



Outstanding Single Project Entries

2022 JCI USA National President: Margo Dirkson

Please complete this form no later than 11:59PM HST on Friday, January 13, 2023. Submit the form via the JCI USA Submissions Portal.

Any forms submitted after 11:59PM HST on Friday, January 13, 2023 may be deemed ineligible by decision of the JCI USA Awards Committee and/or the National President.

Any questions should be directed to the [JCI USA Awards Program Manager](#).

For which award is this application for?:

- Local Economic Development Program – up to three (3) nominations per state
- Inter-organization Collaboration Project – up to three (3) nominations per state
- Local Personal Skill Development Program – up to three (3) nominations per state
- Local Growth and Development Program – up to three (3) nominations per state
- Local Community Empowerment Program – up to three (3) nominations per state
- Local Corporate Social Responsibility (CSR) Program – up to three (3) nominations per state
- Local UN SDG Project – up to three (3) nominations per state
- Best Local Peace Project – up to three (3) nominations per state
- Youth SPE – up to five (5) nominations per state

Local Organization: JCI Philippine-New York

State organization: New York

Project Chair (First and Last Name): Marjerie Rosales

Email Address: Marjerie.Rosales@philnyjaycees.org

Local Organization President (First and Last Name): Mary Reggie Torrejon

Email Address: reggie.torrejon@philnyjaycees.org

Name of Nominator (First and Last Name): Marjerie Rosales

Nominator's Email Address: Marjerie.Rosales@philnyjaycees.org

Please provide as much tangible, measurable information as possible to allow judges to clearly see the impact this chapter has had on the organization and why this chapter deserves to be recognized with this award.



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What was the Local Organization Membership as of January 1, 2022: 28

What was the Local Organization Membership as of December 31, 2022: 34

Date(s) of the Project: January 28, 2022

Number of members recruited as a result of this project: 0

By the Numbers

RESULTS – INVOLVEMENT					
BASE NUMBER	CHAPTER JAYCEES	OTHER JAYCEES	NON-JAYCEES	TOTAL MAN HOURS	Total Local Organizations Involved
38	15	5	15	3.5hrs	4 -Pinoy Runners of NY -Pinoy Runners of NJ - Balut Patrol Runners -JCI NY Queens

RESULTS – INVESTMENT – PROJECTED					
	APPROPRIATED CHAPTER FUNDS	VALUE OF DONATED ITEMS	PROJECTED AMOUNT SPONSORED	PROJECTED TO RAISE AT PROJECT	TOTAL PROJECTED INCOME
Income	\$50	\$50	\$0	\$0	\$0

	APPROPRIATED FUNDS RETURNED	VALUE OF DONATED ITEMS USED	AMOUNT PROJECTED TO RUN PROJECT	FUNDS PROJECTED TO DONATE AWAY	TOTAL PROJECTED EXPENSE	PROJECTED PROFIT/LOS S FOR CHAPTER
Expense	\$50	\$0	\$0	\$0	\$0	\$50

RESULTS – INVESTMENT – ACTUAL

	APPROPRIATE D CHAPTER FUNDS	VALUE OF DONATED ITEMS	AMOUNT SPONSORED	RAISED AT PROJECT	TOTAL INCOME
Income	\$50	\$0	\$50	\$0	\$50

	APPROPRIATE D FUNDS RETURNED	VALUE OF DONATED ITEMS USED	AMOUNT SPENT TO RUN PROJECT	FUNDS DONATED AWAY	TOTAL EXPENSE	PROFIT/LOS S FOR CHAPTER
Expense	\$50	\$0	\$0	\$0	\$0	\$50

Sponsors/Partners for this project: Celsius



- Celsius Live Fit, Pinoy Runners of NJ, Pinoy Runners of NY, Balut Patrol Runners, JCI NY Queens, JCI Philippines

Describe how well the project stayed on budget:

The project stayed on the budget and returned the \$50 budget to the chapter. The sponsor provided game prizes for the winners, and Coach Francisco Balagtas offered FREE presentation and consultation for his expertise.

Who benefited from the project:

The community, JCI Phil-NY Members, JCI NY Queens, non-profit groups like Pinoy Runners of NJ, Pinoy Runners of NY, Balut Patrol Runners, family, friends, and JCI Phil-NY Chapter benefited from this program. This series project will continue throughout the year to help and provide guidance and reminder to stay active and healthy.

