

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 Centro, The Centro, RI District 3820

Outstanding Club NY 2012-2013



The Rotary Club of The Centro is a member of the Rotary International network. For more information, please visit our website at www.rotaryclubofthecentro.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
In Focus	10-13
For your information	14-15
Minutes of the Meeting	16-19
What's coming up	20
Next week's order of Business	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
March 14, 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	Rtn Glo Bedienes
Acknowledgment	Rtn Jen Dee
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 :
IPP Liza Pineda**

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

INVOCATION



Creator and sustainer of all , accept our thanks for this day and all its blessings. We ask that you guide and direct our club, its leaders and our actions. Grant that each of us may feel our responsibility to Rotary, to our community, to our country. Bless our gathering today, and bless us all in your service. 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

Happy Women's Month to all of us!

These past few weeks have been very productive and I would like to give you a big KUDOS! You ladies are awesome! Thank you for every effort you have contributed in making Buntis Wellness 4 a huge success, and I am praying that our events will continue to get better and better each year!

I would also like to commend those who joined us in Naga City. Thanks to our YEPI who attended the YEP activity in Lucban, Quezon -- they serve as an inspiration for all of us to pursue our objectives, and I believe that they are our lasting legacies. Let us all help in guiding them into continuing our mission of service above self.

God bless us all!

Yours in rotary service,

First Class President Teodora "Doray" Lucero

Rotary



ROTARY INTERNATIONAL

Updates

Ron D. Burton
2013-14 RI President



President's Message for March 2014

Growing up in Duncan, Okla., USA, I took it for granted that everyone could read. In my own elementary school, not only were we expected to be reading by the age of seven or eight, we were expected to read upside down. We each took turns reading books to the entire class, and of course, if you want to read out loud to a group while you show them the pictures, you can't do it the right way up. All the way through elementary school, we did that every week, until it didn't really matter to us which way we were holding the book.

I never thought too much about that skill at the time. But a few months ago, on a visit to a Rotary project in Decatur, Ala., I walked into a first-grade classroom and was asked if I would read a book to a class of six-year-olds. Naturally, I was happy to oblige. I sat down, opened the book they had chosen, and started reading to about 30 little kids – upside down, just the way I did it back in second grade.

In a sense, I was doing exactly what I'd learned to do more than half a century earlier. But as an adult, and especially as a Rotarian, I saw that experience in a different way. I was reading to a group of children who were well on their way to literacy themselves. We were sitting in their classroom, in a school where Rotarians came every week to read one-on-one with children who needed a little extra help. There wasn't any question that every child in that room would grow up to be a literate adult. And all of them took that completely for granted – as they took it for granted that adults would care enough to read them a book while showing them the pictures, even if that meant reading upside down.

We all know that millions of children all over the world aren't that lucky. That's why we make basic education and literacy a priority in our Rotary service. As we mark Literacy Month in Rotary, we remind ourselves what a gift we are giving when we help a child to read – whether it's a child on the other side of the world or right in our own hometown.



Reflections

“It has been the way of Rotary to focus thought upon matters in which members are in agreement, rather than upon matters in which they are in disagreement.”

Paul Harris



“If this Rotary of ours is destined to be more than a mere passing thing, it will be because you and I have learned the importance of bearing with each other’s infirmities, the value of toleration.” — Rational Rotarianism, The National Rotarian, January 1911



In FOCUS

Buntis Wellness 4

By : Rtn. Myrna Valle

A total of 100 women converged in the early hours of March 8, 2014, the same day when women all over the world celebrated International Women's Day. As early as 7:00 a.m., women of different ages from different barangays in Sta. Rosa City lined up to register for either pre-natal check-ups, pap smear, or ligation; all offered for free in the event.



Now on its 4th year, Buntis Wellness is the flagship activity of the Rotary Club of Sta. Rosa Centro, in line with their mission to commit to the care of women and children, in particular within the City of Sta. Rosa. With the help of generous sponsors and partners Marie Stope, PhilHealth, Maya Kitchen, Congressman Dan Fernandez, and our very own Mayor Arlene Arcillas, Buntis Wellness 4 was once again a big success in addressing the needs of our indigent sisters in Sta. Rosa City.

BUNTIS WELLNESS 4

March 8, 2014 (Saturday) 8:00 a.m. - 4:00 p.m.
Doray's Paanakan, 784 Brgy. Ibaba, Sta. Rosa City



Para sa lahat ng expectant mothers!
Makisali para sa libreng

- Tubal ligation (tali)
- PAP Smear
- Pre-natal check-up
- Mga seminar ukol sa Personal Care



A project of the Rotary Club of Sta. Rosa Centro



In FOCUS

Buntis Wellness 4

About 40 pregnant women were checked by the midwives and nurses of Doray's Paanakan, who



meticulously performed pre-natal check on each one and gave them some much-needed vitamins. This year, even non-pregnant women were made part of the activity. Some 30 women signed up for the free pap smear done by Centro Lady Dra. Aurilyn Salandanan, and another 30 women

were screened for bilateral tubal ligation performed by one doctor, two nurses and one staff from Marie Stopes.

