μεν πρώτος στην παράδοση, η δε δεύτερη στην παραλαβή ενός ενιαίου οργάνου παιδικής χαράς (σύνθετο όργανο με δύο περίγους, δύο τουσέλιθρες, γέφυρα και τσίχλο αναρρίχησης).

Η δωρεά του οργάνου πραγματοποιήθηκε μετά από σχετικό αίτημα που έλαβε ο Ροταριανός Όμιλος Ρόδος-Κολοσσός από την Διεύθυνση του σχολείου στις 14/06/2023.

Η χορηγία πραγματοποιήθηκε με τη στήριξη και την οικονομική αρωγή της 2475 Διεθνούς Ροταριανής Περιφέρειας και άλλων δέκα Ροταριανών Ομίλων από όλη την Ελλάδα:
Ρ.Ο. Αθήνα - Λυκαβηττός, Ρ.Ο. Κηφισιά - Πολιτεία,
Ρ.Ο. Μαραθώνιος-Νέα Μάκρη, Ρ.Ο. Πειραιάς - Ανατολή,
Ρ.Ο. Σαντορίνη-Θα, Ρ.Ο. Ηράκλειο, Ρ.Ο. Ηράκλειο-CANDIA,
Ρ.Ο. Σίμος Ρ.Ο. Κως και Ρ.Ο. Κέρκερα,



Rotary



CREATE HOPE
in the WORLD

ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

From P36...

RID 2475: RC RHODOS KOLOSSOS

It is a playground adapted to the needs of children, costing 7,500 euros, for which a donation was made by ten Rotary Clubs throughout Greece! This is a district grant in which participated the following RC's: Kos, Athens-Lykavittos, Piraeus-Anatoli, Santorini-Oia, Kifissia-Politeia, Marathon-Nea Makri, Heraklion-CANDIA, Corfu, Heraklion, Samos.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC HERAKLEION EL GRECO

RC HERAKLEION EL GRECO made a donation to the SOS Children's Village of Crete. Members of RC collected a large amount of toys, books and children's items and donated them to the Village.



RID 2475: KATERINA ΠΙΞΕ ΜΙΑ ΜΑΤΙΑ ΠΡΙΝ ΤΟ ΑΝΑΡΤΙΣΩ ΚΑΙ ΤΟ ΣΤΕΙΛΩ

STRENGTHENING NON DISTRICTED CLUBS IN ZONE 21

On January 16th a new training for our regional teams took place. Guest speaker for the zoom meeting was PRID Katerina Kotsali-Papadimitriou, who talked about the process of strengthening non districted Clubs in our Zone 21. Interesting subject and excellent speaker!



ARPIC Maria Mastora on...

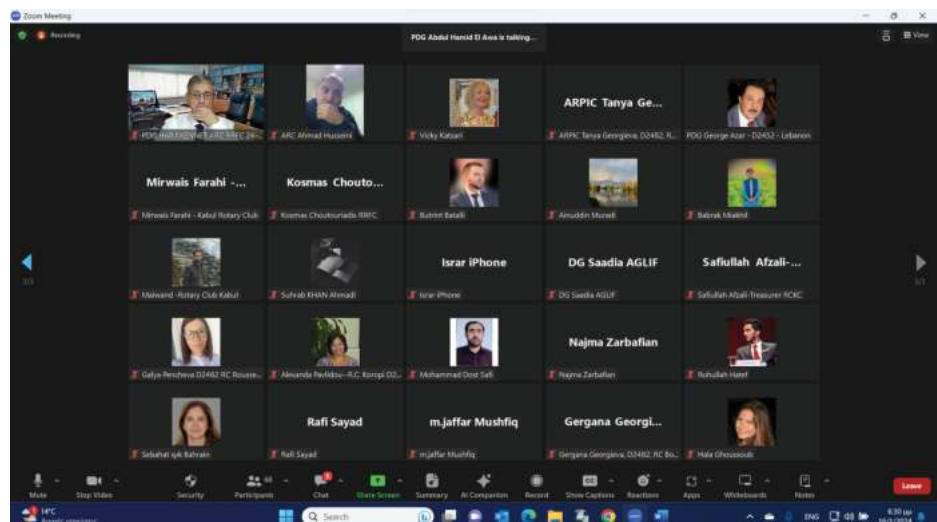
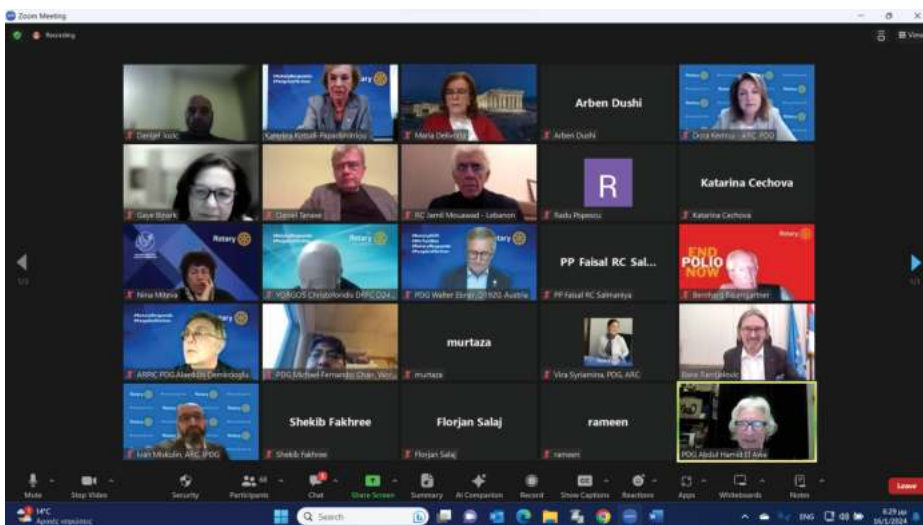
From PJ...

