



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

Club e-mail : [rcstarosacentro@outlook.com](mailto: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  
October 9, 2015**

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Call to Order	WcPres Pen Cuya
Invocation	Rtn Sheila Santillan
National Anthem	PP Jacqui Victoria
Four-Way Test	Rtn Glo Bedienes
Object of Rotary	Rtn Sheila Santillan
Acknowledgment	PP Carol Salvahan
Recognition	Rtn Michelle Baldemor
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	

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**Chairwoman of the Night  
PE Mel Tadeo**

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



We are thankful for this day that you have given us, for its blessings, its opportunities, its challenges. May we appreciate and use each day that comes to us. We pray for strength and guidance for each day as it comes, for each day's duties, for each day's problems. May we be challenged to give our best always, and may we be assured of your presence with us.

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,

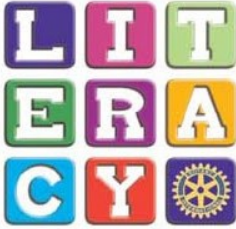
Last week's Rotaryo Educare marks the success of Sta. Rosa students, and the club's as well when we got the 3rd place award for the Math & Science Quiz Bee. Our mother club, RC Sta. Rosa got the first place. Therefore, this calls for the celebration of our club's great effort to support the district activities.

The District PR and Membership Seminar is moving closer. We positively hope for another successful hosting.

Thank you so much and Congratulations!

Yours in Rotary,

**World Class President**  
**Delphi Penelope "Pen" Cuya**

**ROTARY CORNER****PEACE FELLOWSHIPS**

Are you looking to make a significant impact on the world by promoting tolerance and cooperation? Rotary selects some of the world's most dedicated and brightest professionals to receive fully funded fellowships to study at our Rotary Peace Centers. In just over a decade, the Rotary Peace Centers have trained more than 900 fellows for careers in peace building. Many of them go on to serve as leaders in national governments, NGOs, the military, law enforcement, and international organizations like the United Nations and World Bank.

**WHAT ARE ROTARY PEACE FELLOWSHIPS?**

Each year, Rotary selects up to 100 individuals from around the world to receive fully funded academic fellowships at one of our peace centers. These fellowships cover tuition and fees, room and board, round-trip transportation, and all internship and field-study expenses. Two types of peace fellowships are available.

**MASTER'S DEGREE**

We offer master's degree fellowships at premier universities in fields related to peace and conflict prevention and resolution. Programs last 15 to 24 months and require a practical internship of two to three months during the academic break. Each year, we award up to 50 master's degree fellowships at these institutions:

- Duke University and University of North Carolina at Chapel Hill, USA
- International Christian University, Japan
- University of Bradford, England
- University of Queensland, Australia
- Uppsala University, Sweden



## ROTARY CORNER

### **PROFESSIONAL DEVELOPMENT CERTIFICATE**

For experienced professionals working in peace-related fields who want to enhance their professional skills, we offer a three-month program in peace and conflict prevention and resolution at Chulalongkorn University in Thailand. This program incorporates two to three weeks of field study. We award up to 50 certificates each year.

### **IS A PEACE FELLOWSHIP RIGHT FOR ME?**

We select fellows through a globally competitive application process, based on the applicant's ability to have a significant, positive impact on the world. Learn more about eligibility requirements and restrictions.

### **I WANT TO SUPPORT THE ROTARY PEACE CENTERS**

You can support the Rotary Peace Centers program with your gift. Help us raise \$150 million by 2017 to build a permanent endowment for the program. Many naming opportunities are available.



#### **PEACE PROFILE: PATH HEANG**

Path spent part of his childhood toiling in the rice fields of a Khmer Rouge camp. The experience left him determined to help his country heal from the years of brutality that killed around two million Cambodians. Path is a former peace fellow now working as chief of a UNICEF field office. "I am in a senior position because of the analytical skills and tools I learned as a Rotary Peace Fellow. Now I can influence national policy for the poor in Cambodia."

Rotary



ROTARY INTERNATIONAL

News &amp; Updates

**Presidential Message****K.R. "RAVI" RAVINDRAN**

Last month, after confirming a full year without a single case of wild poliovirus, Nigeria was removed from the list of the world's polio-endemic countries. It was the last polio-endemic country in Africa. Today, only two countries – Afghanistan and Pakistan – harbor the world's final reservoir of endemic poliovirus. As this issue of *The Rotarian* goes to press, global cases of polio in 2015 number only a few dozen.

The scale of this achievement can hardly be overstated. Polio has existed for millennia; it has plagued humanity since our earliest civilizations. Today, because of Rotary's work and that of our partners, the end is in sight. We are counting down not in years, but in months.