As the women waited their turn, a series of speakers provided helpful information. First speaker was Ms. Pam, a representative of Marie Stopes, who gave a very informative lecture about ligation – the qualifications for the procedure, the procedure itself, and its benefits. There was also a talk on breastfeeding and personal care, while Centro lady Dra. Jennifer Dee talked about New Born Screening. Ms. Mercy Nepomuceno of PhilHealth gave a talk on how the participants could avail of PhilHealth ng Masa and how they could make their claims. This was followed



by talks from our friends and sponsors. After each talk, Centro Lady Mean Gonzales, who acted as emcee, asked questions to the audience. Participants who gave the correct answer received giveaways.



In FOCUS

Buntis Wellness 4

Just before lunchtime, the participants were thrilled to get a surprise visit from Congressman Dan Fernandez, who gave an inspirational talk and gamely posed for pictures with the women in the audience. Joking that he has never seen so many pregnant women before, Congressman Fernandez commended the Rotary Club of Sta. Rosa Centro for organizing such a worthwhile activity.





In FOCUS

Buntis Wellness 4

Aside from the talks, free medicine and giveaways, the participants were treated to yummy treats from Maya Kitchen and a filling lunch from the Office of Mayor Arlene Arcillas. Soon after, the women went about their separate ways as they finished their turn. It was, indeed, a very meaningful way to spend International Women's Day, the RC Sta. Rosa Centro way!



The **Rotary Club of Sta. Rosa Centro** is committed to:

- ◆ The care of **WOMEN and CHILDREN**, pioneering in programs that address their needs
- ◆ The care and preservation of the **ENVIRONMENT**, providing clean and healthy surroundings for children to grow up in.
- ◆ The spread of **LITERACY**, specifically for women and children.
- ◆ Providing **LIVELIHOOD** training, specifically for the women members of the community.



For your Information

Healthy eating in midlife helps protect brain health

Eating right in midlife may prevent dementia later on, according to a new doctoral thesis published by the University of Eastern Finland. Results indicated those who consistently consumed healthy foods at the average age of 50 had a nearly 90% lower risk of dementia in a 14-year follow-up study compared to those who did not eat healthfully.

Researchers used a healthy diet index based on eating a variety of foods. "Healthy" foods included vegetables, berries/fruits, fish and unsaturated fats from milk products and spreads. "Unhealthy" foods included sausages, eggs, salty fish, sugary drinks, desserts/candy and saturated fats from milk products and spreads.

Participants were between 39 and 64 years old, and 65 to 79 years old at the study baseline and follow-up, respectively. While 2,000 participants were involved in the initial study, 1,449 completed the follow-up.

Eating a large amount of saturated fats was linked to decreased cognitive function and increased dementia risk. Those who eat a diet high in saturated fats and carry the epsilon 4 variant of the apolipoprotein E (ApoE) gene are also at risk. This gene is a risk factor for Alzheimer's disease.

"Even those who are genetically susceptible can at least delay the onset of the disease by favoring vegetable oils, oil-based spreads and fatty fish in their diet," says doctoral thesis author Margo Eskelinen, MSc. The thesis was based on the population-based Finnish Cardiovascular Risk Factors, Aging and Incidence of Dementia (CAIDE) study.

The Alzheimer's Association recommends increasing intake of "protective foods" to maintain a healthy brain. These include dark-skinned fruits and vegetables such as prunes, raisins, red grapes, plums, blueberries, cherries, broccoli, spinach, kale, onion, red bell pepper, beets and eggplant.



The Alzheimer's Association recommends increasing intake of "protective foods" to maintain a healthy brain

Nuts such as almonds, walnuts and pecans are also recommended, as are cold-water fish such as trout, salmon, tuna, mackerel and halibut. Increasing intake of vitamins such as C, E, folate and B12 is also considered helpful.

Study results were published in the International Journal of Geriatric Psychiatry, Dementia and Geriatric Cognitive Disorders and Journal of Alzheimer's Disease.



