

Engage Rotary



Change Lives

The CENTRO

Official Weekly Bulletin



**Rotary Club of Sta. Rosa Centro RI District 3820
Outstanding Club RY 2012-2013**

The Rotary Club of Sta. Rosa Centro meets at :

El Cielito Inn, Sta. Rosa-Tagaytay Road, Sta. Rosa, Laguna every Friday at 7:00pm

Club website: www.rcstarosacentro.org

Club e-mail : rcstarosacentro@outlook.com

Rotary Year 2013-2014

Executive Officers

Teodora Lucero	President
Mayor Arlene Arcillas	President Elect
Delphi Penelope Cuya	PN/Vice President
PP Priscila Dela Cruz	Secretary
Myrna Valle	Executive Secretary
IPP Joel Liza Pineda	Ex-Officio
Ma Geralyn Dee	Treasurer
PP Cheryl Lu	Sergeant-at-Arms
PP Zenaida Dictado	Finance

Committee Chairs

Evelyn Laranga	Club Service Projects
PP Carolina Salvahan	Membership
Myrna Valle	Public Relations
Delphi Penelope Cuya	Club Admin
IPP Joel Liza Pineda	The Rotary Foundation
PDG Consuelo Lijauco	Training/Club Trainor
PP Elenita Lantin Ma	Asst. Club Trainor
Annaliza Maglian	Community
PP Maryann Gonzales	Vocational
PE Mayor Arlene Arcillas	International
PP Hazel Ramos	Youth
PP Maya Grace Padiernos	Special



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Rotary Club of the West Centre RI District 3320

Outstanding Club NY 2012-2013



The Rotary Club of the West Centre is proud to be a member of the Rotary International family. For more information, please visit our website at www.rotaryclubofthewestcentre.org. Thank you for supporting our club!

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**The Rotary Club of Sta. Rosa Centro
Regular Weekly Meeting
El Cielito Inn**

**P R O G R A M
October 11, 2013**

Call to Order	Pres Doray Lucero
Invocation	PP Jacqui Victoria
National Anthem	Rtn. Cecile Gabatan
The Four Way Test	PN Pen Cuya
Object of Rotary	Rtn Jennifer Dee
Acknowledgment	IPP Liza Pineda
Recognition	PP Che Lu
Chika-5	Rtn. Myrna Valle
Secretary's Report	PP Precy dela Cruz
Treasurer's Report	Rtn. Geralyn Dee
Committee Reports	Committee Chairpersons
President's Time	Pres. Doray Lucero
Centro Hymn	

**Chairwoman of the Night :
Rtn Glo Bedienes**

**If any person is unable to fulfill their positions as above please
make arrangements with another Rotarian to take your place.**

INVOCATION



Heavenly Father, we thank you for your many blessings. We thank you for the privilege of belonging to this organization of Rotary, for the fellowship and support from our friends here this evening, for the opportunity to share ideas, but mostly for the opportunity to serve. Amen



THE 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:

1. THE DEVELOPMENT OF ACQUAINTANCE AS AN OPPORTUNITY FOR SERVICE;
2. 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;
3. THE APPLICATION OF THE IDEAL OF SERVICE IN EACH ROTARIAN'S PERSONAL, BUSINESS, AND COMMUNITY LIFE;
4. THE ADVANCEMENT OF INTERNATIONAL UNDERSTANDING, GOODWILL, AND PEACE THROUGH A WORLD FELLOWSHIP OF BUSINESS AND PROFESSIONAL PERSONS UNITED IN THE IDEAL OF SERVICE.

♪♪♪*Sweet Rotary♪♪♪
(The Centro Hymn)

When it began
I can't believe it happened
But then I know it's going strong
2001

That's when it came to being
Who'd have believed we'll grow to
be...

Hands, touching hands
Reaching out, touching me, touch-
ing you

Sweet Rotary
Sta. Rosa Centro's good
I've been inclined
To believe we're going strong
And now, I...

Look all around
So many help is needed
C'mon, together I know we could

And when we hurt,
We can just smile and bear it
'Coz we were born to serve and be....