The Journey in Doing Service Above Self

From P39...

RID 2475: KATERINA ΠΙΞΕ ΜΙΑ ΜΑΤΙΑ ΠΡΙΝ ΤΟ ΑΝΑΡΤΙΣΩ ΚΑΙ ΤΟ ΣΤΕΙΛΩ

Past President of RC Kabul city Rameen Javid presented the current situation of Rotary in Afghanistan. An interactive, interesting discussion followed.



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC KORINTHOS

RC KORINTHOS offered a defibrillator, which will be the trigger to train our fellow citizens in first aid.

Rotary is about volunteering and humanitarian action and may our passion be contagious...



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC ATHINAI LYCAVITTOS

RC ATHINAI - LYCAVITTOS organized an evening visit to the Acropolis museum! Our member and experienced tour guide Dora Spahi, guided us to the second floor of the Museum to admire both the Zoforos performances and the illuminated Acropolis!



Rotary



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in the WORLD

ARPIC Maria Mastora on...

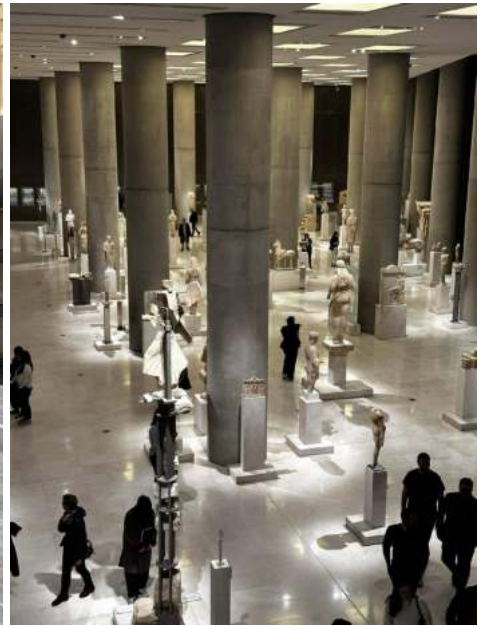
The Journey in Doing Service Above Self

From P42...

RID 2475: RC ATHINAI LYCAVITTOS

We join our voices in the international movement for the return of the Parthenon Marbles!

Thank you to fellow Rotarians and friends who honored us with their participation!



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC ATHINA - OMONOIA

RC ATHINA - OMONOIA organized a winter excursion to the picturesque Pelion with a large participation of Rotarians and friends, totally 40 people. The conditions in the villages are like spring. Who would have imagined that on January 19 we would be having lunch outside in Makrynitsa. The Xenia Palace hotel in Portaria is excellent.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

From P43...

RID 2475: RC ATHINA - OMONOIA

District Governor Dimitris with his wife Asha joint the group just for one day, a small break from his heavy obligations!! On Saturday January 20th we visited Milies under light rain and were guided to Pammegiston Taxiarchon Church, one of the main attractions of the area. We hopes

to have some snow in Portaria but unfortunately it didn't happen! Sunday was dedicated to Volos with relaxed free time. At lunch our last impression of BEGERA restaurant was by all accounts excellent.



ARPIC Maria Mastora on...

The Journey in Doing Service Above Self

From P44...

RID 2475: RC ATHINA - OMONOIA

These three days were a We returned a large beautiful group that connected especially during these three days, full of beautiful images and memories, but also anticipation for our next excursion!

Many thanks to DG and to all who participated and shared with us moments of real friendship!!



ARPIC

Maria Mastora on...

The Journey in Doing Service Above Self

RID 2475: RC ILIOUPOLIS

RC ILIOUPOLIS offered to the social pharmacy a large quantity of medicines that will be given to our fellow human beings who need them.



