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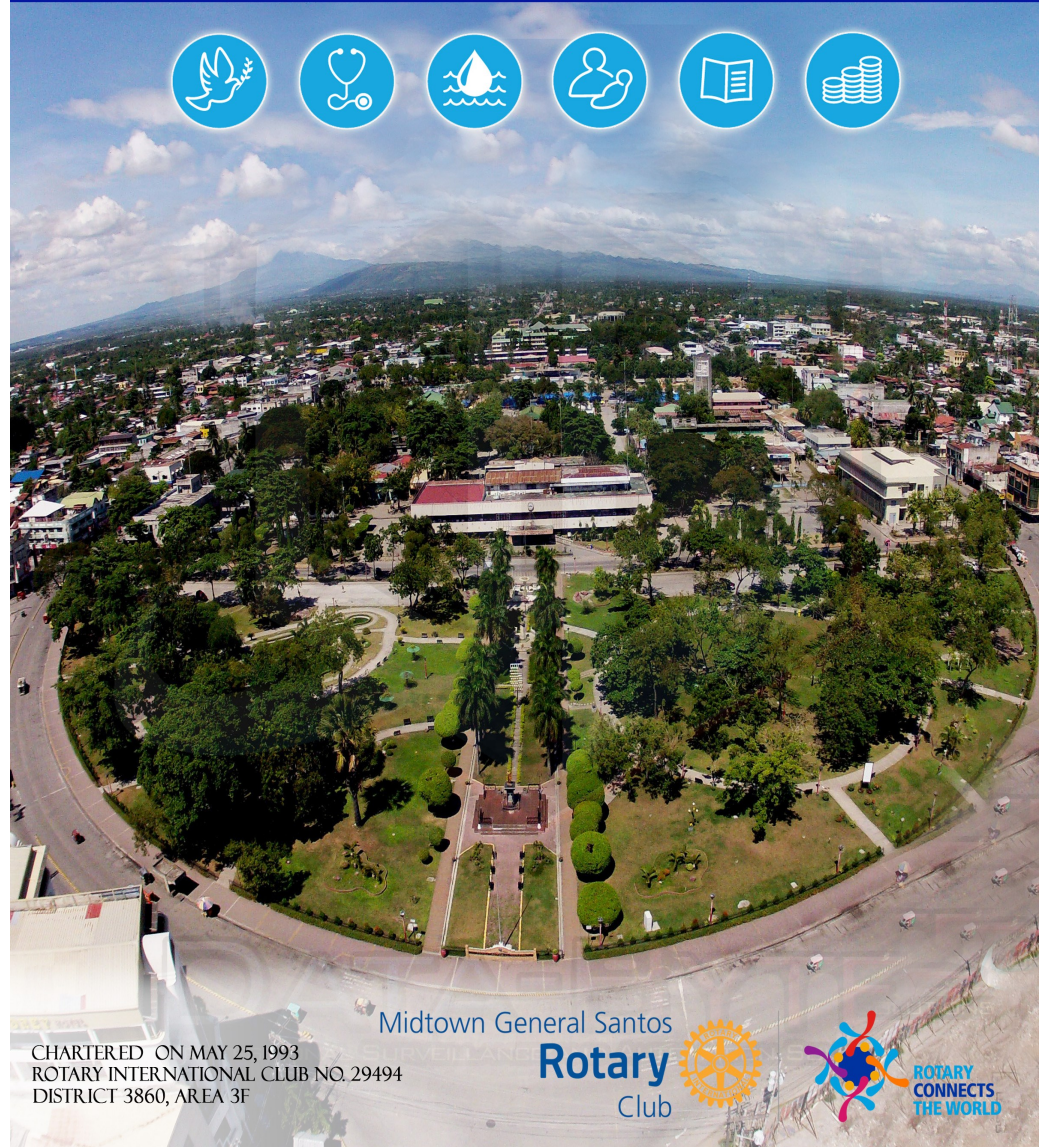
     



MIDTOWNER

OFFICIAL WEEKLY BULLETIN OF THE ROTARY CLUB OF MIDTOWN GENERAL SANTOS

VOLUME 27 | ISSUE 18 | SERIES OF 2020 | MARCH 12, 2020



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

Rotary
Club



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



22ND REGULAR MEETING
(JOINT FELLOWSHIP MEETING WITH RC TUNA PORT)
MARCH 12, 2020

Programme

Host / Moderator	PP Jose Lucas
I. Call To Order	Prexy Joshua Salazar
Rotary Grace & Philippine National Anthem	
Rotary Hymn	Rtn. Rene Domingo
Declaration of Rotary Code of Conduct	
Introduction of Visiting Rotarians & Guests	PP Ronnie Sechong
Sunshine Greetings	IPP Jun Gamalo
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

Lord, we come today to honor you - and to remind ourselves of your pivotal place in our lives.

