

RD Group of Companies

 RD Corporation, 1st Road, Calumpang, General Santos City
(083) 552-3590 • (083) 554-7879 • Fax: No. (083) 552-4595



Midtown
General Santos

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CP/PAG ZENN ZUZON
RY 1992-94



PAG CLEM ASENCIO
RY 1994-95



PAG NARDS TEVES
RY 1995-96



PAG BOY RIVERA
RY 1996-97



ROMY SALAZAR
RY 1997-98



ED DUMARAN
RY 1998-99



JOE LUCAS
RY 1999-2000



RAYMUND SALAZAR
RY 2000-01



MAR YAP
RY 2001-02



MANNY YAPHOCKUN
RY 2002-03



BOY OTANES
RY 2003-04



TITO VALDEZ
RY 2004-05



HENRY ASENSE
RY 2005-06



RONNIE SECHONG
RY 2006-07



CARLING GANADOS
RY 2007-08



NOEL T. NINTE
RY 2008-09



RENATO B. BELGA
RY 2009-10



JESS CAMPOS
RY 2010-11



MARC SALAZAR
RY 2011-12



JOSE VALENZUELA
RY 2012-13



SONNY BALINGBING
RY 2013-14



PAG ERICO UY
RY 2014-15



JUGGER LLIDO
RY 2015-16



ORMAN MANANSALA
RY 2016-17



PEDRO ACHARON, JR.
RY 2017-18



VENANCIO GAMALO, JR.
RY 2018-19



We would like to thank our

BENEFACTORS

D.I.A.L.
DAGA IPIS ANAY LAMOK

552-9157

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<https://www.facebook.com/mapeconphilippines>

BOGART THE EXPLORER
from Davao City

KIM ATIENZA
TV Personality

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The Nation's Largest and Leader in Pest Control



We would like to thank our

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15TH FELLOWSHIP MEETING

NOVEMBER 28, 2019

Programme

Host / Moderator	Rtn. Richard Bacquiano
I. Call To Order	Prexy Joshua Salazar
Rotary Grace & Philippine National Anthem	PP Ed Dumaran
Rotary Hymn	IPP Jun Gamalo
Declaration of Rotary Code of Conduct	Rtn. Joseph Manlutac
Introduction of Rotarian Spouses & Visiting Guest	PP Jugger Llido
Sunshine Greetings	PP Noel Ninte
II. Treasurer's Report	Treas. Mar Yap
III. President's Time	Prexy Joshua Salazar
IV. Other Matters	Prexy Joshua Salazar
V. Adjournment	Prexy Joshua Salazar

Reminder:

ROTARY GRACE

Almighty Father, we praise and thank You for the gift of life and for the wonderful blessings you have given to us.

We thank You for giving us inspiration and guidance in every endeavor we take.

May You continue to bless each one of us as we dedicatedly serve You and our brothers and sisters in our community.

All these things we pray and give You praise in Your mighty name. Amen.



Editorial Board

PAOLO S. ACHARON
Editor - in - Chief

CONTRIBUTOR Prexy Jan Joshua Salazar
CP/CPAG Zenn Zuzon
Secretary Paolo Acharon
Treasurer Mar Yap
PP Joe Lucas
PP Noel Ninte

ROTARY CODE OF CONDUCT

AS A ROTARIAN I WILL :

- ◆ Exemplify the core value of integrity in all behaviors and activities
- ◆ Use my vocational experience and talents to serve in Rotary
- ◆ Conduct all of my personal, business and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
- ◆ Be fair in all our dealings with others and treat them with the respect due to them as fellow human beings
- ◆ Promote recognition and respect for all occupations which are useful to society
- ◆ Offer my vocational talents to provide opportunities for young people to work for the relief of the special needs of others and to improve the quality of life in my community
- ◆ Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
- ◆ Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