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΝΟΜΟΣ ΑΤΤΙΚΗΣ
ΔΗΜΟΣ ΗΛΙΟΥΠΟΛΗΣ
Δ/ΝΣΗ ΚΟΙΝΩΝΙΚΗΣ ΠΡΟΣΤΑΣΙΑΣ ΥΓΕΙΑΣ
ΠΑΙΔΕΙΑΣ ΚΑΙ ΕΘΕΛΟΝΤΙΣΜΟΥ
ΤΜΗΜΑ ΠΡΟΣΤΑΣΙΑΣ & ΠΡΟΑΓΩΓΗΣ ΤΗΣ
ΔΗΜΟΣΙΑΣ ΥΓΕΙΑΣ
ΔΟΜΗ: ΚΟΙΝΩΝΙΚΟ ΦΑΡΜΑΚΕΙΟ
Δ/νση : Κ.Καραμανλή 12 και Ιάσωνος
Τηλ.: 2109949843
Email : Kfarmakeio@ilioupoli.gr

Κοινωνικό Φαρμακείο Δήμου Ηλιούπολης
(MIS 5001378)

Ημερομηνία: 13/11/2023

Προς: Ροταριανό Όμιλο Ηλιούπολης

ΕΥΧΑΡΙΣΤΗΡΙΑ ΕΠΙΣΤΟΛΗ

Θα θέλαμε να σας ευχαριστήσουμε θερμά για την ευγενική προσφορά σας προς το Κοινωνικό Φαρμακείο του Δήμου μας σε πληθώρα φαρμακευτικών σκευασμάτων τα οποία θα διατεθούν σε συνανθρώπους μας που τα έχουν ανάγκη. Σας ευχαριστούμε που βοηθάτε το κοινωνικό μας έργο με την προσφορά σας και που μας εμπνέετε να συνεχίσουμε.

Η συμμετοχή όλων μας είναι πολύτιμη.

Η ΑΝΤΙΔΗΜΑΡΧΟΣ

ΚΟΙΝΩΝΙΚΗΣ ΑΛΛΗΛΕΓΓΥΗΣ

ΣΕΡΕΤΗ ΧΡΙΣΤΙΝΑ

ARPIC
Maria Mastora on...

The Journey in Doing Service Above Self

From P47...

RID 2475: RC ILIOUPOLIS



**SERVICE
ABOVE SELF**



**The best way to find yourself is
to lose yourself in the
service of others.**





ARPIC Tanya Georgieva
District 2482

ARPIC **Tanya Georgieva on...**

The Journey in Doing Service Above Self

D2482: ROTARY CLUB GABROVO

Young singers supported by Rotary club Gabrovo
A new Christmas star appeared in the history of Gabrovo. For second time, a wonderful event was recorded in Gabrovo cultural life - a concert by the children's choir of Gabrovo boys, supported by Gabrovo Rotary Club.

Many residents of the mountain town met the holidays in the company of the children from the Chamber Children's Choir of the Gabrovo Rotary Club. The gifted children performed their "HOLY NIGHT" concert.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From P48...

D2482: ROTARY CLUB GABROVO

This time, the boys' Christmas concert was different. The place was the new church "Saints Onuphrius, Damascene and All Martyrs of Gabrov" in Golo Bardo region of Gabrovo. In addition to the choirs of Gabrovo boys, the program included

poetic compositions performed by children from the "Rainbow", "Mladost", "Radost", "Javor" and "St. St. Cyril and Methodius" kindergartens.

The new conductor of the choir, Mrs. Daniela Hristova, believes in the children and brought this wonderful event to success. The Men's Choir at the Church of the Assumption in Gabrovo, conducted by Alexey Shepelev, joined the concert with festive songs.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: ROTARY CLUB HARMANLI

Rotary club Harmali – together we same lives

On 17.01.2024, the implementation of the project of the Rotary Club of Harmanli "Preventive examinations for early detection of breast cancer" began. The funds were donated by the participants of the traditional "Festive Evening of Wine and Friendship".

For five consecutive days from 17.01.2024, Dr. Mladenov examined the ladies from Harmanli municipality free of charge. Due to the great interest in the campaign, the initiative had to start today! Be healthy!



