

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



The CENTRO

Official Weekly Bulletin

Rotary Club of the West Centre Rt District 3220
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!

Inside this Issue

	Page #
Program	4
Invocation	5
Object of Rotary	5
The Four Way Test	6
Centro Hymn	6
President's Message	7
Rotary International Updates	8
Reflections	9
Rotary Basics	10-11
Glimpses	12-13
Minutes of the Meeting	14-16
For your information	17-18
What's coming up	19
Next week's order of Business	20
Fun page	21
Roster of Members	22
Special Observances	23
Where to make up	24

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

**P R O G R A M
December 6, 2013**

Call to Order	Pres. Doray Lucero
Invocation	Rtn. Jennifer Dee
National Anthem	PN Pen Cuya
The Four Way Test	Rtn Myrna Valle
Object of Rotary	PP Carol Salvahan
Acknowledgment	PP Jacqui Victoria
Recognition	PP Che Lu
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



As we gather here today as members of Rotary, we pray that we are ever mindful of opportunities to render our service to fellow citizens and to our community. Keeping in mind always the enduring values of life, exerting our efforts in those areas and on those things upon which future generations can build with confidence. Let us continue to strive to make a better world. 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

Greetings dear Centro ladies!

Please be reminded of our fast-approaching project "The Face of Rotary". We need to have everything organized and coordinated, and your full support and cooperation is needed. Also, RI President Ron Burton is calling our attention to an international convention that will be held in Sydney, Australia. If you are interested, please let me know so that we can forward our response to his office.

Next, I would like to thank you for attending our meeting last Thursday at the Roofdeck. I am hoping that we can get in touch with DSWD to follow up on the distribution and orientation on the proper use of wheelchairs, which we are expecting to arrive soon.

Lastly, I apologize for not being able to attend our last regular meeting at El Cielito Inn, I was attending an annual meeting of Midwives wherein I made a report.

Thank you very much and God bless!

Yours in Rotary service,

First Class President Teodora "Doray" Lucero

Rotary



ROTARY INTERNATIONAL

Updates

ROTARY CLUBS TAKE ACTION FOR TYPHOON-RAVAGED PHILIPPINES

Rotary clubs around the world are pledging emergency aid to communities in central Philippines after last week's massive typhoon flattened entire coastal towns and villages, killed thousands of people, and displaced nearly 600,000 more.

The situation remains dire as widespread destruction has made food, water, and medicine scarce in remote areas affected by Typhoon Haiyan, the strongest storm to make landfall on record.

Rotary President Ron Burton is urging our 34,000 clubs worldwide to continue to assist storm victims.

"I know we all want to help. I am urging our clubs to take action to provide emergency aid now and begin planning for the future when we can help rebuild homes, schools, and businesses," says Burton. "We are in the business of helping people in need."

Rotary partner ShelterBox has committed aid for 4,000 families in the form of emergency shelter and other relief assistance.

Such disasters are "exactly why we entered into our partnership with ShelterBox," says Burton. "It gives Rotary members worldwide the opportunity to respond immediately and in a very meaningful way to the life-threatening conditions faced by the people of the Philippines."

For nearly 100 years, Rotary clubs in the Philippines have been creating positive change in their communities. The first Philippine Rotary club was formed in Manila in 1919. Today, more than 800 Rotary clubs throughout the Philippines give members the chance to make a difference at home and around the globe. Rotary's work to eradicate polio, our top priority, began in the Philippines. In 1979, Rotary funded the immunization of six million children with the oral polio vaccine. Based largely on the success there, the World Health Assembly authorized the Global Polio Eradication Initiative in which Rotary is a spearheading partner.

Rotary clubs in the Philippines have improved water and sanitation, led medical and dental missions, created literacy programs, and participated in reforestation plantings. When a 7.1 magnitude earthquake struck central Philippines in September, clubs were there to bring aid to those in need.

