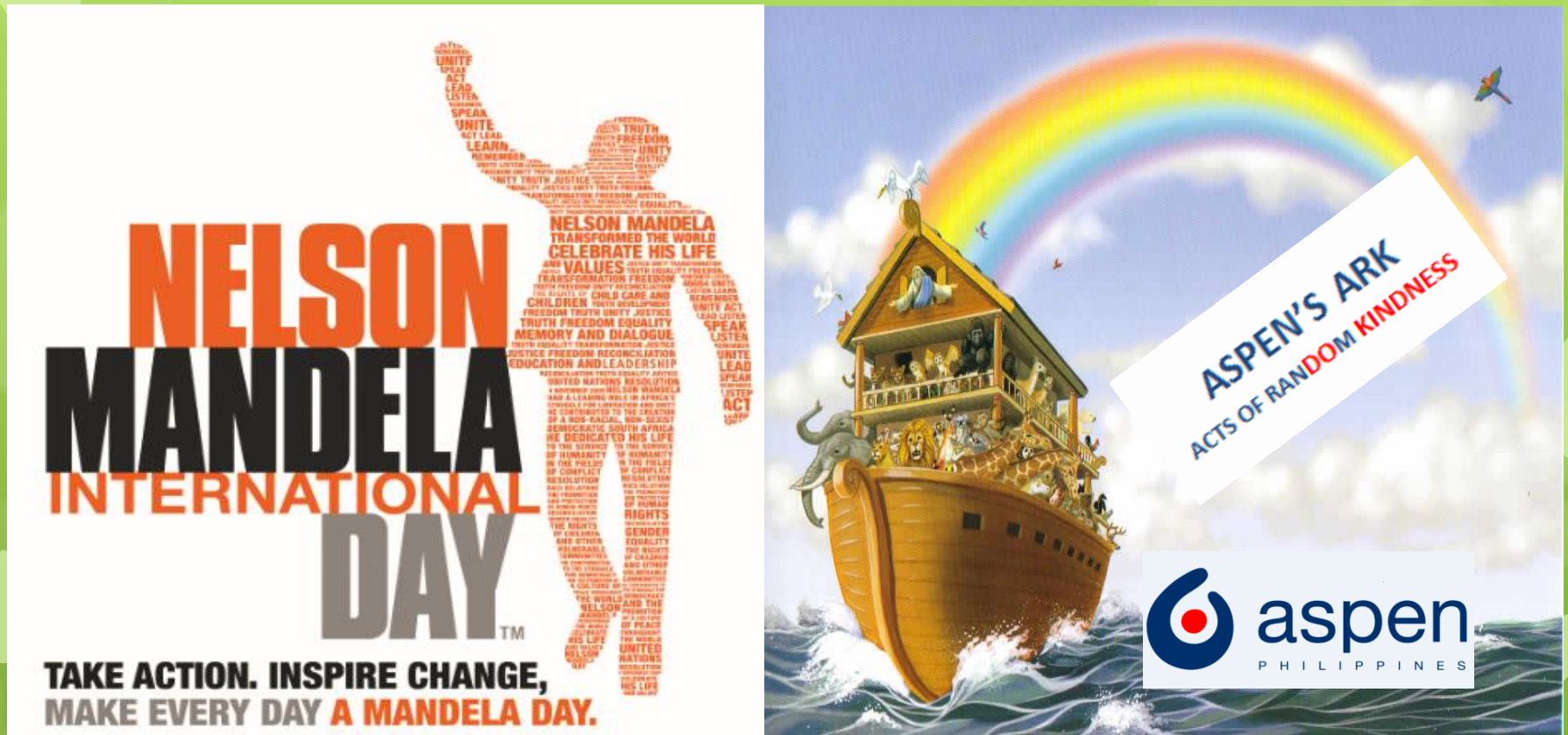


ASPEN PHILIPPINES ACTS OF RANDOM KINDNESS



July 18, 2016

RIO



In this picture we had the chance to go to CRIBS Foundation. We all know that they are adopting abandoned infants in the hospitals. So Audrey had an idea of donating diapers to this foundation and she asked me if i want to join her in giving the diapers and I said to her yes. We got first the diaper to her contact somewhere in Bambang, Manila. Afterwards we immediately go there to drop the diapers. It is indeed a blessing to see infants being cared by volunteers liked Mam Adora. At present, she told us that they have more than 20 infants plus crawlers and toddlers and a separate dorm for abused girls... Mandela day is a reminder to us that were still blessed in spite of difficulties and challenges were facing as an individual. It is good to help in our simple ways. Way to go Aspen.

