

Rotary
Club of South Davao



Official Weekly Publication * Rotary Year 2020-2021

Southern Kris

Meets every Wednesday * 1:00 P.M.
Via Zoom, Davao City

EVERY ROTARIAN



EVERY YEAR

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11th Regular Weekly Meeting

September 16, 2020 * 1:00 PM

Programme

I. Opening:

- Call to Order.....Pres. Inggy Bertelsen
- Invocation & Recitation of the 4-Way
- Test & Object of Rotary.....Aud. Ester Gahol
- Introduction of Guests & Visiting Rotarians.....Sec. Jane Gripo

II. Programme Proper

- Rotary Information & Secretary's Report.....Sec. Jane Gripo
- President's Time Pres. Inggy Bertelsen

III. Club Assembly / Fellowship

IV. Closing

Announcements / Adjournment

Dir. Apple Adora
Master of Ceremonies

Invocation

Life is full and overflowing with the new; but it is necessary to empty out the old to make room for the new to enter. The emptying out process can be very painful, for when you have been emptied of the old, you may experience that feeling of having nothing to hold on to and of being alone and bereft of everything. You may feel that life is completely dead and empty with no meaning to it, and you want to throw up your hands in despair. Realize that if you are going through such a time, it is this process of being emptied of the old so that you can be refilled with the new. Never give up hope, but hold on until you are completely empty and drained of everything. Then you can start again in newness of Spirit and in truth. You can become as a little child and enjoy to the full the wonderment of this new life as you gradually become infilled by it. Amen.

OBJECT OF 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 to 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.

FOUR WAY TEST

OF THE THINGS WE THINK, SAY OR DO

- 1st Is it the **TRUTH**?
- 2nd Is it **FAIR** to all concerned?
- 3rd Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4th Will it be **BENEFICIAL** to all concerned?

Declaration of Rotarians in Business and Professions

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity of service;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of community.
3. Do all in my power to dignity my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to all occupations which are useful to the society;
6. Offer my vocational talents to provide opportunities for the relief of the special needs of others, and to improve the quality of life in my community;
7. Adhere to honesty in advertising and in all representations to the public concerning my business or profession;
8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded to others in a business or professional relationship.

Rotary Information...

Your parents told you to be nice to people. Guess what?
They were right. Here's why.

by Arnold R. Grahl

Doing good doesn't only benefit other people. It helps us, too. Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

"When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost," says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic.

"There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released."

It feels good to do good

In a [2016 study](#), researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their [2018 analysis](#) found that people who are or have been volunteers report greater well-being than people who have not. And in a 2013 Canadian [study](#) posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.

Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the [Staying Sane During COVID-19](#) presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.

"Rotarians in particular have a high need for being compassionate," says Berge. "In my Zoom meetings, I hear people say, 'What can we do to help?' They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability."



Secretary's Report

An Dharling Jane Gripo
Club Secretary

Comparative Weekly Attendance

	Sept. 2	Sept. 9
CLUB MEMBERSHIP	32	32
HONORARY MEMBER	04	04
PRESENT	07	12
ON LEAVE	00	00
ABSENT	19	14
MADE UP	01	02
ATTENDANCE % BASE	26	26
WEEK AVERAGE	31.00%	54.00%

Thank you for making up:

PDDG/PP Arthur Uy PP Jacob Chua

Visiting Rotarians & Guests:

Ms. Marian Ledesma Rtr. Neil Ontong

Happy Anniversary!!!

Sept. 19 – PP Jacob &
Sp Bing Chua

REMINDER:

Sept. 17 – ACOM Meeting,
6:00P.M.

Sept. 19 – Membership
Webinar

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The President's Corner

Bertel Ingmar Bertelsen

Club President

My fellow Rotarians,

I read an article that I want to share with you.

Can COVID anxiety shrink your brain?

Whether you have contracted COVID-19 or not, your brain is likely to have changed over the past few months.

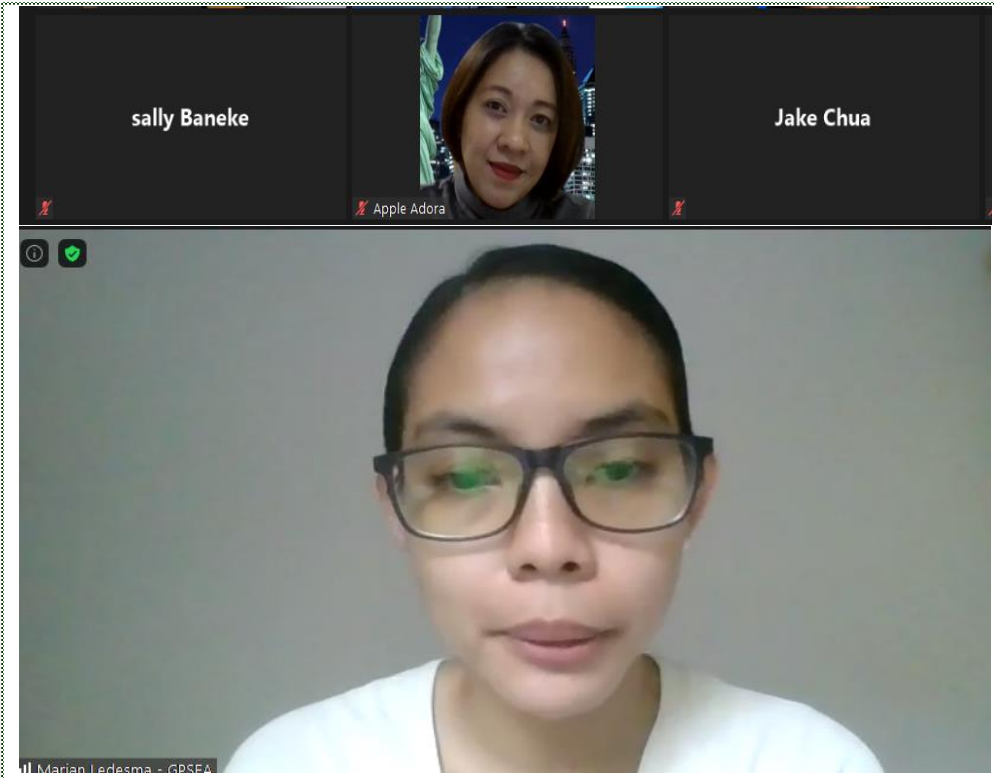
The virus itself can cause a number of neurological problems, along with anxiety and depression. The isolation and worry caused by the pandemic can similarly alter our brain chemistry and cause mood disorders.

But it's not just people who have contracted the COVID-19 virus that have suffered from increased anxiety and depression during the pandemic. Excessive worry over contracting or spreading the virus to other family members, as well as isolation and loneliness, can also change our brain chemistry.

Repeated stress is a major trigger for persistent inflammation in the body, which can also affect the brain and shrink the hippocampus and therefore affect our emotions. Stress can also alter levels of brain serotonin and cortisol, which can influence our mood. Eventually, these changes can cause symptoms of depression and anxiety.

RC South Davao E- Meeting...

September 9, 2020



SYSTEMIC CHANGES

SMEs working with suppliers to provide reuse and refill options, and even bulk purchasing to cut down on plastic packaging.

but wait!
How can you help reduce plastic use?

1 Drop off. Send us in advance your empty, clean, containers with labels. We will refill them for you and include in our Tuesday deliveries.

but wait!
How can you help reduce plastic use?

2 Swap. Your orders will come in containers from us and you will give the delivery person empty, clean, containers with labels for your next round of orders.

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