

# RD Group of Companies

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# MIDTOWNER

OFFICIAL WEEKLY BULLETIN OF THE ROTARY CLUB OF MIDTOWN GENERAL SANTOS

VOLUME 27 | ISSUE 14 | SERIES OF 2020 | JANUARY 30, 2020



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



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

### Daughter Clubs:

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

PAST PRESIDENTS



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

Advertisement for D.I.A.L. (DAGA IPIS ANAY LAMOK) featuring two men in hats and the phone number 552-9157. Includes website and Facebook links.

You're in control with



The Nation's Largest and Leader in Pest Control



# We would like to thank our

## BENEFACTORS



# 18<sup>TH</sup> REGULAR MEETING

JANUARY 30, 2020

## Programme

Host / Moderator	PE Roy Ballena
I. Call To Order	Prexy Joshua Salazar
Rotary Grace & Philippine National Anthem	Rtn. Lester Cruz
Rotary Hymn	Rtn. Roy Malaluan
Declaration of Rotary Code of Conduct	Rtn. Geoffrey Dionisio
Introduction of Rotarian Spouses & Visiting Guest	IPP Jun Gamalo
Sunshine Greetings	Rtn. Rene Domingo
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:

Discon Early Bird Registration  
Deadline—**January 31, 2020**

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 GRACE

Almighty Father, we remind ourselves of your presence among us in this assembly of Rotarians. We ask you to bless this meeting and we pray that You grant us peace and fill our hearts and thoughts with more love and deep concern for our fellowmen. Fill our minds and actions with everything that is noble and best for our families and for the community where we live. All these things we pray and give you praise in Your mighty name...  
Amen.



# 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

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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 Blvrd.**

## ROSPEA

# SUNSHINE GREETINGS



- January 23—PP Raymund Salazar
- January 25—Rtn. Boyet Macorol
- January 26—Ann Rose Acharon
- January 30—Rtn. Emilio Munsayac III
- January 31—Ann Jing Gamalo

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## 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

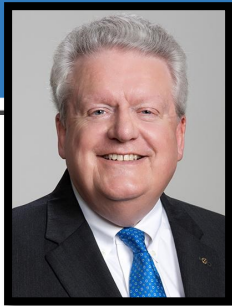


# THE OBJECT OF THE ROTARY

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

People from all over the world have multiple reasons for joining Rotary. Many new Rotarians each year join for the same reason I did — because Rotary is a great way to benefit your career. When I was a new attorney starting out in Alabama, Gay and I became partners in her father's firm. He instilled in us the value of joining

Rotary as a way to build relationships and demonstrate to potential clients that we were serious professionals who held firm to values even more robust than what our profession required.

Rotary's commitment to vocational service is built on the highest ethical standards in business and professions, the recognition of the worthiness of all useful work, and the dignifying of each Rotarian's occupation as an opportunity to serve society. That last point is so important. No matter our profession, we all contribute mightily to the world when we conduct our work with integrity and always adhere to The Four-Way Test.

I have made balancing the demands of Rotary with professional and family commitments one of my priorities as president. No Rotarian should feel pressured to put in more time than a volunteer position should ever demand. This is true for several reasons, one of them being that the work we do in our day jobs is just as important to Rotary as the work we do in the organization. We carry our Rotary values everywhere, and our professional success helps build a case for Rotary every day we go into the office.

This is particularly important in our efforts to reach younger new members. We want to see a Rotary where no one is ever asked to choose between being a good Rotarian and being a good parent, business owner, manager, or employee. When we ask busy young people to join us, we should not be asking them to give up their time and freedom. We should be rewarding them with an experience that makes everything they already do even more inspiring.

Providing greater balance within Rotary will have another benefit as well: It will create opportunities for other Rotarians, including Rotaractors, to step up and take a leadership role on projects and committees. This will ensure that they remain engaged in our clubs and inspired to be Rotarians for life.

