

# 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)

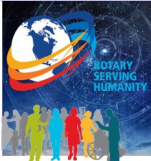
# Officers & Directors, Rotary Year 2016-2017

## 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 Centerville RI 02834-0000  
History Club of Sta. Rosa Centry RI District 3820  
Publishing Since 1900 (1912)  
West Ocklawaha Club, Ocklawaha Lake RI 01123-2014

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

**PROGRAM  
August 12, 2016**

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|                    |                        |
|--------------------|------------------------|
| Call to Order      | AsP Evelyn Laranga     |
| Invocation         | Rtn Michelle Baldemor  |
| National Anthem    | PP Carol Salvahan      |
| Four-Way Test      | Rtn 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        |                        |

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**Chairwoman of the Night  
PP Liza Pineda**

**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



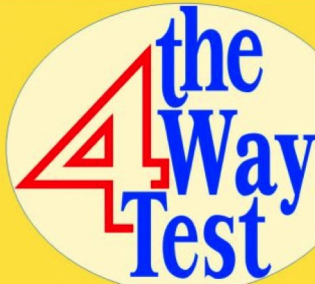
Dear God, you who are so patient, so caring, and so understanding, forgive our inadequacies and help us to model your direction and love. Now we humbly ask that you would bless this gathering and us to a deeper commitment to service. Amen.

## 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 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,

At this early point in my term, allow me to express my deep appreciation to my fellow Centro Ladies for tirelessly accompanying me to our district affairs and special events, and for participating in our projects. I truly admire your dedication and hard work. I believe that dedication and devotion are the traits that bind us together, and these are the same traits that will eventually bring us to the achievement of our goals -- the Rotary way.

Again, maraming salamat po!

Yours in Rotary,

**All Star President  
Evs Laranga**



## Editorial

### Bonding and Food

We Filipinos like friends and family around food. This is quite natural. Foreign guests would probably not understand and think we are gluttons but really, it's a cultural thing.

I am not a foodie but I certainly would know which store specializes on which food. Or where to get the best pancit in our vicinity? Or barbecue?

When friends would advise late that they were coming to our house and I had nothing to serve, I would freak out. I would immediately rush out of the house and buy something ... or would immediately change the meeting venue to a restaurant.

Once, I was with a group of friends just wandering about when we realized that we are very near the house of a friend who was sick. We wanted to visit her but we had no food to give her which would have been fine anyway because we knew she had no appetite. But we decided to cancel the visit still because it is shameful to come empty handed.. it's the cultural thing.

A trip abroad or even locally wouldn't be complete without a detour to a local specialty food store to buy "pasalubong". On our trips abroad, we generally bring large suitcases. We use only a third of its capacity but we end up filling it up with "pasalubong", mostly food which are sometimes so bulky and you cannot squeeze them into the luggage without ruining it. We distribute it when we get home during bonding time.

Almost sure that a lot of us have our food experiences.. But one thing we know for sure, it's not gluttony... it's a cultural thing.

*By: Rtn. Cecile Gabatan*



Rotary



**ROTARY INTERNATIONAL  
News & Updates**



**PRESIDENTIAL MESSAGE  
AUGUST 2016**

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

Forty years ago, a man named George Campbell, the owner of the company I worked for, invited me to join Rotary. Back then, that was a common practice in the United States. Your boss invited you to join Rotary because he thought it would be good for business and good for the community, and you said yes. It's not surprising that our membership surged during that period.

George warned me not to use Rotary as an excuse to slack off at work. Even so, I always had time to attend lunch meetings and serve on committees. I never had to worry that taking a long lunch once a week would hurt my advancement, or what my boss would think about the occasional Rotary phone call at work.

Today, things are different. Companies are less generous about time, and not every manager looks favorably on community service. It's hard to enjoy a Rotary meeting when you've got emails piling up on your phone. It's harder than ever to balance work with Rotary – and the model that gave us so much growth a few decades ago is part of what's holding back our growth now.

That's why the recent Council on Legislation adopted some innovative measures that allow clubs to vary their meeting times and expand their pool of prospective members. Clubs have more flexibility now to respond to the needs of their members and to clear away as many barriers to membership as they can. But there's one barrier to membership that only you can remove, one thing that every prospective member needs to become a Rotarian: an invitation to join a Rotary club.

Whenever I tell a group of Rotarians that we need more willing hands, more caring hearts, and more bright minds to move our work forward, everyone applauds. But those hands, hearts, and minds won't magically appear in our clubs. We have to ask them to join. And an invitation to Rotary is something that only you can give. An invitation is a gift. It's saying to someone, "I think you have the skills, the talent, and the character to make our community better, and I want you to join me in doing that."

I'm the president of Rotary International, but the only club I can invite someone to join is the Rotary Club of Chattanooga, Tenn. I can't make your club or your community stronger. Only you can do that – by inviting the qualified people you know to join you in Rotary Serving Humanity.

*Source : [www.rotary.org](http://www.rotary.org)*



Rotary

ROTARY INTERNATIONAL  
News & Updates

## THE VISIONARIES: YOUNG WOMEN IN PERU LEARN TO SEE A FUTURE FOR THEMSELVES



*From the August 2016 issue of The Rotarian*

It's 3 a.m. on a Sunday, and Katherlyne Rosa Barazorda Cuellar is up, preparing to work in her mother's soup stall in the small Peruvian town of Anta, near the Inca capital of Cusco. Smart and seemingly indefatigable, she has a quick smile and infectious laugh.