We would like to thank our

BENEFACTORS



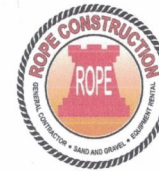
PJA TRUCKING & ALLIED SERVICES

TRUCKING & RENTAL * AGGREGATE HAULING * EARTHMOVING

Sampaloc Street, Barangay Dadiangas West, General Santos City

Tel. No.: (083) 553-0310 Cel. No.: 0922-8594-236

E-mail : ROPE.PJA@gmail.com



ROPE CONSTRUCTION

GENERAL CONTRACTOR * SAND AND GRAVEL * EQUIPMENT RENTAL

Sampaloc Street, Barangay Dadiangas West, General Santos City

Tel. No.: (083) 553-0310 Cel. No.: 0922-8594-236

E-mail : ROPE.PJA@gmail.com

ACHARON DENTAL CLINIC

- **G/F Arenas Bldg., Pioneer Avenue**
- **Santanna Bldg., Santiago Blvd.**

ROSPEA

ROTARY TRIVIA



In 2013, The Rotary Foundation earned a grade of *A+* from the American Institute of Philanthropy, a top rating of four stars from Charity Navigator, and full accreditation from the Wise Giving Alliance of the Better Business Bureau, based on the previous year's results. In fiscal year 2012-13, only 2 percent of Foundation expenditures went to administrative expenses and 9 percent to fundraising. The Foundation directed 89 percent of its spending to programs, far exceeding the benchmarks that independent charity-rating services view as a measure of high efficiency.

ATTENDANCE & MAKE-UP CARD

Rotarian	Rotary Club of
Classification	Position

Please give this Rotarian Attendance credit for attending the Regular Fellowship meeting last _____.

Club Secretary Paolo Acharon



THE OBJECT OF THE ROTARY

The **Object of Rotary** is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

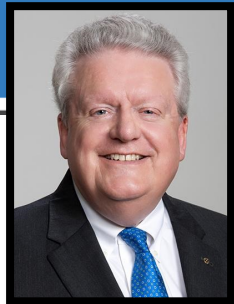
FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.





ROTARY INTERNATIONAL PRESIDENTIAL MESSAGE

Rotary Day at the United Nations, which we celebrate each November, is an important reminder of the historic relationship between our organizations. But this year's event is even more important than usual, because we are building up to the 75th anniversary of the signing of the UN Charter in June 2020.

You might ask, why celebrate this anniversary? For Rotary, it is entirely appropriate, because we played such a critical leadership role in the San Francisco Conference that formed the United Nations in 1945. Throughout World War II, Rotary published materials about the importance of forming such an organization to preserve world peace.

Not only did Rotary help influence the formation of the UN, but this magazine also played a leading part in communicating its ideals. Rotary educated members about plans to create the UN through numerous articles in *The Rotarian* and through a booklet titled *From Here On!* When the time came to write the UN charter, Rotary was one of 42 organizations the United States invited to serve as consultants to its delegation at the San Francisco Conference.

Each organization had seats for three representatives, so Rotary International's 11 representatives served in rotation. The people officially representing Rotary included the general secretary, the current and several past presidents, and the editor of *The Rotarian*. In addition, Rotarians from Africa, Asia, Australia, Europe, and North and South America served as members of or consultants to their own nations' delegations.

We have a deep and lasting relationship with the UN that deserves to be celebrated and appreciated. To recognize this relationship, Rotary will host five special events between now and June: Rotary Day at the UN in New York on the 9th of this month; three presidential conferences next year in Santiago, Chile, in Paris, and in Rome; and a final celebration just before the Rotary International Convention in Honolulu.

The focus on the UN in the year ahead is not only about the past; it also lights a path to our future. There are so many parallels between the work we do through our areas of focus and the work of the UN Sustainable Development Goals. While those goals are indeed incredibly ambitious, they provide inspiration and direction — and are similar to many Rotary goals, which have proven to create lasting, positive change in our world. The goals can be achieved, but only if undertaken with the same long-term commitment and tenacity that Rotary understands so well. Alone, we cannot provide clean water for all, we cannot eliminate hunger, we cannot eradicate polio. But together with partners like the United Nations, of course we can.

Please consider attending one of our five UN celebrations. I look forward to sharing news of these special events with you throughout the year.

Mark Daniel Maloney

MARK DANIEL MALONEY
President, Rotary International
2019-2020

JOE - KINGLY YOURS



PP Joe G. Lucas



ETHICS

TEACHER: Class what is ethics?

JUAN: Sir, ethics are those cousins of ducks! What can you say sir?

TEACHER: Very nice answer! That duck will lay an egg and that egg will be your grade!

Zenncerely yours...



CP/PAG Zenn Zuzon

The dengvaxia scare has been the culprit why polio case has emerged in some places here in Mindanao. Parents were reluctant in going to patak center due to the dengvaxia issue started during the past government administration.

... zZz....