Warm, touching warm
Reaching out, touching me, touching you
Sweet Rotary
Sta. Rosa Centro's good
We're going strong
We are here for all of you
Sweet Rotary Sta. Rosa Centro's...
GREAT!



The 4-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 and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?**





President's Message

It has always been in my heart to help little children and given the chance to do so, I am grateful to have accomplished our Deworming Project that benefitted almost a thousand pupils from Kinder to Grade 3 at the Dita Elementary School, with the able help of my fellow Centro ladies. Of course, this event would not be a success if not for the generosity of our District Governor who provided the medicine needed for our program.

I would like to thank everyone who participated, I am so proud of you all!

I would also like to take this opportunity to congratulate the participants of the Youth Exchange Program Interview and Selection and Seminar held last Saturday, October 5. Great job! May you all continue to grow in helping others as what true Rotarians should be.

Thank you!

Yours in Rotary service,

First Class President Teodora "Doray" Lucero

LET US INTRODUCE YOU TO
OUR ROTARY.

ROTARY BASICS

Rotary Youth Exchange Best Practices

Rotary Youth Exchange staff conduct four or five district evaluations in various parts of the world each year. Through these interviews with students and volunteers, we have identified a few best practices to address common challenges facing many districts worldwide. We would like to share this information to help your district to address similar issues and increase club participation in the program.

- **Encourage clubs to co-host students**

One of the most common concerns facing host clubs is difficulty finding suitable host families. Co-hosting inbound students between clubs can reduce the financial and administrative burden of hosting. Co-hosting can also be a means to encouraging participation from clubs that have never hosted or might not otherwise get involved. Note that this solution is most effective if the Rotary clubs are near one another.

- **Clearly define and support the roles of Club YEO/Chair and Rotary Counselor**

There is sometimes a lack of clarity across the roles of club YEO/chair and the student's Rotary counselor. When the same Rotarian serves as both the club's primary program contact and as advocate for the student that club is hosting, this can create volunteer burnout and can diminish their ability to build an effective and neutral support structure for the student. In order to avoid such situations, clearly define each of these roles and delegate specific tasks to the appropriate position

ROTARY BASICS



- **Foster early and regular communication between the student and their counselor.**

Inbound students sometimes report that they do not feel that they can go to their counselor for help or advice. In order to build and maintain a strong counselor-student relationship, some districts do the following:

- Require counselors to reach out to students and their natural family before they arrive and ask them to greet the student at the airport.

- Encourage counselors to arrange activities with their students that do not always involve Rotary. Whether a music lesson, a museum tour, or just meeting for coffee, taking time early on to build a strong relationship with the student can make it easier to identify and manage problems later on when in-person communication naturally wanes.

- **Utilize creative means of communication to support clubs in large, rural districts**

If your district is geographically expansive or covers multiple countries, this can pose inherent challenges in administering your pro-

ROTARY BASICS

- o Encourage volunteers within a particular metropolitan area or region to form resource groups and meet on a regular basis to share experiences and best practices.
- o Use technology as a training tool. Consider utilizing Skype or webinars to deliver training to volunteers and students or to allow the participation of individuals in remote areas.
- o Establish a Youth Exchange newsletter or Facebook group (invitation-only). These media not only provide an outlet for showcasing students' exchange experiences, but also can be used to disseminate news and contact information.

● **Make connections to promote student engagement and language acclimatization.**

While most districts are generally impressed with the speed in which students learn the native language and make connections with peers outside of the program, there are often concerns for the students who do not seem to engage with their host community. Here were some practices that other districts have used in alleviating such issues:

- o Consider requiring students to learn the language of their host district before they arrive. While many host districts offer language classes upon arrival and immersion tends to quickly generate an understanding of the language, the sponsor district might also consider providing a program for language acquisition prior to the exchange.
- o Put your inbound students in touch with outbound students that will be studying in their home country. Not only will this assist with language acquisition, but they can introduce each other to friends in their host community.
- o Include alumni or ROTEX members in your outbound student orientation to provide invaluable information on what to expect in the local culture of their host district. Pair up outbound students with ROTEX leaders in a mentor-mentee relationship.





