



The CENTRO

Official Weekly Bulletin

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



RY 2013-2014 Logo



Club Logo

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 May Grace Padiernos	Special



Roster of Members and Attendance

	NAME	ID No	CLASSIFICATION	Jun			Jul
				7-Jun	14-Jun	26-Jun	5-Jul
1	Arcillas, Arlene "Mayor"	8275828	City Representative	✓	Leave	✓	Leave
2	Bedienes, Gloria "Glo"	8612318	Trading	✓	✓	✓	
3	Cuya, Delphi Penelope "Pen"	8275831	Healthcare			✓	
4	Dee, Ma Geralyn "Jay"	8574451	Interior Design	✓	Leave	✓	✓
5	Dela Cruz, Priscila "Precy"	5333454	Leasing	✓	✓	✓	✓
6	Delfino, Goyena "Joan"	5333469	Catering			✓	
7	Dictado, Zenaida "Zeny"	6416676	Pallet Manufacturing	Leave	Leave	✓	✓
8	Gabatan, Ma. Cecilia "Cecile"	8612321	Real Estate Broker	✓	✓	✓	
9	Gonzales, Mary Ann "Ma An"	5333525	Real Estate Developer/Brokerage	✓		✓	
10	Laranga, Evelyn "Evs"	8465660	Education	✓	✓	✓	✓
11	Lijauco, Consuelo "Chit"	5333445	Magazine Editing	✓	✓	✓	✓
12	Lu, Cheryl "Che"	5333496	Pest Control Services	✓	✓	✓	
13	Lucero, Teodora "Doray"	8045358	Midwife	✓	✓	✓	✓
14	Ma, Elenita "Leni"	6261683	Dentist	✓	✓	✓	✓
15	Maglian, Annaliza "Kap Itchel"	4656628	Government Service	Leave	Leave	✓	Leave
16	Padiernos, May Grace "Maya"	5944127	Furniture Retail	✓		✓	
17	Pineda, Joel Liza "Liza"	7019336	Human Resource	✓	✓	✓	✓
18	Ramos, Hazel "Hazel"	6165816	Money Lending	✓		✓	
19	Salvahan, Carolina "Carol"	5333457	Window Fashion Contractor	✓	✓	✓	✓
20	Santillan, Shiela "Shiela"	8574457	Restaurateur	✓			
21	Tadeo, Carmela "Mel"	8415873	Logistics	✓		✓	
22	Valle, Myrna "Myrna"	8482805	Strategic Planning	✓	✓	✓	
23	Victoria, Jacqueline "Jackie"	6556182	Watch Services	✓	✓	✓	✓
				89%	63%	95%	53%

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

**PROGRAM
July 12, 2013**

Call to Order	Pres. Doray Lucero
Invocation	Rtn Mel Tadeo
National Anthem	Rtn Glo Bedienes
The Four Way Test	Rtn GERALYN DEE
Object of Rotary	PP Maan Gonzales
Acknowledgment	IPP Liza Pineda
Recognition	PDG Chit Lijauco
Secretary's Report	PP Precy dela Cruz
Treasurer's Report	PP Jackie Victoria
Committee Reports	Committee Chairpersons
President's Time	Pres. Doray Lucero
Exchange of bannerettes	RC Wodonga West represented by Matt Burk and RC Sta Rosa Centro represented by Pres. Doray Lucero

Centro Hymn

**Chairwoman of the Night :
PP Jackie Victoria**

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



What's coming up?

Friday, July 12
Regular Weekly Meeting
Monday, July 15
Happy Birthday!! Itchel Maglian
The Face of Rotary-1st day of registration
Friday, July 19
Regular Weekly Meeting
Thursday, July 25
Happy Birthday!! Evs Laranga
Friday, July 26
Regular Weekly Meeting
Wednesday, July 31
Happy Birthday Mayor Arlene Arcillas
Friday, August 2
Regular Weekly Meeting
Friday, August 9
7:00pm Bring a friend
Friday, August 16
Regular Weekly Meeting