The discovery of polio cases in Mindanao is very disappointing to us Rotarians. With this in mind, our Club President Jushua initiated to partner with our local LGU DOH to help them carry out the Polio Patak Operation this last week of November.

... zZz...

Hugot.... If it is not right, don't do it. If that is not true, don't say it. IF YOU DO NOT KNOW, SHUT UP.

Paningit... I am a second hand vegetarian, cows eat grass. I eat cow!

About our District Governor

DG Philip N. Tan



Our **District Governor's** becoming a Rotarian is one for the books. Upon the invitation of a drinking buddy, he unknowingly accepted with his innocence that drinks and food are free during Rotary meetings. That was in 2000 and the rest they say is history.

Convinced of the ideals and principles of Rotary, he became **CONNECTED** as an active member and eventually became the **45th President** of the **Rotary Club of Cebu West**, seven years after his induction. His stint as President gave honor to his Club with the following recognitions: **Area 1-C Most outstanding Club President** and **Highest TRF Contribution, District's Outstanding Club Secretary** and the most prestigious **Rotary International Presidential Citation**.

Through the years, he has transcended his leadership from the **Club** to the **District** level, serving Rotary in various **major** positions, amongst others as **Assistant Governor, District Trainer, District Secretary, District Finance Chair, Paul Harris Fundraising Chair** and the latest **Chairmanship of District Rotary Foundation Committee (DRFC)**.

He **also put his money where his mouth is** -- He is a **Paul Harris Society** member and a **Major Donor**. He believes that this **financial contribution demonstrates his commitment to serve others**.

Aside from being a **Rotarian**, he is also actively involved in other socio-civic and religious organizations. He is currently the **Vice Chair - Visayas** of Philippine Business for Social Progress (**PBSP**); **Board of Regents** of Cebu Technological University (**CTU**), a certified **Fellow** of the Institute of Corporate Directors (**ICD**), **Past President** of the **Mandaue Chamber (MCCI)** and eleven other prestigious civic, religious and non- governmental organizations, both local and national.

His dedication to serve the country was twice recognized by former **President Gloria Macapagal Arroyo**, for promoting productivity and innovations in his advocacy and contributions that benefited businesses groups, government agencies, LGU's and particularly, the **Department of Labor and Employment**. In 2014, former **President Benigno Aquino III** appointed him as one of the **Management Representative** to the **Regional Tripartite Wages and Productivity Board of DOLE Region 7**. In 2016, **SGV / Ernst and Young** awarded him **INNOVATION ENTREPRENEUR OF THE YEAR** in the Philippines. He was conferred the honorary degree as **Doctor of Philosophy in Technology Management** by **Cebu Technological University**, with concurrence by the Commission on Higher Education (**CHED**) for strengthening Vocational Technology education.

As an **entrepreneur**, he started his micro business from scratch with limited financial resources and no formal education in **Engineering**. Slowly but surely, he brought his company to success without sacrificing the betterment of his employees, which includes **PWD's**. He is the founding **Chairman, President & Chief Executive Officer** of **Wellmade Motors & Development Corporation**, an **ISO-9001:2015** international certification in respect for its quality management system, manufacturing and metalworking technologies, with **subsidiary** companies, **joint ventures** and **franchisees** in the **Philippines** and **South East Asia**.

A servant leader, he is happily married to spouse **Judith**, raising four children and with their first newly born 4th generation **grandson**. His eldest son, **Jeffrey**, is also an awarded **Rotarian** and an active member of the **Rotary Club of Cebu Port Center**.

MIDTOWNERS IN ACTION

MIDTOWNERS IN ACTION

ROTARIAN PROFILE

Midtown General Santos

Rotary
Club



Rotary Year 2019-2020

Club No. 29494 | Area 3F

Date Chartered : May 25, 1993

Schedule of Meeting: Every Thursday, 6:30 p.m

Venue: Hotel San Marco, Laurel East, General Santos City

Website: <https://www.facebook.com/Rotary-Club-of-Midtown->

[General-Santos-428278681351913](https://www.facebook.com/Rotary-Club-of-Midtown-General-Santos-428278681351913)

CLUB OFFICERS

ROTARY CLUB OF MIDTOWN GENERAL SANTOS SET OF OFFICERS RY 2019 - 2020

JAN JOSHUA RAY D. SALAZAR
President

ROMEO PASTOR Vice –President
PAOLO JAY S. ACHARON Secretary
FERNAN ANGELO OCAT Asst. Secretary

