

Rotary



Be a gift
to the world



The CENTRO

Official Weekly Bulletin

Awarded Best Club Bulletin RY 2014-2015

Rotary Club of Sta. Rosa Centro RI District 3820

Outstanding Club RY 2012-2013

Most Outstanding Club (Silver Level) RY 2013-2014

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

Officers & Directors, Rotary Year 2015-2016

Officers

WCP Delhi Penelope "Pen" Cuya	President
PE Carmela "Mel" Tadeo	President Elect
PP Zenaida "Zeny" Dictado	Vice President
PP Hazel "Hazel" Ramos	Secretary
PP Maryann "MeAnn" Gonzales	Treasurer
PP Carolina "Carol" Salvahan	Auditor
PP Jacqueline "Jacqui" Victoria	Protocol Officer
IPP Arlene "Mayor" Arcillas	Ex-Officio
PP Priscilla "Precy" dela Cruz	Executive Secretary

Club Committees

PP Priscilla "Precy" dela Cruz	Club Administration
Rtn Michelle "Michelle" Baldemor	Membership
Rtn Gloria "Glo" Bedienes	Service Project
PP Teodora "Doray" Lucero	Community Service
PE Carmela "Mel" Tadeo	Vocational
Rtn Evelyn "Evs" Laranga	Youth
PP Elenita "Leni" Lantin Ma	International
PP Joel Liza "Liza" Pineda	The Rotary Foundation
IPP Arlene Arcillas	Public Image
PP May Grace "Maya" Padiernos	Special Projects
PDG Consuelo "Chit" Lijauco	Club Trainer
PP Elenita "Leni" Lantin Ma	Asst. Club Trainer



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

**PROGRAM
September 11, 2015**

Call to Order	WcPres Pen Cuya
Invocation	Rtn Jen Dee
National Anthem	PP Jacqui Victoria
Four-Way Test	PP Liza Pineda
Object of Rotary	Rtn Sheila Santillan
Acknowledgment	PP Precy dela Cruz
Recognition	PP Leni Lantin
Secretary's Report	PP Hazel Ramos
Treasurer's Report	PP Meann Gonzales
Committee Reports	Committee Chairpersons
President's Time	WcPres Pen Cuya
Adjournment	WcPres Pen Cuya
Centro Hymn	

**Chairwoman of the Night
PP Carol Salvahan**

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



Thank you, God for bringing us together today at this wonderful day of friendship and goodwill. We thank you for the leadership of this Rotary Club and those who have organized our projects and events. Thank you for all you provide for us as we go forward in service. Amen.

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:

First. The development of acquaintance as an opportunity for service;

Second. 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;

Third. The application of the ideal of service in every Rotarian's personal, business, and community life;

Fourth. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



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?

♪♪*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,
*touching 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
And now, I...
(Repeat *)

RC Centro's GREAT!



President's Message

Dear Centro Ladies,

Last week's meeting was an intimate one. After having discussed an upcoming project, and being present with the grieving family of our member. It always feel good if you do service to others but it is better to be with each other in our moments of grief.

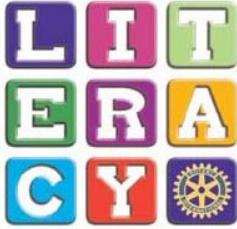
Ladies, our core is indestructible. Charter members know that, new members see that, it is what the newly inducted members will discover. Let us maintain that. I will see you all in our scheduled projects and district activities

I will see you all in our scheduled projects and district activities.

Yours in Rotary,

World Class President

Delphi Penelope "Pen" Cuya



ROTARY CORNER

MEMBERSHIP

EVALUATING YOUR CLUB

Continued from Issue 10...

IS YOUR CLUB INNOVATIVE AND FLEXIBLE?

In a changing world, your club's success depends on its ability to be innovative and flexible. Surveys and focus groups consistently show that prospective members and younger members are more likely to stay with Rotary if they believe that their club is willing to accommodate their interests, as well as their work, family, and personal needs.

Ask yourself if your activities and traditions reflect current interests and what could be changed to make your club more relevant to prospective members. Consider changing meeting times and locations, lowering fees, undertaking a variety of service projects, and planning different kinds of programs for club meetings.

IS THERE A STRONG AWARENESS OF YOUR CLUB IN YOUR COMMUNITY?

