

# RD Group of Companies

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**igloo STORAGE COMPLEX CORPORATION**



# MIDTOWNER

OFFICIAL WEEKLY BULLETIN OF THE ROTARY CLUB OF MIDTOWN GENERAL SANTOS

VOLUME 27 | ISSUE 13 | SERIES OF 2019 | DECEMBER 05, 2019



Midtown General Santos

**Rotary**  
Club



CHARTERED ON MAY 25, 1993  
ROTARY INTERNATIONAL CLUB NO. 29494  
DISTRICT 3860, AREA 3F

**Daughter Clubs:**

MEETS EVERY THURSDAY AT HOTEL SAN MARCO,  
LAUREL EAST, GEN. SANTOS CITY  
AT 6:30 IN THE EVENING

ROTARY CLUB OF GREATER GENSAN ROTARY CLUB OF POLOMOLOK 101  
ROTARY CLUB OF GENSAN TUNA PORT



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

[www.mapecon.com](http://www.mapecon.com)

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

BOGART THE EXPLORER  
from Davao City

KIM ATIENZA  
TV Personality

*You're in control with*



The Nation's Largest and Leader in Pest Control



**We would like to thank our**

**BENEFACTORS**

**CITIFRONT  
PETRON  
SERVICE STATION**



**16TH REGULAR MEETING**

**DECEMBER 05, 2019**

**Programme**

|   |                        |
|---|------------------------|
| Host / Moderator                                  | PP Joe Lucas           |
| I. Call To Order                                  | Prexy Joshua Salazar   |
| Rotary Grace & Philippine National Anthem         | Rtn. Richard Bacquiano |
| Rotary Hymn                                       | PP Ed Dumarán          |
| Declaration of Rotary Code of Conduct             | Rtn. Ray An Salazar    |
| Introduction of Rotarian Spouses & Visiting Guest | Rtn. Dennis Cariño     |
| Sunshine Greetings                                | Rtn. Ding Alaba        |
| 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:**

**December 12, 2019—**  
Midtowners Christmas Party @  
5:30 P.M., at Saint Vincent  
Strambi Home for the Aged

**ROTARY GRACE**

Gracious God, thank you for the gift of today. Help us to remember that life is a gift. That our health is a blessing, that today is a new day filled with awesome potential, and that we have the capacity to bring something wholly new and unique and good into this world.

Help us to remember, dear Lord, to be kind and patient with the people who loves us and to those with whom we work and interact each day.

Help us, O Lord, to remember You and to be worthy instruments of Your will. Amen.



**Editorial Board**

**CONTRIBUTOR** PAOLO S. ACHARON  
Editor - in - Chief

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

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

E-mail : ROPE.PJA@gmail.com



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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 Blvrd.**

## ROSPEA

# SUNSHINE GREETINGS



December 01—Rtn. Rene Odi

December 02—PP Mar Yap



December 02—Rtn. Loyd Quejada and Ann Quejada

## 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:

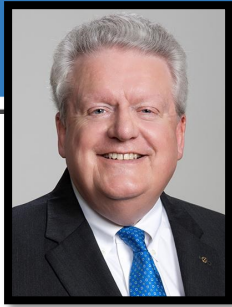
**FIRST:** The development of acquaintance as an opportunity for service;

**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

There is no experience quite like attending the Rotary International Convention. Discover the true spirit of aloha and Rotary with your family, friends, and fellow Rotarians from 6 to 10 June in Honolulu. It is the perfect setting for the entire family of Rotary to celebrate, collaborate, and connect.

There are two types of people who enjoy visits to Hawaii — those who have never been to the islands and are about to have unique and wonderful experiences, and those who have had those Hawaiian moments etched into their memories already and cannot wait to create some new ones.

The convention is the best place to find and share your aloha, which you will soon discover is much more than a greeting. Just as Rotary is a way of life for Rotarians, aloha is a way of life for Hawaiians — one that focuses on living in harmony, being patient, treating everyone with respect, and sharing joy with your family, or 'ohana.