MARCELO YAP Treasurer
ROY ANGELO MALALUAN Auditor
JAMES CARPE Protocol Officer

DESIDERIO ALABA Sgt. at Arms
ROBERTO BALLENA JR. President Elect

COMMITTEE CHAIRS

ERIC UY JR. Public Image
ZENELITO ZUZON The Rotary Foundation
MARCELO YAP Midtown Foundation

ROMAN SALAZAR Banner Projects
RAYMUND SALAZAR End Polio Foundation
ROGER RIVERA Special Projects

BOARD OF DIRECTORS

ROMAN SALAZAR
JUGGER LLIDO
CARLITO DACUT JR.
PEDRO B. ACHARON JR.
JOSEPH MANLUTAC
RENATO DOMINGO
RICHARD BACQUIANO

VENANCIO A. GAMALO JR.
Immediate Past President

MIDTOWNERS IN ACTION

MIDTOWNERS IN ACTION

ABOUT US

WHO WE ARE

Chartered in 1993, the Rotary Club of Midtown General Santos is home to more than 30 community-minded individuals dedicated to serving above self and participating in Rotary International's mission to promote understanding, goodwill, and world peace.

OUR MISSION

To change lives in our local and world communities through service and financial support.

OUR VISION

To cultivate a dynamic membership that enhances our club values to serve our local and world communities, providing systemic and enduring change.

OUR CORE VALUES

Rotary Belongingness – When we work together, we are a hundred times stronger. We are of and for each other; and stand for our unified ideals.

Caring Relationship – We love, trust and respect each other and our spouses. We believe that when our relationship is strong, we become unbreakable.

Joyful Service – We do not carry service as a burden because we take passion in doing so. This makes all our endeavors joyful and whole-hearted.

Cheerful Giving – We give with devotion and without tire. We do not seek reward because the act of giving itself is what makes us happy.

ROSTER OF MEMBERS

No.	ID No.	Name	TRF	CLASSIFICATION	SPOUSE
1	10125797	ACHARON, PAOLO JAY S.		Legal Services	NIKKA
2	2429389	ACHARON, PEDRO JR. B.	PHF+4	Engineering - Civil Works	ROSE
3		AGDUMA, FLORANTE II		Construction	HAZEL
4	9673340	ALABA, DESIDERIO		Military Service (Retired)	CHA
5		ALFAFARA, DOMINIC P.		Dentistry	MARLYN
6	10157452	BACQUIANO, RICHARD		Construction Aggregates Supplier	JENNIFER
7	7020058	BALINGBING, SONNY		Engineering Equipment Distribution	
8	6985871	BALLENA, ROBERTO JR.	PHF	Petroleum Products Distribution	MONETTE
9		BENZONAN, SUNNY		Hospitality Management	
10		CARIÑO, DENNIS		Nursing, Government	
11	6634413	CARPE, JAMES	PHF	Construction	GINA
12		CRUZ, LESTER S.		Automotive	CHARINA
13	9191166	DACUT, CARLITO JR.	PHF	Pest Control Distribution	TATA
14		DIONISIO, GEOFFREY		Agri Buy and Sell	
15	9673335	DOMINGO, RENATO C.	PHF	Government Service	ARLENE
16	2137023	DUMARAN, IGNACIO	PHF	Petroleum Products Distribution	VIOLETA
17	8242544	GAMALO, VENANCIO JR.,A.	PHF	Pharmaceutical Distribution	ANITA
18	2137027	GANADOS, CARLOS SR., R.		Pension House Services	TASING
19	9673803	LABUTONG, ORLANDO E.		Military Service (Retired)	NATIVIDAD
20	6460921	LLIDO, JUGGER C.		Real Estate Management	EDA JANE
21	2137036	LUCAS, JOSE G.	PHF	Government Service (Retired)	ROMANA
22	6556163	MACOROL, PEDRO M.	PHF	Construction	PATRICIA
23		MADRIA, JOEY J.		Government Service	

MIDTOWNERS IN ACTION

THINGS IN ROTARY

The Rotary Foundation

The Rotary Foundation is a not-for-profit corporation that supports the efforts of Rotary International to achieve world understanding and peace through international humanitarian, educational, and cultural exchange programs. It is supported solely by voluntary contributions from Rotarians and friends of the Foundation who share its vision of a better world.