Public awareness is an important part of your club's continued growth and success. Is your club widely known in your community? Do your members identify themselves as Rotary club members to their friends, neighbors, and colleagues? When your community thinks about your Rotary club, what do they think? Consider inviting Rotary prospects to a project to interact with your members and learn more about your club and its work in the community.

ROTARY CORNER

Research indicates that people are more likely to give time and money to an organization with a proven record of tangible results. Make sure your club regularly communicates with the public about its community service projects to attract both donations and new members.

HOW ARE YOU USING DIGITAL COMMUNICATIONS TO PROMOTE YOUR CLUB?

Digital communications are messages delivered through electronic media. Does your club have a website? A Facebook page? Are they regularly updated? Are you tweeting about your club's special events and signature projects? Are you interacting online with Rotary members around the world, as well as people and organizations that share your interests? Have you joined any conversations on LinkedIn?

Take advantage of social media to raise awareness of your club in the community, attract members and resources, and keep members informed.

At the meeting

Review your club meeting to make certain that it is a welcoming and fun experience:

- Does someone welcome members and guests when they arrive?
- Do meetings begin and end in a timely fashion?
- Is there an agenda for the meeting?
- Are the speakers interesting, insightful, and relevant?
- Is there sufficient variety in speakers and meeting topics?
- Is socializing among members encouraged?
- Do you always have the same kind of meeting?

Your club may even consider using a "mystery shopper" to evaluate a meeting. Ask a non-Rotarian friend or an acquaintance from another club come to a meeting as a visitor, and then provide his or her impressions. This will give you an unbiased perspective from someone outside of your club.

**ROTARY INTERNATIONAL**
News & Updates**MAKING A DIFFERENCE THROUGH ROTARY****YOUTH EXCHANGE**

Rotary Youth Exchange students visit RI World Headquarters in Evanston, Illinois, USA, during a Discover America Bus Trip in July.

When Gabriela Vessani was 12 years old, her mother took her to stay with friends in Pittsburgh, Pennsylvania, USA, for the summer.

"I loved it, so when I heard about Rotary Youth Exchange, I knew that was something I wanted to do," says Vessani, who is an Interactor from São Paulo.

This year, Vessani participated in the program. Hosted by the Rotary Club of Waterdown, Ontario, Canada, she stayed with four families, one of which included adopted children from different parts of the world.

"They had seven children, and it was crazy for me. But I loved it," she says. "It was such a unique experience getting to know all of my host brothers and sisters, and learning about so many cultures."

ROTARY INTERNATIONAL

News & Updates

CHANGING LIVES

Vessani and 104 other Rotary Youth Exchange students visited Rotary World Headquarters in Evanston, Illinois, in July as part of a 31-day Discover America cross-country bus trip that was a finale to the exchange experience.

"This is the best program Rotary can be involved with, because Rotary is all about changing lives," says Vessani.

Rotary Youth Exchange has been providing intercultural exchange opportunities for secondary school students ages 15-19 since the 1920s. Students become cultural ambassadors for up to a full academic year, and the host families can help build peace and international understanding, serving one of Rotary's six areas of focus.

CLUB BENEFITS

Mike Lubelfeld, an elementary school superintendent and member of the Rotary Club of Deerfield, Illinois, spent weeks making arrangements for his club to host its first exchange student in more than two decades. In August, Leo, a 17-year-old from Indonesia, was greeted at the airport by an enthusiastic welcome committee from the club.

"We have just started the process and, already, there is so much excitement," says Lubelfeld. "Working with youth of the world is one of the best ways to ensure a better future. And for our club to be able to take part in this cultural exchange is a huge opportunity that will not only benefit Leo but our members as well."

BUILDING SELF-CONFIDENCE

Varda Shah's family was asked by a friend to host an exchange student two years ago in Mumbai. At first, family members were reluctant.

"We were like, he's a boy, he's German, I don't know how this is going to work," says Shah. "But we decided to take a chance, and I never would have thought I could grow so close to someone in three months. We still Skype and connect through social media constantly and are always in touch."

Shah decided she wanted her own exchange experience. She stayed with three host families in New York, learning about camping, tailgating at sports events, and ice hockey. But the biggest change was to her self-confidence.

