

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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Official Weekly Bulletin
Rotary Club of The Centro, District RI-2020
Outstanding Club NY 2012-2013



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For more information, please contact the Rotary Club of The Centro.

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

**P R O G R A M
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 Glo Bedienes
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**

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

INVOCATION



Dear Lord, guide us in our service. Keep us well so we can serve. And bless those peoples around the world who our touched by our works, so that they, too, can have the joy of a fulfilling life, full of good health and companionship, in surroundings that are beneficial to all.

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

Pleasant day ladies!

I would like to thank everyone that have contributed their time and support for our activities.

This weekend, the President of RC Calapan Mindoro have invited all First Class Presidents for an ocular of the Mangyan Community in Calapan, Mindoro. This is relation to their project to help the community. They plan to put-up two toilers and they also have a project to bring sea water to the mountains.

The club needs our help in raising funds for their project. Any contribution, in any amount, will be highly appreciated.

Yours in rotary service,

First Class President Teodora "Doray" Lucero

LET US INTRODUCE YOU TO
OUR ROTARY.

CONNECT FOR GOOD

ROTARY BRAND FAQs

Why is Rotary enhancing its public image? Worldwide, more than 2 million nonprofits compete for limited volunteer hours, donor money, and other resources. Rotary has a great story to tell, but we need to tell it more simply and consistently. Our research has taught us better ways to frame our strengths and bring our core values to life. By providing a clear, consistent image of Rotary — what we stand for and how we differ from other charitable organizations — we offer prospective members, donors, and volunteers a strong vision of what it means to engage with us.

What is changing? You will see fresh, updated versions of many Rotary materials, such as the color palette used for our logo and advertisements. The more important change, though, is how we talk about ourselves. The aim is to have all of us talk about Rotary in the same way.

What is my role? Rotarians like you make Rotary the wonderful organization that it is. Your tireless efforts have a positive impact in communities around the world. We want to inspire prospective members to join us in our efforts. You can help, because it's up to all of us to communicate our story in all of our interactions.

How will Rotary communicate these changes? Rotary has already begun to inform Rotarians about the changes through training, webinars, and communication updates. We'll also use events, such as the Rotary International Convention, to help you understand the benefits of spreading Rotary's strengthened message.

Will Rotary provide new materials that reflect the updated voice and look? Yes, you can find tools and resources in our Brand Center, including logos, editable templates for ads, brochures, and presentations. We'll continue to add materials and resources that will help you strengthen Rotary's voice and look.



ROTARY INTERNATIONAL

Updates

ROTARY ANNOUNCES PRESIDENT FOR 2015-16; FIRST SRI LANKAN EVER TO LEAD ORGANIZATION

EVANSTON, Ill., USA (Dec. 23, 2013) — K.R. “Ravi” Ravindran, a business leader from Colombo, Sri Lanka, will be the 105th president of Rotary International – a global network of 1.2 million volunteers dedicated to tackling the world’s most pressing humanitarian challenges.

Ravindran, a member of the Rotary Club of Colombo, will begin his one-year term on 1 July 2015 as the first Sri Lankan to hold Rotary’s highest office. Ravindran says a top priority will be to strengthen clubs by attracting men and women committed to improving communities worldwide through volunteer service.

From supporting local food pantries to providing clean water in remote villages, Rotary clubs join forces to carry out impactful and sustainable projects at home and abroad. And Rotary members often are both first-responders and re-builders when major disasters strike, because Rotary clubs are present in every corner of the world.

After the devastation of the 2004 Indian Ocean tsunami, Ravindran led Rotary’s recovery efforts by helping to raise US\$12 million to rebuild 22 schools, enabling nearly 15,000 children to resume their studies. “The tsunami could take away schools, homes, possessions, and even loved-ones, but it would never be allowed to take away the spirit of children,” said Ravindran.

Ravindran was also involved in many other tsunami-related projects in Sri Lanka, Indonesia, India, and Thailand that were supported by Rotary’s Solidarity in South Asia Fund for long term recovery. Rotary clubs around the world contributed nearly US\$6 million to the fund. The projects include housing developments, orphanages, water and sanitation systems, solar oven technology, community-based credit unions, health centers, and the replacement of destroyed fishing trawlers.

ROTARY INTERNATIONAL

Updates

As president, Ravindran will oversee Rotary's top humanitarian goal of eradicating the paralyzing infectious disease polio. In 1988, Rotary helped launch the Global Polio Eradication Initiative with the WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention. Since then, Rotary club members worldwide have contributed more than \$1.2 billion and countless volunteer hours to the polio eradication effort.



