

# The CENTRO

Official Weekly Bulletin



**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 Hotel, 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)

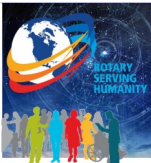
# Officers & Directors, Rotary Year 2016-2017

## Officers

ASP Evelyn "Evs" Laranga	President
PE Ma. GERALYN "Jay" Dee	President Elect
PP Teodora "Doray" Lucero	Vice President
PE Ma. GERALYN "Jay" Dee	Secretary
PP Maryann "MeAnn" Gonzales	Treasurer
PP Jacqueline "Jacqui" Victoria	Auditor
PP Carolina "Carol" Salvahan	Protocol Officer
IPP Delphi Penelope "Pen" Cuya	Ex-Officio
Rtn Ma. Cecilia "Cecile" Gabatan	Executive Secretary

## Club Committees

PP Joel Liza "Liza" Pineda	Club Administration
Rtn Michelle "Michelle" Baldemor	Membership
Rtn Gloria "Glo" Bedienes	Service Project
IPP Delphi Penelope "Pen" Cuya	Community Service
PP Maryann "MeAnn" Gonzales	Vocational
Rtn. Carmela "Mel" Tadeo	Youth
PP Arlene "Mayor" Arcillas	International
PP Priscila "Precy" dela Cruz	The Rotary Foundation
PP May Grace "Maya" Padiernos	Public Image
PDG Consuelo "Chit" Ljauco	Club Trainer



The CENTRO  
Official Weekly Bulletin  
Rotary Club of St. Rosa, Centra RI District 3820  
History Club of St. Rosa, Centra RI District 3820  
Rotary Club of St. Rosa, Centra RI District 3820  
West Oxfordshire Club, Oxford Local 897 2012-2014

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

**PROGRAM  
July 29, 2016**

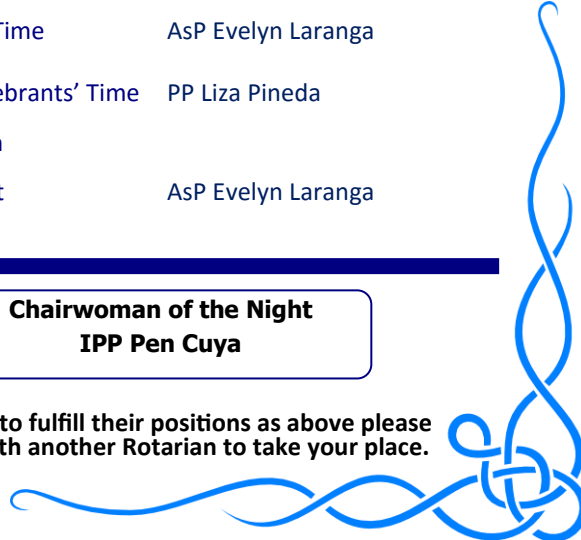
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Call to Order	AsP Evelyn Laranga
Invocation	PP Jacqueline Victoria
National Anthem	Rtn Gloria Bedienes
Centro Mission & Vision	PP Precy dela Cruz
Acknowledgment	PE Jay Dee
Introduction of Guest Speaker	Rtn Michelle Baldemor
Speaker's Time	PDG Mac Hermoso
Q & A	
Presentation of Token	As Sec Jay Dee
President's Time	AsP Evelyn Laranga
Birthday Celebrants' Time	PP Liza Pineda
Centro Hymn	
Adjournment	AsP Evelyn Laranga

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**Chairwoman of the Night  
IPP Pen Cuya**

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



## I n v o c a t i o n



Gracious God, as we gather together as Rotarians and friends , we acknowledge that wherever we go, we are always in Your presence. We pray that our actions may reflect this awareness as we seek Your nearness and as we count our many blessings in the weeks and in the months ahead.

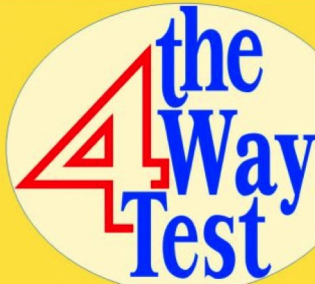
This we pray in Jesus name. Amen

## 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 each 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.



**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?**

♪♪•\*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,

Thank you for working together as a team "Together Everyone Achieves More". Compassion has seen action.

Kudos to Paula as our Chairman and Director, thank you for patiently preparing everything. To the ladies for being the Pre School Teachers of the Day, I salute your energy.