And yet, our success is as fragile as it is monumental. We are moving forward, slowly, steadily, inexorably – thanks to colossal efforts that never cease. We continue to vaccinate hundreds of millions of children in vast synchronized campaigns; we constantly monitor environments to prevent new outbreaks. The sheer scale of the effort – the coordination, the cost, and the commitment – boggles the mind.

**ROTARY INTERNATIONAL**

**News & Updates**

Some ask why such high levels of immunization and surveillance are still needed to combat a disease that is almost gone. The answer is simple: It is the only way forward. If we did anything less – if we allowed the virus any quarter – years of work would be undone. We know too well how easily polio could spread again. We know how quickly our decades of progress could be lost. And this is why the months ahead are so tremendously important. We need your voice – to raise awareness, to raise funds, and to keep the momentum going. We need your strength to help fight this war until we have won.

On 24 October, we mark World Polio Day. I hope that on that day, all of you will take part in some way in our work to eradicate polio. I know that many of you intend to publicize this event on the club or district level; for those who have not yet made plans, there are still many ways to participate. Visit [endpolionow.org](http://endpolionow.org) for ideas, tools, sample press releases, and ways to donate. You'll also find the link to our livestream event; be sure to join in, and share it on social media.

This war of ours – which started as a war against polio but is also a war against hatred, against ignorance, against fear – this war will be won. It will be won soon. And when it is won, all of Rotary will have a story to tell – to the children, and the grandchildren, who will never see a leg brace or an iron lung, or know a world with polio in it.

Whether you are a Rotarian in Kano or Peshawar or Swat, in Seoul or Madrid or Chicago – you are a part of this story. Your part in it is one that only you can write. I ask you all to write it well – so that the story you will one day tell is one of which you will be proud.



### Centro In-Focus

## Tree Planting at Nagcarlan Laguna tom Sept 26 with STI students

*September 26, 2015*





**Centro-In-Focus**

WcP Pen Cuya with Dir Evs Laranga planting a seedlings from RC Sta. Rosa Centro





## Rotary Historic Moments

### Friendship Trees

Rotarians have planted trees in the name of fellowship, friendship, and community service since the early 20th century. These trees, which can be found worldwide, have grown into enduring monuments of Rotary's ideals.

As president emeritus, Paul Harris traveled extensively during the 1920s and 1930s, often accompanied by his wife Jean. During these trips, the nature-loving Harris planted trees to symbolize goodwill and friendship.

In the Autumn of 1932 Harris embarked on a five-week tour of European Rotary clubs and planted trees along the way and recorded in his diary -

"Wednesday forenoon I planted my first tree of friendship in European soil. It seemed to me especially appropriate that it took place in Germany—in its metropolis—Berlin. The planting occurred in a sports platz formerly devoted to war purposes, and a large number including Rotarians, city officials, and others were in attendance."

Harris also planted trees in Tallinn, Estonia, and Göteborg, Sweden, during this trip.



Source : <http://portal.clubrunner.ca/8104/Stories/historic-rotary-moments-friendship-trees>

## Rotary Historic Moments

Planting trees soon became a hallmark of his travels, including in Australia, Brazil, Estonia, Japan, Mexico, and New Zealand. In *My Road to Rotary* Harris recalled:

“With the cooperation of Rotarians and local governments, I have planted friendship trees in the parks and playgrounds on five continents of the world and even on some of the major islands of the seas. Our trees stood as symbols of international understanding and good-will.”

Other RI presidents also observed the tradition. In 1931-32, then-RI president Sydney W. Pascall planted trees at the sites of Rotary clubs he visited, reportedly at Paul Harris’s suggestion.

Not all of the trees were planted outside the United States. The Harrises often entertained visiting Rotarians and dignitaries in their home, Comely Bank, and planted trees with their guests to mark the occasion. They called the garden their Friendship Garden.

Today, Rotarians continue to plant trees to symbolize enduring friendships and fellowship, to beautify parks and communities, and to contribute to a greener world.



*In 1932 Paul Harris planted his first European Friendship Tree (Maple) on the Tempelhofer Feld in Berlin, which has been and still is an airport.*

DISTRICT 3820

Rotary



RI DISTRICT 3820

News &amp; Updates



ROTARY CLUB OF WEST BAY  
Charter No. 53189  
Rotary International District 3820



September 22, 2015

Hello Fellow World Class Rotarians!