"Before, I would never be able to make a conversation with a person I didn't know," she says. "Now, I can proudly say it isn't like that anymore. I can go up to people. I have become more open, more mature."

ACCEPTING OTHERS

Juliana Kinnl of Vienna decided to follow in her older sister's footsteps and take part in a Rotary Youth Exchange. She was hosted by two families from the Rotary Club of Newtown, Pennsylvania, and says she learned to be more accepting of other people and their differences.

"Meeting exchange students from all over the world, I have grown to accept people for who they are and not to judge them because they are different," says Kinnl. "I've also grown more confident in my own abilities and who I am."

GROWING BOLDER

Minerva Lopez Martinez of Marcia, Spain, spent her exchange in Canada, hosted by the Rotary Club of Simcoe, Ontario. She said some of her friends at home chose not to pursue an exchange because they felt they would be losing a year of schoolwork. But she has a different perspective on that.

By Arnold R. Grahl

Rotary News



Centro In-Focus

Regular Meeting
September 4, 2015
SM Sta. Rosa



AG Liza Pineda and Rtn Evs at a club induction





Centro-In-Focus

With Interactors of Santa Rosa Science and Technology High School & Rotary Club of Santa Rosa Centro



DISTRICT 3820

Rotary



RI DISTRICT 3820

News & Updates

District 3820 Youth Exchange Program (YEP) is now accepting applications from students, 15-17 years old for possible placements or exchange with the USA, Brazil, France, Germany, Switzerland, Mexico and Spain for Rotary Year 2015-2016.

INTERVIEW AND SELECTION is scheduled on November 21, 2015.

For details, please contact YEP District chair, YEO Hoover Picar at 0917 582 1101 or email him at hoover15picar@gmail.com and other YEP members near your area.

Yours in YEP,

Precy Dela Cruz

Committee Secretary



DISTRICT 3820

Rotary



RI DISTRICT 3820

News & Updates

INBOUND ROTEX TRAVELS

Travel by exchange students

The amount of travel that an exchange student will undertake during the exchange varies immensely. Travel by exchange students during their exchange is a privilege, not a right. Each club or district should establish its own specific policies regarding travel within and outside of the district.

Clubs and districts should consider including the following in their policies:

- Whether travel is permitted when school is in session (exceptions for school-sponsored trips, Rotary-sponsored trips, and host family trips).
- The amount of time needed for permission.
- Whose permission is needed?
- The need for an adult to supervise the travel; students may not travel alone or accompanied only by other students at any time.
- Students must adhere to the travel rules of the host district or risk being sent home.
- Under no circumstances should students make their own travel arrangements without first consulting the host district, host club, and host family.
- In all cases, students must possess written approval from their parents or legal guardians authorizing travel during the exchange year.

Each district may wish to establish a travel authorization form to be signed by the student's parents or legal guardians. This form should be provided to the district Youth Exchange chairperson, the host family, and the student's parents or legal guardians and should include the following information:

- Where the student is going.
- Time required for the trip, including dates and time of departure and return.
- Means of transportation.
- The student's traveling companions (e.g., Rotarian, host family, church group, club member, relative).
- Contact information for the student's destination.
- Signed authorization from parents, guardians, current host family, and host club Youth Exchange officer.
- Name of responsible adult supervising the travel.

Sincerely,

Raul R F Ciabal MD



For your Information

Blood Fats May Play a Role in Migraines



Women who get migraines have different levels of certain fats in their blood than women who don't get these headaches, a small new study suggests.

If confirmed, the new findings could lead to a blood test that could diagnose patients with migraines, the researchers said.

Currently, patients are diagnosed with migraines on the basis of the symptoms they report, said study author Dr. B. Lee Peterlin, of the Johns Hopkins University School of Medicine in Baltimore. "In other words, there is no biomarker or blood test that can help us to differentiate" people who get migraines from those who do not, she said.

In the study, the researchers examined blood samples from 52 women with episodic migraines and 36 women who did not have any headaches.

"Episodic migraines" means having migraine headaches up to 14 days per month; people who have more migraines than that are diagnosed with chronic migraines. The women in the study had headaches about six days per month, on average.

The researchers tested the women's blood samples for a class of lipids that had previously been shown to play a role in regulating energy balance and inflammation, according to the study.