Arch C. Klumph, Architect of the Rotary Foundation

The Rotary Foundation's Beginning

Some magnificent projects grow from very small seeds. The Rotary Foundation had that sort of modest beginning. The Foundation was created in 1917 by Rotary International's sixth president, Arch C. Klumph, as an endowment fund for Rotary "to do good in the world." He proposed it as outgoing president at the 1917 convention. In 1928 it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International. Beginning with an initial contribution of US\$26.50, it has grown to a record-breaking year in 2013 with more than US\$115.1 million for Annual Fund (Share), \$20.4 million to the Endowment Fund and finally PolioPlus received \$20.4 million from Rotarians and \$69.6 from the Bill and Melinda Gates foundations.

No.	ID No.	Name	TRF	CLASSIFICATION	SPOUSE
24	10337047	MALALUAN, ROY ANGELO		Government Service	
25	10157457	MANLUTAC, JOSEPH		Poultry	JANET
26	9540466	MORACA, WILLIAM	HM	Elementary Education	EULALIA
27	3374219	NINTE, NOEL	PHF	Metal Craft Services	MARIETA
28		OCAT, FERNAN ANGELO		Nursing, Private	
29	2137043	OTANES, DALMACIO JR.		Security Management	JULIET
30	2137044	PASTOR, ROMEO D.		Medicine Practice	ANA
31	8510148	PEÑA, VICENTE		Legal Services	MELINDE
32	9190955	QUEJADA, LLOYD	PHF	Insurance	NANCY
33	6116769	RIVERA, RITCHIE	PHF	Tuna Canning Management	CECIL
34	6116769	RIVERA, ROGER E.	PHF+1	Aquaculture Business Management	YOLANDA
35	9192438	SALAZAR, JAN JOSHUA RAY	PHF+3	Personal Health Care Services	
36	6179549	SALAZAR, MARK DOMINIC	PHF+1	Real Estate Management	
37	6198022	SALAZAR, RAY ANGELO	PHF	Repair Shop Management	MACEL
38	2137047	SALAZAR, RAYMUNDO L.	PHF+2	Civil Engineering Management	EDNA
39	2137048	SALAZAR, ROMAN L.	PHF+2	Government Service (Retired)	
40	2490805	SECHONG, RONNIE	PHF+3	Civil Engineering	HENA
41		SUPLICO, NESTOR S.		Government Service	JOSIE
42	3139031	TAPANG, ENRIQUE		Electrical Engineering Consultancy	CONCHITA
43		TELERON, GENUS NIÑO		Health Insurance, Gov.	
44	3139039	UY, ERICO FRANCISCO JR.		Motorcycle & Engine Parts Distribution	ELENA
45		UY, ERICO		Pharmacy	
46	2137054	VALDEZ, TITO		Government Service (Retired)	ELLIE
47		VAPOR, KHENT LERRY BLADE		Marine Engineering	
48	2137058	YAP, MARCELO O.	PHF+1	Electronic Equipment	LILY
49	2137001	ZUZON, ZENELITO M.	PHF	Food Catering Services	ANGGING

PAUL HARRIS FELLOW AND BENEFACTOR

DONOR	ROTARY ID	RECOGNITION LEVEL	ACHIEVED DATE	ORIGINAL PHF DATE
Pedro Busgano Acharon,	2429389	PHF+4	23-Apr-2019	14-Oct-2009
Ronnie B. Sechong	2490805	PHF+3	03-Dec-2018	17-Aug-2006
Manuel Fortunato Du Yaphockun	2429422	PHF+3	06-Sep-2017	30-Nov-1996
Orman Ortega Man-ansala	2429411	PHF+3	31-Oct-2017	2-Aug-2016
Jan Joshua Ray De Gra-cia Salazar	9192438	PHF+2	13-Jul-2019	24-Aug-2016
Raymundo Lasmarias Salazar	2137047	PHF+2	19-May-2010	7-Jul-2000
Roman L. Salazar	2137048	PHF+2	19-May-2010	20-Oct-2004
Clement L. Asencio	2137000	PHF+1	26-Aug-2009	17-Jul-2009
Renato B. Belga	5744180	PHF+1	24-Mar-2009	27-Oct-2007
Roger Estabillo Rivera	2137046	PHF+1	23-Aug-2018	2-Aug-2016
Marc Dominic U. Salazar	6179549	PHF+1	03-May-2012	19-May-2010
Marcelo Obligado Yap	2137058	PHF+1	31-Jan-2017	2-Aug-2016
Rosalinda A. Acharon	8186382	PHF	12-Sep-2017	
Arthur A. Aller	3443862	PHF	18-Oct-2005	
Roy Ballena	6985871	PHF	30-Jan-2019	
James Carpe	6634413	PHF	03-Dec-2018	
Carlito Osip Dacut, Jr.	9191166	PHF	13-Apr-2015	
Renato Cerbas Domingo	9673335	PHF	02-Aug-2016	
Ignacio S. Dumarán	2137023	PHF	24-Mar-2009	