What was the primary purpose of the project:

After the challenging time, everyone isolated themselves and forgot about their health and social well-being. The project's purpose was to collaborate with the community to spread awareness and encourage each other to take charge of their health at the beginning of the year.

In the first program series, the goal was to share the positive outcome and benefits of having an accountability partner(s) or coach in their fitness goals and to provide everyone encouragement, motivation, and inspiration.

Please give a brief overview of the project:

During the year-end of 2021, I invited three speakers, two motivational, and one coach. The event was live on 1/28/22 at 8:00 PM via Zoom & Facebook. It was well-attended, with 38 attendees. This includes members from JCI Phil-NY, JCI NY Queens, Pinoy Runners of NY and Pinoy Runners of NJ, Balut Patrol Runners, JCI Jersey City, JCI Phil-NY Alumni, Friends of Jaycees(FOJ), family & friends in the Philippines, NJ, and Chicago.

One of the two motivational speakers was JCI US Ambassador Bel Molina, a marathoner; she started running six(6) years ago when she got picked to run the NYC Marathon. She loves how running has strengthened her physically and mentally. Bel works full-time as a product strategist. She is a mom to two beautiful girls. Through running, she hopes to teach her daughters to power through, to be strong, and to know that anything is possible. She provided helpful tips as an active working mom and presented inspiring techniques to manage work-life balance with the help of an accountability coach.

The following motivational speaker was a JCI Phil-NY alumni, Ted Martinez, and now a triathlete. He started to run and participate in different races around ten(10) years ago because it was trendy, and all of his friends were beginning to work out. But only to realize that you must take it seriously to transform your life. He started to take every workout seriously in the year 2021 during the pandemic. He loves how running/swimming/biking/climbing/lifting has strengthened him physically and mentally. Ted has his own Event/Wedding Planning Company. He has achieved 10+ marathons, 4+ triathlons, and numerous running races.

At the Zoom meeting, he shared his struggles, his exciting long fitness journey, and how he reached his body goal. He shared before and after photos, and everyone was amazed at the results. He prioritized his health during the pandemic to get fit and take care of his mind and body, and he accomplished this within six months with the help of his friend and Coach, Erik. Please see the before and after photos below.

Last was the Guest Coach Francisco Balagtas, an NYC-based runner, MOTIVNY Running Coach, and featured on Runner's World Magazine Cover. He ran his fastest PR (2:48:34) in the Bank of America Chicago Marathon in 2018. He talked about the importance of having a coach and how effective to have one. He provided knowledgeable information before and after running or walking and proper clothes in different weather, especially in NYC.

After the speakers, we had a Q&A session that led to a time extension. Once the Q&A concluded, we had six(6) trivia game questions for the attendees' participation. The event sponsor, Celsius, provided the winning prize of the t-shirts. JCI NY Gov. Mia Taylor(2), Sen. Jocelyn Bernal(3), and Friends of Jaycees, Nick Lansangin(1), were the lucky and fastest winners who answered all the questions.

What were the project goals and the results of those goals:

Goals	Results
To find at least 2 speakers, motivational and coach	Three speakers: 1 full-time working mom/marathoner, 1 event planner turned triathlete, and 1 professional fitness coach
To partner and collaborate with other business(es) and organization(s)	Celsius, Pinoy Runners of NY, Pinoy Runners of NJ, Balut Patrol Runners.
To have at least 20 Attendees.	35-38 Attendees

Does this project support one of the UN SDG categories? (select best fit)

No Poverty Affordable and Clean Energy Climate Action Clean Water and Sanitation

Decent Work and Economic Growth Life Below Water Good Health and Well-Being

Life On Land Quality Education Industry, Innovation and Infrastructure

Reduced Inequalities Gender Equality Zero Hunger Peace, Justice, and Strong Institutions

Sustainable Cities and Communities Partnerships for the Goals

Responsible Consumption and Production

What steps were taken to complete the project?:

Date	Action/Steps
12/25/2021	Identify and reach out to prospective speakers
1/3/22	Meeting with speakers
1/4/22	Created FB Event and Zoom Event. Marketed the Event
1/24/22	Finalized program with Speakers
1/14/22 -1/27/22	Facebook / Instagram Marketing
1/28/22	Webinar: Healthy Habits Together: Hone Your Health and Wellness Series #1

What were the objectives of the project?:

After the challenging time, everyone isolated themselves and forgot about their health and social well-being.

