



Celebrity Greetings



SEPTEMBER 1

DIR. MJ TIONGSON
PP RONNEL RIVERA



SEPTEMBER 3

PP JUN BALOLOT



AUGUST 30, 2023

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Programme

Opening Ceremony

Call to Order

Reading of Tonight's Prayer
National Anthem
Rotary Hymn
Object of the Rotary/ 4-Way Test
Intro. of Visiting Rotarians & Guests

PRES ALVIN DEMONTAÑO

PP JUN BALOLOT
PP JERRY BELBIDER
RTN. MICHAEL BUHISAN
VP EDWARD CARILLO
RTN. REY CORTES

Fellowship

Community Singing
Celebrity Greetings

RTN. MICHAEL CUE
RTN. ERWIN CURVA

Club Matters

Treasurer's Time
Secretary's Time
President's Time & Adjournment

TREAS. JOHN ARCAMO
SEC. JASON FRANCISCO
PRES ALVIN DEMONTAÑO

PP JUN DEMONTAÑO

Moderator



Fully Paid Members

FULLY PAID MEMBERS

RY2023-2024

RTN. JAMES ABLOG

PP JERRY BELBIDER

RTN. MICHAEL BUHISAN

VP EDWARD CARILLO

RTN. REY CORTES

DIR. ALEXANDER JAY CRUZ

RTN. MICHAEL CUE

RTN. EDGAR FORONDA

SEC JASON FRANCISCO

PP REY FRANCISCO

PAG RAMON GONZALES

RTN. EDEN IBANEZ

RTN. LEO LABRADOR

RTN. DOODZ LAPIZ

PP ANDRES LORENZO

PAG FRANCISCO LORENZO

RTN. ANDREW GWENN OLARTE

RTN. CHARLES PASCUA

PO NOEL PIDO

RTN. FLORANTE ROFRIGUEZ

DIR. TEODORO SALES

RTN IAN SELVIDO

RTN. RALPH SOGUILON

PE SAMUEL SIA

RTN. MOSES DEAN SUNICO

RTN. WINSTON TAN

RTN. MJ TIONGSON

IPP MARK JEROME TIONGSON

RTN. RICHIE TIOSEJO

RTN. SIMON TRAZO

PP BEN TUPAS III

DIR. RAUL ANTONIO VALENCIA

PP RENE ESPIRITU

PRES. ALVIN RAY DEMONTANO

RTN. ERWIN CURVA

RTN. LANDO PANARES

PAG MARIO DIDELES

RTN. VINCENT TAN





Bike to End Polio Ride 2023

Rotary District 3860 | CREATE HOPE in the WORLD | END POLIO NOW

CYCLING JERSEY
Get this for only 1,000.00 Registration Fee
**Proceeds will be donated to End Polio Fund.*

2023 DE TO END POLIO
LEG 1: GENSAN SEP 10 2023

Rotary District 3860 | CREATE HOPE in the WORLD | END POLIO NOW

TSHIRT JERSEY
Get this for only 500.00 Registration Fee
**Proceeds will be donated to End Polio Fund.*

2023 DE TO END POLIO
LEG 1: GENSAN SEP 10 2023



Tonight's Prayer

LIFE

is the greatest event we will ever be invited to.

Today Lord, you are giving us another chance.

Guide us to act justly in all our dealings.

Help us to show kindness, knowing such actions Help to overcome people's fears and instill in us the importance of walking humbly through the day before us.

Amen





R.I President's Message



R. GORDON R. MCINALLY
President
Rotary International
RY 2023-2024

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its



Upcoming Activity



ROTARY DAY OF SERVICE

RIDE TO END POLIO



Bike for a Cause **MINDANAO**

Registration
Race bib: Php. 300.00
End Polio Shirt: Php. 500.00
End Polio Jersey: Php. 1,000.00

Mode of Payment
GCASH: 09166080663
Donaeth Lariosa

Date & Starting Point
September 10, 2023 | 4:00 AM
@ Salazar Estate, Nat'l Highway, Brgy. Lagao, G.S.C.

