

*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](http://www.rcstarosacentro.org)

Club e-mail : [rcstarosacentro@outlook.com](mailto: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 2020

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](http://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  
January 31, 2014**

Call to Order	Pres. Doray Lucero
Invocation	Rtn Jen Dee
National Anthem	Rtn Glo Bedienes
The Four Way Test	Rtn Myrna Valle
Object of Rotary	PP Carol Salvahan
Acknowledgment	PP Che Lu
Recognition	PP Jacqui Victoria
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**

**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

A blessed day Centro Ladies!

I am happy to announce that our simple donation of a Bulletin Board to Sta. Rosa Science and Technology High School was highly appreciated by the school board, as well as the students. We can all be proud to have accomplished this humble yet productive project, and I am very thankful to all of you for your all your assistance and cooperation.

We shall be having our Board of Directors meeting on January 31st, lunchtime, at the residence of our beloved Gov. Chit, and I am looking forward to this opportunity to tackle several issues, as well as discuss our upcoming projects and events, such as the fast approaching Rotary Anniversary on February 24 and our banner project, Buntis Wellness 3 on March 11. As we have discussed during our last regular meeting, we will not be having a regular meeting this Friday due to the celebration of the Chinese New Year.

Our regular meeting will resume on February 7 at El Cielito Inn, as usual. Once again, maraming salamat sa inyong lahat!

Yours in Rotary service,

First Class President Teodora "Doray" Lucero

Rotary



ROTARY INTERNATIONAL

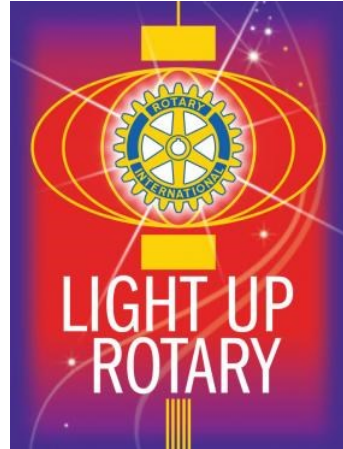
Updates

## Light Up Rotary!!

Rotary is an organization that has something for everyone. All over the world, in cities and towns, for well over a century, Rotarians have come together to serve. And in the years since Rotary was founded, countless Rotarians and others have discovered the joys of Rotary service, through Rotaract, Interact, Rotary Community Corps, Youth Exchange, and many other programs.

All of us are part of the family of Rotary. And we have all gained so much from our Rotary service. We've made friends, helped our communities, and made the world a better, safer, and healthier place. We've become part of a truly international network of volunteers, and we've learned how much we can achieve when we put our differences aside and work together.

Many of the ideas and values that we cherish in Rotary are not unique to Rotary. Perhaps the reason Rotary resonates so deeply with me is that I find many traditional Chinese values reflected in Rotary: values of service and responsibility, of respect for family and for others.



It is not surprising, then, that the ideas of Confucius so often guide me in my Rotary service. To me, Confucius was the original Rotarian. More than two thousand years before Paul Harris was born, he said: To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must first set our hearts right. In Rotary, we set our hearts right by putting Service Above Self. And we recognize that in order to be ambitious in our service, we must first care for our own organization and expand our family of Rotary.



## ROTARY INTERNATIONAL Updates

In 2014-15, I will ask all of you to Light Up Rotary — by sharing our service, strengthening our clubs, and letting our light shine in our communities.

In this Rotary year, we will Light Up Rotary by reaching our goal of 1.3 million Rotarians, bringing in new members while working to keep the members we have. To do this, we'll need to approach membership in new ways, and try new ideas. Hold a Rotary Day to give your community a chance to learn more about Rotary. Remember that Rotary is a family and is for the family: Encourage your spouse and other family members to consider joining, and reach out to Youth Exchange and Foundation alumni. Focus on your own club, and look realistically at why members stay, and why they leave. What can you do to make being a Rotarian an appealing and attractive opportunity for busy professionals and those with young families?

We will also Light Up Rotary — and make history — by eradicating polio. Polio eradication within the next few years is absolutely realistic — if we keep up our momentum. So tell your friends, associates, and elected officials how critical it is that we End Polio Now. Donate to the PolioPlus Fund and encourage others to do so as well. By meeting the newest challenge issued by the Bill & Melinda Gates Foundation, we can make our money work three times as hard. Be an active part of the greatest public-private health partnership in the history of the world, and share in the pride when the job is finished.