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

Minutes of the Meeting

- V. Past President Zeny Dictado being the chairperson of the club's financial committee, explained how the committee will work on the task given to them by the club. The ladies agreed to the objectives, management, and decisions that the committee laid to the club. Past President Jackie announced to submit the service committee's budget to them for their perusal.
- VI. Past President Carol mentioned the club extension plan of Centro, prospect members will come from Dra Jean's friends, referrals and some members of former RC Laguna Technopark. It was agreed that PP Carol will be the District Governor Special Representative (DGSR) ans RC Sta Rosa Centro as the mother club. Resolutions on this matter will be executed.
- VII. AG Leni Lantin reported that she invited the RC Metro Biñan members (not yet inducted) to observe in our club meeting for their further Rotary knowledge.
- VIII. During the President's time, First class President, Doray Lucero reported about the plans of RC Santa Rosa, our mother club to write a letter to Mayor Arlene Arcillas requesting to donate or provide a Rotary Center in the municipal hall for the Rotary clubs in Santa Rosa City, PDG Chit said that Centro could try again asking the Mayor about the matter through board resolution.
- IX. PGD Chit pointed out the reason why former members of RC Sta Rosa South were present in Centro's meeting: Edgar Del Rosario asked her advice about their plans of joining the new club the Centro is forming, PDG Chit said that they can join and they can always go back to their former club even if their decision to go back to their former club is in the middle of the organization of the new club, there will be no problem with Centro and Centro will be happy that they are together again.
- X. The meeting was adjourned exactly at 10:30PM

INVOCATION



Dear Lord,

There are so many things that we take for granted. Let us not ignore them today. Help us, Gracious God, remember that life is a gift. That our health is a blessing, that today is a new day filled with awesome potential, and that we have the capacity to bring something wholly new and unique and good into this world.

This we ask in Jesus name. 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

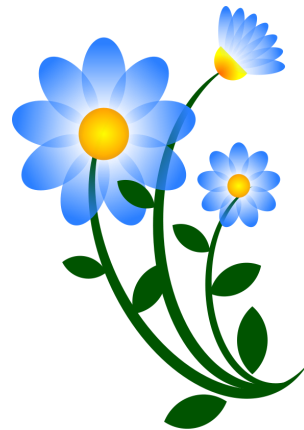
And when we hurt,
We can just smile and bear it
'Coz we were born to serve and be....

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?



Minutes of the Meeting

III. Secretary Precy announced the following information at the meeting:

1. That District Governor Danny Ona was in Bicol (Area 4) from July 1 -27 for the club's inductions and Governor visits.
2. That there will be a YEP General Orientation and Inbounds Welcome Party on Aug 3, Saturday, hosted by Rotary Club of Downtown Batangas, Past President Ed Mercado as the Chairman, Secretary Precy told the club to send delegates from the Youth Service Committee.
3. That the Rotary International Strategic Plan and The Rotary Foundation Seminar Workshop will be held on August 17-18, 2013, Membership, Service projects, Public Relations and The Rotary Foundation committees were invited to attend the said seminar.
4. That the Rotary Club of Sta Rosa Cento's Governor's visit was scheduled on September 6, Friday 6:30PM at El Cielito Inn, then after, a simple induction follows.
5. That the Santa Rosa clubs had an invitation from Figaro Coffee coming soon in Balibago, Santa Rosa, Ms Christine, the representative of Figaro Coffee will call for the confirmation of the opening date.
6. Turnover of the club financials will be on July 12 reported by Past Club Treasurer Jackie Victoria.
7. Secretary Precy thanked those members who acknowledged her text info regarding the Bellevue fellowship attendance and the first regular meeting for the month of July, She also requested the club to reply from her text so that she'll know if they received the message.

IV. Dr. Aurelyn E. Salandanan, an OB-Gyne, affiliated doctor in Sta Rosa Medical Center, Medical Center of Muntinlupa and Perpetual Medical Center in Alabang informed us the importance of early prevention of cervical cancer. She explained how it is acquired and detected. She also showed the ladies through visual presentation how cervical cancer looks like when women had it already. After the presentation, President Doray gave Dr. Aurelyn a token of thanks for being with us that night.