For your Information

The investigators found that the levels of lipids called ceramides were lower in the women with episodic migraines than in the women who did not have any headaches. The women with migraines had about 6,000 nanograms per milliliter (ng/ml) of ceramides in their blood on average, compared with about 10,500 ng/ml in the women without headaches.

Moreover, it also turned out that women's risk of migraines increased with higher levels of two types of a different lipid, called sphingomyelin.

These results suggest that the lipids examined in the study may be involved in causing migraines; however, further study of this question is needed, the researchers said.

In another experiment in the new study, the investigators looked at the levels of the lipids in blood samples from 14 participants, without knowing which of the women had migraines. They found that they were able to correctly identify, based on the blood test, the women with migraines and those who did not have any headaches.

"This study is a very important contribution to our understanding of the underpinnings of migraine, and may have wide-ranging effects in diagnosing and treating migraine if the results are replicated in further studies," Dr. Karl Ekbom, of the Karolinska Institute in Sweden, who was not involved in the new research, wrote in an editorial accompanying the study, published today (Sept. 9) in the journal *Neurology*.

However, the study had some limitations: All of the participants were women, and it did not include people with chronic migraines, who have headaches 15 or more days per month, Ekbom noted.

Previous research has linked migraines to lipid metabolism problems, such as hypercholesterolemia, a condition in which people have very high levels of cholesterol in the blood, the authors of the new study said.



Reflections

“What is Rotary? Thousands have made answer each in his own way. It is easier to note what Rotary does than what it is. One recently has said, “If Rotary has encouraged us to take a

more kindly outlook on life and men; if Rotary has taught us greater tolerance and the desire to see the best in others; if Rotary has brought us pleasant and helpful contacts with others who also are trying to capture and radiate the joy and beauty of life, then Rotary has brought us all that we can expect.”



Chicago, October,
1945 Paul P. Harris

“The first thing we must do if we are to have international understanding is to realize what is prejudice and what is fact.” — Address to 1937 Rotary Convention, Nice, France



Treasurer's Report

TREASURER'S REPORT ROTARY CLUB OF STA ROSA CENTRO RY 2015-16 PP MARY ANN H. GONZALES

Beginning Balance as of September 9, 2015	Php	95,107.49
Add: Offsetting for payment paper Bulletin		
Cecile Gabatan (July to Sep)	Php	2,400.00
Cecile Gabatan (Gov's Visit/Induction Share)		1,000.00
		<u>3,400.00</u>
Total		98,507.49
Less: Deductions		
Bulletin Expenses (district copy-c/o Cecile Gabatan)		(1,920.25)
Ending Balance as of September 9, 2015	Php	<u><u>96,587.24</u></u>

"You don't always
need a plan.
Sometimes you just
need to *breathe*, TRUST,
let go and see what
happens."

-Mandy Hale



What's coming up?

Friday, September 11

Regular Weekly Meeting

Monday, September 14

Happy Birthday!! PP Zeny Dictado

Friday, September 18

Happy Birthday!! PP Doray Lucero

Regular Weekly Meeting

Saturday, September 19

Coastal Cleanup Day

Friday, September 25

IEC on Water Conservation and Climate Change

Regular Weekly Meeting

Wednesday, September 30

Raffle Draw Remittance - 2nd Due Date

Friday, October 2

Regular Weekly Meeting

Saturday, October 3

Rotario Educare

Friday, October 9

Regular Weekly Meeting

Friday, October 16

Board Meeting

Regular Weekly Meeting



Next Week's Order of Business

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

**PROGRAM
September 18, 2015**

Call to Order	WcPres Pen Cuya
Invocation	Rtn Michelle Baldemor
National Anthem	Rtn RJ Animo
Four-Way Test	Rtn Glo Bedienes
Object of Rotary	Rtn Sheila Santillan
Acknowledgment	PP Precy dela Cruz
Recognition	PP Leni Lantin
Secretary's Report	PP Hazel Ramos
Treasurer's Report	PP Meann Gonzales
Committee Reports	Committee Chairpersons
President's Time	WcPres Pen Cuya
Adjournment	WcPres Pen Cuya
Centro Hymn	