In FOCUS

Youth Exchange Program Interview & Selection

October 5, 2013

The Rotary Club of Sta. Rosa Centro hosted the Youth Exchange Program Interview & selection held last October 5. As early as a day before, guests started arriving at the El Cielito Inn for the event. A total of twelve applicants were interviewed. District Governor Danny Ona was there to wish the applicants luck.

While the interviews were ongoing, the following exchange students made a presentation to "sell their country" and convince outbound exchange students to choose their country.

- Maria Victoria Cardenas Lozano of Venezuela
- Marcus Vinicius Justen Simoes Grillo of Brazil
- Pablo Rene Marmolejo Magallanes of Mexico
- Bobby Ray Rogers of USA
- Marie Cindy Peggy Wallez of France
- Clemence Daude of France

Videos on the basics of the program plus experiences of previous rotary exchange students were also shown. An open forum was also held and guests asked their questions to YEO Bernie Mandac.

The event was a success thanks to the rotarians, parents and applicants who came to join and even more for those who dropped by to give their support.



In FOCUS

Youth Exchange Program Interview & Selection Results

This is the result of the interview and selection of candidates for the Rotary exchange year 2014-15 by the District 3820 YOUTH EXCHANGE PROGRAM COMMITTEE and the YEPi, held at the El Cielito Inn in Sta Rosa City last 5 October 2013 hosted by the Rotary Club of Sta Rosa Centro. This list includes each candidate's selection of preferred destination for their exchange year and their scores. The Ranking however is a system that is unique to the Rotary Youth Exchange Program of Rotary International and must not in any manner affect other formal systems of evaluations that includes the student's academic, scholastic, psychological and emotional disposition. The D3820 YEP interview and selection process results in a ranking according to the general interaction between the candidate applicant and parents with the panel of YEO interviewers. The ranking pertains to the Youth Exchange Program of District 3820 of the Rotary International. The interview process is unique to the YEP and the results are final and for the sole use of the D3820 Youth Exchange program only.

The actual matching will be published once the contact countries of exchange have replied to the D3820 YEP request for slots as preferred by the candidates. As of this report there are only 5 destination countries have confirmed reciprocal exchange with our district.

If there are corrections on the entries herein indicated, kindly make the necessary corrections (name spelling, contact details.) The exchange destinations are however final as written during the interview process but late submission of completed application form forfeits the priority for a country.



In FOCUS

The “No.” on the left represents the number of the applicants as they register, it’s a first to register, first to interview system.

No.	Applicant Name	Preferred Placement	Total Score
9	Aica Dacuno	France,Italy	40.00
4	Aleix Alcala	Canada,France,Switzerland	39.67
7	Joy Recelistino	Canada,France,Switzerland	39.00
11	Beatriz Villas	France,Canada, Switzerland	38.33
8	Jaaziel Molina	USA,France	37.67
10	Shine Quinsay	USA (Washington)	37.00
3	Patricia Ongkiko	France,Switzerland,Germany Brazil	36.00
12	Jhanrik Pabalan	UK, Europe, Canada, Brazil Venezuela	35.67
1	Kit Maranan	USA	35.66
6	Ralf Hernandez	Spain, Italy, France	35.66
5	Ivy Reception	Europe	33.00
2	Ashiel Sanclaria	France	32.00
13	Noel Balderas	Canada, France, Australia	18.67



Glimpses



The YEP applicants with their messages.



The interview panel with YEP applicant.

Rotary



ROTARY INTERNATIONAL

Updates

Ron D. Burton
2013-14 RI President



President's Message for October

In Rotary, October is the month we set aside to remind ourselves of our second Avenue of Service: vocational service. While some Rotarians call this the "forgotten" area of service, I would disagree: In fact, vocational service is the avenue through which we serve so often, we don't always recognize it as service.

Vocational service has its roots in the second object of Rotary, which encourages all Rotarians to hold high ethical standards in our business affairs and our professions, to recognize all useful occupations as worthy of respect, and to dignify work as an opportunity to serve society.