"Rotary members often are both first-responders and rebuilders when major disasters strike because clubs are present in every corner of the world," Burton says. "We continue with recovery efforts long after international relief agencies have gone because Rotary clubs are part of the communities we serve."



Reflections

“In the pursuit of happiness, men most frequently turn to wealth; in it they hope to find enduring happiness. Some look for it in the possession of gold, King Midas' sad experience notwithstanding. They hoard it beyond all possible needs.

...If we heed the guide posts and danger signals which seers have hung out for the benefit of travelers on life's highway, we shall not look for happiness in the possession of money, nor in the possession of things which money will buy.”



Paul P Harris message on the 30th anniversary of Rotary, 1935

“Friendship is a natural and willing servant....There is no reason...why the great power of friendship should not be harnessed to do its part in the world's work.” — Report of the President, 1912 Rotary Convention, Duluth, Minnesota, US

LET US INTRODUCE YOU TO
OUR ROTARY.

ROTARY BASICS

Committee Role and Responsibilities

Public Relations Committee

The role of the club public relations committee is to develop and execute a plan to tell the public about Rotary and promote the club's service projects and activities. Having strong public relations ensures that communities around the world know that Rotary is a credible organization that meets real needs. When a Rotary club has a positive public image, current members are motivated to be active and prospective members are eager to join. The responsibilities of the club public relations committee, summarized below, are explained more fully in this chapter:

- Develop committee goals to achieve the club's public relations goals for the coming year.
- Become familiar with RI public relations resources.
- Create awareness of club activities and projects among club members, media, and the community.
- Understand the components of public relations that will help you promote Rotary to the community.
- Know Rotary's key messages and be able to use them when speaking in public.
- Work with the club membership committee to support their recruitment efforts.

ROTARY BASICS

Promoting Your Rotary Club

The primary responsibility of the public relations committee is to create awareness in your community of your club's service projects and activities, and in doing so, to promote the values and work of the organization. The community learns about Rotary through the media and what others say about the organization, so informing your club members and the media about your club's undertakings is crucial to building strong public relations. There are many ways to promote your club and the organization, including:

- Sponsoring special events, such as marathons, recycling efforts, and fundraisers
- Creating exhibits and displays throughout the community
- Advertising club projects and events in newspapers and magazines, on billboards and buses, and in air and rail transportation centers
- Encouraging Rotarians to wear their Rotary lapel pins
- Posting Rotary information on an online forum, community calendar, social networking sites, and your club's or another organization's website Your committee should brainstorm other ideas before your year begins, and create a plan for implementing them. In order to promote Rotary effectively, you will need to understand the components of public relations, and be able to use key Rotary messages.





Glimpses

Pinning of Paul Harris Society pin
for PN Mayor Arlene Arcillas from
Rotary Club of Santa Rosa Centro
(November 25, 2013)





Glimpses



City of Santa Rosa delegates at Catbalogan and Tacloban Cities, delivering the relief goods (November 24, 2013) . The Rotary Club of Sta. Rosa Centro donated for this cause.



Minutes of the Meeting

Regular Meeting

RC Sta. Rosa Centro

November 29, 2013 Friday

El Cielito Inn

Sta. Rosa City

The meeting started at 7:30 p.m. Attendees were:

Sec. Precy

IPP Liza

PP Zeny

PP Che

PP Maan

PP Leni

Rtn Mel

Rtn. Myrna

Rtn Cecile

1. Committee reports:

• Gift Giving to Pagoyo is scheduled on Dec. 10, Tuesday at 1 pm, as agreed by IPP Liza with Teacher Carmi.

- o There are about 40 pupils, we will prepare for 50.
- o PP Zeny will donate candies for the kids
- o We already have 70 pcs Zesto. It was agreed that we will buy one pc. Cake/mammon plus apple and orange plus a toy.
- o PP Precy will buy the toy and Rtn Cecile will buy the food items
- o Contribution is P300 per member.
- o It was also agreed that we will give a gift to the teacher.