In 2014-15, as we strengthen our clubs and Light Up Rotary in more than 34,000 communities, our commitment and our service will light up the world.

Gary C.K. Huang President  
Rotary International, 2014-15



LET US INTRODUCE YOU TO  
OUR ROTARY.

## ROTARY BASICS

### CLUB BOARD OF DIRECTORS AND OFFICERS

The board of directors is the decision-making council made up of the officers of the club. It meets at least once per month. Each club chooses a president, a president-elect, and a secretary, all of whom serve on the board. The immediate past president is a member of the board as well. One or more vice presidents may also be club officers and if elected, will serve on the board. A club's officers may also include a treasurer, a sergeant-at-arms, and others. These officers may or may not serve on the board, depending on the club's bylaws. (SRCC 10, 4) The duties of a club's board of directors and officers are detailed in its bylaws.

**Qualifications.** The qualifications of a club's board of directors and officers are explained in the Standard Rotary Club Constitution. Each officer and director must be a regular member of the club. Board members should be Rotarians in current or immediate past leadership positions who are passionate and committed to making their clubs vibrant. The president must also, while serving as president-elect, attend the presidents-elect training seminar and the district training assembly. (SRCC 10, 5) In addition, the club president should

- 1) Have the skills needed to lead the club and rally the support of its members
- 2) Be able to give the time and effort necessary to carry out the work of the club and lead its members
- 3) Have been a member of the club for at least one year prior to nomination (unless an exception is made by the governor) and have served as a board member, a member of a major committee, or club secretary
- 4) Have attended at least one district conference or international convention
- 5) Understand the club's constitution and bylaws (RCP 10.020.)

## ROTARY BASICS

**Selection of Club Board of Directors and Officers .** The selection process for a club's board of directors and officers is explained in each club's bylaws. Clubs should change officers every year to offer leadership development opportunities to more members and to implement different ideas. This best practice should be applied to membership on the board of directors and chairmanship of committees, as well as the offices of president and secretary. In some cases, a club's best option may be to elect a member for a second term in an office; however, when it can be avoided, club officers should not be encouraged or expected to hold office for two successive years. (RCP 10.010.)



### **2013 MANUAL OF PROCEDURE**

*A Rotary® Policy  
Reference Guide*



## Glimpses

Chartering & Induction  
of RC Metro Santa Rosa  
Avida Village Cerise Clubhouse, Nuvali  
January 19, 2014





## Glimpses

Rotary planning meeting with Mayor Arlene Arcillas &  
Miss Pops Fernandez  
January 29, 2014  
Sta. Rosa City Hall



The Centro Ladies held their regular meeting at I-HOP,  
Bonifacio Global City on January 24, 2014





## Reflections

"Individual effort when well directed can accomplish much, but the greatest good must necessarily come from the combined efforts of many men. Individual effort may be turned to individual needs, but combined effort should be dedicated to the service of mankind. The power of combined effort knows no limitation. This superlative power no man may appropriate to his own use. This is the world's sub-conscious conclusion. We must clearly understand the justice of it and measure up to its requirements.



Paul P Harris' message to the Atlanta Convention

*"Quick and complete employment is both a sword and a shield. That's why every possible line of industrial and agricultural activity should ring with new life. This is Rotary's opportunity." — President's Annual Message, THE ROTARIAN, August 1919*



## Minutes of the Meeting

### Regular Meeting

January 24, 2014 Friday

I-HOP Bonifacio Global City

The meeting started at 7:15 p.m. Attendees were:

Pres. Doray  
Sec. Precy  
PE Mayor Arlene  
PDG Chit  
PP Che  
PP Mean  
PP Jackie  
Rtn Mel  
Rtn Myrna  
Rtn Cecile  
Rtn Glo  
Rtn Sheila

1. The meeting was informal.
2. PE Mayor Arlene's Pre-PETS is scheduled on Feb. 22; there is a conflict with her scheduled appointment in Bataan. PETS is scheduled on April 26 and 27, venue TBA.
3. PE's fund raising Golf Tournament will be scheduled in May, details to be discussed next meeting. Gov. Chit is the project chair, Liza is vice chair. Rtn. Glo would like to join in this event.
4. Gov. Chit announced that we have an invitation from CCP to participate in their open air concert (date TBA) featuring the Philharmonic Orchestra, not to sell tickets but to open a booth at the venue. In return we help them promote their concert through info dissemination in our district. Some suggestions we could do:
  - a. rent out mats and blankets (if open air and no seats)
  - b. sell wine and cheese (in glasses not bottles)
  - c. sell coffee and snacks

## Minutes of the Meeting

5. Regarding Vocational Awards, Gov. Chit discussed that during the time of PP Nonia or PP Carol, we had an Ulirang Babae Award in tandem with the Vocational Awards of mother club. Let us try to revise this during the term of PE Mayor Arlene.
  