In short, the idea of vocational service is that our jobs, in themselves, are a way of serving society. Whether we are serving customers, teaching students, or treating patients, whether we're involved in commerce, research, the media, or any one of countless other fields – we take pride in doing our work with competence and integrity. Every occupation fills a need, and by doing our work well, we are contributing to our communities and our society.

The role of vocational service in the club is important, even if it isn't always prominent. By maintaining high standards individually, we earn a reputation that we share collectively. By valuing all occupations equally and by maintaining a classification system in our clubs, we ensure that our clubs reflect our communities – and can serve them well. A Rotary club of all lawyers wouldn't be capable of nearly as much as one that also had teachers, engineers, business owners, and dentists; in Rotary, our diversity is our strength. That diversity is an advantage not only to our service but to our members: It gives us all a valuable way to find the connections and opportunities that help us in our own careers.

That aspect of membership is as old as Rotary. Paul Harris himself wrote often of the business advantages of Rotary membership, believing, as I do, that being a Rotarian means a person holds a certain set of values that will make him or her a good person to do business with. Today, with the world more connected than ever, Rotary membership is an honor that we should be proud to share.



Reflections

“The motive power of Rotary is friendship. This is true today; the same statement could have been made in equal truth yesterday and let us hope that it may be truthfully made throughout all time. “

*Twelfth International
Convention at Edinburgh,
June 13 , 1921, Paul P.
Harris*



“Friendship...the craving for which brought Rotary into existence is the thing that will keep Rotary a living, vital force in the world for all time, the very foundation of our organization.” — Address to 1920 Rotary Convention, Atlantic City, New Jersey, USA



For your Information

Reasons Why Chocolate Is Good for Your Health

The most recent evidence of this comes from an August study in the journal *Neurology*. Researchers found that chocolate may help older people keep their brains healthy and their thinking sharp. Study participants who drank two cups of cocoa daily for 30 days showed an 8.3 percent increase in blood flow to the brain, and they improved their scores on memory and thinking tests.

This new finding is promising, but it's not the only health benefit that seems to come as a result of eating chocolate. Here are three more reasons why it's smart to keep chocolate in your diet.

Heart Healthy — Daily chocolate consumption may reduce the risk of heart attack and stroke in some high-risk patients, according to a 2012 study in the journal *BMJ*.

Potentially Slimming — If you've always thought of chocolate as a fat-inducing food, you may want to reacquaint yourself with this tasty treat. One study found that people who eat chocolate regularly are more likely to be thinner than those who don't. People in the study who admitted to eating chocolate five times per week or more had a lower BMI (Body Mass Index) than those who ate chocolate less frequently, according to the 2012 study published in the journal *Archives of Internal Medicine*. [Top 10 Bad Things That Are Good For You]

For your Information

Appetite Control — Chocolate contains filling fiber, which is a natural appetite suppressant. So, if you give in to that chocolate craving, you may end up eating fewer calories than if you tried to avoid chocolate. rather be known for “helping economies not destroying them.”

Although there are many reasons to enjoy chocolate, it's also important to be smart about your consumption. Here are some tips for choosing high-quality chocolate, so you can retain all of its nutritional goodness.



The darker the chocolate, the better for your health. Pure chocolate is actually quite bitter, which is why it is almost always combined with other ingredients in a chocolate bar. But the chocolate part of that bar is what contains the good stuff: fiber, magnesium and antioxidants.

Make your own hot cocoa. Hot cocoa that comes out of a packet is convenient, but it could be better for your health. To boost the nutritional profile of your hot cocoa, buy unsweetened powdered chocolate, and add your own sweetener. Also, keep it as dark as you can handle.

Get creative with cocoa. If you don't like the idea of eating a dark chocolate bar or drinking cocoa regularly, you have some other options. Try sprinkling powdered cocoa in your oatmeal or cold cereal.

<http://ph.she.yahoo.com/4-reasons-chocolate-good-health-150319237.html>



What's coming up?