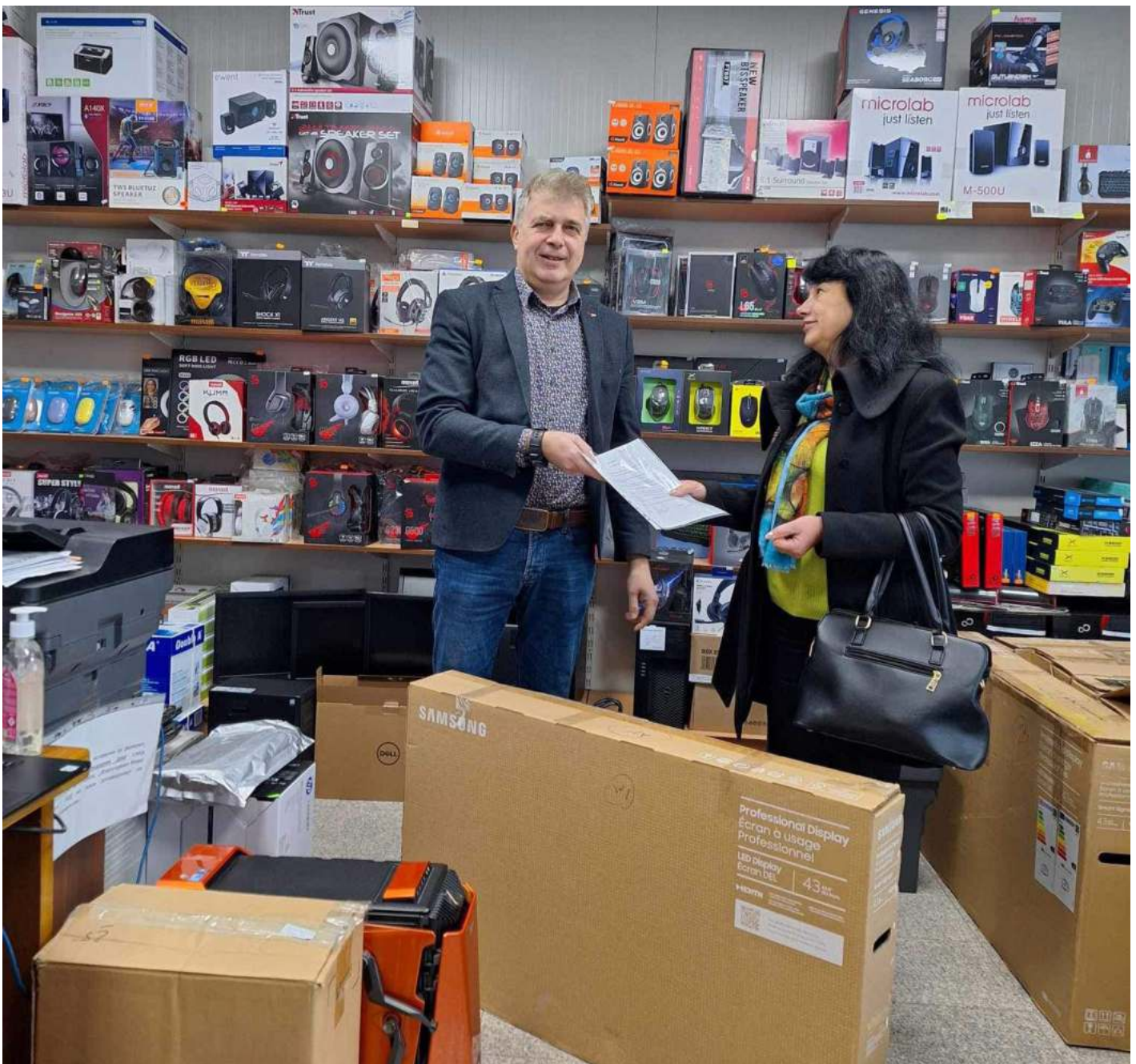
ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: ROTARY CLUB NOVA ZAGORA

Rotary Club of Nova Zagora supported another high school in the city. Our friends donated a 43 inch TV to the school. The Rotarians demonstrated concern and support for the educational process again.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: RC PANAGYURISHTE

On January 15, Rotary Club Panagyurishte recognised five young gifted Panagyurishte people for their achievements in the field of art and its promotion among young people. They received "Stefan Chuklev" award.

2024 year prize winners are: Gloria Shtrangova, Tanislav Ivanov, Kristina Gocheva, Neli Nedkova and Lora Kurudzhieva.

The prize is awarded for 7th time, and the funds are collected from the sale of paintings and photographs taken during the annual photography and painting workshop organized by Rotary Club Panagyurishte, which also bears the name of Stefan Chuklev. The ceremony took place in the Historical Museum of Panagyurishte next to the exhibition.



I found I could say things with color and shapes that I couldn't say any other way - things I had no words for.

Georgia O'Keeffe

ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From P52...

D2482: RC PANAGYURISHTE

This is yet another way to honor and preserve the memory of Stefan Chuklev - a wonderful, young, talented, vibrant person, passionate photographer and traveler whose life was cut short too soon. The award was established at the suggestion of Rotarian Nistor Hainov, a fine art

teacher at "Nesho Bonchev" Secondary School. The awarding of this award has become a tradition, as every year Rotary Club Panagyurishte stimulates young, talented people who perform in various fields.



Every artist dips his brush in his own soul, and paints his
own nature into his pictures.

Henry Ward Beecher

ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482:ROTARACT

REM'2024 - Sofia

The European Rotaract Meeting (REM) took place in Sofia on 25-27 January. Petar Petkov and Arkan Apturahman from our club attended the event with over 400 Rotaractors from 40 countries.

The opening of the event was at the National History Museum, where the guests had the opportunity to tour the museum and enjoy the performances of the Sofia Chamber Choir "Vasil Arnaudov".