Overall, the annual number of new polio cases has plummeted by more than 99 percent since the 1980s, when polio infected about 350,000 children a year. Only 223 new cases were recorded for all of 2012. More than two billion children have been immunized in 122 countries, preventing five million cases of paralysis and 250,000 deaths. Polio today remains endemic in only three countries, Afghanistan, Nigeria and Pakistan, although "imported" cases in previously polio-free areas -- such as the Horn of Africa -- will continue to occur until the virus is finally stopped in the endemic countries.

As Sri Lanka's chair of Rotary's polio eradication efforts, Ravindran led efforts to eradicate polio from Sri Lanka. His country became one of the first in Asia to become polio-free in Asia. The PolioPlus task force which he headed consisted of representatives from Rotary, UNICEF and the Sri Lankan government. The partnership successfully negotiated a ceasefire with the northern militants to allow polio immunizations to continue during scheduled National Immunization Days.

Ravindran is founder and CEO of Printcare PLC, a publicly listed company and global leader in the tea packaging industry. He also serves on the board of several other companies and charitable trusts. He is the founding president of the Sri Lanka Anti-Narcotics Association, the largest antinarcotics organization in Sri Lanka.

A Rotarian since 1974, Ravindran has served Rotary as a director and treasurer of Rotary International and as a trustee of The Rotary Foundation. He has been awarded The Rotary Foundation's Citation for Meritorious Service and Distinguished Service Award and the Service Award for a Polio-Free World.



Reflections

“The less one knows, the more he thinks he knows, and the more willing he is to employ any and all measures to enforce his views upon others.”

Paul Harris



*“Ethical conduct of business, emphasized and spread throughout the world, will greatly diminish the inclination and disposition on the part of the peoples of the different nations to fight one another.” —
Address to 1924 Rotary Convention,
Toronto, Ontario, Canada*



Glimpses

**Happy Birthday
PP Me-an!!**





Glimpses



**Regular Weekly Meeting at
PP Carol Salvahan's
place
March 6, 2014**





For your Information

Physically active mothers may have positive impact on kids



Parents who are physically active are more likely to have children who are physically active, but a new Cambridge-led study is the first to indicate a direct link between the activity level of a mother and that of her child.

The study analyzed the physical activity levels of 554 mothers and pre-schoolers, using activity monitors that were attached to participants and worn continuously to ensure accurate data. The mothers and children were monitored all day for up to seven days.

Research found that how active the mother was each day was closely linked to the activity level of the child. Yet the activity level of the mothers overall was quite low, with only 53% of mothers performing at least 30 minutes of moderate-to-vigorous physical activity at least once a week.

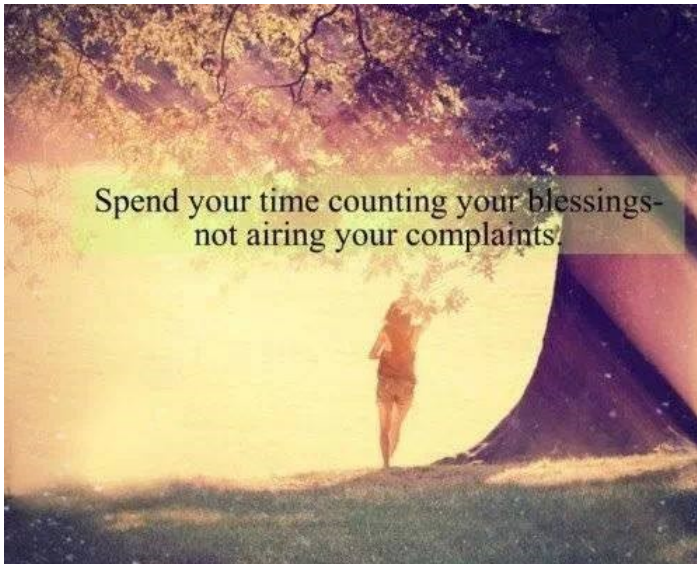
The study shows that children aren't "just naturally active" and take cues from their parents in regards to physical activity and other measures that make up a healthy lifestyle.

"We saw a direct, positive association between physical activity in children and their mothers -- the more activity a mother did, the more active her child. Although it is not possible to tell from this study whether active children were making their mothers run around after them, it is likely that activity in one of the pair influences activity in the other," said study leader Kathryn Hes-keth (formerly of Cambridge and now UCL).

"For every minute of moderate-to-vigorous activity a mother engaged in, her child was more likely to engage in 10% more of the same level of activity. If a mother was one hour less sed-entary per day, her child may have spent 10 minutes less sed-entary per day. Such small minute-by-minute differences may therefore represent a non-trivial amount of activity over the course of a week, month and year."

