

‘Health care is the best medicine.’ – Japanese proverb

Very soon winter will replace autumn. We will enjoy the happy and festive pre-Christmas and Christmas bright days. We will experience them all together, Christians and our Muslim and Jewish friends. And still not able to get out of the festive rhythm, we will immerse ourselves in the subsequent New Year’s celebrations. A deserved rest after a busy and unpredictable year.

I am convinced that all this can happen only if we are healthy—physically, spiritually and morally. At the end of the old year, on the eve of the new year, it is time to ask ourselves the question: What is happening with the prevention and treatment of diseases, our personal, of our clubs, of the communities in which we are and around us?

Let’s take care of our own health first and make efforts in advance to protect us from disease (especially relevant today).

Then let’s turn honestly to the problems with the question: What is the state of health of our Rotary club? The answer can be easily found if we conduct a serious and frank Club Preventive Examination. Only then will we be ready to responsibly hand over the helm to our club and to elect a President for the 2023/24 Rotary year at the upcoming forum by mid-December. I think these are important issues that should not be underestimated or neglected.

Once we take care of ourselves and our favorite club, we will no doubt realize that the December Rotary theme, Disease Prevention and Treatment, is just right.

We, dear friends, are responsible and foresighted people and we will continue to strengthen the spirit of the right attitude to health, educatedness and understanding of the communities in which we live. By continuing to implement time-tested projects for the early diagnosis of many diseases, we are helping society find its way to prosperity and well-being.

We need to share the experience of the successful projects of our friends and integrate them through club projects in our communities. This will be our significant contribution to the health of our nation.

I managed to visit all the clubs in District 2482 Bulgaria (except only two) and I believe in the potential of our clubs, because we clearly recognize the problems we have and approach them properly to overcome them. In the few places where problems are deep and incurable, I trust that reason, not feelings, will be the key to solving them. And let’s not forget that the lack of prevention leads us to a dead end.

In our Rotary calendar, December 15 is figuratively the deadline for the proper planting of spring crops. By that date, we must have elected our President for 2023/24, and we can reserve our place to participate in the Rotary Convention from June 4 to 8, 2022 in Houston at a discounted price.

Now is the time to invite you to join as participants in the unforgettable (for those who experienced it) event—the Rotary General Meeting of all Rotarians from around the world.

Let us, dressed in shirts with folk embroidery and with a Bulgarian flag in our hands, powerfully greet the native tricolor banner at the flagship parade of Rotary nations next year in Houston.

And let faith and inspiration not leave you, because we “Serve to change lives.”

*Borislav Kadrekov
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District 2482 Bulgaria*