Your patience in explaining the concepts to the kids and your courteous replies to their never ending questions is remarkable. You have motivated them to stay, listen, learn and follow your instructions. To everyone who helped, especially PP Doray who coordinated with the Interactors and the Barangay officers. The assistance of Councilors Pilo and Basilia, the Barangay Nutrition Scholars who initiated to invite the City Nutrition Office to conduct lectures to the mothers present on the topic "First 1000 Days ni Baby, pahalagahan para sa Malusog na Kinabukasan". I personally saw the interest of the women present and the few men who were there.

To all those who have contributed, one way or the other for the success of the event, thank you. May we understand that the true meaning of these relationships is a means of worship for God, our creator.

Live Jesus in our Hearts. FOREVER.

Yours in Rotary,

**All Star President**  
**Evs Laranga**



## Editorial

### The Blame Game

*“We cannot move forward if we allow the past to pull us back. Finger-pointing is not the way. That is why I will not waste precious time dwelling on the sins of the past or blaming those who are perceived to be responsible for the mess that we are in and suffering from.*

*Except maybe extract a lesson or two from its errors we will not tarry because it is the present that we are concerned with and the future that we should be prepared for.”*

*President Rodrigo Duterte, July 25, 2016*

Mr. President, you’ve had me at your SONA’s first few lines. His words may have been intended for the SONA but it may apply to an organization like Rotary, as well.

It does sometimes occur that when a project has gone haywire, we try our very best to find who is at fault and pin down a person. Note, “the person”, not the circumstances behind how it happened and why it happened.

When things go wrong, as it sometimes will, it is best to learn our lessons from what happened and move on. The blame game will destroy individual relationships and may later on destroy the organization.

Lessons does not mean not giving the person who happened to have a lapse in judgment, to no longer be given any participation for any future projects for fear that it would happen again.

Be there to lend a hand and assist in whatever way you can to ensure that the person will be guided. And this will certainly lead not only to a harmonious relationship but a successful project.

By: Rtn. Cecile Gabatan





**ROTARY INTERNATIONAL  
News & Updates**



**PRESIDENTIAL MESSAGE  
July 2016**

**JOHN F. GERM  
PRESIDENT 2016-17**

Today, we look ahead toward a Rotary year that may one day be known as the greatest in our history: the year that sees the world's last case of polio. Wild poliovirus caused only 74 cases of polio in 2015, all of them in Afghanistan and Pakistan. As we continue to work tirelessly toward our goal of eradication, we must also look beyond it: preparing to leverage our success into even greater successes to come.

It is tremendously important to Rotary's future that our role in the eradication of polio be recognized. The more we are known for what we've achieved, the more we'll be able to attract the partners, the funding, and, most important, the members to achieve even more. We're working hard at RI headquarters to be sure that Rotary gets that recognition. But it can't all happen in Evanston. We need you to get the word out through your clubs and in your communities about what Rotary is and what we do. We need to be sure that our clubs are ready for the moment when polio is finally eradicated – so that when people who want to do good see that Rotary is a place where they can change the world, every Rotary club is ready to give them that opportunity.

We know that if we want to see Rotary Serving Humanity even better in the years ahead, we'll need more willing hands, more caring hearts, and more bright minds to move our work forward. We'll need clubs that are flexible, so that Rotary service will be attractive to younger members, recent retirees, and working people. We'll need to seek out new partnerships, opening ourselves more to collaborative relationships with other organizations.

Looking ahead, we also see a clear need to prioritize continuity in our leadership. We in Rotary are all playing on the same team, working toward the same goals. If we want to reach those goals together, we all have to move in the same direction – together.

Every day that you serve in Rotary, you have the opportunity to change lives. Everything you do matters; every good work makes the world better for us all. In this new Rotary year, we all have a new chance to change the world for the better, through Rotary Serving Humanity.



Rotary

ROTARY INTERNATIONAL  
News & Updates

## COUNCIL GRANTS CLUBS GREATER FLEXIBILITY IN MEETING, MEMBERSHIP



*Council member Dominique Dubois holds up a green card to indicate support of a motion while Sandeep Nurang ponders his response during the 2016 Council on Legislation.*

The 2016 Council on Legislation may well be remembered as one of the most progressive in Rotary history.

Not only did this Council grant clubs more freedom in determining their meeting schedule and membership, it also approved an increase in per capita dues of \$4 a year for three years. The increase will be used to enhance Rotary's website, improve online tools, and add programs and services to help clubs increase membership.

The Council is an essential element of Rotary's governance. Every three years, members from around the world gather in Chicago to consider proposed changes to the policies that govern the organization and its member clubs. Measures that are adopted take effect 1 July.