Throughout the world, Rotary is admired for its vocational service and for the time-honored values we instill in all business relationships. As we continue our work to grow Rotary, let us remember that vocational service remains a crucial selling point to potential members.

*Rotary Connects the World*, and by making Rotary's vocational service work known to people in more professions and at different stages of their careers, we will help grow our organization and make it stronger and more diverse.

*Mark Maloney*

MARK DANIEL MALONEY  
President, Rotary International  
2019-2020



## JOE - KINGLY YOURS

### NEVER ALL AT ONCE



A farmer had a three legged pig and his neighbor asked him why the pig had only three legs.

"Well, I'll tell you" the farmer replied. "One day I was plowing my field and the tractor turned over and pinned me underneath. That pig ran for help. He saved my life".

"Oh, that's how he lost his leg?" the neighbor drawled.

"No. One night my wife and I were sound asleep and the house caught on fire. That pig woke us up. He saved our lives!"

"So that's how he lost his leg", stated the neighbor.

"No, that wasn't it" the farmer affirmed.

Exasperated, the neighbor demanded "Then how did he lose his leg?" and the farmer replied, "When you have a pig that good, you don't eat him all at once!"

### TOO MUCH PRAISE

Once there was a guy named Bill who wanted a horse. On Craigslist, Bill saw a Christian horse so he went to check it out. When Bill got to the ranch, the horse's owner said "It's easy to ride him. Just say 'praise the Lord' to make him go, and 'amen' to make him stop."

Bill got on the horse and said "praise the Lord." the horse started to walk. "Praise the Lord, praise the Lord, praise the Lord" and the horse is running. Now Bill sees the cliff and says: "AMEN." The horse stops and Bill says: "Whew! Praise the lord!"

### BOTH LOVE ME

When people hear that my husband and I just celebrated our 60th wedding anniversary, they inevitably ask us the secret to our long, successful marriage. In response, my husband will smile sweetly, nod my way, and explain, "We both love me."



# JOE - KINGLY YOURS



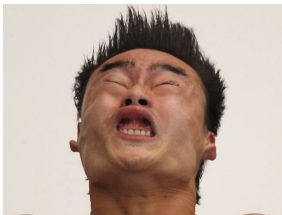
PP Joe G. Lucas

## WHO CAN'T HEAR

A man goes to the doctor, concerned about his wife's hearing. The doctor says, "Stand behind her and say something and tell me how close you are when she hears you."

The man goes home, sees his wife in the kitchen, cutting carrots on the countertop. About 15 feet away he says, "Honey, what's for dinner?"

Nothing. He gets halfway to her and repeats the same question. Nothing. Very concerned, he gets right behind her and asks again "What's for dinner?"



She turns around and says "For the THIRD time, beef stew!"



## LOVE STAYING HOME

As we watched a program about a man with agoraphobia, my wife asked, "Is that a disability?"

"Yes," I answered.

"Maybe I have that."

I shook my head. "No. He's afraid to leave the house. You just like to stay home."

## TEETH OUT TOO

Two old guys, Fred and Sam went to the movies. A few minutes after it started, Fred heard Sam rustling around and he seemed to be searching on the floor under his seat. "What are you doing?" asked Fred.

Sam, a little grumpy by this time, replied "I had a caramel in my mouth and it dropped out. I can't find it."

Fred told him to forget it because it would be too dirty by now. "But I've got to", said Sam, "my teeth are in it!"

# 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

**JAMES CARPE**  
President Nominee

### 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

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**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





# 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



# MIDTOWNERS IN ACTION



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



# MIDTOWNERS IN ACTION



# 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!

I would like to thank every one of you who showed your support to our surgical mission last January 9 and 10 and the fellowship activities with the surgical team we certainly showed them a good old fashion Midtowner hospitality.

During the surgical mission, we were able to operate 184 patients and perform extractions and consultations on 60 more. These figures show a great impact in alleviating the health and well-being of the people in our community, our charitable efforts from the fundraising activities and pledges certainly payed off as we have helped so many.