On behalf of the Rotary Club of West Bay, I am inviting all the clubs in our district to participate in our DISTRICT RYLA 2015 on October 23 to 25, 2015 at Royal Palm Resort Brgy. Puypuy, Bay, Laguna. I encourage each club to send participants ages 15 to 23 years old, in good health condition and effective team players. PRE-REGISTRATION is P1,800 on or before October 9, 2015. Regular Registration fee will be P2,000 after October 9, 2015. NO ONSITE REGISTRATION. Please remit your registration payment to the following bank accounts:

Checking Account No. 0910006967  
Account Name: MILDRED G. MEJINO  
Bank Name: BPI LOS BAÑOS

Saving Account No. 5100054248  
Account Name: MILDRED G. MEJINO  
Bank Name: BDO LOS BAÑOS

Please email copy of your deposit slip together with the application and waiver forms of participants to PP Mildred Mejino ([mgmejino@yahoo.com](mailto:mgmejino@yahoo.com)).

Thank you very much.

A handwritten signature in black ink that reads "mgmejino".

PP Mildred G. Mejino  
Chairman, District RYLA 2015  
Mobile: 09272061519 / 09233154217  
Email: [mgmejino@yahoo.com](mailto:mgmejino@yahoo.com)



DISTRICT 3820

Rotary



RI DISTRICT 3820

News & Updates

## Bring Them In, Keep Them In! Rotary The Place to Be!



### District PR & Membership Seminar

October 24, 2015, 9:00 AM ~ 5:00PM  
Casa Palmera Hotel, Brgy. San Nicolas  
San Pablo City, Laguna  
Host Club: RC of Sta. Rosa Centro



Be a gift to the world

*Taos pusong pasasalamat sa lahat ng  
mga dumalo at sumuporta sa Rotaryo  
Educare 2015@UP Los Baños!*

*—Mula sa RC Los Baños Makiling & Rotaract Makiling*

*Rotaryo  
edu  
care*

Tagisan ng talino sa rotaryo

October 3, 2015  
NCAS Auditorium  
University of the Philippines Los Banos





## Reflections

“At our fireside, scores of friends from all corners of the globe have delighted us by their presence. They have come as the result of my planting a sapling in 1905. The first Rotary Club was that sapling. It has grown into a mighty tree in whose shade it is delightful to dwell.”

Paul P. Harris. My Road to Rotary, chapter 42, 1947



*“The best antidote for international fear is international understanding; the best way to cultivate international understanding is through business and social intercourse.” —  
Message to 1928 Pacific Rotary Conference,  
Tokyo, Japan*



## For your Information

# Here's What To Eat To Solve All Your Sleep Troubles

**Drink milk.** We've experienced the magic of milk: how it sends us to sleep. This happens because dairy products have tryptophan, an essential amino acid that promotes sleep (it's used to treat insomnia!).

**Have some carbs to go with the dairy.** Foods rich in carbs increase the level of the sleep-inducing tryptophan in your blood. So if you're having milk, you can have some cereal with it; if you're eating yogurt, you can have some nuts or a banana, both of which also have tryptophan.

**Stop hydrating your body before you go to sleep.** If you drink a lot of water before tucking yourself in, chances are you'll wake up in the middle of the night with the urge to pee, or you wake up in the morning with a really full and heavy bladder (which is really uncomfortable, BTW).

**Have an orange, kiwi, or another fruit high in vitamin C.** According to Keri Glassman, a nutritionist, stress also has something to do with why you can't sleep continuously. Eating something rich in vitamin C, which helps in stress reduction, can relax you enough for the night.



## What's coming up?

### Friday, October 9

Regular Weekly Meeting

### Friday, October 16

Board Meeting

Regular Weekly Meeting

### Sunday, October 18

Grand Raffle Draw - Regalo't Papremyo for Juan & All

### Friday, October 23

Halloween Party

Regular Weekly Meeting

### Saturday, October 24

Membership, PR & TRF Seminar hosted by Centro

### Sunday, October 25

District Wide Tree Planting

### Tuesday, October 27

Happy Birthday!! Rtn. Cecile Gabatan



### Friday, October 30

Regular Weekly Meeting

### Friday, November 6

Manila Rotary Institute

Regular Weekly Meeting

### Saturday, November 7

Manila Rotary Institute

**Next Week's Order of Business**

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

**PROGRAM  
October 16, 2015**

Call to Order	WcPres Pen Cuya
Invocation	Rtn Glo Bedienes
National Anthem	PP Jacqui Victoria
Four-Way Test	PP Precy dela Cruz
Object of Rotary	Rtn RJ Janolino
Acknowledgment	PP Carol Salvahan
Recognition	Rtn Michelle Baldemor
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 :  
Rtn Sheila Santillan**



**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 : Oct 2 to Oct 8,  
2015**

Total Membership	28
Members Present	5
Meetings Made-up	10
Leave	4
Senior	4
Total Attendance	23
Attendance Percentage	82%



### 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

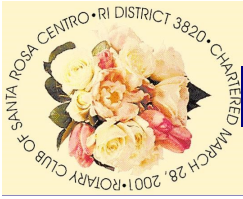
Area of Focus: Maternal and Child Health

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](mailto: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.*