Our host committee has arranged some fabulous events for you and your family. This includes a Hawaiian Culture and Lunch Boat Cruise, a two-hour tour that will feature spectacular views of Diamond Head, Waikiki, and the Kahala Gold Coast. On board, you can learn to play the ukulele, take part in hula dancing, and create your own Hawaiian flower lei.

You will also have the opportunity to enjoy a full range of island hospitality events, from small backyard picnics to multicourse family meals. There will be fantastic service projects to see, including two ancient Hawaiian fishponds. And a sunrise Walk for Peace will take place at the beautiful Ala Moana Beach Park, a 3-mile stroll in the shadow of the iconic Diamond Head crater.

Inside and outside the convention halls, we are going to hold the most family-friendly convention in Rotary history, including a family-centered opening ceremony and family-focused events in the House of Friendship. The opening session will, of course, include our traditional flag ceremony.

Our 2020 convention will also be a time to celebrate Rotary's historical ties to the United Nations. As I mentioned in my November message, June 2020 will mark the 75th anniversary of the signing of the United Nations charter. On the day before the start of the convention, Rotary and the UN will host our fifth joint event of 2019-20, one focused on environmental sustainability.

In addition, we are planning the greenest convention in Rotary history — and I will share more details about this in the months ahead. But now, go to [riconvention.org](http://riconvention.org) and click the REGISTER button right below the Honolulu Hawaii 2020 logo. Early registration discount pricing ends 15 December, so do not delay.

*Rotary Connects the World* in no better way than at the Rotary Convention. Bring your family to meet our family. See you in Honolulu!

*Mark Maloney*

MARK DANIEL MALONEY  
President, Rotary International  
2019-2020



## JOE - KINGLY YOURS

### Sekyu

Airforce: "No guts, No glory!"

Marines: "No retreat, No surrender!"

Army: "No pain, No gain!"

Naks ayaw patalo ang Security Guards: "No I.D, No entry!"

**Doctor:** "I'm sorry but you suffer from a terminal illness and have only 10 to live."

**Patient:** "What do you mean, 10? 10 what? Months? Weeks?!"

**Doctor:** "Nine."

### Si Juan sa Mental Hospital

Si Juan ay bumisita sa isang mental hospital at siya'y nag-usisa para sa kanyang school assignment.

**JUAN:** Papaano nyo po ba nalalaman kung talagang may sayad ang pasyenteng dinadala ditto?

**DOKTOR:** Ginito yun. Pinupuno naming ng tubig ang isang bathtub. Tapos, iaabot namin sa pasyente ang kutsara, tasa, at balde at uutusan naming syang limasin o tanggalin nya ang tubig sa bathtub. Titingnan naming ngayon kung ano ang gagamitin niya sa tatlo.

**JUAN:** Magaling, siguradong pipiliin ng normal na tao ang balde para mabilis na mauubos ang tubig!

**DOKTOR:** Mali! Kapag normal ang isang tao, tanggalin lang niya ang plug (yung tapon na nakabara sa butas) ng bathtub!

HAHAHA. Alam na!



# JOE - KINGLY YOURS



PP Joe G. Lucas

## Bestfriend

**Boy:** tandaan mo lahat ng sasabihin ko dahil importante ito

**Girl:** ok ano ba sasabihin mo?

**Boy:** mahal na mahal kita lagi mo tandaan na andito lang ako lagi sa tabi mo!!!

**Boy:** ano natatandaan mo ba?

**Girl:** (kinilig) ah oo naman

**Boy:** good pakisabi sa besfriend mo ha!!



## Madamot

**Juan:** Oys, ano yan? Pinya? Pahingi naman dyan.

**Pedro:** Pahingi? Nasaan ka noong nagbubungkal ako ng lupa sa ilalim ng init ng araw? Nasaan ka noong nagtanim ako habang kumukulog, kumikidlat at

bumubuhos ang malakas na ulan? Nasaan ka noong oras na nag-aani ako na nagkalat ang maraming ahas sa dadaanan ko, noong naghihirap ako sa pagpasan ng pinya? Nasaan ka?

**Juan:** Nakakulong kasi ako noon! Nakapatay ako ng madamot!

**Pedro:** Ganun ba?

Kuha ka na, kahit ilan!