6. Sec. Precy announced the resignation of Rtn Joen, so we will not include her in our SAR anymore. Pres. Doray will talk to Rtn. Itchel to follow up on her membership.
  
7. Sec. Precy announced that two former members, Liza and Bel would like to re-join.
  - a. PP Jackie reminded that those two members had arrears before that were not paid.
  - b. Gov. Chit suggested that we can accept them as new members (meaning they will pay the 1500 joining fee again) and see, maybe they will become good members this time.
  - c. The club agreed to the suggestion of Gov. Chit.
  
8. Gov. Chit said that we should have a board meeting to discuss and decide on matters i.e. number of times we can re-admit members, rules on accepting members with the same classifications, unanimous vote requirement in accepting, etc.
  - a. It was agreed that we will have a Board Meeting on Friday, January 31, 5 pm at Gov. Chit's house.
  
9. We have the following potential new members for follow-up:
  - a. Marissa Reyes, teacher at PUP (c/o Pres. Doray)
  - b. Michelle Baldemor, businesswoman (accessories) (c/o Gov. Chit)
  - c. Beng Quiambao, manager at RCBC (c/o Pres. Doray)
  - d. Dra. May Tapawan, ophthalmologist (c/o Rtn Glo)



## Minutes of the Meeting

10. PP Che asked if we should really target 30 members, considering it will be difficult to handle. It was agreed that this will also be discussed during the board meeting.
11. Gov. Chit said that we shall have to revise our By-laws after we have decided on the changes. Rtn. Myrna requested for a copy of our By-Laws to prepare it for revision.
12. Sec. Precy discussed the concern of PP Maya about her dues. They will have a meeting in Alabang to discuss it.
13. Pres. Doray announced that the Interact DISCON is on March 8 and 9. Registration is 3900 pesos.
14. Gov. Chit brought up the need for a Finance Committee. Our FC was not able to function in 2013 but we should utilize it in 2014. It was agreed that we will retain the same members: PP Zeny, PP Jackie, PP Carol and Rtn Mel.
15. With no other matters to discuss, the meetings was adjourned at 9:30 p.m.

--nothing follows--

*Minutes taken by : Dir. Myrna Valle*





## For your Information

### 5 vitamins that could change your life



**Vitamin D:** Known as the 'sun vitamin', vitamin D has the unique claim of being the only vitamin naturally produced by the body as a result of exposure to sunlight. As well as improving bone health by increasing the body's absorption of

calcium, vitamin D can lower your blood pressure, and reduce the risk of multiple sclerosis, arthritis and even heart attacks.

**Vitamin C:** Do you want a boosted immune system, a lower risk of heart disease, lowered blood pressure and healthier skin? Look no further than vitamin C. This super-vitamin is a huge factor in your overall health, and scientists are still finding new benefits of it every year – research published in the Journal of Chemotherapy recently found that vitamin C can boost the effectiveness of chemotherapy.

**Vitamin A:** Turns out there is some truth behind the old wives' tale that carrots help you to see in the dark! A study at the University of Maryland found that people with high amounts of vitamin A rich foods like carrot in their diet are less likely to suffer from degeneration of their eyesight as they grow older. Vitamin A also boosts your immune system and keeps your skin healthy.

**Vitamin E:** Vitamin E is an antioxidant, and therefore helps to stop free radicals from damaging your body. You'll specifically see a boost to your brain health as a result of vitamin E, as it protects the membranes in your brain and increases the effects of omega-3 fatty acids.

**Vitamin K:** For healthy bones that are strong and durable, you need vitamin K. NattoPharma carried out a three year study on the effects of vitamin K, and found that it improved bone health, as well as the cardiovascular system. It's important to note that the benefits of vitamin K only really became apparent after two years of the study, so you need to make sure you add it to your diet as soon as possible to start working towards that goal.