Minutes of the Meeting

Special Meeting

March 4, 2014 Tuesday
PP Carol's place
Sta. Rosa City

The meeting started at 8:00 p.m. Attendees were:

Pres. Doray
Sec. Precy
IPP Liza
PP Carol
PP Mean
PP Zeny
PP Che
PP Jackie
Rtn Mel
Rtn Evs
Rtn Myrna
Rtn Geralyn
Rtn Jen
YE Student Clemence
Rotagrandkid Janrich

1. PP Mean delivered the Invocation.
2. The special meeting was called to discuss Buntis Wellness 4 scheduled on March 8. There will be no regular meeting on Friday (March 7) unless we need to, because BW4 will start very early.
3. Buntis Wellness
 - a. We already have 40 registered pregnant women from 3 barangays.
 - b. We have 20 sets of giveaways (set consists of diapers, cotton, alcohol, underpads, etc) excess from last year's Buntis Wellness. Since it is limited we will give them as prize for games. Our speakers will ask questions about their lectures

Minutes of the Meeting

- Med Rep - 3
 - Dra. Dee - 5
 - Dra. Salandanan - 5
 - Ms. Mercy Nepomuceno - 2
 - Early bird prize - 2
 - Youngest buntis - 1
 - Oldest buntis - 1
- c. We were able to get sponsors:
- Pampers from Nestle + 2 bilao pansit (for Staff)
 - Cupcakes and brownies from Maya Kitchen (for participants)

4. Ligation - we are expecting 50 patients.

a. Things we need:

- Betadine
- Antibiotic
- Underpants
- Pregnancy test kits

b. Gov. Dan Fernandez gave 10K pesos, this already covered all the above needs for ligation.

c. Ligation will be done by Maristope, a group of 6-10 doctors/nurses. They will first assess the patient before performing the ligation.

d. Ligation patients need to be fed after the procedure so we ordered one big pot of "Lugaw", cost is 1,500 pesos.

e. WE also need spoon/fork, cups, bowl, mineral water.

f. Total cost of food for Ligation is 2,300 pesos.

5. Pap Smear - for BW participants

a. We will need disposable speculum. We already bought 30 pcs. (If lacking we can use the metal speculum from Doray's Paanakan).

b. Other items needed:

- Cotton plate P250x2
- Glass slide P250
- Spraynet P150
- Underpads P1,800
- Lab Gel P500
- Total is P2,950

c. We will ask for P50 from each patient for the lab processing of Pap Smear. This will be explained to them during screening.

Minutes of the Meeting

6. Other things needed:

a. Food for staff

- Sandwiches for am snack and juice c/o PP Zeny
- Lunch c/o Office of Mayor Arlene (150 packs)
- Pansit from Nestle for pm snack and juice c/o PP Zeny

b. Tokens for 10 doctors, 3 speakers, and 2 Nestle reps = 16 pax. President Doray suggested we give "pinaupong manok", make it 20 pcs for safety sake. Total cost for this is pegged at 5,500 pesos including plates, spoon/fork, foil, etc.

c. Total money we need was computed by PP Zeny at

P10,200 pesos. Members contributed as follows:

PP Zeny – 4200

PP Mean – 1000

PP Mel 1000

IPP Liza 1000

PP Precy 1000

PP Jackie 1000

Rtn Myrna 1000

TOTAL 10,200 pesos - OK!

d. PP Che reported on our request to Mayor Arlene for 3000 pcs amoxicilin and 1000 pcs. Ferrous sulphate and 150 packs of breakfasr, am snack, lunch and pm snack.

- The request for medicine was approved.
- For the food, it was forwarded to GSO. We were informed by GSO that they no longer sponsor food requests, so they no longer have budget for this. However, GSO said they will give the 150 packs for lunch and they will just pay for it. We will used the lunch packs for both staff and participants.

7. Program:

a. Our call time is 7:00 am. We will wear yellow uniform.

b. Program will start at 8:00 am

- Invocation/PNA – Rtn Cecile
- Welcome Remarks and Overview – Pres. Doray
- Acknowledgement of Guests – PP Carol
- Speakers / Game