Minutes of the Meeting

RC Sta. Rosa Centro
Regular Weekly Meeting
5 July 2013

I. Attendance:

Immediate Past Liza Pineda	Past President Jackie Victoria
President Doray Lucero	Past President Precy Dela Cruz
Past President Zeny Dictado	Assistant Governor Leni Lantin-Ma
Past President Carol Salvahan	Past District Governor Chit Lijauco
Director Evs Laranga	Treasurer Rotarian Jay Dee

Guests:

[Dr Jeniffer Dee](#)

Edd Del Rosario	Romy Censon
Ace Soriano	Susan Manalo

II. First Class President [Doray Lucero](#) rapped the bell twice signaling the meeting was called to order, Past President [Zeny](#) read the invocation followed by the national anthem lead by Past President [Jackie](#) and she continued reading the four Way Test. Object of Rotary was recited by Director [Evs](#), guests were acknowledged by Past President [Carol](#). Recognition time was assigned to Immediate Past President [Liza](#), Past Presidents [Carol](#) (for her birthday) and [Jackie](#) (for being Rotarian of the year) were given tokens, she also announced the seven (7) ladies who got the perfect attendance for the month of June, they were, Immediate Past President [Liza Pineda](#), Past Presidents [Precy Dela Cruz](#), [Carol Salvahan](#), [Che Lu](#), [Jackie Victoria](#), Executive Secretary [Myrna Valle](#) and President [Doray Lucero](#), and because the prize was only 1 Hermes key chain holder, it was raffled among the 7 ladies and Immediate Past President [Liza](#) won the prize.



President's Message

A word of appreciation goes a long way in building relationships. A simple "thank you" is not just courtesy or a show of good manners; it is an acknowledgement of good things done and cherishes kind acts.

I extend my deepest gratitude to the committee members and participants who made our Kick-Off activity "Gabay Aral School Supplies Donation" a big success! For our upcoming projects, I hope and pray that we could all have the same enthusiastic support and cooperation from all of you, dear Centro ladies!

In closing, I leave this message:

" We can do no great things, only small things with great love."

Have a Blessed Day to all!

Yours in Rotary Service,
First Class President [Teodora Lucero](#)

LET US INTRODUCE YOU TO
OUR ROTARY.

ROTARY BASICS

PROTOCOL

R.I. District PP EXEQUIEL "JUN-JUN" AGUILAR, JR.
DISTRICT PROTOCOL OFFICER
RY 2013-2014

On Weekly Club Meetings Sitting Arrangement

WEEKLY CLUB MEETING

A Rotary Club meeting is a showcase of Rotary in the community. An atmosphere of discipline and proper social behavior must prevail throughout the **one-and-a-half-hour** meeting which starts promptly and ends on time. Proper attire is expected of the Rotarians and all their guest. The club President at the meeting sits at the center of the presidential table (or **left – center chair** facing the audience, if the chairs are divisible by two). The guest of Honor and Speaker sits at the place of honor, which is the immediate **right seat** next to the President. The rest of the officials/guest to be likewise seated at the head table are arranged alternately from the President's left to the right of the guest of honor, back to the left and then right again, and so on. From center to both sides of the table based on their ranks in the usual Rotary Order of Precedence.

(cont. on page 10)



Reflections

"...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 Harris message
on
the 30th anniversary of
Rotary, 1935*



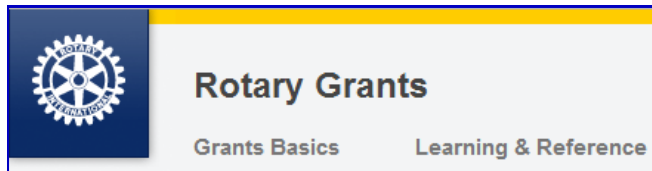
*"Friendship was the foundation rock on which
Rotary was built and tolerance is the element
which holds it together."*

— My Road to Rotary

ROTARY INFORMATION



New grant model launches



SOURCE : <http://www.rotary.org/en/grants/>

WHAT ARE ROTARY GRANTS?

We've changed how we structure Rotary grants. Our new system (previously known as Future Vision) focuses primarily on three grant types—district, global, and packaged. It is both more efficient and sustainable, and will help us make a greater impact around the globe.

This site is the new home for all Rotary grants information. Looking to learn about the new grant system? Apply for a grant? Get information on managing your grant? You'll find it all here.

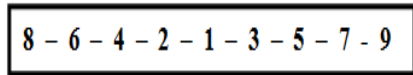
In Grant Basics, you can learn more about the grants we offer to Rotarians and how to apply for them. Our Learning & Reference section houses our extensive resource library, including useful reference documents, training materials, and much more.