LOURENZ



Today is very special day for me because we are celebrating "Mandela Day". I'm really happy to know that we have this kind of day; to give the "less-fortunate" something that they would not expect in their everyday lives.

DAN



We often hear that life is beautiful; but what if you don't have even food to survive, water to relinquish your thirst nor shelter to protect you from the blazing heat of the sun and will keep you warm during cold nights?

This man lying on the pavement has seen the day-to-day activities of the people who pass him day and night. I, myself have seen this man whenever I pass this street. With his rugged shirt and tattered pants, I can say that he has stayed in the street for so long. His grown facial hair that almost covers his entire face will tell you that he has overcome a lot of struggles.

He was asleep on that day when I passed. I didn't bother to wake him because I know he was tired. I left him a meal that afternoon and I was hoping that he would feel special; he would feel that someone is concerned to him, someone is caring for him. May this simple act will give him the courage to continue to live and will keep him the drive to survive. I have faith that he will endure his daily struggles. I have high hopes that he would see that life is beautiful after all. Though it's always easier to say than done but I am hoping and praying.

I realized that we often complain to little things and we tend to forget that someone out there is facing more serious and bigger problems. I grasped the thought that I should be more grateful of the blessings that I am enjoying right now. We should appreciate whatever we have it could be big or small and few or plenty.



IRWIN



Every time I move from Davao doctors to Ricardo Limso hospital, I always see this beggar playing his ukulele asking for some change. I never really saw him smiling so I thought maybe a simple act of kindness would do the trick. I went and bought him a treat from McDonalds, he was so thankful and had a very sincere smile and went back to playing his ukulele.

RACHELLE



This is Malinay Family. The head of the family is a family driver who is a minimum wage earner, he's the one earning for the needs of the family. The mother only stays at home but sometimes accept laundry to have an extra money. There are four children in the family. The family is member of 4P's wherein they could get additional money for their other expenses.

As Aspen celebrates the International Mandela Day today, the Malinay Family first enter in my mind to experience the Aspen ARK and to be happy in the very small thing I could give. The wide smile in their faces as I give those few groceries is very rewarding in my part. At least for one day I made them happy.