We ask for your blessings on this meeting. We ask that your wisdom would guide us as we seek to accomplish the goals on tonight's agenda.

Thank you for the opportunities you give us to serve you and to serve others. Let everything that is discussed here bring glory to your name.

We pray these things 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



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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



March 12—Ann Angging Spouse of CP Zenn Zuzon

.....

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:

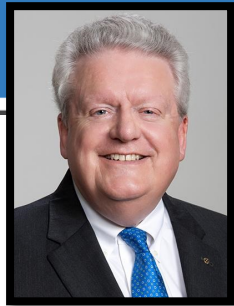
- FIRST:** The development of acquaintance as an opportunity for service;
- SECOND:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD:** The application 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

THE FOUR-WAY TEST
of the things we think, say or do

- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL & BETTER FRIENDSHIPS**?
- 4 Will it be **BENEFICIAL** to all concerned?

Russell-Hampton Co. Item #R89805M



ROTARY INTERNATIONAL PRESIDENTIAL MESSAGE

March is the month we celebrate Rotaract — and this has been quite a year for our young partners in service.

Last spring, the Council on Legislation elevated Rotaract in our constitution: Rotary International is now the association of both Rotary clubs and Rotaract clubs. Then in October, the Rotary Board of Directors eliminated the artificial Rotaract age limit and took other steps to

break down barriers that were preventing Rotaract from growing in some parts of the world.

These steps were long overdue, because Rotaract is a vision of what Rotary must become. Not only do we need to open our doors to our young colleagues, but we also have to open our ears and minds to the Rotary experience they find most engaging. That is one of the best ways we will meaningfully grow Rotary.

When I say grow Rotary, I mean it in many ways. We need to grow our service and to grow the impact of our projects. Most importantly, however, we need to grow our membership, so that we can achieve more. Rotaractors provide this opportunity, not only because they can transition to Rotary at the time that is right for them, but also because they understand what it will take to attract others like them. Business as usual will not work for us anymore. Bringing in more members to replace the ones we lose is not the answer. It is like pouring more water into a bucket full of holes. We need to address the root causes of member loss in many parts of the world: member engagement that is not what it should be, and our member demographic that skews steadily older.

It is time to make some fundamental changes. We already know what the barriers are to an engaged and diverse membership. It is time to act on what we know: creating new membership models, opening new paths to Rotary membership, and building new Rotary and Rotaract clubs where the existing clubs do not meet a current need.

New club models represent an opportunity to connect with a more diverse group of individuals — particularly those who are unable or unwilling to join our traditional clubs. While new club models have been emerging for some time, it is up to district governors to make them a reality. In January at the International Assembly, our incoming district governors took part in an exercise called Build Your Own Club Model. It was a wonderful experience that put them in the right frame of mind for the work ahead.

Ultimately, however, it will be up to Rotaractors and young Rotarians to create new club models that are most meaningful to the next generation. We may think we know what young people want from Rotary clubs in the future, but I am confident that what young people say will surprise us. It will be our job to support their innovation, for it will help us grow Rotary as *Rotary Connects the World*.

Mark Maloney

MARK DANIEL MALONEY
President, Rotary International
2019-2020

JOE - KINGLY YOURS

The Queen takes the visiting pope for a ride in a carriage through London.

Suddenly one of the horses farts very loudly. "I am terribly sorry," apologizes the embarrassed Queen.

The pope replies, "Oh don't worry, if you hadn't said anything, I'd just think it was the horse!"



At the restaurant, "Sir, would you prefer a red or a white wine?"

The customer shrugs, "I don't really care. I'm colorblind."

The boss asks his employee, "Why aren't you working?"

The employee explains, "Sorry boss, I didn't see you coming."



"Have you been sleeping by an open window, like I told you?" asks a doctor his patient.

"Yes, just like you said, doc."

"And is the bronchitis gone now?"

"Not yet, so far the only things gone are my laptop and cellphone."



JOE - KINGLY YOURS



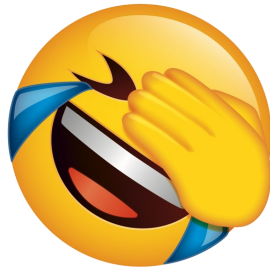
PP Joe G. Lucas

Broccoli: Hey, I look like a tree.

Mushroom: Wow, I look just like an umbrella.

Walnut: I look exactly like a brain.

Banana: Man, can we change the topic please?



A nice old lady on a bus offers the driver some peanuts. He's happy to take some. He asks her after a while why she isn't having any herself.

"Oh, young man," she says, "they're too hard on my poor teeth, I couldn't."

"Why did you buy them at all then?" wonders the driver.

"You see, I just love the chocolate they're covered in!"