Friday, October 11

Regular Weekly Meeting

Friday, October 18

Blood Letting at Isuzu

Saturday, October 19

Vocational Tour

Friday, October 25

ROTARY YOUTH LEADERSHIP AWARDS (RYLA)

Regular Weekly Meeting

Saturday, October 26

ROTARY YOUTH LEADERSHIP AWARDS (RYLA)

District MUNA

Sunday, October 27

ROTARY YOUTH LEADERSHIP AWARDS (RYLA)

District MUNA

Happy Birthday!! Rtn. Cecile Gabatan

Tuesday, October 29

Area I Group 2 Halloween Party

Wednesday, October 30

Block Screening- Thor SM Cinema

Friday, November 1

All Saints' Day

Fun Page



The Anxious Poodle

Poodle: “My life is a mess. My owner is mean, my girlfriend is leaving me for a German shepherd, and I’m nervous as a cat.”

Collie: “Why don’t you go see a psychiatrist?”

Poodle: “I can’t. I’m not allowed on the couch.”



Source: <http://www.rd.com/jokes/>



Next Week's Order of Business

The Rotary Club of Sta. Rosa Centro Regular Weekly Meeting El Cielito Inn

PROGRAM October 18, 2013

Call to Order	Pres. Doray Lucero
Invocation	Rtn. Jennifer Dee
National Anthem	Rtn. Glo Bedienes
The Four Way Test	Rtn Myrna Valle
Object of Rotary	PP Carol Salvahan
Acknowledgment	PP Jacqui Victoria
Recognition	PP Che Lu
Chika-5	Rtn Cecile Gabatan
Secretary's Report	PP Precy dela Cruz
Treasurer's Report	Rtn. GERALYN DEE
Committee Reports	Committee Chairpersons
President's Time	Pres. Doray Lucero
Centro Hymn	

**Chairwoman of the Night :
PN Pen Cuya**



Roster of Members and Attendance

				Meeting #			
				11	12	13	14
	NAME	ID No	CLASSIFICATION	Sep			Oct
				13-Sep	20-Sep	27-Sep	4-Oct
1	Arcillas, Arlene "Mayor"	8275828	City Representative			✓	
2	Bedienes, Gloria "Glo"	8612318	Trading	✓	✓	✓	
3	Cuya, Delphi Penelope "Pen"	8275831	Healthcare	✓		✓	
4	Dee, Ma Geralyn "Jay"	8574451	Interior Design	✓		✓	✓
5	Dee, Jennifer		Healthcare	✓		✓	
6	Dela Cruz, Priscila "Precy"	5333454	Leasing	✓	✓	✓	✓
7	Delfino, Goyena "Joel"	5333469	Catering				
8	Dictado, Zenaida "Zeny"	6416676	Pallet Manufacturing	✓			
9	Gabatan, Ma. Cecilia "Cecile"	8612321	Real Estate Broker		✓	✓	✓
10	Gonzales, Mary Ann "Ma An"	5333525	Real Estate Developer/Brokerage				
11	Laranga, Evelyn "Evs"	8465660	Education	✓		✓	
12	Lijauco, Consuelo "Chit"	5333445	Magazine Editing				
13	Lu, Cheryl "Che"	5333496	Pest Control Services	✓		✓	
14	Lucero, Teodora "Doray"	8045358	Midwife	✓	✓		
15	Ma, Elenita "Leni"	6261683	Dentist				
16	Maglian, Annaliza "Kap Itchel"	4656628	Government Service				
17	Padiemos, May Grace "Maya"	5944127	Furniture Retail				
18	Pineda, Joel Liza "Liza"	7019336	Human Resource	✓		✓	✓
19	Ramos, Hazel "Hazel"	6165816	Money Lending		✓	✓	✓
20	Salvahan, Carolina "Carol"	5333457	Window Fashion Contractor	✓	✓	✓	✓
21	Santillan, Shiela "Shiela"	8574457	Restaurateur				
22	Tadeo, Carmela "Mel"	8415873	Logistics				
23	Valle, Myrna "Myrna"	8482805	Strategic Planning	✓	✓	✓	✓
24	Victoria, Jacqueline "Jackie"	6556182	Watch Services	✓	✓	✓	✓
				59%	38%	67%	40%