RHONA



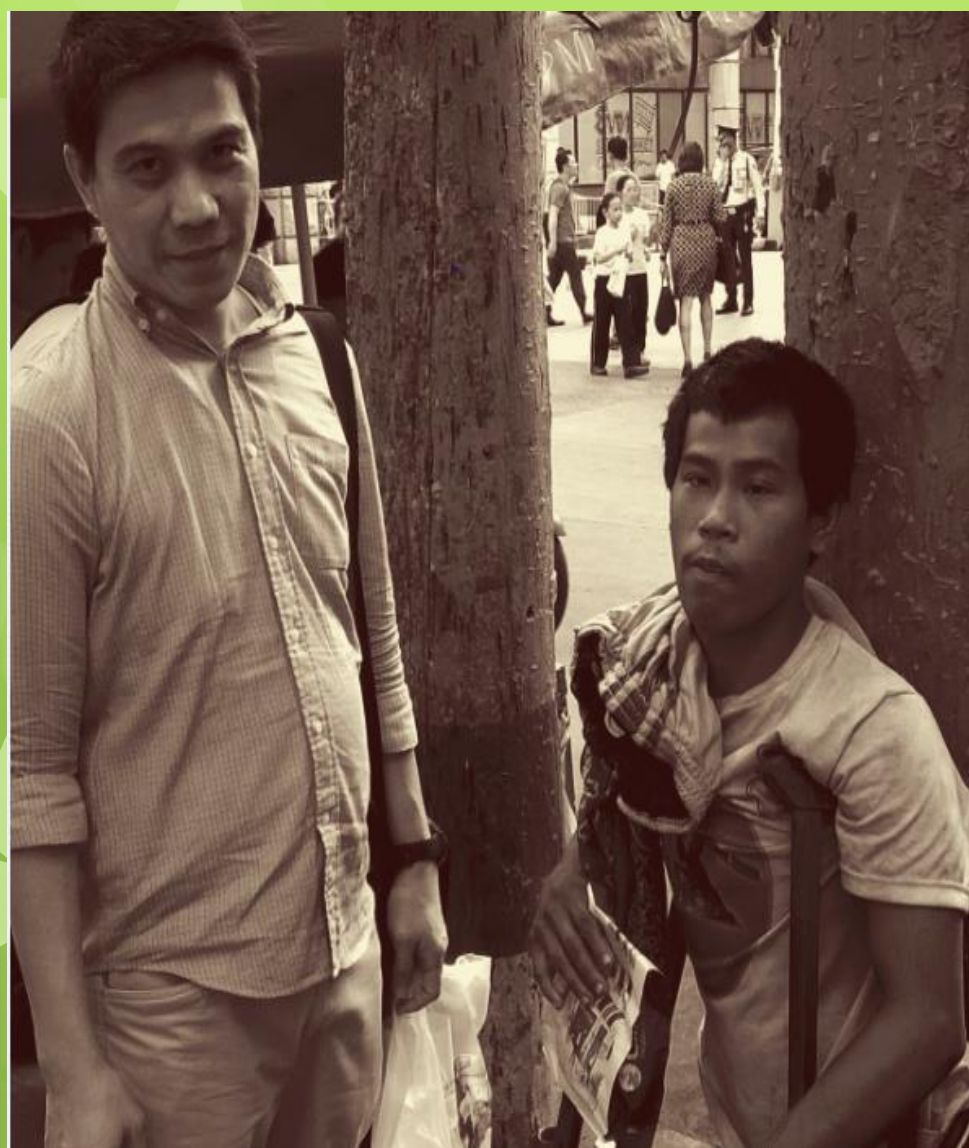
This is one of those days that I really said I wish I had more.. more of what I can give... for them...

Today, I realize more how lucky I am to have warm cozy shelter to live in and delicious clean food on our table... and if I may say to be able to eat with decency.

This afternoon, I approached this woman to get her permission to give food to her kids.. instead she said, "ako na lang, may baby ako". And she was pregnant. And so, I gave the food and asked for a photograph, a little chit chat and said goodbye.

As I go back to the hospital, I looked again. And there they were sitting on the ground with their kids, sharing what was given to them.

NESTOR



I paused in the intersection of the street and watched this man for several times. My heart was heavy seeing him slowly moving with his crutches. I have decided to buy some sandwiches and offered him with a big smile. I walked with a happy soul and looking forward to do this as often as i can.

MCWIN



This is Esme, shes a street sweeper along east avenue. Just saw her earlier sweeping around PHC. But that time i dont have time to do ARK, then i when i finally have my free time, i went out tonhave my break i saw her again sitting under a tree having also her siesta time. i ask her if shes done with her lunch or merienda and she said, " opo tapos na knina kumain ako ng mais,nag papahinga lng ako ngayon." Then i told her to wait for me for i will buy her a merienda and a drink kasi sobrang mainit that time. At first shes thinking that im just joking or making fun with her. and then i gave her the merienda i promised her. Shes very thankful and blessed with that simple treat. She said she will just drink the coke and the rest will give to her daughter, which is now at school. I feel so happy knowing that in simple things like this, i make some people very happy and appreciate more of what i have. This kind of deeds must be done not only once a year but atleast when you have time and extra money just to share the blessing and make other people feel just a lilte bit of importance.

JESREAL



Gaston Park, Cagayan De Oro City. As I arrived at the park, I noticed everybody is happy, having fun with friends, children playing water in the near fountain and a number of beggars are roaming around the vicinity. I was stuck by this old guy who sit right beside the corner of a shallow tree. And as he get my attention, I went through him and ask him a few questions. I introduced myself, ask his name and even ask why he was here. His name was Noli. He told me that he is homeless and even forgotten by his family. He told me that he has been living in the park for years already and he used to sleep right beside the church. He told me that he was just depending on the food that people gave him every time he ask for some food or a few penny.