On the second day, a lecture part and a workshop were held on the following topics:

1. Presentation on Stem cell donation – where we had presentation about Stem cell donors which included information about: understanding stem cells, importance of stem cell donation, how we can be donor, activities, practical tips and information.
2. Workshop on Stem Cell Donation – group discussions and work for developing project on this topic.
3. Rotaract on the right track - legal aspects of Rotaract – where we talked about legal docs, courts and tax authorities, financial stuff and different European jurisdictions
4. Inclusivity and Harassment Inclusivity prevention committee workshop : Safer Spaces in Rotaract – Brainstorming workshop where together we worked on topic : how to create safer space in Rotaract
5. ERIC Events Committee – workshop on future events in ERIC – Information about hosting event and how we should plan events like EUCO and REM.

The evening was dedicated to the different nationalities where 40 countries had the opportunity to present traditional foods, drinks and dances.

During the event our club had the opportunity for cultural exchange and finalizing a twinning. Here is more information :

1. We were able to exchange traditional products and club flags with Rotaract club of Guzelyali, İzmir, District 2440 Turkey. Güzelyalı Rotaract Kulübü. We also talked about future initiatives which our clubs can realize.
2. We managed to exchange traditional products and club flags with Rotaract club of Bostanci, İstanbul, District 2420 Turkey. Bostancı Rotaract Kulübü. We also talked about future initiatives which our clubs can realize.
3. We managed to finalize our twinning with our friends from Rotaract club of Kraków-Wawel, District 2231 Poland. We also talked about future initiatives which our clubs can realize.

Other interesting events and tours of our capital city were included in the program so that the guests could get better acquainted with the spirit and culture of our country.

Arkan Apturahman,

Member - Rotary club of Kardzhali

International Service Director – Rotaract club of Kardzhali

ARPIC Tanya Georgieva on...

The Journey in Doing Service Above Self

From P55...

D2482:ROTARACT

Culture exchange box - REM SOFIA
Rotaract club of Bostancı, İstanbul,
District 2420 Türkiye



Rotaract
Kardzhali

CREATE HOPE
in the WORLD

Twinning certificate exchange - REM SOFIA
Rotaract club of Krakow-Wawel,
District 2231 Poland



Rotaract
Kardzhali

CREATE HOPE
in the WORLD

Culture exchange box - REM SOFIA
Rotaract club of Güzelyalı, İzmir
District 2440 Türkiye



Rotaract
Kardzhali

CREATE HOPE
in the WORLD

Culture exchange box - REM SOFIA
Rotaract club of Bostancı, İstanbul,
District 2420 Türkiye



Rotaract
Kardzhali

CREATE HOPE
in the WORLD

Culture exchange box - REM SOFIA
Rotaract club of Güzelyalı, İzmir
District 2440 Türkiye



Rotaract
Kardzhali

CREATE HOPE
in the WORLD

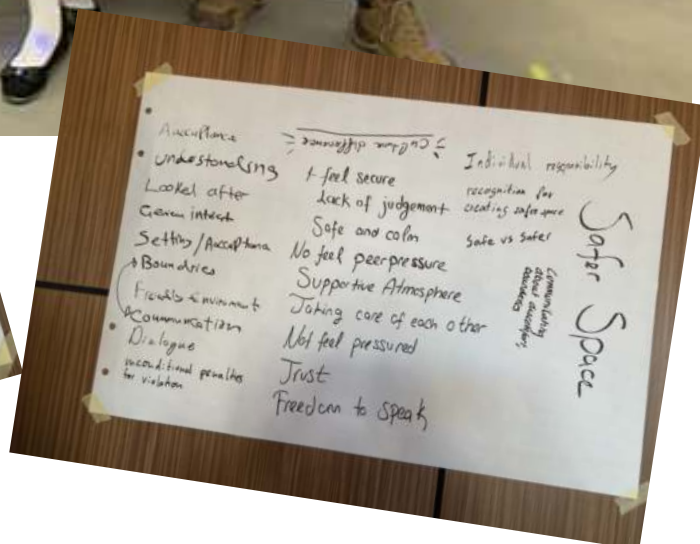
ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From PSS...

D2482:ROTARACT



ARPIC Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482:ROTARY CLUB NOVA ZAGORA

Digitalisation of education by Rotary club Nova Zagora

On the eve of the RI anniversary, Rotary Club of Nova Zagora completed the final stage of the project "Digitalize education". All schools in the municipality received interactive displays. The initiative was fully funded by the club members.

20 devices were delivered to over 15 educational institutions. Started last year with equipment for kindergartens, primary schools and the city library, the project was finalized at the beginning of February. In total, the interactive displays donated by the club reached 40 pieces. The initiative was funded entirely by the club members and all Rotarians actively participated in it.



The introduction of innovative methods in Bulgarian education is an important step in the development of young talents, and the Nova Zagora Rotary Club for another year is firmly on the side of the future. For another year, the club has shown that it works successfully with the local educational community.

The possibilities for learning using digital technology are endless. According to a recent study, when learning with virtual reality, students grasp the material many times faster, compared to standard teaching. These technologies are an ideal visual learning tool that is very well received by students and useful for explaining complex material.



ARPIC Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: ROTARY CLUB RADNEVO

Rotarians from Rotary Club Radnevo now have new friends from Rotary Club Thessaloniki-Center.