I would like to thank our Members and their ever supportive spouses, our Sponsors on the Fundraising Events, the Local Government of General Santos, Dr. Jorge P. Royeca Hospital, Hospital on Wheels by Dr. Jim Sanchez, Friends Who Care group, Dra. Angenine Alfafara, Ms. Paz Salazar and the CVLS, RDEX, Salamat Dok, ABS CBN , Bombo Radyo, Brigada News, RMN, our 2 Apple's and many more individuals for their help and coordination that we were able to pull through the Project successfully as a health care professional. It brings great satisfaction and a sense of fulfillment that we were able to contribute directly to the treatment and wellbeing of others in our community.

Also, as March and Discon draws near the district, I want to remind each one of you that the deadline for the early bird registration will be on January 31, 2020 (Friday), at the price of P4, 500.00 per Rotarian, after the said deadline, the registration will go up to P6,000.00 per Rotarian and P3,000.00 per accompanying spouse.

I am humbly asking you all that if you are able to and free during March 5-7, 2020, please do accompany me in Cebu City for the District Conference (DISCON). Further, I would also like to ask that we should settle our dues for the past two (2) quarters, as we will be paying for the second (2<sup>nd</sup>) half of the Rotary Year this month. Also, those who have pledge and are interested in giving to The Rotary Foundation, please let us know, so we can assist you.

Lastly, thank you for attending the fellowship activity last week. We certainly had fun.

Thank you all and have a nice weekend.



# MIDTOWNERS IN ACTION

The Rotary Club of Midtown General Santos Surgical Mission last January 9-10, 2020 at Dr. Jorge P. Royeca Hospital in Partnership with the Sponsors on the Fundraising Events, the Local Government of General Santos, Dr. Jorge P. Royeca Hospital, Hospital on Wheels by Dr. Jim Sanchez, Friends Who Care LLC, Salamat Dok, ABS CBN , Bombo Radyo, Brigada News, RMN, Ms. Paz Salazar, the CVLS, and RDEX



## Nutrition: Tips for Improving Your Health

Think about asking for help from a dietitian. They can help you follow a special diet, especially if you have a health issue.

Almost everyone can benefit from cutting back on unhealthy fat. If you currently eat a lot of fat, commit to cutting back and changing your habits. Unhealthy fats include things such as: dark chicken meat; poultry skin; fatty cuts of pork, beef, and lamb; and high-fat dairy foods (whole milk, butter, cheeses). Ways to cut back on unhealthy fats include:

Rather than frying meat, bake, grill, or broil it. Take off the skin before cooking chicken or turkey. Try eating fish at least once a week. Reduce any extra fat. This includes butter on bread, sour cream on baked potatoes, and salad dressings. Use low-fat or non-fat versions of these foods. Eat plenty of fruits and vegetables with your meals and as snacks. Read the nutrition labels on foods before you buy them. If you need help with the labels, ask your doctor or dietitian. When you eat out, be aware of hidden fats and larger portion sizes. Staying hydrated is important for good health. Drink zero- or low-calorie beverages, such as water or tea. Sweetened drinks add lots of sugar and calories to your diet. This includes fruit juice, soda, sports and energy drinks, sweetened or flavored milk, and sweetened iced tea.

### Things to consider

Balanced nutrition and regular exercise are good for your health. These habits can help you lose or maintain weight. Try to set realistic goals. They could be making some of the small diet changes listed above or walking daily.

Doctors and dietitians suggest making healthy eating habits a part of daily life rather than following fad diets. Nutrition tips and diets from different sources can be misleading. Keep in mind the advice below, and always check with your doctor first.

Secret diets aren't the answer. Fad or short-term diets may promise to help you lose weight fast. However, they are hard to keep up with and could be unhealthy. Good nutrition doesn't come in a pill. Try eating a variety of foods instead. Your body benefits most from healthy whole foods. Only take vitamins that your doctor prescribes.