• Centro Christmas Party:

o We will have two Christmas parties. 1st one will be on Dec. 21, dinner at Buffet 101. 2nd one is our planned Wig party on Dec. 27 (for concurrence of other members)

o Buffet 101 on Dec. 21:

⇒This is the availability of PE Mayor Arlene.

⇒Bill will be settled Rotary Way.

⇒Rtn Mel will take care of our reservation on Dec. 21, 6 pm for 25 pax.

⇒We will have exchange gift worth 500 pesos above, to be distributed round robin style.

⇒Those coming from Sta. Rosa needs to leave by 4pm.

Minutes of the Meeting

- o Wig Party on Dec. 27, 5pm
 - ⇒Venue is at Liza's office bldg.. (ground floor)
 - ⇒Food by potluck. Agreed assignments:
 - Mel / Maan : wine
 - Zeny: Puto maya + chocolates for kids
 - Precy: spaghetti
 - Myrna : kare-kare
 - Che: disposables and garbage bags
 - Liza: Green salad + 1 ulam + rice
 - Cecile: Fried chicken + Pinaputok na tilapia
 - Leni: Fruit salad or any dessert
 - ⇒Other suggested assignments (those not present):
 - Doray: Pinaupong manok
 - Jay/Dra. Dee: softdrinks + ice
 - Sheila : pizza
 - Carol: menudo
 - Jackie/Hazel/Evs/Pen/Glo: Lechon
- o PP Jackie is the event chairman, she will take care of the program.
- o No more exchange gifts (already done at Buffet 101)
- o We will give loot bags to the kids.

2. Other matters:

- PP Leni discussed the donation of RC Wodonga for Yolanda victims.
 - o They want to donate Shelter Box.
 - o They emailed that they would like our Club to coordinate with Shelter Box (SB) i.e. where to send.
 - o They are requesting us to ask the process; they want assurance that the SB will reach the intended recipients.
 - o This will be a joint project of our club with RC Wodonga.
 - o PP Che asked on the reporting; Sec. Precy said it will be RC Wodonga who will report.
- Re Aquabox request from DG
 - o DG is requesting each club to give Aquabox for the victims.
- Centro Scholarship Program
 - o PP Maan set the selection of 2014 scholars on Dec. 10, after our Pagoyo Day Care Christmas gift giving. Attendees are:

Minutes of the Meeting

- ⇒Pres Doray
- ⇒Sec Precy
- ⇒PP Maan
- ⇒PP Carol
- ⇒PP Hazel
- o PP Precy announced that she has already reported our 2014 Officers to RI:
 - ⇒President: Mayor Arlene
 - ⇒Vice President: PP Jackie
 - ⇒Secretary: PP Che
 - ⇒Treasurer: PP Carol
 - ⇒TRF: IPP Liza
 - ⇒Membership: Rtn Myrna
 - ⇒Executive Secretary: IPP Liza
- Regarding membership:
 - o Sec Precy reported that we have 25 members. Two members were added: Dra. Jen and Dra. Salandanan (our vocational awardee). They already have ID #s.
 - o Our problem is if Rtn Itchel and Rtn Joen resigns.
 - o PP Zeny will be proposing a member.





For your Information

Beware if alcohol gives you red cheeks

Getting a red face after downing a couple of alcoholic beverages is not a sign of strong qi (energy flow) or good blood circulation, but rather, it is an indication that your body is not metabolizing alcohol efficiently. This phenomenon called Asian Flush Syndrome is common among Asians of Chinese, Japanese and Korean descent.

"If you are Asian and drink alcohol frequently, you may have a higher risk of getting stomach or oesophageal cancer or peptic ulcers due to a genetic inability to efficiently process acetaldehyde, a toxic by-product of alcohol metabolism," says Dr Victor Lee Tswen Wen, Consultant Surgeon, Department of Hepatobiliary & Transplant Surgery, Singapore General Hospital (SGH), a member of the SingHealth group.