Legend New Member Leave (on public duty; or sick)

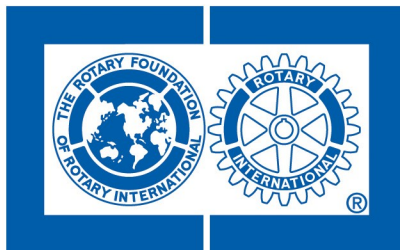
Summary

Present	13	8	14	8
Absent	9	13	7	12
Leave	2	3	3	4
Total Headcount	24	24	24	24
Attendance Percentage (Present / (Total Headcount - Leave)	59%	38%	67%	40%



Special Observances

July 2013	Start of Rotary Year/Public Relation Month
August 2013	Membership & Extension Month
September 2013	New Generation Month
October 2013	Vocational Month
November 2013	The Rotary Foundation Month
December 2013	Family Month
January 2014	Rotary Awareness Month
February 2014	Rotary Anniversary
March 2014	Literacy Month/ World Rotaract Week
April 2014	Magazine Month
May 2014	Rotary Trainings
June 2014	Rotary Fellowship Month



Where to make up

MONDAY

RC Alaminos	3:00 PM - Crescent's Bakery, Del Pilar St., Alaminos
RC Los Baños	6:30 PM - Mernel's Restaurant
RC San Pedro East	7:30 PM - Pacita Library, Pacita Complex

TUESDAY

RC Cabuyao	7:30 PM - Kampanang Ginto Bldg., Cabuyao
RC Cabuyao Circle	7:30 PM - Kampanang Ginto Bldg. er 6
RC Los Baños Makiling	5:30 PM - UPLB Campus
RC Bay	7:30 PM - Kitchenette, Bgy. Dila
RC West Bay	5:30 PM - Maharlika Inn, Maharlika Village, Los Baños
RC San Pablo	2:30 PM - Max's Restaurant, Maharlika Hi-way
RC San Pablo Central	6:00 PM - Max's Restaurant, Maharlika Hi-way
RC San Pedro	8:00 PM - CSP Public Library, Open Space Park, Pacita Complex

WEDNESDAY

RC Sta. Rosa South	8:00 PM - Rotary Day Care Center Ph1-C SLV
RC Calamba	1:30 AM - New Hope Intervention Center
RC Sta. Cruz	7:30 AM - PWJ Annex Bldg.
RC San Pablo City South	12:00 NN - Mega Disco, Maharlika Hi-way

THURSDAY

RC Metro San Pedro	7:00 PM - Bgy. San Vicente Satellite Office Library
RC SPS New Gen	8:30 PM - Kabayan Steakhauz, Pacita Avenue
RC Sta. Rosa	7:30 PM - Handaang Pilipino Restaurant (HPR)
RC Calamba City	11:30 AM - Riverview Resort & Conference Center
RC Siniloan	8:00 PM - LA Bldg. Siniloan Technical Vocational & Sciences HS

FRIDAY

RC Biñan	7:30 PM - Le Garden Restaurant, Carmona
RC San Pedro South	8:00 PM - Bgy. SK Library, PH2 Pacita Complex 1
RC San Rosa Centro	7:30 PM - El Cielito Inn, Sta. Rosa
RC Pagsanjan	7:30 PM - Picos Restaurant
RC Infanta	7:00 PM - 2nd Fl. Cajucom Bldg. Rizal St.
RC Nagcarlan	7:30 PM - Cuento's Residence, P. Coronado St.

SATURDAY

RC Laguna Technopark	8:00 PM - Mocha Blends, Humana Center
RC Silangan San Pedro	12:30 PM - RC Silangan Clubhouse, Dagatan Blvd.
RC Rizal	7:00 PM - Ador & Erlyn's Function Hall, Zamora St.

SUNDAY

RC Cavinti	2:00 PM - Bgy. Inaoawan
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