Friends Marin and Yanko visited the traditional event "Gifts of St. Basil" at the invitation of the Rotary Club of Thessaloniki. Wonderful hosts, new friends. Beginning of new relationships and mutual visits. Expect more international friendships soon.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: ROTARY CLUB NOVA ZAGORA

Rotary Club Nova Zagora - traditional contest for children's drawing "Free Nova Zagora"

Days after January 14 - the Liberation of Nova Zagora, the winners of the traditional competition for children's drawings on the theme "Free Nova Zagora",

organized by the Rotary Club of Nova Zagora, were awarded. The awarding was honored by the leadership of the Municipality and personally by the Mayor of the Municipality of Nova Zagora Galya Zaharieva, with whose support the event is being held; the president of the Rotary Club Zdravko Nikov, members of the club, principals and teachers from schools in the city, members of the public and citizens.

Ivan Tsvetanov addressed everyone present on behalf of the organizers, the Rotary Club of Nova Zagora, who presented the idea of Nova Zagora Rotarians to support the development of children's artistic talents, by paying tribute to January 14, which is remembered for Nova Zagora. Mr. Tsvetanov gave the floor to the mayor of the municipality of Nova Zagora, Galya Zaharieva. "Let me express my satisfaction to see so many children, parents and teachers who accepted the challenge of the Rotary Club of Nova Zagora for this traditional exhibition dedicated to the liberation of our city. We are happy to support any idea that is useful for children and the local community. I want to use the occasion to especially thank the organizers from the Nova Zagora Rotary Club for the many initiatives and charitable activities they undertook related to education," were the words with which Mrs. Zaharieva addressed the attendees. "Be healthy, dear children! I know you learned something new and interesting in the process of participating in this exhibition. And to all of us, parents and teachers, I wish to continue to look for other initiatives to support our children."



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From PS9...

D2482: ROTARY CLUB NOVA ZAGORA



**CREATE HOPE
in the WORLD**

The curator of the Nova Zagora Historical Museum, Georgi Kamburov, told about the historical course of events that led to the liberation of Nova Zagora.

At the end of the evening came the long-awaited moment of announcing the best small artists. In recognition of their talent, they received certificates and gifts personally from the Mayor of Nova Zagora Municipality, Galya Zaharieva, and the President of the Rotary Club of Nova Zagora, Zdravko Nikov.

The works of the young artists from "Ivan Vazov" SU, "Hristo Botev" SU, "Lyuben Karavelov" NU and "St. Paisii Hilendarski" will remain on display in the lobby of the library for the enjoyment of its visitors and art lovers.



**PERSONALITY HAS POWER TO UPLIFT, POWER TO DEPRESS,
POWER TO CURSE, AND POWER TO BLESS**

PAUL HARRIS

The Journey in Doing Service Above Self

D2482: INTERACTORS IN RUSSE

The initiative "Together to save children and Ruse from drugs" united youth organizations in Russe

In the Municipal Youth Center - Ruse, a meeting of youth organizations was held. The event united the young people in one common goal - to discuss the possibilities

for adolescents and adults to be protected from "modern" psychotropic substances.

The event is part of the series of meetings that the initiative "Together to save the children and Ruse from drugs" started 1 year ago. It is carried out by the journalist Rumen Nikolaev, who gave its beginning, strongly influenced by the story of a father with a 13-year-old daughter, addicted from drugs.

The event was opened by Rumen Nikolaev, who presented details of the activities related to the initiative itself, as well as the regulations of the competition related to it - "Me and my family - successful in the challenges of the new time". The leaders of the meeting were representatives of the Youth Parliament and the Bulgarian Youth Red Cross-Ruse (BMCHK). More than 60 volunteers from the Red Cross organization, the Youth Parliament, the Interact Club, the Scout Club "Prista" and the Catholic organization "Caritas" were present.

At the meeting, a retrospective was made of what had been done so far. Each of the organizations shared how they supported the initiative - about 500 posters were distributed, parent meetings were visited in each school and more than 8,000 flyers were distributed, participation in happenings, round tables, etc. was carried out.

Holding meetings with specialists during the class teacher's class, creating a thematic channel on YouTube and showing different films to students related to the problems of drug addicts were just some of the proposals of the participants of the meeting regarding future initiatives. The idea of creating events related to prevention and provoking interest on the part of parents was also discussed.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From P61...

D2482: INTERACTORS IN RUSSE

The attendees united around the opinion that the best way to deal with the problem among adolescents is to fully fill their free time through their participation in diverse and quality youth, sports and cultural activities.



D2482: ROTARY CLUB SOFIA TRIADITSA

Rotary Club "Sofia Triaditsa" great support for the Regional hospital in Devin
Today, on the day of Saint Anthony the Great, whose abilities are related to his power to heal, the Children's Department of MBAL Devin EAD received another donation.