Categories
20k, 40k, and 80k

PROCEEDS WILL BE DONATED TO END POLIO FUND

PARTICIPATING CLUBS:

AREA 3F

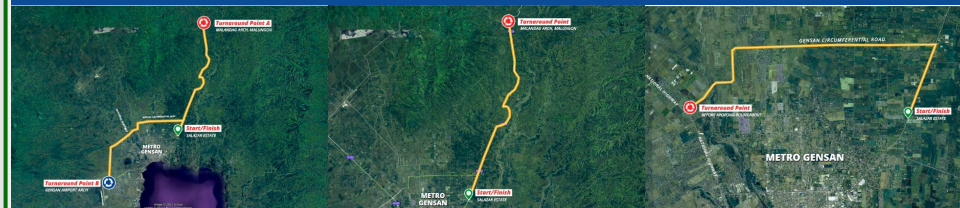
ROTARY CLUB OF GENERAL SANTOS CITY
ROTARY CLUB OF MIDTOWN GENSAN
ROTARY CLUB OF GENSAN TUNA PORT
ROTARY CLUB OF POLOMOLOK 101

AREA 3G

ROTARY CLUB OF GREATER GENERAL SANTOS
ROTARY CLUB OF METRO DADIANGAS
ROTARY CLUB OF DADIANGAS

AREA 3H

ROTARY CLUB OF CENTRAL POLOMOLOK
ROTARY CLUB OF KORONADAL
ROTARY CLUB OF KORONADAL CENTRAL
ROTARY CLUB OF MARBEL (KORONADAL)
ROTARY CLUB OF METRO KORONADAL



80KM ROUTE MAP

40KM ROUTE MAP

20KM ROUTE MAP

SEPTEMBER 10, 2023





ROTARACTivity

Kita-Kita | August 28, 2023 @ Veranza Mall, General Santos City
As part of the Membership Month (August), the General Santos City Council of Rotaract Clubs conducted its Basic Orientation Seminar dubbed as Kita-Kita.



R.I President's Message

January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.





Secretary's Report



JASON CARLO FRANCISCO

Secretary
Rotary Club of Metro Dadiangas
RY 2023-2024

Date of Meeting	Total Membership	# of Members Used in Calculating the Attendance	# of Members Present	# of Members Made-Up	%
AUG. 23 2023	63	63	53	5	92%
AVERAGE ATTENDANCE					92%



Metro Activities





Metro Activities

Steps to HOPE | August 29, 2023 @ Daan Suyan, Malapatan, Sarangani Province



Treasurer's Report



JOHN ARCAMO

Treasurer

Rotary Club of Metro Dadiangas

RY 2023-2024

AUGUST 30, 2023

Club's Fund as of AUGUST 22, 2023	₱351,380.64
Add: Club's Collection (AUGUST 23, 2023)	24,000.00
TOTAL Club's Fund by AUGUST 24, 2023 ———	₱375,380.64
LESS EXPENSES	
Meals (August 23)	16,852.00
Reimbursement for Hotel Accomodation og DGE Andrade	9,980.00
Reimbursement for Bags (August 21 project)	19,500.00
TOTAL EXPENSES	₱46,332.00
TOTAL BANK BALANCE AS OF AUGUST 29, 2023	₱329,048.64





President's Message



ALVIN RAY DEMONTAÑO

President
Rotary Club of Metro Dadiangas
RY 2023-2024

Good evening fellow Rotarians, Rotaractors, Ladies & Guests. Thank you for attending our 9th regular club meeting and our 1st Ladies Night for Rotary Year 2023-2024.

Last Aug. 29, 2023, together with DPWH - Sarangani, Dadiangas Maharlika Eagles Club, Inc., PICE - Gensan Chapter, Alpha Company of the 73rd Infantry Battalion of the Philippine Army, and several other Stakeholders went to Daan Suyan Integrated School at Malapatan, Sarangani Province.

We were welcomed by the whole school With a population of 915 students from Kinder to Grade 12, together with their principal Rennie T. Quiachon. We gave the students 1,000 pairs of slippers and conducted a hot meal program while the DPWH - Sarangani distributed school bags with school supplies, the Dadiangas Maharlika Eagles distributed also medical kits, while Alpha Company conducted free haircut for those who wish to avail, also the PICE gave binangkal to add to their arrozcaldo.

It was truly an adventure going to the school and seeing the faces of the children as well as their parents light up when they received their school bags and slippers. We were joined also by our lady



President's Message

Announcements who assisted in the distribution of the bags, slippers, and the cups of arrozcaldo for everyone.

Our Ride to End Polio Bike Ride is fast approaching. It will be this coming September 10, 2023 and all the clubs in our area has committed to register 5 slots which in totality be 70 riders. Please register and promote the event by sharing on Facebook, as well as other media platforms to encourage the members of our community to join in this event to promote the importance of vaccinations and raise awareness on how do we completely eradicate the Polio Virus worldwide.

That is all for tonight's weekly meeting. Thank you everyone for coming and may you have an enjoyable night.