## What's coming up?

### Friday, January 31

7:00pm Board Meeting

### Saturday, February 1

MUNA

### Sunday, February 2

MUNA

### Friday, February 7

Dinner at Vikings MOA

### Wednesday, February 12

Happy Birthday!! - PN Pen Cuya

### Saturday, February 15

Intercity Area Sportsfest/Fellowship

### Saturday, February 22

Rotary Week Celebration

### Sunday, February 23

Rotary Week Celebration

### Monday, February 24

Rotary Week Celebration

### Tuesday, February 25

Rotary Week Celebration

EDSA Revolution Day



## Next Week's Order of Business

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

#### **PROGRAM February 7, 2014**

Call to Order	Pres. Doray Lucero
Invocation	PN Pen Cuya
National Anthem	AG Leni Ma
The Four Way Test	Rtn Myrna Valle
Object of Rotary	PP Che Lu
Acknowledgment	IPP Liza Pineda
Recognition	PP Jacqui Victoria
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	

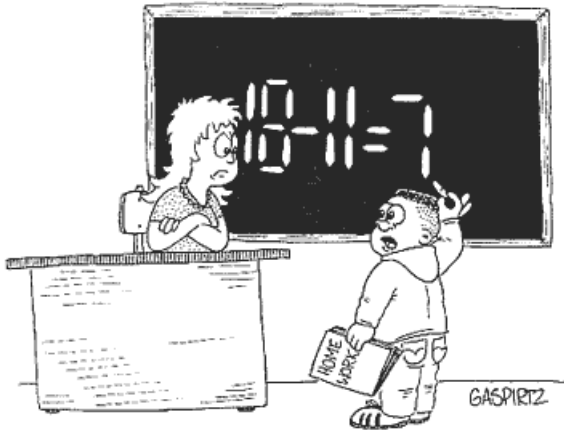
**Chairwoman of the Night :  
Rtn Glo Bedienes**

# Fun Page



Source: <http://www.mb.com.ph/category/lifestyle/funpage/>

www.4allfree.com



**I swear I didn't use a calculator.**

Source: <http://www.ahajokes.com/>



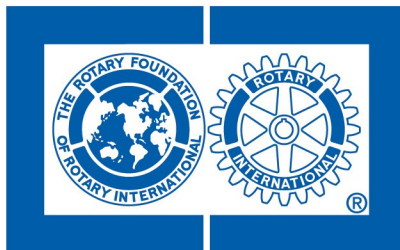
## Roster of Members

	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	Defino, Goyena "Joel"	5333469	Catering	27-Feb	joendefino@yahoo.com
8	Dictado, Zenaida "Zeny"	6416676	Pallet Manufacturing	14-Sep	zenydictado@yahoo.com
9	Gabatan, Ma. Cecilia "Cecile"	8612321	Real Estate Broker	27-Oct	ana_clariz06@yahoo.com
10	Gonzales, Mary Ann "Ma An"	5333525	Real Estate Developer/Brokerage	20-Mar	maryann.gonzales888@yahoo.com
11	Laranga, Evelyn "Evs"	8465660	Education	25-Jul	larangayves@yahoo.com
12	Lijavco, Consuelo "Chit"	5333445	Magazine Editing	15-May	chitlij@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 Itchel"	4656628	Government Service	15-Jul	amaglian@yahoo.com
17	Padiernos, May Grace "Maya"	5944127	Furniture Retail	6-May	mayapadiernos@yahoo.com
18	Pineda, Joel Liza "Liza"	7019336	Human Resource	30-Mar	joellizapineda@yahoo.com
19	Ramos, Hazel "Hazel"	6165816	Money Lending	1-Jul	hazel_agnes1968@yahoo.com.ph
20	Salandanan, Aurelyn				
21	Salvahan, Carolina "Carol"	5333457	Window Fashion Contractor	4-Jul	cvsalvahan47@yahoo.com
22	Santillan, Shiela "Shiela"	8574457	Restaurateur	2-Apr	shiela402@yahoo.com
23	Tadeo, Carmela "Mel"	8415873	Logistics	24-Dec	carmela@qnf.com.ph
24	Valle, Myrna "Myrna"	8482805	Strategic Planning	21-Dec	myrna.valle@yahoo.com
25	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 - 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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