In the first program series, the goal was to share the positive outcome and benefits of having an accountability partner(s) or coach in their fitness goals and to provide everyone encouragement, motivation, and inspiration.

What was the promotional strategy/marketing plan for this project? What was successful and what needs improvement?:

The project used social media like Canva for posters and ads, posted to the chapter's website, FB messenger group, Instagram, and Facebook page. I contacted non-profit organizations such as Pinoy Runners of NY, Pinoy Runners of NJ, and Balut Patrol Runners and sent emails to family and friends.

For improvement, publish it in local newspapers.

What was the impact on the community from this project?:

Helping the community stay healthy and motivating each other will raise a positive, happy environment and better serve the community.

What was the impact to the individuals involved with this project?:

Every individual had a chance to learn the benefits of having a coach and accountability partners.

A personalized training plan, coach's expertise, and motivation will lead them to effectively, physically, and mentally reach their goal(s). The goal was to empower and inspire attendees and they committed until our last program of Hone your Health and Wellness.

Everyone can be an accountable fitness partner to their family and friends. Everyone who attended the events also joined or participated in the following series, Mental Health Matters, Exercise for the Young Once, HTFI 5k Run/Walk, and Art for the Mind and Body, and invited family and friends.

How did Partners/Sponsors participate in the project?:

The sponsor provided the six(6) prizes for the games. Community partners participated in the Questions & Answers session.

What is the expected long-term impact of the project?:

Everyone who attended the event had the long-term effect provided by our motivational speakers and coach that can use in their daily lifestyle. Seeing all the before and after photos. The tips and techniques provided by the coach and motivational speakers. Please see the pictures below.

The session or project was saved on the chapter's FB page, and it can view and access for a lifetime to motivate and inspire every individual in the community around the world.

How does this project align to the JCI Plan of Action?:

The project aligned with the JCI Plan of Action by reminding active citizens to take charge of their health, promoting and bettering themselves physically and mentally so they can serve their community and United Nations Sustainable Development Goals No#3, Good Health and Well-Being.

How does this project align to the JCI USA Plan of Action?:

The project executed the JCI USA plan by providing knowledgeable webinars and inspiring by sharing real-life experiences that promote health awareness after the pandemic, and United Nations Sustainable Development Goals No#3, Good Health and Well-Being.

How does this project advance the JCI mission and vision?:

The project exemplifies the JCI Mission's by empowering young people and community to create positive change because they take the lead in taking care of their health and aligns with United Nations Sustainable Development Goals No#3, Good Health and Well-Being.

How does this project advance the JCI USA mission and vision?:

The project advance JCI Mission's empowers young people to create positive change because they take the lead in taking care of their health and aligns with United Nations Sustainable Development Goals No#3, Good Health and Well-Being.

What suggestions could help improve this project?:

To improve the result of the project, we can assign accountability partners to those who need one or provide an accountability partner or coach list.

SPE Category-Specific Question

ONLY ANSWER THE QUESTION THAT RELATES TO YOUR CATEGORY and the UN Sustainable Development Goals Questions, if selected goal(s) above. Please limit to 300 words.

Local Community Empowerment Program – How did this project address a community need through innovation and collaboration? In what ways does this project have a sustainable, long-term impact?

Due to the isolation caused by the global pandemic, the project provided awareness to the community on how effectively to have accountability partners, either friends, family and/or coaches, to stay fit mentally, socially, and physically.

With the help of technology, we utilized the Zoom app. We gathered the speakers and community to collaborate and share expertise to keep track and be informed on managing daily life and the pandemic by running or via virtual meetings/ fitness classes.

The project or event is saved and accessible on the chapter's FB page anytime and anywhere to inspire the community to stay active together to achieve long-term impact.

Local Economic Development Program – How effective do you feel your use of manpower was, and how might you increase the amount earned per man hour in the future? What other factors were critical to the financial success of your project that are not represented by this number, such as sponsorships and donations?

[Click here to enter text.](#)

Local Growth and Development Program – How did this project make an impact on recruitment in the local organization?