May langka pa doon!

## 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 **Mandau 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**.

## Zenncerely yours...

9. For the elections of the Directors, a simple plurality shall be sufficient also, so that those candidates who obtained the first 5 highest number of votes shall be declared elected.
10. In case of tie for President, Vice President, Secretary, Auditor, Protocol Officer, the same shall be broken by lottery. In the case of the Directors, those who are tied in the fifth berth shall likewise be decided by lottery.
11. In both cases, the lottery shall be conducted by the Committee.
12. Based upon the certification by the Secretary of the Committee, it shall proceed, through the Chairman, to announce the votes obtained by each of the candidates and the Proclamation of the winning candidates shall immediately follow.
13. Meanwhile, the President-Elect shall seat in the New Board as a member thereof until he qualifies to the Presidency of the Club.

..... zZz.....

My candidate for our Clubs' Honorary Member Mr. Edgar Mercado, CEO of USA Doctors on Wheels based in Texas, USA will be in GenSan on Jan 3, that day being our first meeting for year 2020. Zenncerely yours has invited Mr Mercado to attend our meeting, and hopefully be our instant Guest Speaker. He became our partner in service when he donated Php50, 000 worth of donations thru MSUbatch71 to our Operation Lindol conducted recently when we distributed half a million pesos worth of relief goods to earthquake/landslide victims in Central Mindanao.

..... zZz.....

**Hugot....** Rotarians are happy NOT because of how much he has, BUT how little he needs! Stay healthy and live a good life by helping the needy!

**Pananggit.....** Kapag sinabi ng lalaki na GRADUATE na sya sa pambabae..... Naku! Mas matakot ka! NAGMAMASTERAL na yan!



# Zenncerely yours...



*CP/PAG Zenn Zuzon*

## ELECTION COMMITTEE

1. In the regular meeting at which the annual elections will be held, upon a quorum being declared present by the President, he shall then proceed to conduct the elections with its

Chairman presiding over the proceedings.

2. Only members of good standing shall be entitled to vote. And a member of good standing is one who will have paid at least fifty (50%) percent of his annual dues and assessments and whose attendance rating in four months preceding the elections is at least sixty (60%) percent.

3. Upon the close of the voting, the committee shall immediately canvass and/or count the votes with the Chairman reading aloud the ballots, one committee member making the tally on the blackboard and the other member assisting.

4. All questions relevant to the elections shall be decided by the Committee on Elections taking into account the pertinent provisions of the Constitution and the By Laws of the Club and on the basis of the generally accepted principles of justice and fairness.

5. All decisions of the Committee shall be final.

6. The candidates for President and for Vice President each receiving a majority of the total number of votes cast shall be declared elected to their respective positions.

7. By the term "majority" is meant one-half of the total votes plus one (1). Otherwise, another balloting shall be conducted but only the positions where none among the candidates has obtained the required majority and only between the two (2) candidates who obtained the highest number of votes for the position or positions involved.

8. For the elections of Secretary, Treasurer, Auditor, Protocol Officer, a simple plurality shall be sufficient and shall be declared elected.

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

[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**    **PEDRO B. ACHARON JR.**  
**JUGGER LLIDO**    **JOSEPH MANLUTAC**  
**CARLITO DACUT JR.**    **RENATO DOMINGO**  
**RICHARD BACQUIANO**

**VENANCIO A. GAMALO JR.**  
Immediate Past President

# MIDTOWNERS IN ACTION

Rotarian Dennis Cariño—Sharing insights on how as an individual you can Reduce your Environmental Impact and manage your damage through the rule of “Leave No Trace” with renowned panelist and speakers giving him commend on his new approach towards shared to Rotarians.