After a few conversation, I offered him a food that can barely suffice his dinner for the night. I just realized that I am so blessed; I have my family, work, friends and I have enough whenever I want to. He made me realized that you will never know when will be the time that the lord will give you enough trial for you to handle. Anytime from now, all of this things might be out of sight. The best thing we can do for now is to cherish, enjoy and make the best out of it. And most importantly, we need to really keep what we have now and take care of it co we might lose everything if we were just complaisant and not keeping it all.

AIVY & SETH



These 2 kids Patrice and Joanne are candle vendors at Sto. Niño de Cebu, they sell candles in the afternoon and goes to school in the morning. We had them dine with us inside the store to get to know them better and their stories. Joanne, 12 years old a grade 2 pupil is the 7th among 12 siblings and doesn't know where are her other siblings. According to her because of poverty they had no choice but to start working at the very young age just to help their parents put food in the table. And it's not everyday that they can eat yummy food, and there are times that in a day they are force to eat once because of no means. Its painful to hear stories like this but this is the reality of life and in our society, I am just so blessed because I'm the one sharing them food, not the kid sharing her heart breaking story of the past and in the present. I pray that she will have a good story in the future. God Bless you Patrice and Joanne.

HILDA



She is Salvacion Mosa or known as Tita Sally, 60 years old a residence of San Juan Molo Ilo-ilo city together with her elder sister Tita Elly. They are both single woman. They are the one who owned the house we are rented for now. Tita Sally always left at home alone, she is not fond of going out to somewhere, she just go out to buy her food and then go back immediately.

Tita sally is a simple person who lives with a simple life, she know how to value and appreciate simple things. I know that as of her age and status of being single she need some attention, love and care.

So as I go home today I buy her a pack of bread. She is happy as you can see her in the picture because she didn't expect that i will bring her a "pasalubong" she's so thankful and she appreciate it because for her its a symbol that someone cares but for me this is not the only day i will let her fell that someone cares of her.

LOVE IS NOT PATRONIZING AND CHARITY ISN'T ABOUT PITY, IT IS BOUT LOVE. CHARITY AND LOVE ARE THE SAME—WITH CHARITY YOU GIVE LOVE, SO DONT JUST GIVE MONEY BUT REACH OUT YOUR HAND INSTEAD" (MOTHER THERESA)

AUSTINE & IVY



In celebration of Mandela Day we chose to give food to these kids. The Malbon family, the Yolanda survivors. Homeless family living along the street of Tacloban with these kids undressed. Sometimes they have no food to eat, they will just ask for money to random people. We could see the excitement and pure joy of these kids when they got the food and how they enjoy every munch of it. This simple act of kindness brings such meaning, a smile that can change your life.

DERICK & MARNEIL



We've been eating in this restaurant since the time that we can't remember, as we passed by Inaka Resto along Lacson St., we saw these two gentlemen whom I've known (Derick) for a very long time and it felt right giving them something simple for their families back home.

A very simple act that would mark their lives for a lifetime and that's something money can't buy.

TATA



Ate Josie has been helping me and my husband take care of our son Lucas since he was 2 months old. She loves our son like her own that's why Paul and I have peace of mind even when we are out because we know that Lucas is in good and capable hands.

Last Saturday, Ate Josie shared that her son's bicycle, the one that he uses to go to work, has broken down. Paul and I decided to give the bicycle that we have not used for so long to Ate Josie's son as a way of giving back to all the love that she has showered to our family.

AUDREY



*The more we share
The more we have*

Rio and I was fortunate to visit **CRIBS foundation**, a non-governmental organization which provides an alternative home environment for abandoned, surrendered, neglected and dependent children. They also address the healing and recovery of sexually abused female minors.

We donated diapers for the 21 infants who are currently nursed and supported by the kind-hearted workers in the foundation. We also plan to schedule a volunteer work like bathing and feeding the babies, group activities with the female minors or general cleaning.