**Chairwoman of the Night :
PP Liza Pineda**



**PROUD
MEMBER**

Roster of Members

Name	Rotary ID	Classification	Birth date	Date Admitted
Roselle Animo		IT Professional	11-Jun	
Arlene Arcillas	8275828	City Representative	31-Jul	1/7/2011
Michelle Baldemor	8879856	Retail	1-May	4/28/2014
Gloria Bedienes	8612318	Trading	14-Apr	12/31/2012
Pinky Belizario	8879854	Human Resources Man- agement	24-Jan	4/28/2014
Delphi Penelope Cuya	8275831	Healthcare	12-Feb	1/7/2011
Priscila De la Cruz	5333454	Leasing	24-Aug	4/1/2001
Jennifer Dee	8773225	Pediatrician	20-Mar	11/18/2013
Ma. Geralyn Dee	8574451	Interior Design Engineer/	9-Dec	11/1/2012
Herra Thessa Diaz	9244236	Businesswoman	27-Jun	4/1/2015
Zenaida Dictado	6416676	Pallet Manufacturing	14-Sep	10/7/2005
Ma. Cecilia Gabatan	8612321	Real Estate Broker Real Estate Developer/	27-Oct	12/1/2012
Mary Ann Gonzales	5333525	Cooperative	20-Mar	3/28/2001
Donghee Kim		Doctor		
Sarminda Knoll		Housewife	20-Jul	
Evelyn Laranga	8465660	Education	25-Jul	12/26/2011
Consuelo Lijauco	5333445	Magazine Editing	15-May	3/28/2001
Cheryl Lu	5333496	Pest Control Services	17-Apr	3/28/2001
Teodora Lucero	8045358	Midwife	18-Sep	7/1/2009
Elenita Ma	6261683	Dentist	10-Jan	11/5/2004
May Grace Padiernos	5984127	Furniture Retail	6-May	6/30/2003
Joel Liza Pineda	7019336	Human Resource Pro- vider	30-Mar	12/31/2008
Hazel Ramos	6165816	Money Lending	1-Jul	6/30/2004
Aurelyn Salandanan	8773229	Obstetrics-Gynecologist		11/18/2013
Carolina Salvahan	5333457	Window Fashion Con- tractor	4-Jul	3/28/2001
Shiela Santillan	8574457	Restaurateur	2-Apr	11/1/2012
Carmela Tadeo	8415873	Logistics	24-Dec	8/1/2011
Jacqueline Victoria	6556182	Watch Services	7-Nov	9/1/2006



Attendance Report

Attendance

**Period : Sep 4 to Sep
10, 2015**

Total Membership	28
Members Present	6
Meetings Made-up	5
Leave	5
Senior	3
Total Attendance	19
Attendance Percentage	68%



Rotary Club of Sta. Rosa Centro

RID 3820 Club ID No. 55177

Make Up Card

We had the pleasure of having you as
our guest/visiting Rotarian

Name

Rotary Club

During our club meeting today

Date

Secretary Hazel Ramos

Special Observances

July 2015

Start of Rotary Year 2015-2016

August 2015

Membership & Extension Month

September 2015

Area of Focus: Basic Education and Literacy
Area of Focus: Economic and Community

October 2015

Development

November 2015

The Rotary Foundation Month

December 2015

Area of Focus: Disease Prevention and Treatment

January 2016

Vocational Service Month

February 2016

Area of Focus: Peace and Conflict Prevention/
Resolution

March 2015

Area of Focus: Water and Sanitation

April 2015

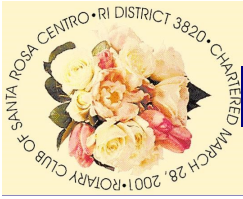
Area of Focus: Maternal and Child Health

May 2015

Youth Services Month

June 2015

Rotary Fellowships Month



Mission and Vision

VISION

The Rotary Club of Sta. Rosa Centro is the place to be for **professionals** to nourish a culture of **service** while fostering lasting **friendships** and causing their own **development, growth, and empowerment.**

MISSION

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.



Be a gift to the world

*The **CENTRO** is published weekly as the official weekly program bulletin of the Rotary Club of Santa Rosa Centro, Rotary International District 3820, Club ID No. 55177. We are accepting contributions to the weekly club bulletin. Please submit your articles from Saturday to Wednesday at Email: ana_clariz06@yahoo.com. All contributions submitted later than the deadline will be included in the next week's issue. Only those articles submitted on or before the deadline will be included in the week's issue.*