How well the body metabolizes or breaks down alcohol is dependent on two enzymes:

- alcohol dehydrogenase which converts alcohol into acetaldehyde and
- acetaldehyde dehydrogenase (ALDH2) which breaks down acetaldehyde into harmless substances.

Because 80 per cent Asians have an overactive alcohol dehydrogenase, they tend to break down alcohol into acetaldehyde faster – up to 100 times faster. As alcohol is broken down faster, there may be little to no alcohol "buzz".

Making things worse, most Asians have an inactive variant of the liver enzyme ALDH2, which means that acetaldehyde takes much longer to clear from their blood.

The build-up of acetaldehyde is what causes blood vessels to dilate and the face to turn red – the so-called "Asian flush syndrome". The problem goes beyond aesthetics: Acetaldehyde is more toxic than alcohol and a known cancer-causing agent.

"Acetaldehyde can trigger inflammation in the upper gastrointestinal tract, cause DNA damage and increase your risk for gastrointestinal diseases, namely oesophageal and stomach cancers as well as peptic ulcers," says Dr Lee.

If you have Asian flush syndrome and drink two beers a day, your risk of oesophageal cancer is up to 10 times higher than that of a person who has normal ALDH2.

Source: <http://ph.she.yahoo.com/blogs/fit-to-post-health/beware-alcohol-gives-red-cheeks-074650602.html>



For your Information

How To Minimize Holiday Weight Gain

The days seem to be melting away to make way for the holiday season. Parties and gatherings are part and parcel of the holidays, and with it of course, come calorie-loaded feasts. This also explains why come New Year, everyone's resolution is to "eat healthier" and to "exercise more." Still, according to personal trainer and wellness consultant Mitch Felipe-Mendoza, there is a way to survive the holiday excesses without tipping the scales against your favor. Here are her tips and tricks for maintaining your weight amidst the holiday parties.

1. Be realistic

"As early as now, you have to make your formal workout a consistent routine," says Mitch. She recommends a regular workout schedule of 30 to 60 minutes a day of cardio and strength training done every 3-5 times a week.

2. Eat your words

"A food journal will help you become aware of food intake; this will make you more conscious and exercise portion control during parties," advises Mitch.

3. Stress less

"Stress might cause you to eat more and exercise less especially during holidays." Take a chill pill, it's better than downing diet .

4. Eat this, not that

"Being unaware of calorie content packs on the pounds because you end up over-eating. Since it's the holidays, you'll probably eat out and go drinking more than once a week, so you'll be exposed to more high-calorie food. You can still make smart choices even when at a party," says Mitch.

5. The eye's the limit

Mitch shares this handy trick to help you visually gauge how much you should eat. "Limit starches, like rice, bread or pasta to one or two servings per meal; one serving is around half a cup."

6. Walk it out

"Take advantage of the number of steps that you can accomplish if you're going out shopping. Wear a pedometer and aim for 10,000 steps or more if you plan to skip a workout so you can still burn more calories."

Source: <http://ph.she.yahoo.com/how-to-minimize-holiday-weight-gain-010402956.html>



What's coming up?

Friday, December 6

2013 TAIPEI ROTARY INSTITUTE

Regular Weekly Meeting

Saturday, December 7

2013 TAIPEI ROTARY INSTITUTE

Sunday, December 8

2013 TAIPEI ROTARY INSTITUTE

Monday, December 9

Happy Birthday!! - Rtn Jay Dee

Tuesday, December 10

Gift giving at Pagoyo Day Care

Thursday, December 12

Vocational Team Training

Friday, December 13

Vocational Team Training

Regular Weekly Meeting

Saturday, December 14

Campaign Against Child Trafficking

Sunday, December 15

DISTRICT GLITTERY CHRISTMAS PARTY!