[Click here to enter text.](#)



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Local Personal Skill Development Program – In what specific ways did this project develop, motivate, and connect your local members?

[Click here to enter text.](#)

Inter-Organization Collaboration Project – How did this project develop and foster collaboration and cooperation between your chapter and the organization(s) you worked with? In what ways did the collaboration provide more impact than if you were to have run the project without them?

[Click here to enter text.](#)

Local Corporate Social Responsibility (CSR) Program – How did this project further the UN Global Compact's Mission to promote and spread the values of CSR?

[Click here to enter text.](#)

Local UN Sustainable Development Goals Project – What progress did your project make toward eliminating the underlying issue in your community and what next steps would you recommend be taken to eradicate the underlying issue?

[Click here to enter text.](#)

Best Local Peace Project – How did this project develop and foster peace? What, if any, changes have come from this project to support Peace?

[Click here to enter text.](#)

Youth SPE – Describe the impact this project had on developing skills for the Youth Members involved.

[Click here to enter text.](#)

*** Please submit up to 6 images in a separate PDF that *enhance* your resume submission; note that these images may be used during award presentations and will not impact your scoring. The photo file name should mirror your resume file name. ***



JCI Philippine-New York **LEAD FORWARD TOGETHER**

HEALTHY HABITS TOGETHER

Hone Your Health & Wellness Series #1

January 28, 2022 - Friday
8pm to 9pm

Zoom ID: 959 2087 9031
Passcode: ID2022

Game prizes sponsored by: **CELSIUS**

Guest Speaker | Francisco Balagtas
- NYC-based runner
- MOTIVNY Running Coach
- Featured on Runner's World Magazine Cover

Motivational Speakers

Bel Molina
Marathoner

Ted Martinez
Triathlete



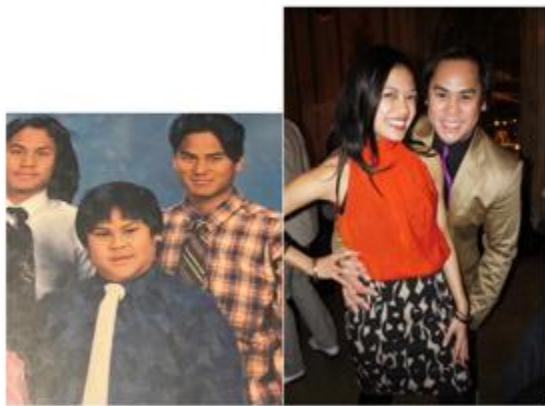
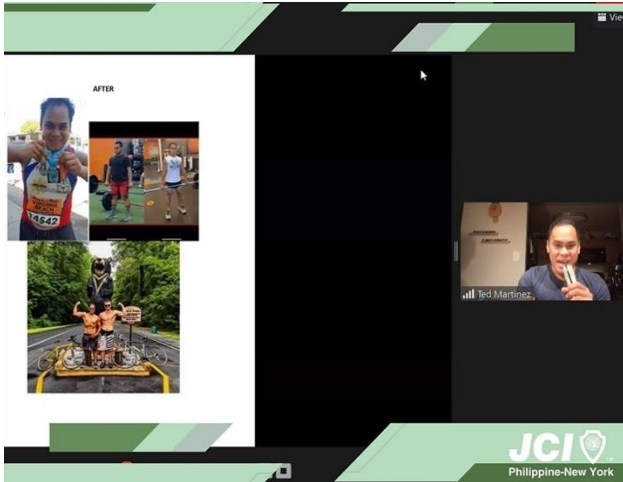
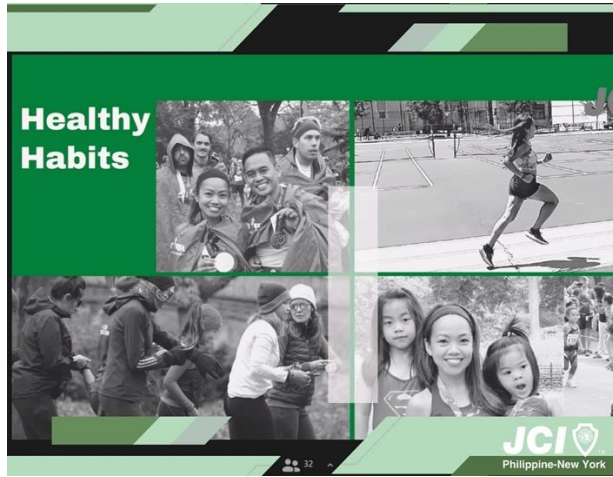
2018 NYC Marathon Campaign