# MIDTOWNERS IN ACTION

## Day 3—End of Manila Rotary Institute



# 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

Day 2 - Breakout sessions—Rtn Dennis Cariño attended the Making Rotary Relevant and Saving the Environment sessions. President Joshua attended implementing rotary strategic plan and session for Conflict resolution and Mitigation



Fellowship Night with all the PDG, DG and PDE



# MIDTOWNERS IN ACTION

Day 1 –Plenary Session with RI President Elect Holger Knaack. Along with Rotarians from all over the Philippines and the world



| 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, Jr.       | 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 Manansala           | 2429411   | PHF+3             | 31-Oct-2017   | 2-Aug-2016        |
| Jan Joshua Ray De Gracia 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   |                   |

# MIDTOWNERS IN ACTION

Pres. Joshua and Rtn. Dennis at the Friendship Hall Institute Proper



Day 1 – Plenary Session with RI President Elect Holger Knaack. Along with Rotarians from all over the Philippines and the world



# Monthly Theme

DECEMBER IS



DISEASE PREVENTION  
AND TREATMENT  
MONTH

"Treatment without prevention is simply unsustainable."  
Bill Gates

Rotary  

[www.rotary.org](http://www.rotary.org)

We believe good health care is everyone's right. Yet 400 million people in the world can't afford or don't have access to basic health care.

Disease results in misery, pain, and poverty for millions of people worldwide. That's why treating and preventing disease is so important to us. We lead efforts both large and small. We set up temporary clinics, blood donation centers, and training facilities in underserved communities struggling with outbreaks and health care access. We design and build infrastructure that allows doctors, patients, and governments to work together.

Our members combat diseases like malaria, HIV/AIDS, Alzheimer's, multiple sclerosis, diabetes, and polio. Prevention is important, which is why we also focus on health education and bringing people routine hearing, vision, and dental care.

# 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*

Good evening fellow Midtowners. Welcome to our first meeting for the month of December, and also our election day for officers of the next Rotary Year. I would like to congratulate in advance the officers who will be elected for next year.

I would like to report to everyone the success of our participation on the Manila Rotary Institute last November 28-December 1, where I and Rotarian Dennis Cariño actively participated on. We were able to learn more with regards to updates on Conflict Resolution and Arbitration, making Rotary relevant in today's age, updates on Rotary Strategic Plans, and the Role of Rotary with regards to Environmental Awareness. These updates and learning will help us update the club members, so that we can be more updated with current methods of Rotary.

For this week up to the 7<sup>th</sup>, the Sabayang Patak Contra Polio is still ongoing in all health centers around General Santos City, and the whole Mindanao Area. If you have neighbors and friends who have kids and grandkids below 5 years old and have not received the supplemental dose, please advise them to bring their kids and have them receive the oral polio vaccine. The next wave will start on January 6 next year too. In my absence, Rtn. Fernan Ocat RN, and PP Raymund, spouse PP Edna, PP Mar, Spouse Lily, ADG Eric, Spouse Elena, spouse Yolly, CP Zenn, and VP Romy, helped man the Patak Center at Robinson's Mall.

By next Thursday, December 12, the Mares are hosting our Christmas Party with the Lolo's and Lola's of St. Vincent Strambi Home of the Aged. Let us party together with them and have dinner with music and dancing. Please come in any Christmas color attire at 5:30 pm.

Thank you for coming to our meeting and good evening.

# Tips on Dealing with Stress

One way to deal with it is to ask yourself, "What can I do at this very instant to make this situation better?" Some people get stressed when they are stuck in traffic. This can be solved by realizing that there's nothing you can do to make the situation any better. Feeling stressed isn't going to help so why even stress about it?

Is handling stress really that simple? How about stress at work? As long as you're doing everything you can within your control, why stress about anything else? Most of the stuff people stress about is things they have no control over at the moment anyway. When you only focus on things that you can change, you will have a lot less on your mind. When you have a lot less on your mind, you will have a lot less stress.

There are lots of other ways of managing stress like getting a massage, doing yoga, meditation, exercise, squeezing a stress ball, and even having sex. There are a ton of other things you can do as well but these are mostly ways to get rid of stress that you already have. When you get used to only stressing over things that you can actually do something about at the moment, you will prevent a lot of the things that used to cause you stress from even happening.

Since your stress levels will reduce dramatically, you can then use any of those other techniques to get rid of any remaining stress that you may have. Whether you're having stress in the workplace or at home, just remember that there is no point in stressing over things that you can't do anything to change. Focus only on things you can change and you will free yourself from pointless stress.