Monday, December 16

Club Elections



Next Week's Order of Business

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

PROGRAM December 13, 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	Rtn Cecile Gabatan
Acknowledgment	PP Jacqui Victoria
Recognition	PP Che Lu
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**

Fun Page



Broken Machine

Our copier was on the fritz so I put a note on it: "Service has been called." When the technician told me he had to order parts, I added a second note: "Parts have been ordered."

During the next five days, when we had to use an older, slower copier on the other side of the building, someone taped a third note to the machine: "Prayers have been said."



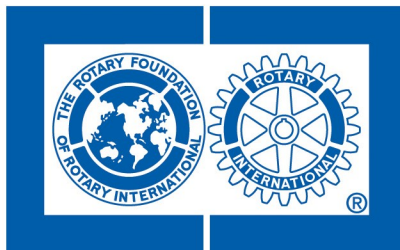
Roster of Members

	NAME	ID No	CLASSIFICATION	BIRTHDAY	E-MAIL
1	Arcillas, Arlene "Mayor"	8275828	City Representative	31-Jul	arlene.arcillas@gmail.com
2	Bedienes, Gloria "Glo"	8612318	Trading	14-Apr	g_delbarrio@yahoo.com
3	Cuya, Delphi Penelope "Pen"	8275831	Healthcare	12-Feb	c_dpenelope@yahoo.com
4	Dee, Ma Geralyn "Jay"	8574451	Interior Design	9-Dec	geralyn_dee@yahoo.com.au
5	Dee, Jennifer		Healthcare		jenmd320@yahoo.com
6	Dela Cruz, Priscila "Precy"	5333454	Leasing	24-Aug	pre_z@yahoo.com
7	Delfino, Goyena "Joan"	5333469	Catering	27-Feb	joendelfino@yahoo.com
8	Dictado, Zenaida "Zeny"	6416676	Pallet Manufacturing	14-Sep	zendictado@yahoo.com
9	Gabatan, Ma. Cecilia "Cecile"	8612321	Real Estate Broker	27-Oct	ana_ciariz06@yahoo.com
10	Gonzales, Mary Ann "Ma An"	5333525	Real Estate Developer/Brokerage	20-Mar	moonzales_964@yahoo.com
11	Laranga, Evelyn "Evs"	8465660	Education	25-Jul	larangayves@yahoo.com
12	Lijauco, Consuelo "Chit"	5333445	Magazine Editing	15-May	chitli@yahoo.com
13	Lu, Cheryl "Che"	5333496	Pest Control Services	17-Apr	cheanton2004@yahoo.com
14	Lucero, Teodora "Doray"	8045358	Midwife	18-Sep	teodora_lucero@yahoo.com
15	Ma, Elenita "Leni"	6261683	Dentist	10-Jan	docleni110@yahoo.com
16	Maglian, Annaliza "Kap Itzhel"	4656628	Government Service	15-Jul	amaqlian@yahoo.com
17	Padiernos, May Grace "Maya"	5944127	Furniture Retail	6-May	mavapadiernos@yahoo.com
18	Pineda, Joel Liza "Liza"	7019336	Human Resource	30-Mar	joellizaineda@yahoo.com
19	Ramos, Hazel "Hazel"	6165816	Money Lending	1-Jul	hazel_agnes1968@yahoo.com
20	Salvahan, Carolina "Carol"	5333457	Window Fashion Contractor	4-Jul	cvsalvahan47@yahoo.com
21	Santillan, Shiela "Shiela"	8574457	Restaurateur	2-Apr	shiela402@yahoo.com
22	Tadeo, Carmela "Mel"	8415873	Logistics	24-Dec	carmela@qnf.com.ph
23	Valle, Myrna "Myrna"	8482805	Strategic Planning	21-Dec	mvrna.valle@yahoo.com
24	Victoria, Jacqueline "Jackie"	6556182	Watch Services	7-Nov	ustyle04@yahoo.com



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 - PMU 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
------------	-------------------------