The tone for this year was set early, when the RI Board put forth two proposals that increase flexibility. The first measure allows clubs to decide to vary their meeting times, whether to meet online or in person, and when to cancel

## ROTARY INTERNATIONAL News & Updates

a meeting, as long as they meet at least twice a month. The second allows clubs flexibility in choosing their membership rules and requirements. Both passed.

Representatives also approved removing six membership criteria from the RI Constitution and replacing them with a simple requirement that a member be a person of good character who has a good reputation in their business or community and is willing to serve the community.

The \$4 per year dues increase was based on a five-year financial forecast that predicted that if Rotary didn't either raise dues or make drastic cuts, its reserves would dip below mandated levels by 2020. The yearly per capita dues that clubs pay to RI will be \$60 in 2017-18, \$64 in 2018-19, and \$68 in 2019-20. The next council will establish the rate after that.

"We are at a moment in time when we must think beyond the status quo," said RI Vice President Greg E. Podd. "We must think about our future."

Podd said the dues increase will allow RI to improve My Rotary, develop resources so clubs can offer a better membership experience, simplify club and district reporting, improve website access for Rotaractors, and update systems to keep Rotary in compliance with changing global regulations.

Also because of this Council's decisions:

- A Council on Resolutions will meet annually online to consider resolutions — recommendations to the RI Board. Council members will be selected for three-year terms. They'll participate in the Council on Resolutions for three years and the Council on Legislation in their final year only. The Council on Resolutions will free the Council on Legislation to concentrate on enactments — changes to Rotary's governing documents. Proponents predict that the Council on Legislation can then be shortened by a day, saving \$300,000.
- Rotaractors will be allowed to become members of Rotary clubs while they are still in Rotaract. Proponents argued that too few Rotaractors join Rotary. Sometimes it's because they don't want to leave their Rotaract clubs before they have to, upon reaching age 30. It's hoped that giving them more options will boost the numbers of qualified young leaders in Rotary.
- The distinction between e-clubs and traditional clubs will be eliminated. The Council recognized that clubs have been meeting in a number of ways, and given this flexibility, the distinction was no longer meaningful. Clubs that have "e-club" in their names can keep it, however.
- The reference to admission fees will be removed from the bylaws. Proponents argued that the mention of admission fees does not advance a modern image of Rotary.



### Centro In-Focus

## Kalingang Rotarian para sa Rosenian (Adopt-a-Daycare Year 5)

July 19, 2016

Pulong Sta. Cruz Day Care Center 1, Brgy.  
Pulong Sta. Cruz, Sta. Rosa City, Laguna

This project actually encompasses several areas of focus aside from Maternal and Child Health and these are: Basic Education and Literacy; Disease Prevention and Treatment; and Economic and Community Development.

Once a month, the Centro Ladies will visit the Pulong Sta. Cruz Day Care Center and teach the students (and the parents) on topics related to the areas of focus.

It has been 5 years when the club started working together the day care's management for activities that would better the lives of the children on this day care center which explains the project title "Adopt-a-Daycare Year 5".



Centro-In-Focus

### Kalingang Rotarian para sa Rosenian (Adopt-a-Daycare Year 5)



July, being Nutrition month, the lectures given were on Hygiene and Nutrition. There will be activities to help the children learn the importance of nutrition and healthy living.





**Centro In-Focus**

**Centro Ladies at RC Naga Induction**

July 23-24, 2016



Rotary Club of Sta Rosa Centro in RC Naga's 69th Induction Ceremonies at The Tent Avenue Plaza Hotel in Magsaysay Avenue, Naga City July 23-24, 2016

District 3820  
**Rotary**



**RI District 3820  
News & Updates**



## **DISTRICT GOVERNOR'S MESSAGE**

**DINDO KATIGBAK**  
**All Star Governor, D3820**

My friends in Rotary D3820, welcome to the AllStar Year of Service!

The World Class Team has achieved many significant undertakings that include Membership (surpassing 3k), Highest TRF Contribution 292k plus Polio Plus, a Vibrant World Class Fellowship and Collaboration among many others. Congratulations to Gov Pepe and Lady Beth. Your dedicated leadership has brought about a multitude of projects that have created much impact in people's lives. You truly made sense of being "Gifts to the World"!

As we start the New Rotary Year with our mandate of Leading the District; Guiding the Clubs, the AllStar Team is adequately prepared to address the challenges we have set forth to accomplish. In preparation, we have revitalized the Committees to emphasize the core competency of Rotary as envisioned by our Leaders. The District Governor is ably assisted by our Area DDGs which in turn monitors our Assistant Governors in charge of smaller groupings of Clubs.