Rotary Club Sofia Triaditsa, president Dimitar Ivanov and members - Hristo Brushkov and Vladimir Yordanov, donated a venoscope, an inhaler, a children's device for measuring blood pressure and a baby scale for the needs of the Children's Department. The donation was accepted by Mrs. Grozdanova, Dr. Mohammed, head of the Department of Pediatrics and Maria Karamihaleva, head nurse, in the presence of the mayor of Devin municipality - Zdravko Ivanov, Kapka Besheva, chairman of the board of directors of MBAL Devin, Diana Chausheva - municipal councilor and Neli Miteva, chairman of the "Future for Trigrad" association.

One of the main charitable activities of the Rotary Club is supporting municipal children's health-care in small, remote and hard-to-reach areas.

"We are a group of friends united around the common desire to do good. We take our causes to heart and work for their realization with great enthusiasm. The selfless service for the benefit of the children of Bulgaria gives us both a goal and a drive. For us there is no greater joy from the donated happiness!", share the young donors.

ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

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D2482: ROTARY CLUB SOFIA TRIADITSA

"Thank you, dear young boys! You are an example of dedication and humanity in favor of protecting the health of the most valuable - our children! You are our hope for the good future of Bulgaria" addressed the donors, excited Mrs. Grozdanova.

The mayor of the municipality, Zdravko Ivanov, also expressed his gratitude - "Thank you for the help and support! It means a lot to us, because our doctors and nurses also need specialized equipment and equipment to ease their work for the benefit of the -the little patients."

Thanks were also given to Neli Miteva, who is an intermediary between the Rotary Club of Sofia Triaditsa and Diana Chausheva, so that the donation could be made right here at the Devina Hospital.

We wish everyone good health and success!

Good begets good!



ARPIC Tanya Georgieva on...

The Journey in Doing Service Above Self

The event itself is a watching a Christmas movie, followed by friendly talk, discussions and meetings, music and a nice atmosphere.

We use to promote it on our Instagram profile and in the schools of the city of Burgas.

We attract many of our classmates and animal friends. Visit our Instagram profile at <https://www.instagram.com/interactclubburgas/>



D2482: INTERACT CLUB BOURGAS

Christmas Charity Cinema

This is a traditional event organised by Interact Club Burgas. It happens every year in December with a different charity cause. Traditionally, the cause is associated with abandoned animals. This year we provided the Municipal Shelter for Stray Animals in Burgas with 6 houses.



**CREATE HOPE
in the WORLD**

ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: INTERACT CLUB BOURGAS

We are proud to present an event that was a great success among the young people of Burgas, our home city. It provided an opportunity Burgas school rock and metal bands to reveal their talent.

The rock concert took place on 27.01.2024. at Bar Escobar. We are organizing it for the first time.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self



From P65...

D2482: INTERACT CLUB BOURGAS

7 rock/metal teenage bands performed on the stage for almost 3 hours. We provided them with a field to perform and cash prizes for the first three places.

The winners:

Hellbound received a prize of BGN 500 in first place,

Abyss in second with a prize of 300 BGN

Detention trio in third place with a prize of 200 BGN.

126 tickets were sold, which brought event more desire for such events.

The end result was incredible: satisfied musicians, an impressed audience and an unforgettable party.

We are planning a new release in the spring.

Join us!

We are on the Black sea coast!

<https://www.instagram.com/interactclubburgas/>

ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: ROTARY CLUB SOFIA BALKAN

On February 13, 2024 in a sports hall in Novi Belgrade, there will be a wheelchair basketball match between the teams of BKHU Sofia-Balkan and Red Star - teams from Districts 2482 and 2483 - under the auspices of the President of Rotary International for the year 2023-2024, Gordon McNally, who after the match will reward

the participants, and he, in turn, will receive t-shirts of the two teams with signatures of the competitors. The event will be announced and promoted at the gala dinner on February 12, 2024.

The Basketball Club for Wheelchair Users helps integrate and reintegrate disadvantaged people, making them full members of society, improving not only their physical fitness, but also helping improve their mental health and resilience.

The creation of the club is a project of Rotary Club Sofia-Balkan and Rotaract Club Sofia-Balkan, which borrowed the idea from their friends from the Rotaract club Belgrade - Metropolitan. In 2007, the Rotary Club and the Rotaract Club founded the non-profit association - Basketball Club for Wheelchair Users "Sofia-Balkan". Partners are the Bulgarian Basketball Federation and the National Sports Academy, which is how the sport of Wheelchair Basketball appeared in Bulgaria! In 2009 Rotary and Rotaract clubs managed to organize a training seminar with coaches from the European Wheelchair Basketball Federation (IWBF Europe). This marks the beginning of the future development and success of the basketball club and wheelchair basketball in Bulgaria.

The basketball team has regular practice every Tuesday and Thursday at 8:00 PM in the adapted hall for people in wheelchairs at the Vasil Levski National Stadium.

Trainers of the team over the years are Assoc. Prof. Krastyu Tsarov, Martin Vutov, Vladimir Iskrov and Nikolay Ivanov, who is also the coach of the team at the moment.