ROTARY BASICS

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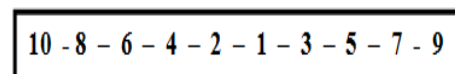
SITTING ARRANGEMENT:

When chairs at the head table are **odd in number** (numbering according to order of precedence)



President (no. 1) sits at the center. Guest of Honor and Speaker (no. 2) sits at the right of the President.

When chairs at the head table are divisible by **two** (numbering according to order of precedence)



President (no. 1) sits at left - center chair. Guest of Honor and Speaker (no. 2) sits at the right of the President.

The personalities seated at the head table are introduced from both ends of the table starting from the farthest left and then the farthest right, then back to the next farthest at the left and then to the next farthest at the right, and so on and so forth as the introducer gradually moves to the middle. This is when the chairs at the head table are odd in number. The introduction starts from the right, whenever the chairs are divisible by two. In other words, the dignitaries at the head table are introduced from the lowest rank up to the president and guest of honor. Visiting Rotarians introduce from the audience should be ranked from top down.



ROTARY INTERNATIONAL Updates

Ron D. Burton
President
Rotary International

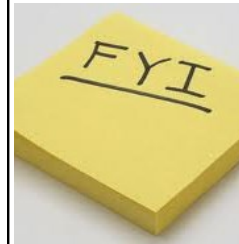


Meet the President

Ron D. Burton retired as president of the University of Oklahoma Foundation Inc. in 2007. He is a member of the U.S. Supreme Court Bar, the Oklahoma Bar Association, and the Cleveland County Bar Association. He is also a member of the American Bar Association, the ABA Section of Taxation Exempt Organizations Committee, and the ABA Section of Real Property, Probate, and Trust Committee on Charitable Organizations. He was vice president of the Last Frontier Council of the Boy Scouts of America and received the Silver Beaver Award. He also received the Norman United Way and Junior League Volunteer of the Year Civic Award.

His extensive service to The Rotary Foundation includes vice chair and member of the Foundation Trustees, vice chair of the Future Vision Committee, and member of the International PolioPlus Committee and PolioPlus Speakers Bureau. Other service includes national adviser for the Permanent Fund Initiative, member of Permanent Fund Leadership Team, and consultant to the Development Committee. In addition, he has served as a regional Rotary Foundation coordinator and moderator of the regional Rotary Foundation coordinator training program.

Burton has received the RI Service Above Self Award and the Foundation's Citation for Meritorious Service, Distinguished Service Award, and International Service Award for a Polio-Free World. He and his wife, Jetta, are Paul Harris Fellows, Benefactors, Major Donors, and members of the Paul Harris, Bequest, and Arch C. Klumph Societies.



For your Information

15 Healthy Food Combinations

By The Editors of Healthy Living

Healthy eating is all about math: subtracting fat, counting calories, dividing portions. But let's not forget adding: It's the little things we toss in the pot that often yield the biggest benefits. Adding just one food to another can make a tremendous difference in your total nutrient intake and offer significant health gains.

With benefits ranging from stronger bones and better eyesight to a healthier heart and improved immunity, here are 10 of our favorite quick pairings for breakfast, lunch, dinner, snacks--even beverages--that taste great, take seconds to make, and add up to amazing health.

- Scrambled eggs + red peppers** Smoother skin
- Smoothie (any kind) + wheat germ** Heals cuts and bruises
- Sandwich (any kind) + spinach** Reduces night blindness
- Garden salad + canned wild salmon** Improves brain and heart health
- Stir-fry (any kind) + kale** Strengthens eyes
- Salsa + chickpeas** Helps you lose weight
- Low-fat pudding + nonfat powdered milk** Eases PMS symptoms
- Water + unsweetened cranberry juice** Cuts down on cavities
- Nonfat Greek yogurt + strawberries** Maintains more muscles
- Pasta (any kind) + parsley** Builds stonger bones



Glimpses

**PE Mayor Arlene Arcillas
takes oath of office**



Mayor Arlene Arcillas took her Oath of Office as City Mayor last June 26, 2013 at Sta. Rosa de Lima Parish



Glimpses



**Victory party for
PE Mayor Arlene Arcillas**