We are inspired by our RI President John when he said that any small thing we do in our communities everyday creates that rippling effect which supports us in promoting our theme "Rotary Serving Humanity".

As we start our Governor's Visit, I'm very excited to meet you all. I can't wait to hear your stories on how your Clubs have been making significant contributions to improving your communities. I also want to see how the AllStar Team is going to contribute and create more impact on people's lives. The Rotary brand of Community Service is very consistent. The Areas of Focus gives us the roadmap to be taken.

As we tread the path of 'Doing Good', we create more and more relevant undertakings that are based on the needs assessment. Be innovative in strengthening our Clubs as we improve our numbers. This will allow us to have more warm bodies to fulfill our mission with more sharing their time, talent and treasure. In the end we will enhance our Public Image, making Rotary more attractive than ever as we find it a source of inspiration in Continuing to Serve Humanity. God bless!

Yours in Rotary Service,  
DG Dindo Katigbak  
AllStar Governor, D3820



## For your Information

### Meet PDG Mac Hermoso

Regional Rotary Foundation Coordinator,  
Rotary Club of San Juan North District  
3800

PDG Mac Hermoso is a native of Meycauayan, Bulacan. He completed his elementary and high school education at La Salle, Greenhills where he graduated with honors.



He finished his Bachelor of Science in Accounting, also at La Salle Greenhills in 1976 and passed the CPA Board Exam on the same year. He pursued further education at the Asian Institute of Management when he took up Masters in Business Management.

Married to a businesswoman named Celidad "Cely" E. Hermoso, and they were blessed with 3 children.

He is currently holding various positions in different companies. He joined the Rotary Club of San Juan North in July 1992 and served as club president in 1996. From then on, he held various positions in their club and received several recognitions for his excellence in public service.





## For your Information

# Heart Attack. What can be done?

### What is a heart attack?

A heart attack is caused when a portion of the heart muscle loses its supply of blood partially or completely.

The symptom is severe chest pain

Damaged area

Blood supply is lost when the coronary arteries which supply the heart muscle with blood get blocked

Blood flow

### What can be done

- 1 Call an ambulance. Paramedics will arrive within 10 minutes
- 2 Don't let the patient persuade you the problem is minor
- 3 Massage heart area, let him lie down with head slightly elevated
- 4 If properly trained and the need arises, begin CPR\*

Contrary to popular opinion, heart attacks are not usually heralded by obvious or classic signs — such as the infamous “Hollywood” heart attack, in which a person clutches at his or her heart dramatically, doubled over with severe chest pain.

We all know the classic symptoms — pain, pressure, weakness, breaking out in a cold sweat.

Timing is the most critical factor for survival.



## Reflections

"Only if in each nation an informed public opinion actively works for peace can we avoid the international anarchy that would spell the end of civilization as we know it."

Paul P Harris – October 29, 2006



*"It is idle to boast that Rotary is a panacea for all the ills of the world. It is not, nor will it be. It has grown to its present position for two reasons. First, Rotary ideals justify its existence. These ideals are as fresh today as they were in the beginning and I believe that we have come to understand them better. Also, Rotary activities have been sane and wholesome. Men's lives have been quickened into a zeal to be helpful to others. The work of Rotary has been ideal. It has also been practical." — Address to 1928 Rotary*



## Treasurer's Report

By: Rtn Sheila Santillan  
Treasurer : RY 2016-2017

<b>TREASURER'S REPORT</b>			
<b>ROTARY CLUB OF STA. ROSA CENTRO</b>			
<b>RY- 2016 - 2017</b>			
<b>Beginning Balance as of July 14, 2016</b>		<b>Php</b>	<b>150,485.86</b>
<b>Add:</b> Club Dues	3,600.00		
Gov's Visit	-		
Induction	-		
Collection	-		
Others - Miscellaneous Income	-		3,600.00
<b>Sub - Total</b>			<b>154,085.86</b>
<b>Less:</b> Disbursement			
SAR	-		
PMR	-		
Interact	-		
Gov's Visit	-		
Induction	-		
Token for Induction	-		
Token for Speaker	-		
Food for Speaker	-		
Birthday Cake	-		
Other payable	-		
Miscellaneous	-		
Others	-		-
<b>Ending Balance as of July 27, 2016</b>		<b>Php</b>	<b>154,085.86</b>