The study was published in the journal Pediatrics.

Source: <http://ph.she.yahoo.com/physically-active-mothers-may-positive-impact-kids-study-144145391.html>





Minutes of the Meeting

Regular Meeting

March 14, 2014 Friday
El Cielito Inn
Sta. Rosa City

The meeting started at 7:50 p.m. Attendees were:

Pres. Doray
IPP Liza
PDG Chit
AG Leni
PP Che
PP Carol
PP Maan
PP Jackie
Rtn Mel
Rtn Myrna
Rtn Cecile
Rtn Jay
Rtn Jen
Baby Rtn Michelle
Baby Rtn Pinky

1. Treasurer's Report: We already paid our SAR, our fund is currently PhP 32,000. Treasurer Jay is requesting members to pay their dues.

2. Committee Report:

a. Our Buntis Wellness 4 held last March 8 was successful, attendance is as follows:

- Pap Smear – 36
- Prenatal Check-up – 45
- Ligation – 34

For a total of 115 participants.

Minutes of the Meeting

- b. In the absence of Project Chair PP Zeny, Rtn. Myrna reported on the program flow, acknowledging the attendance and participation of Pres. Doray, IPP Liza, PN Pen, PP Carol, PP Che, PP Maan, PP Jackie, Rtn. Myrna, Rtn Cecile, Rtn Glo, Rtn Jay and Rtn Auralyn.
 - c. Special acknowledgement was given to Dra. Jenny Dee who gave a talk regarding Newborn Screening and Breastfeeding and Dra. Auralyn Salandanan who performed the pap smear. PP Maan Gonzales was the program emcee.
 - d. Event donor Congressman Dan Fernandez visited the event to the delight of the participants.
 - e. Our donors were Congressman Dan Fernandez (10K for medicines), Mayor Arlene Arcillas (medicine and lunch packs), and Maya Kitchen (cupcakes for all participants).
3. The coming Discon was discussed. So far we have nine participants.
- a. The Club voted on who will be our Elector. It was decided that IPP Liza will be tasked as our Elector.
4. President's Time:
- a. The President of RC Calapan Mindoro is inviting First Class Presidents to help out with their project to help the Mangyan Community in their area. They need two (2) CRs worth 5K each, and also a project to bring sea water to the mountains, which will cost 40K. Labor will be provided by soldiers in their area so they just need money for the materials.
 - b. 15 presidents already pledged support. There will be an ocular visit on March 21, those interested to join may do so.

Minutes of the Meeting

5. Other matters:

- a. PP Carol suggested that we switch our club fund account from Plan Bank to BPI and our Special Fund from BPI to Plan Bank for ease of transactions. PP Precy will be tasked to implement the change. There being no objections, the suggestion was accepted by the Club.
- b. AG Leni announced that our sister Club RC Wodonga West approved our suggestion on the allocation of their donation to Yolanda victims.
- c. Regarding the 5K donation of Gov. Paeng to our cancelled photo contest, PP Carol informed the club that YEO Precy requested the donor to reallocate it to YEP. Gov. Paeng agreed.
- d. March 20 is PP Maan's birthday celebration to be held at Bellevue. So far 15 confirmed attendance.

6. Prospective Members: PDG Chit introduced two prospective members who attended the meeting after each member present introduced themselves:

- a. Ms. Michelle Baldemor from Laguna Bel-Air. Classification is Fashion Accessories.
- b. Ms. Pinky Belizario from San Jose Village 4C. Classification is Human Resources Management.

Note: a more detailed introduction will be emailed later.

7. With no other matters to discuss, the meetings was adjourned at 9:30 p.m.

--nothing follows--


Minutes taken by : Rtn Myrna Valle



Sometimes I sit quietly and wonder why I am not in a mental asylum. Then I take a good look around at everyone and realizemaybe I already am.



someecards
user card



A good man can make you
feel sexy, strong and able to
take on the world ... oh sorry
... that's wine ... wine does
that ...



What's coming up?

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

Thursday, May 1

Labor Day

Tuesday, May 6

Happy Birthday!! PP Maya Padiernos



Next Week's Order of Business

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

**PROGRAM
March 28, 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	PP Zeny Dictado
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 :
PP Che Lu**



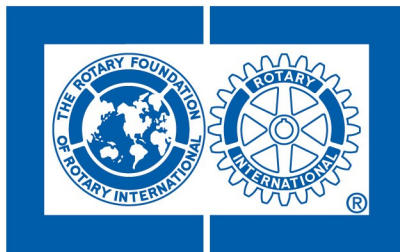
Roster of Members

	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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