Monthly Theme



NOVEMBER IS

ROTARY FOUNDATION MONTH

"You must work - we must all work to make the world worthy of its children."

Pablo Casals

Rotary 

www.rotary.org

November is Rotary Foundation Month and we celebrate by informing our members on the history of the foundation, the awesome projects that the foundation has funded and how we can give back to ensure that the foundation is able to fund future projects.

15 Simple Ways to Live a Happy Life

12. Give More Gifts

You don't have to give expensive gifts; sometimes a poem, a quick note, or a thoughtful email will brighten someone else's day, and yours. Share what you can give to all the wonderful people in your life

13. Forgive and Forget

Holding a grudge will harm you more than the person you're holding it against. Ask yourself, "What would it take for me to let go of the past?" and notice how you feel when you let go of your anger for a few seconds. Focus instead on a bright future and you'll feel better for it.



14. Take a Walk in Nature

Spending time out in nature can be very refreshing and renewing, especially when you're living in an artificial, manmade world. Taking a walk in your local woods or park and getting some fresh air can allow you to appreciate the beauty of the natural world.

15. Be Yourself

As Steve Jobs said, "Your time is limited, so don't waste it living someone else's life." Accept who you are, just be yourself, and you'll feel a world of difference.

PAUL HARRIS FELLOW AND BENEFACTOR

DONOR	ROTARY ID	RECOGNITION LEVEL	ACHIEVED DATE	ORIGINAL PHF DATE
Maribel A. Galindez	5640159	PHF	21-Dec-2001	
Venancio Jr. Albear Gamalo, Jr.	8242544	PHF	08-May-2019	
Jose Gabor Lucas	2137036	PHF	30-Sep-1999	
Pedro M. Macorol	6556163	PHF	16-May-2019	
Noel Tagle Ninte	3374219	PHF	31-Jan-2017	
Lloyd Sisneros Quejada	9190955	PHF	23-Apr-2019	
Ritche Chua Rivera	6116769	PHF	28-Jan-2005	
Corazon Salazar	8481970	PHF	10-May-2012	
Ray Angelo De Gracia Salazar	6198022	PHF	19-May-2010	
Lourdez Hena D. Sechong	6760447	PHF	17-Dec-2007	
Virginia Yap	9989150	PHF	12-Sep-2017	
Armi Aguilar Zuzon	10483079	PHF	25-Feb-2019	
Zenelito Manantan Zuzon	2137001	PHF	03-Dec-2018	

PRESIDENT'S TIME



Prexy Joshua Salazar

15 Simple Ways to Live a Happy Life

5. Smile More

Practice smiling more and see how it affects you internally, as well as those around you. You can always afford to give a smile. Smiling can make you happier -- even if you have to force it, you'll still feel better.

6. Exercise

When was the last time you went to the gym or worked out? Exercise reduces stress and releases endorphins, also known as a "runner's high." Playing sports is a fun way to exercise as well, whether it's kicking around a soccer ball or shooting hoops.

7. Seek Out a Life Coach

A life coach will help you to evaluate your life and why you're not feeling happy in it. Maybe you're holding limiting beliefs or you have an emotional block without realizing it. By speaking to a life coach, you can uncover why you're actually unhappy and what you can do to feel better.

8. Find Ways to Manage Stress

Don't let stress rob you of your birth right to be happy. You deserve to be happy, and it wouldn't be right to let stress get in the way. Practices such as meditation can help you to manage stress better and feel great.

9. Eat Healthy

It's much more challenging to feel truly happy when you're sick. But when you eat right, you feel better both physically and mentally. And you'll avoid that guilty feeling that you just pigged out on junk food.

10. Spend Time with Your Loved Ones

There's no replacement for spending quality time with your loved ones. We're social beings, even if you're an introvert or a loner. People love spending time with their friends and family for good conversation, bonding, and some laughs. Life's too short to live it completely alone.