Diet programs or products can confuse you with their claims. Most people in these ads get paid for their endorsements. They don't talk about side effects, problems, or regained weight.

### Questions to ask your doctor

How many servings should I eat from each food group?

If I'm on a strict diet, such as vegetarian or vegan, how can I improve my health?

Are there certain eating habits I should follow for my health condition?

## CLUB OFFICERS FOR RY 2020-2021

### CLUB OFFICERS *for* RY 2020-2021

*PRESIDENT NOMINEE : RTN. JAMES CARPE*

*VICE PRESIDENT : RTN. BOYET MACOROL*

*SECRETARY : RTN. RICHARD BACQUIANO*

*TREASURER : PP ERIC UY*

*AUDITOR : RTN. ROY MALALUAN*

*PROTOCOL OFFICER : PP BOY OTANES*

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*PP JUN ACHARON*

*RTN. DENNIS CARINO*

*RTN. LESTER CRUZ*

*RTN. GEOFFREY DIONISIO*

*RTN. ROMY PASTOR*

*RTN. SUNNY BENZONAN*

*IPP JAN JOSHUA SALAZAR*

# Monthly Theme



This is the month when we “recognize all useful occupations as worthy of respect” and when we can use our “work as an opportunity to serve society”, remembering the Second Object of Rotary: “High ethical standards in business and profes-

sions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society”.

During this month Rotarians are encouraged to focus more on this important Avenue of Service. It is the month where the execution of the following activities are suggested:

1) Review the Classification List in your Club. Rotary's unique classification system assures that each club has among its members a cross-section of a community's business and professional population.

2) During a meeting, read and analyse “The Rotary Code of Conduct” formerly known as The Declaration of Rotarians in Business and Professions. Many members are not aware of its existence. Adopted by the Rotary International Council of Legislation in 1989 it provides more specific guidelines for the high ethical standards called for in the Object of Rotary.

3) Ask members in your Club to give 5 to 10 minute talk on their vocation, or past vocation. Doing this it will give a better understanding of the diverse vocational talents of our fellow members.

4) Present a Vocational Award to someone in the community who has exemplified outstanding professional achievement while maintaining very high ethical standards. Invite your local media to cover this event. The community, in particular the new generation, needs models to follow and this is a good way to promote and shine the spotlight on these positive models.

5) Organize a career fair for young students; explain the 4 Way Test and the importance of Vocational Service and Vocational Month to Rotary.

# Nutrition: Tips for Improving Your Health

<https://www.familydoctor.org>



improve your eating habits for better nutrition.

Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

Ask yourself the following questions. If you answer yes to any of them, talk to your doctor about your health. You may need to

- Do you have a health problem or risk factor, such as high blood pressure or high cholesterol?
- Did your doctor tell you that you can improve your condition with better nutrition?
- Do diabetes, cancer, heart disease, or osteoporosis run in your family?
- Are you overweight?
- Do you have questions about what foods you should eat or whether you should take vitamins?
- Do you think that you would benefit from seeing a registered dietitian or someone who specializes in nutrition counseling?

## Path to improved health

It can be hard to change your eating habits. It helps if you focus on small changes. Making changes to your diet may also be beneficial if you have diseases that can be made worse by things you are eating or drinking. Symptoms from conditions such as kidney disease, lactose intolerance, and celiac disease can all benefit from changes in diet. Below are suggestions to improve your health. Be sure to stay in touch with your doctor so they know how you are doing.

Find the strong and weak points in your current diet. Do you eat 4-5 cups of fruits and vegetables every day? Do you get enough calcium? Do you eat whole grain, high-fiber foods? If so, you're on the right track! Keep it up. If not, add more of these foods to your daily diet.

Keep track of your food intake by writing down what you eat and drink every day. This record will help you assess your diet. You'll see if you need to eat more or less from certain food groups.