JCI Philippine-New York

JCI Philippine-New York

Remove Spotlights
Francisco Balagtas

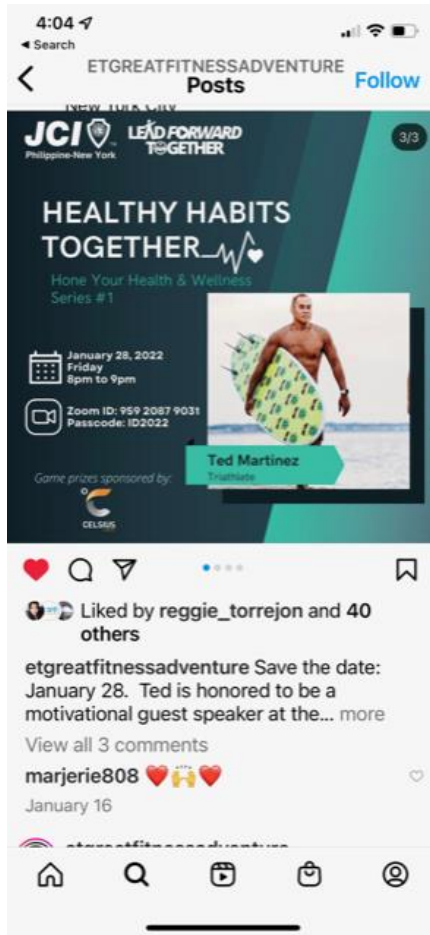
JCI Philippine-New York

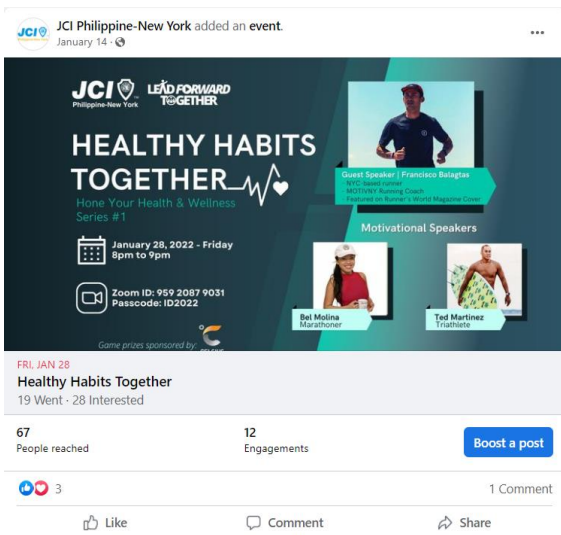
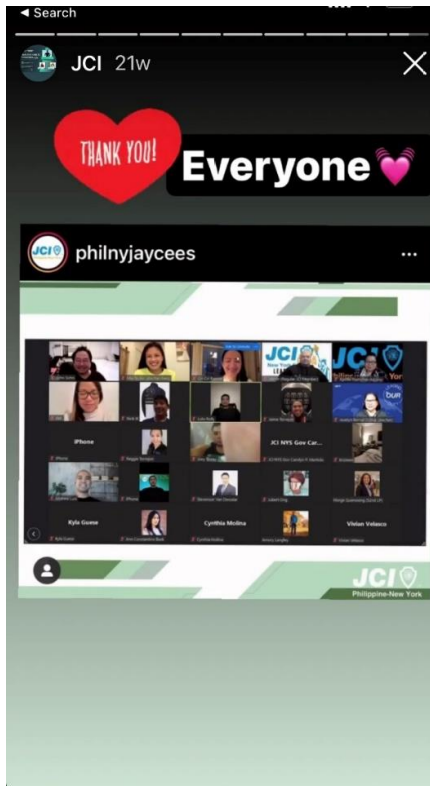


BEFORE



BEFORE





**A
COACH
IS...**

"someone who always
makes you do
what you don't want to do,
so **you can be**
who you've always wanted to be."

— Leeman Bennett