11. Dump Negative Thinking

You already know that negative thinking will bring you down. So how do you stop it? Become more aware of it and try replacing your negative thoughts with some positive ones. Spend less time with negative people and more time with positive people.

15 Simple Ways to Live a Happy Life

By Tom Casano
Contributor of *Lifecoachspotter.com*



"Happiness is the meaning and the purpose of life, the whole aim and end of human existence."

Aristotle said this more than 2,000 years ago. And it still holds true today. What is the true purpose of life, if not to live a happy life until we die?

Happiness is one of the most sought-after goals in life, yet for many it seems to be elusive. It's easy to delude ourselves into thinking, "When I just have that nice house and new car, then I can be happy." But in reality, happiness is available to all of us, right now. A big house or a new car won't actually make you happier; it's the simple joys in life that bring true happiness. Read on to learn 15 simple ways that you can start living a happier life today.

1. Do What You Love

If your passion is playing soccer, writing poems, or teaching children how to swim, make time to do it. You'll find that when you're doing what you love, you're filled with joy. How much better does that sound than forcing yourself do something you don't like?

2. Help Others

Sometimes after we've achieved our own personal goals, we still feel empty inside because we haven't made a meaningful contribution to someone else's life. When we volunteer or help others, it feels good to just be of service to someone else. The impact we make feels fulfilling and is a big potential source for our own happiness.

3. Be Thankful

When you think of all the things that you have to be grateful for, you realize how blessed you already are. Without even realizing it, we take our basic necessities for granted -- a roof over your head and plenty of food to eat. By appreciating the things that you already have, you'll begin to feel happier in your life.

4. Share with Others

When we share our thoughts, our time, and our abilities with others we feel better for it. A life lived without sharing can become lonely. When you share with others, they'll feel great towards you and help you to feel more joy in your own life.

The way to Happiness:
**Keep your heart free
 from hate, your mind
 from worry.**
**Live simply,
 expect little, give much.**
**Scatter sunshine,
 forget self,
 think of others.**
~Thomas Vincent Peake~
 UPSIDE
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IRONMAN TRI to End Polio

IRONMAN TRI to End Polio Now Pledges

	AMOUNT PLEDGE
• IPP JUN GAMALO	2,000.00
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• RTN. RENE DOMINGO	1,000.00
• VICE PRES. ROMY PASTOR	1,000.00
• PAG BOY RIVERA	1,000.00
• RTN. NICK ALFAFARA	1,000.00
• PP RONNIE SECHONG	2,000.00
• RTN. BOYET MACOROL	1,000.00
• DIRECTOR RICHARD BACQUIANO	1,000.00
• TREAS. MAR YAP	4,000.00
• PAG ERIC UY	4,000.00
• RTN. DENNIS CARIÑO	1,000.00
• PP RAYMUND SALAZAR	10,000.00
• PP ROMAN SALAZAR	10,000.00
• PP CARLING GANADOS	1,000.00
• PP BOY OTANES	1,000.00
• RTN. JOEY MADRIA	1,000.00
• RTN. NESTOR SUPLICO	1,000.00
• RTN. JAMES CARPE	1,000.00
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• RTN. RAY ANGELO SALAZAR	5,000.00
• PREXY JAN JOSHUA RAY SALAZAR	53,000.00



POLIO FACTSHEET

Midtown General Santos
Rotary
Club



GABAY SA PAGSAGOT sa mga tanong tungkol sa polio



Ano ang polio?

Ang polio ay nakahahawang sakit na dulot ng poliovirus. Ito ay maaaring maging sanhi ng pagkalumpo, hirap sa paghinga, at pagkamatay.

Paano nakukuha ang polio?

Ang polio ay maaaring makuha sa pagkain at pag-inom ng tubig at iba pang inumin na kontaminado ng dumii na may poliovirus.

Nasa panganib ba ako sa polio? Nasa panganib ba ang aking mga anak?

Oo. Lubhang mapanganib ang polio, lalo na sa mga batang limang taong gulang pababa na walang proteksyon laban sa polio. Pagbabakuna ang pinakamabisang paraan para maiwasan ang polio.

Ano ang maaari kong gawin para maiwasan ang polio?

Bakuna kontra-polio ang pinakamabisang panlaban. Dahil ang poliovirus ay nakukuha sa maruruming lugar, importante rin na mapanatiling malinis ang kapaligiran at bahay, maghugas ng kamay gamit ang sabon at tubig pagkatapos gumamit ng palikuran, bago kumain at maghanda ng pagkain, dumumi sa tamang lugar, at uminom lamang ng malinis na tubig.