Minutes of the Meeting

- o Med Rep talk on Nutrition (10 minutes)
 - § Ask 2 questions to audience
 - o Dra. Jen Dee talk on Breastfeeding and Newborn Screening (20 mins)
 - § Ask 5 questions to audience
 - o Dra. Auralyn Salandanan talk on OB Gynecology, Family Planning (15 minutes)
 - § As 5 questions to audience
 - o Ms. Mercy Nepomuceno talk on PhilHealth (5 minutes)
 - § Ask 2 questions to audience.
 - o Emcee will get 2 Early Birds from audience (give one pack each)
 - o Emcee will ask who is youngest and oldest pregnant woman in audience (give one pack each).
 - Closing Remarks - PP Jackie
 - c. PP Mean will be the Emcee.
 - d. PP Jackie will remind the speakers of their time limits.
 - e. We will invite RC Metro Sta Rosa and RC Kristo Rey to attend.
 - f. For sister club signing with Kristo Rey, we will just schedule separately.
8. Other Matters
- a. Interact DISCON on March 8 – Pres. Doray will discuss with PP Hazel. As of now we already sponsored P5000.
 - b. PP Mean’s birthday celebration – will be held on March 21, Friday, 7 pm at Reb Box Greenbelt Makati. Secretary Precy will ask who will be able to join for reservations.
 - c. PP Precy announced that our club will be hosting YE Victoria who was initially assigned to Naga. She will be with us for April, May and June. Hosts are PP Mean, PP Liza and Rtn Cecile. PP Mean said she will take the month of April due to her schedule.
 - d. PP Precy also announced that she is the YEO this RY, our club will host the General Orientation in August. It will be a 2-night 3 days event. PP Precy appointed PP Carol as Event Chairman.
 - e. PP Precy announced that since our club is already incorporated, we need to submit F/S to SEC. The form was endorsed to Rtn Mel who will prepare the F/S then turn over to PP Liza for filing.
9. With no other matters to discuss, the meeting was adjourned at 9:20 p.m.

Minutes taken by : Rtn. Myrna Valle



What's coming up?

Thursday, March 20

Happy Birthday!! PP Maan Gonzales

Friday, March 21

PP Mean Birthday Celeb at Red Box

Friday, March 28

DISCON

Club Anniversary

Saturday, March 29

DISCON

Sunday, March 30

Happy Birthday!! PP Liza Pineda

Wednesday, April 9

Araw ng Kagitingan

Monday, April 14

Happy Birthday!! - Rtn Gloria Bedienes

Thursday, April 17

Happy Birthday!! PP Che Lu

Friday, April 18

Good Friday

Sunday, April 20

Easter



Next Week's Order of Business

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

PROGRAM March 21, 2014

Call to Order	Pres. Doray Lucero
Invocation	PN Pen Cuya
National Anthem	IPP Liza Pineda
The Four Way Test	Rtn Myrna Valle
Object of Rotary	Rtn Cecile Gabatan
Acknowledgment	PP Carol Salvahan
Recognition	Rtn Jen Dee
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 :
AG Leni Ma**



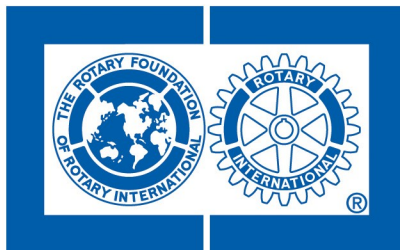
Roster of Members

	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	8773225	Pediatrician		jenmd320@yahoo.com
6	Dela Cruz, Priscila "Precy"	5333454	Leasing	24-Aug	pre_z@yahoo.com
7	Dictado, Zenaida "Zeny"	6416676	Pallet Manufacturing	14-Sep	zenydictado@yahoo.com
8	Gabatan, Ma. Cecilia "Cecile"	8612321	Real Estate Broker	27-Oct	ana_clariz06@yahoo.com
9	Gonzales, Mary Ann "Ma An"	5333525	Real Estate Developer/Brokerage	20-Mar	maryann.gonzales888@yahoo.com
10	Laranga, Evelyn "Evs"	8465660	Education	25-Jul	larangayves@yahoo.com
11	Lijauco, Consuelo "Chit"	5333445	Magazine Editing	15-May	chitlij@yahoo.com
12	Lu, Cheryl "Che"	5333496	Pest Control Services	17-Apr	cheanton2004@yahoo.com
13	Lucero, Teodora "Doray"	8045358	Midwife	18-Sep	teodora_lucero@yahoo.com
14	Ma, Elenita "Leni"	6261683	Dentist	10-Jan	doclenif10@yahoo.com
15	Padiernos, May Grace "Maya"	5944127	Furniture Retail	6-May	mayapadiernos@yahoo.com
16	Pineda, Joel Liza "Liza"	7019336	Human Resource	30-Mar	joelizapineda@yahoo.com
17	Ramos, Hazel "Hazel"	6165816	Money Lending	1-Jul	hazel_agnes1968@yahoo.com.ph
18	Salandanán, Aurelyn	8773229	Obstetrics-Gynecologist		
19	Salvahan, Carolina "Carol"	5333457	Window Fashion Contractor	4-Jul	cvsalvahan47@yahoo.com
20	Santillan, Shiela "Shiela"	8574457	Restaurateur	2-Apr	shiela402@yahoo.com
21	Tadeo, Carmela "Mel"	8415873	Logistics	24-Dec	carmela@qnf.com.ph
22	Valle, Myrna "Myma"	8482805	Strategic Planning	21-Dec	myrna.valle@yahoo.com
23	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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