We are blessed to have a company who encourages each and every one of us to share what we have and help in every way we can.

If anyone would be interested to join their volunteer program or make a donation, you can check on their wish list by visiting their website at www.cribsfoundation.com

FRENY



I saw a man sitting by the road. it seemed that he has not even bathed for many days nor changed his clothes. perhaps he has nothing to eat for some times he look almost like a beggar but not begging from others. .i step toward and greeted him" hi sir maghatag lang kog food para dinner" when i gave the food he replied" mam thank you kaau" he is originality from Bohol he came here in cdo to get his wife but he found out his wife was cheating and he don't have money to go back home in Bohol. He don't even know how to used cellphone he said he don't have the money to go out to dinner .

"Sometimes we must look outside our own backyards to realize how big the world is and how blessed we are in that moment i realized that I'm so blessed.

JUDELY



RIPPLES:

I picked up the trash for that little one with her mother. A seemingly small act in the sea of garbage that we see around us, but when we make it a part of our lifestyle it causes a rippling effect. People will notice. Hopefully, we become influencers in our family, amongst friends, and in the community. Then that seemingly small act becomes a way of life for everybody.

I picked up the trash for that little one with her mother. Because I chose to care, for others and for the world. I hope you do, too. Let's all do it for each other, let's build a caring culture -- for a beautiful future.

I picked up the trash for that little one with her mother. That's my Mandela story. I hope I made him smile, I hope I made him proud.

JUNALYN



Kuya Joel, A native of Maramag Bukidnon a four hour drive from Cagayan De Oro City, was seen lying at Gaston Park. According to Kuya Joel. He has been in the City for two weeks already. His only child was currently admitted in Northern Mindanao Medical Center and due to lack of finances he opted to rest and stay in the park hoping to save his money for the hospitalization of his son. As we celebrate Mandela day, it si with outmost gratitude to help someone even on the simplest way we could. I hope and pray that Kuya Joel and the rest of his family would be safe and well amidst the trial.

RAMON



Just want to share my testimonial during our visit with ICM project at Manapla, Negros Occidental last Feb. 17, 2016.

" Every child would want to tell their story when they grow up. Every child would always want to start their life's story as "Once upon a time and end with "and they lived Happily ever after". But not this kids and their families in Manapla, Negros Occidental. It was such an overwhelming experience to see first hand how certain groups would have the drive in reaching out to such sectors of the society and help out in any way they can. And together with Aspen we were able to at least help out 45 families in the said depressed area win their battle against malnutrition.

But it was the members of the ICM's choir whom we met that night during their performance, that I have never been so impressed to see how this young kids rose from their impoverished lives to grow into confident young individuals. Seeing this kids achieve their dreams little by little even how simple it is makes me wonder...its really is a better place to live in when people share."

PAULO



*"One evening while going home
after office hours,
I passed by to these homeless
people along the street.
(a mother and her daughter with
her newborn child, they have no
permanent house and
scrounging waste and garbage
is their only source of living).
So, I decided to give them food,
it may be a little thing,
But during that time this family
haven't eaten their lunch yet,
because they do not have
enough money to buy food.
The happiness I saw in
their faces is inexpressible.
And for me,
being able to give to the unfortunate
made me happier,
because somehow I was able to
help other people even in a simple way.
Happy Mandela Day!!!
-Paulo Maniege*

KRISTINE



This picture was in Manapla, Bacolod. This is when we transported over 12K meals for 39 families for their Transform 16 week program. This program is suppose to help against malnutrition.

As we were delivering the packed meals I saw this group of kids being taught by a teacher. Basically this is a make shift classroom they have for this toddlers. I was actually amazed at how these kids were so into what the teacher was teaching. They were all participating and you can see in their faces the eagerness to learn. I know this community doesn't have much but it made me proud to see this kids as young as they are value and make the most of what they have which a lot take for granted. Kids now a days are into gadgets and stuff and I feel that they only think of poverty as fiction as they only see it on TV. My key take away from this day was it made me realize that I need my only daughter to actually see and realize that poverty is true and its all over so and hopefully one day she can also give back.