**What's coming up?**

<b>Friday, July 29</b>	
Regular Weekly Meeting	
<b>Sunday, July 31</b>	
Happy Birthday!! PP Arlene Arcillas	<i>happy Birthday</i>
<b>Friday, August 5</b>	
Bloodletting at Isuzu	
<b>Friday, August 12</b>	
Regular Weekly Meeting	
<b>Friday, August 19</b>	
Regular Weekly Meeting	
<b>Tuesday, August 23</b>	
Happy Birthday!!! Rtn. Olie Palmos	<i>happy Birthday</i>
<b>Wednesday, August 24</b>	
Happy Birthday!! PP Precy dela Cruz	<i>happy Birthday</i>
<b>Friday, August 26</b>	
Regular Weekly Meeting	
<b>Thursday, September 1</b>	
Happy Birthday Rtn Paula Gregg!	<i>happy Birthday</i>
<b>Friday, September 2</b>	
Regular Weekly Meeting	
<b>Friday, September 9</b>	
Regular Weekly Meeting	

**Next Week's Order of Business**

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

**August 12, 2016**

Call to Order	AsP Evelyn Laranga
Invocation	Rtn Michelle Baldemor
National Anthem	PP Carol Salvahan
Four-Way Test	PE Mel Tadeo
Object of Rotary	Rtn Paula Gregg
Acknowledgment	PP Jacqui Victoria
Secretary's Report	Rtn Jay Dee
Treasurer's Report	Rtn Sheila Santillan
Committee Reports	Committee Chairpersons
President's Time	AsP Evelyn Laranga
Adjournment	AsP Evelyn Laranga
Centro Hymn	

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



**PROUD  
MEMBER**

## Roster of Members

	Name	RotaryID	Classification	Birthdate
1	Roselle Animo	9418286	IT Professional/Web Developer	Jun 11
2	Arlene Arcillas	8275828	City Representative	Jul 31
3	Michelle Baldemor	8879856	Retail	May 01
4	Gloria Bedienes	8612318	Trading	Apr 13
5	Emily Pinky Belizario	8879854	Human Resources Mgmt.	Jan 24
6	Delphi Penelope Cuya	8275831	Healthcare	Feb 12
7	Priscila De la Cruz	5333454	Leasing	Aug 24
8	Ma. Geralyn Dee	8574451	Interior Design	Dec 09
9	Herra Thessa Diaz	9244236	Engineer/Businesswoman	Jun 27
10	Zenaida Dictado	6416676	Pallet Manufacturing	Sep 14
11	Ma. Cecilia Gabatan	8612321	Real Estate Broker	Oct 27
12	Mary Ann Gonzales	5333525	Cooperative	Mar 20
13	Paula Maria Gregg	9641847	Education	Sep 12
14	Jennifer Hermoso	8773225	Pediatrician	Mar 20
15	Evelyn Laranga	8465660	Education	Jul 25
16	Consuelo Lijauco	5333445	Magazine Editing	May 15
17	Cheryl Lu	5333496	Pest Control Services	Apr 17
18	Teodora Lucero	8045358	Midwife	Sep 18
19	Elenita Ma	6261683	Dentist	Jan 10
20	May Grace Padiernos	5984127	Furniture Retail	May 06
21	Rosalina Palmos	9641852	Financial Advisor	Aug 23
22	Joel Liza Pineda	7019336	Human Resource Provider	Mar 30
23	Hazel Ramos	6165816	Money Lending	Jul 01
24	Aurelyn Salandanan	8773229	Obstetrics-Gynecologist	
25	Carolina Salvahan	5333457	Window Fashion Contractor	Jul 04
26	Shiela Santillan	8574457	Restaurateur	Apr 02
27	Carmela Tadeo	8415873	Logistics	Dec 24
28	Jacqueline Victoria	6556182	Watch Services	Nov 07



## Attendance Report

### Attendance

**Period : July 15 to July  
 28, 2016**

Total Membership	28
Members Present	20
Meetings Made-up	2
Leave/Senior	4
Total Attendance	26
Attendance Percentage	92%



**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 Jay Dee

## Special Observances

July 2016

Start of Rotary Year 2016-2017

August 2016

Membership & Extension Month

September 2016

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

October 2016

Development

November 2016

The Rotary Foundation Month

December 2016

Area of Focus: Disease Prevention and Treatment

January 2017

Vocational Service Month  
 Area of Focus: Peace and Conflict Prevention/  
 Resolution

February 2017

March 2017

Area of Focus: Water and Sanitation

April 2017

Area of Focus: Maternal and Child Health

May 2017

Youth Services Month

June 2017

Rotary Fellowships Month



## 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.



*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.*