Various corporate sponsors have also helped develop the team over the years. Some of them are DHL, Bulgarian Sports Totalizator, Telerik, Bulgartabac, Raiffeisen Bank, KFC, Domestina.bg, Teledoc, Axway, etc.

Since the team's inception, Rotary Club Sofia-Balkan and Rotaract Club Sofia-Balkan have been helping by fundraising through club projects, club member donations, raffles, auctions at club events and organizing special events for the cause.

In 2011 the teams of BKHU "Sofia-Balkan" and Varna organized a demonstration basketball meeting for people in wheelchairs. The match was on the occasion of the upcoming Paralympic Games in London, Great Britain in 2012. The event was initiated by the International Paralympic Committee.

In the same year BKHU "Sofia-Balkan" also participated in the First Balkan Tournament for people in wheelchairs in Romania.

ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From P67...

D2482: ROTARY CLUB SOFIA BALKAN

In 2015 for the first time, a basketball tournament for people in wheelchairs was organized for the Cup of the Sofia Municipality. Organizers were Sofia Municipality, Rotary Club Sofia-Balkan, BKHU Sofia-Balkan, Bulgarian Basketball Federation and the National Sports Academy.

The following year, the first State Wheelchair Basketball Championship was established. After the creation of the Bulgarian national wheelchair basketball team, players from the club are an integral part of it. From September 2021, the team also organizes the Sofia-Balkan International Wheelchair Basketball Tournament. Despite the high class and long-term experience of the rivals, BKHU "Sofia-Balkan" constantly improves its performance and after finishing 4th in 2021, 3rd in 2022, won the silver medals last year 2023.

For their joint initiative - Basketball Club for Wheelchair Users "Sofia-Balkan", Rotaract Club Sofia-Balkan and Rotaract Club Belgrade-Metropolitan won first prize in the international competition 'Twin Clubs' Award for 2010, which is organized every year by the European Rotaract Information Center (ERIC).



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: REM SOFIA

Henrique Sousa,
Country Representative for Rotaract Portugal

I believe REM Sofia was one of the greatest Rotaract events of the last 4 years. Full of surprises, interesting workshops, cultural demonstrations, a top social project and, of course, plenty of amazing moments shared with other fellow rotaractors. At least I know I'll remember it!



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

D2482: ROTARY CLUB STARA ZAGORA

United Against Drugs Initiative

This year, Rotary Club of Stara Zagora has focused on an extremely hard problem of modern society - the growing number of children addicted to drugs. In cooperation with Stara Zagora-Beroe Rotary Club, the

members of the club have decided to join forces and created the "United Against Drugs" project.

The target is students from classes VI to X and their parents. Large campaign to inform the community about the harmful effect on the human body, psyche and life has started.

Rotarains have planned this project because they are concerned about the lives of young people and the growth of drug use and distribution among adolescents and youth.

The project covers various activities. From the beginning of January 2024, according to the schedule in the primary and secondary schools in the territory of the city of Stara Zagora, the students from the VI to the X grades were given lectures with a presentation on the topic "Designer drugs" by Dr. Ivan Dobrinov, head of the Addictions Department in The psychiatric hospital in Radnevo. The multimedia lecture is presented in an interesting and accessible way for the children.



ARPIC

Tanya Georgieva on...

The Journey in Doing Service Above Self

From P70...

D2482: ROTARY CLUB STARA ZAGORA

The principals, psychologists, teachers and pedagogical advisors we contacted expressed the opinion that the lecture was very useful and timely. This gives us hope that we have chosen the right direction in our desire to do something really useful for our children, explains the president of the Stara Zagora Rotary Club Petar Petrov.



According to statistical data, the age for the first intake of drugs is around 12-13 years old, that is why we focused our attention on students from the 6th grade of the schools in Stara Zagora. We have been looking for ways and means to present the problem of drug addiction in a way that is accessible and understandable to children. The main indicator of our success will be the ability to reach a larger number of young people, paying attention to prevention. We believe that this is a cause that affects us all, and by working together we can achieve a lot for our future - "THE CHILDREN". To make them understand the consequences of drug use and addiction. To teach them to say "NO!" of drugs and to choose LIFE WITHOUT DRUGS.

ARPIC Tanya Georgieva on...

The Journey in Doing Service Above Self

From P71...

D2482: ROTARY CLUB STARA ZAGORA



What's Poppin'...

Watch Out for the...

SHARING HOPE WITH THE WORLD

SINGAPORE
25-29 MAY 2024

#Rotary24



About the event

2024 Rotary International Convention - Singapore

Join the Rotary family in Sharing Hope With the World as we come together in Singapore for the 2024 Rotary International Convention, 25-29 May.

Visit convention.rotary.org to register and pay before 1 June 2023 and enjoy limited-time savings for Rotary's biggest event of the year.

In Singapore, we'll take ideas built upon hope and turn them into action as we discover new ways to create lasting change in our communities. We'll enjoy opportunities to renew relationships made at previous conventions and create new ones together as we set our course toward a better future.

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