# Tips on Dealing with Stress

MotivationalWellbeing.com



Dealing with stress is something that almost all of us have to go through. Stress isn't always a bad thing though. It can sometimes help you to take the necessary course of action. However, in this article, I'm going to talk about the bad type of stress. The one that gives you headaches and

causes you to become agitated enough to yell at a stranger or to come home and kick your cat. I will also give you some tips to help you reduce stress.

So what causes stress? It can be a lot of things such as too much demand at work. Dealing with work stress can cause your days to go by really slow. Not only that, it can follow you home and cause you to get into arguments with your spouse. Since stress can cause all kinds of damage both mentally and physically, it is in your best interest to learn how to deal with it.



# IRONMAN TRI to End Polio

## IRONMAN TRI to End Polio Now Pledges

|                                | <b>AMOUNT PLEDGE</b> |
|--------------------------------|----------------------|
| • IPP JUN GAMALO               | 2,000.00             |
| • PP NOEL NINTE                | 1,000.00             |
| • 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             |
| • PP JUN ACHARON               | 4,000.00             |
| • RTN. RAY ANGELO SALAZAR      | 5,000.00             |
| • PREXY JAN JOSHUA RAY SALAZAR | 53,000.00            |



# NOMINEES FOR RY 2020-2021

## NOMINEES FOR THE DIFFERENT POSITIONS RY 2020-2021

### President Nominee

1. JAMES CARPE
2. ROMY PASTOR
3. PEDRO MACOROL

### Vice President

1. JAMES CARPE
2. ROMY PASTOR
3. PEDRO MACOROL
4. RAY AN SALAZAR
5. DOMINIC ALFAFARA

### Secretary

- RICHARD BACQUIANO  
—Appointed by the  
President-Elect

### Treasurer

1. MAR YAP
2. RONNIE SECHONG

### Auditor

1. ROY MALALUAN
2. RONNIE SECHONG
3. ERIC UY

### Protocol Officer

1. ZENN ZUZON
2. JUGGER LLIDO
3. BOY OTANES
4. RONNIE SECHONG
5. ORLY LABUTONG

### Board of Directors

1. LESTER CRUZ
2. GEOFFREY DIONISIO
3. SUNNY BENZONAN
4. DENNIS CARIÑO
5. JOSEPH MANLUTAC
6. NOEL NINTE
7. ROMY SALAZAR
8. RAYMUND SALAZAR
9. MAR YAP
10. ROY MALALUAN
11. JUN ACHARON
12. NICK ALFAFARA
13. RAY AN SALAZAR
14. JUGGER LLIDO

# POLIOPLUS

PolioPlus is Rotary's massive effort to eradicate poliomyelitis from the world by the year 2005. It is part of a global effort to protect the children from five other deadly diseases as well as the "plus" in PolioPlus. The program was launched in 1985 with fund-raising as a primary focus. The original goal was to raise \$120 million. By 1988, Rotarians of the world had raised more than \$219 million in cash and pledges. By 1994, the cash total exceeded \$246 million! These gifts have enabled The Rotary Foundation to make grants to provide a five-year supply of vaccine for any developing country requesting it to protect its children. Grants have been made to nearly 100 countries—a commitment, thus far, of \$181 million to buy vaccine and to improve vaccine quality.

Achieving eradication will be difficult (only one other disease, smallpox, has ever been eradicated) and expensive (estimated cost to the international community is nearly \$2 billion). It will require continuing immunization of children worldwide, and it also must include systematic reporting of all suspected cases, community-wide vaccination to contain outbreaks of the disease, and establishment of laboratory networks. Rotary will not be alone in all these efforts but in partnership with national governments, the World and Pan American Health Organizations, UNICEF and others. Rotary's "people power" gives us a special "hands on" role. Rotarians in developing countries have given thousands of hours and countless in-kind gifts to help eradication happen in their countries.

No other non-governmental organization ever has made a commitment of the scale of PolioPlus. Truly it may be considered the greatest humanitarian service the world has ever seen. Every Rotarian can share the pride of that achievement!