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

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



MIDTOWNERS IN ACTION

Joint Fellowship Meeting with RC Polomolok 101



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

Happy International Women's Day
#EachforEqual



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+3	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	

INTERNATIONAL WOMEN'S DAY



IWD 2020 sees a number of **MISSIONS** to help forge a gender equal world. Celebrating women's achievements and increasing visibility, while calling out inequality, is key.



SPOUSE PAGE

Other projects on Environmental/ Mangrove Planting, The Rotary Foundation, Sabayang Patak Kontra Polio, the Rotary Week, and Job Fair recently concluded was supported by the Mares.

We spearheaded a club fund raising project so that the Surgical Mission with Dr. Jim Sanchez of Hospital on Wheels can be materialized. Together, we were able to serve the least of our brothers and sisters who needed surgical care.

This Rotary Year, we partnered and connected with Paz Salazar of St. Gemma’s Kitchen, in providing Supplemental Feeding for 23 malnourished Children of Purok 19, Lagao. We feed these children every T TH S for 6 months, with food coming from donations of spouses, and friends of Rotary. Apart from the feeding, Spouses take part in Dental care of the children, and provided mothers classes on health and hygiene.

Ladies’ nights, Valentines Party, and Prexy Josh’ Birthday Party was a blast with participation of every Mare dancing till almost midnight. The camaraderie nurtured through the years, made fellowship always full of fun and laughter. Mare, Mare, Mare, when do we meet again? Hahahahaha!!!!

Our Champion President this Rotary Year, Jan Joshua Ray D. Salazar, have all of us Mares/ Spouses as the wind beneath his wings. He knew Midtowners always do it better with us. For all the support and love, thank You Mares from the bottom of my heart. I owe U all bigtime!!! As this is our Month, hats off to us Strong Spouses of The Rotary Club of Midtown Gensan!!!

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 Midtowners and Fellow Rotarians.

Welcome to our Guests from the Rotary Club of Gensan Tuna Port, as this is their first joint meeting with us this Rotary Year.

Thanks for joining the Rotary Week Event held last February 29, from the motorcade and Job Fair at SM Trade Hall, and lunch fellowship that followed at Hao Chuan.

Thanks too for celebrating with me my 31st birthday last March 2, my Rotary family from RC Midtown Gensan and spouses, my fellow Presidents' / classmates from the different Rotary Clubs, and the group from RC Polomolok 101. I was glad to see everyone had fun that night. Your presence was very much appreciated.

We have an area wide project this march 13 Friday. We will turn over the wheelchairs at the Persons with Disability office (PDAO IV) General Santos City, wherein each club has donated 1 wheelchair to an identified PWD recipient. Please come with your spouses in our blue Rotary at Work dri fit polo.

Due to the global pandemic issue of Covid -19, I am asking each one to be extra cautious, always wash your hands, avoid crowded places, stay indoor if you have no business going out, and always drink your recommended daily vitamins while maintaining a healthy lifestyle. This crisis too shall pass, so let's avoid any unnecessary panic, and be good examples of human beings in times of trouble. Again thank you.

SPOUSE PAGE



Spouse Edna Salazar

Good Evening everyone. Tonight, I want to honor my fellow spouses for a job very well done this Rotary Year. Like you Midtowners, we, the Mares, have proven our worth and take pride in working alongside in every Rotary Project and Fellowship activities.

Nobody complained about long practice hours / days, just to perfect the song for the invocation, and dance for the Rigodon de Honor. We stood by our Midtowner on every Induction for the other Rotary Clubs within General Santos City, Polomolok, and South Cotabato. Because of this, our club always bested other clubs on attendance.

Even if everyone always wanted to be pretty and at their best, no one waivered on packing disaster items knowing that those who are struck by the earthquakes in North Cotabato and Davao are vulnerable to hunger, cold and hot or humid weather, and illnesses. We also braved the trip to the disaster areas twice, and even if we knew there was danger to our safety, we prayed, bit our tongues, and just talked and laughed about it after.

As always, we showed we care to the Lolo's and Lola's of St. Vincent Strambi Home of the Aged, by providing monthly lunch, shared gifts, and held Christmas Party for them. This has been an on-going project of our club for almost 20 plus years, and we plan on continuing it.

CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions
 All three, however, are spread by air-borne respiratory droplets and contaminated surfaces

CORONAVIRUS	SEASONAL FLU	COMMON COLD
Onset: Sudden	Onset: Abrupt	Onset: Gradual
Symptoms <ul style="list-style-type: none"> ■ Fever ■ Dry cough ■ Muscle ache ■ Fatigue 	Symptoms <ul style="list-style-type: none"> ■ Fever ■ Dry cough ■ Muscle ache ■ Headache ■ Sore throat ■ Runny or stuffy nose 	Symptoms <ul style="list-style-type: none"> ■ Runny or stuffy nose ■ Sneezing ■ Sore throat
Less common symptoms <ul style="list-style-type: none"> ■ Headache ■ Coughing up blood (haemoptysis) ■ Diarrhoea 	Less common symptoms <ul style="list-style-type: none"> ■ Fatigue ■ Diarrhoea ■ Vomiting 	Less common symptoms <ul style="list-style-type: none"> ■ Low grade fever ■ Muscle or body ache ■ Headache ■ Fatigue
Incubation: 1-14 days, may go up to 24 days	Incubation: 1-4 days	Incubation: 2-3 days
Complications: 5% cases (acute pneumonia, respiratory failure, septic shock, multiple organ failure)	Complications: 1% cases (including pneumonia)	Complications: Extremely rare
Recovery: 2 weeks (mild cases); 2-6 weeks (severe cases)	Recovery: 1 week (mild cases); 2 weeks (severe cases)	Recovery: 1 week for most cases; may last as long as 10 days
Treatment or vaccine No vaccines or anti-viral drugs available; only symptoms can be treated	Treatment/vaccine An annual seasonal flu vaccine is available	Treatment/vaccine No treatment, but doctors advise treating symptoms

WHAT THIS MEANS If you have a stuffy/runny nose or are sneezing, you likely DO NOT have coronavirus

SEVEN KINDS OF CORONA

Seven strains of coronavirus (CoV) that infect humans have been identified. These cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV)

Harmless

- Serotype 229E
 - Serotype OC43
 - Serotype NL63
 - Serotype HUK1
- These cause symptoms of the common cold, and rarely cause severe pneumonia

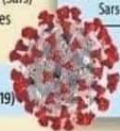
Dangerous

- These are known to cause more severe disease. These are:
1. **Sars-CoV** which causes severe acute respiratory syndrome (Sars)
 2. **Mers-CoV** was that causes Middle East respiratory syndrome (Mers)
 3. **Sars-CoV2** that causes coronavirus disease (Covid-19)

The unknowns of Sars-CoV2

Sars-CoV2 is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoV-ZX221) collected in 2018 in Zhoushan, eastern China
 It has 79% genetic affinity with Sars-CoV; 50% with Mers-CoV

The Sars-CoV2 receptor-binding domain structure, which allows a virus to latch on to and enter a cell, is similar to Sars-CoV, despite amino acid variation at some key residues.
 Little is known about Sars-CoV2, studies on Sars-CoV provide clues to its behaviour and ability to infect.



On smooth surfaces such as tables, phones etc. Sars-CoV retains its viability for 5 days at 22-25°C and relative humidity of 40-50%, which is typical for air-conditioned rooms. Though this may vary for Sars-CoV2, experts say this is a good indicator for its behaviour

CLUB OFFICERS FOR RY 2020-2021

CLUB OFFICERS *for* RY 2020-2021

- PRESIDENT ELECT** : RTN. ROY BALLENA
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

BOARD OF DIRECTORS

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 IPP JAN JOSHUA SALAZAR

Monthly Theme

MARCH IS



WATER AND SANITATION MONTH

"Clean water, the essence of life and a birthright for everyone, must become available to all people now."

Jean-Michel Cousteau

Rotary



www.rotary.org

Clean water, sanitation, and hygiene education are basic necessities for a healthy environment and a productive life.

When people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families.

COVID-19 PREVENTION

GUIDELINES FOR THE PREVENTION OF COVID-19 IN SCHOOLS AND OFFICES

TRAVEL GUIDELINES

- Personnel and learners coming from travel abroad shall comply with the prescribed quarantine procedures of proper government authorities before returning to work or school.
- Travel to China are temporarily banned.
- The latest list of countries with confirmed cases is accessible in the WHO's site (<https://www.who.int/emergencies/diseases/novel-coronavirus2019/situation-reports>).

CONDUCT OF LOCAL, REGIONAL, OR NATIONAL ACTIVITIES

- Upon the advice of DOH, all school-related regional and national activities are suspended. This situation will continue until such time the DOH will declare otherwise.
- All division and district activities that involve the gathering/congregation of various schools are highly discouraged.
- All off-campus activities as defined in DepEd Order No. 66, s. 2017 are suspended.
- All personnel and learners exhibiting respiratory infections must not attend activities that involve congregation of learners within the school.

PERSONAL HYGIENE

- Frequent and proper handwashing with soap and water.
- Application of hand sanitizer or rubbing alcohol.
- Distance yourself when coughing or sneezing. Cover your face with a tissue, handkerchief, or the crook of your elbow.
- Stay hydrated and eat nutritious foods.
- Consult a physician when symptoms attributable to respiratory infection (e.g. coughs, colds, fever, and other related symptoms)

THE LOCAL GOVERNMENT UNIT OF GENERAL SANTOS CITY