Bakit may magaganap na pagbabakuna sa polio?

Ang Pilipinas ay "high-risk" sa paglaganap ng polio dahil maraming mga bata ang hindi bakunado o hindi kumpleto ang bakuna laban sa polio. Bukod dito, may problema rin sa kalinisan sa ating kapaligiran.

Ang Sabayang Patak kontra Polio ay ang pagbabakuna sa mga batang wala pang limang (5) taong gulang laban sa polio upang patakasin ang kanilang proteksyon laban sa polio.

Sino ang mga babakunahan kontra polio?

Lahat ng batang wala pang 5 taong gulang, mayroon man o wala pang bakuna kontra polio.

May gamot ba laban sa polio?

Ang polio ay hindi nagagamot. Bakuna lamang ang pinakamabisang paraan para maging protektado laban sa polio.

Ligtas ba ang Oral Polio Vaccine o OPV?

Ligtas at epektibo ang OPV, at higit na kailangan para sa proteksyon ng bata laban sa polio. Ginamit na ito sa maraming bansa. Ayon sa World Health Organization (WHO), mahigit 18M na ang nakaiwas sa pagkalumpo dulot ng polio sa higit na 30 taon na paggamit ng bakunang OPV.

Ligtas ba na mabigyan ulit ng OPV ang mga bata, kahit na ilang beses na sila nakatanggap nito?

Oo, ligtas ito. Mahalaga na mabigyan ng OPV ang mga bata dahil ito ang nakapagbibigay ng kasiguruhan ng proteksyon. Ang bawat karagdagang dose ay lalong nagpapatibay ng proteksyon ng isang bata laban sa polio.

Ligtas ba na mabigyan ng OPV ang mga bagong silang na sanggol?

Oo, ligtas na ibigay ito sa mga bagong silang na sanggol. Sa katunayan, mahalagang mabigyan ng OPV ang mga sanggol na bagong silang dahil mababa ang kanilang immunity at mas nasa panganib sila sa polio. Lahat ng mga sanggol ay dapat mabakunahan sa Sabayang Patak kontra Polio para mabigyan sila ng karampatang proteksyon laban sa polio.

Ilang doses ng OPV ang kailangan para maging protektado ang aking anak laban sa polio?

Kailangang makumpleto ang 3 doses ng OPV para makamit ang immunity laban sa polio. Ang bawat karagdagang dose ay lalong nagpapatibay ng proteksyon ng isang bata laban sa polio kaya't kinakailangan pa itong bigyan ng karagdagang bakuna sa Sabayang Patak kontra Polio para sa mas malakas na proteksyon.

11 FACTS ABOUT POLIO

1. Polio is an infection caused by a virus that affects the entire body, including muscles and nerves.
2. There are 3 types of polio: non-paralytic (does not lead to paralysis), spinal-paralytic (can result in the paralysis of one or more limbs), and bulbar (can result in weak muscles, reflex loss, and respiratory problems).
3. Up to 95% of polio cases show no symptoms. A small number of people may have fever, sore throat, headache, nausea, vomiting, abdominal pain, or diarrhea.
4. 1 in 200 infections leads to irreversible paralysis (usually of the legs). Among those paralyzed, 5 to 10% of patients die when breathing muscles become immobilized.
5. The virus is found in saliva and feces of sick people. It can be spread by direct contact with sick persons or through the air when a sick person talks, coughs, or sneezes. It is also spread by food, water, or hands contaminated with infected feces.
6. Polio can infect a person of any age, but children five and under are especially vulnerable and make up roughly 50% of polio victims.
7. Polio cases have decreased more than 99% since 1988 from an estimated 350,000 cases to 416 cases in 2013. The reduction is the result of the global effort to eradicate the disease.
8. The World Health Assembly launched the Global Polio Eradication Initiative (GPEI) with the support of key health organizations in 1988 to focus on creating a solution to polio.
9. As of 2014, three countries remain infected with the virus: Afghanistan, Nigeria, and Pakistan.
10. About 2 to 5 children out of 100 who have paralysis from polio die because the virus affects the muscles that help them breathe.
11. Jonas Salk produced the first polio vaccine in 1952, the best way to prevent Polio because there is no cure for polio.