Rosa is studying to be a chemical engineer, and she has unmistakable talent and drive. She needs them. Poverty, gender bias, and violence darken the lives of many young Peruvian women, including her.

Rosa is lucky, though. Her family supports her. And for the past four years, so has Visionaria Perú – a Rotary Foundation-supported leadership and self-empowerment project in Peru's Sacred Valley. Colorado Rotarians launched the summer program for adolescent girls with career and community-service aspirations. The project team hopes to generate measurably effective and sustainable empowerment projects worldwide. Peru is the first step on that ambitious journey.

In Peru, women suffer higher rates of poverty and unemployment than men. About 50 percent of Peruvian women in the Sacred Valley region, which lies outside Cusco, will suffer severe physical or sexual intimate-partner abuse during their lifetimes, the World Health Organization reports.

## ROTARY INTERNATIONAL News & Updates

Meanwhile, Peru's environment suffers. Peruvians – particularly in rural areas – endure high levels of smoke from cooking over indoor fires. About 4 million of the country's 30 million residents lack access to clean water.

Untangling such a knot is difficult.

In 2012, members of the Rotary Club of Boulder's New Generations pilot satellite club came up with a plan to address all of those problems by concentrating on empowering local women – specifically in their ability to make and act upon their decisions.

The town of Urubamba shares its name with the river that flows past shops, farms, and ramshackle buildings painted with candidate ballot symbols from the 2011 general election – a soccer ball, a mother and child, a purple striped potato, a traditional cap. Downstream, the river snakes far below the misty ruins of Machu Picchu and tumbles toward the Amazon River.

Here, well-heeled tourists may drop \$475 apiece – nearly the mean monthly salary in Peru – to ride the Hiram Bingham luxury train from Cusco to Machu Picchu. Visitors glide past squalid barrios where grandmothers bathe in ditches, children may breathe toxic indoor stove smoke, and dogs paw through piles of garbage, seeking food.

On an early January morning in Urubamba's La Quinta Eco Hotel, young women gather for a weeklong leadership training institute through Visionaria Perú. The girls – the team calls them visionarias (female visionary, in Spanish) – come from both the bucolic Andes and the noisy city. Most receive tutoring, scholarships, and other help from Peruvian nonprofits such as project partner Peruvian Hearts, which supports Rosa.

Sitting in a circle, the young women each take a small piece of paper and write a fear they harbor. They put their paper in a hat, and each (anonymous) fear is read aloud and discussed. Genevieve Smith, a Rotarian and program director of Visionaria Perú, works with them to understand that shame and fear need not stifle their personal or professional growth.

This "fears in a hat" exercise is one of the lessons taught during the institute, in which visionarias are coached on leadership skills, professional growth, environmental awareness, and self-esteem. The training follows a 150-page curriculum developed by Colorado Rotarians in partnership with local Peruvian professors and experts.

"Before, I never really thought much about how I treated myself. I always used to tell myself 'You can't' and 'You're so stupid because you messed up,' " one participant says after the training. "But not now. Now I know I should treat myself better. And I know that when I fail, it's just a chance to learn how to do something better the next time around."

Clint Talbott  
The Rotarian  
28-Jul-2016

Source : [www.rotary.org](http://www.rotary.org)



### Centro In-Focus

## Dugo Mo, Sagip Buhay Ko Year 6

July 19, 2016

Isuzu Philippines Corporation, Laguna Technopark,  
Binan, Laguna

On its 6th year, the Rotary Club of Sta. Rosa Centro in cooperation with the Philippine Red Cross (PRC) and Isuzu Philippines Corporation (IPC), held its annual "Dugo Mo, Sagip Buhay Ko" Blood Letting project. This worthy event was held last August 5, 2016 at Isuzu Philippines Corporation in Laguna Technopark, coinciding with their 19th Inaugural Anniversary.

In total, 70 "good" donors were logged, from a total of 77 potential donors who registered. After the donation, the successful donors were given a special T-shirt courtesy of Centro Lady Congresswoman Arlene

Arcillas and food courtesy of PP Doray Lucero and IPC.



Centro-In-Focus

Dugo Mo, Sagip



*Myrna Valle, Asst. Div Head of Isuzu Philippines Corp, receiving a plaque of appreciation from As President Evs Laranga*

Attendees from Medical Society accompanied by Doc Jen Dee Hermoso are the following:

- Blanquita Gatmaytan
- Mary Ann Moreno
- Virginia Alva

From Philippine Red Cross:

- Joey Ramiro
- Josie Bangay
- Julie Mhar Pasco
- Katherine Dia

From DLSU Science and Technology Complex

- Melchor Oribe
- Roel Quenamot
- Gerard Cortes
- Robert Ladjahasan



## Centro In-Focus

### Miscellaneous Events



In behalf of the Rotary Club of Sta Rosa Centro, PP Doray Lucero and Dir Gloria Bedienes accepted the Plaque of Appreciation from the Philippine Red Cross during the Blood Donors' Recognition Day held in Sta. Cruz, Laguna.



AsP Evs Laranga and As Secretary Jay Dee signed the Sister Club Agreement with the Rotary Club of Makati Olympia and RC Subang last July 15, 2016 at City Garden Grand Hotel Makati. Also in attendance are Rtn Paula, PP Doray, PDG Chit and Rotaract Bea.

District 3820  
**Rotary**



**RI District 3820  
News & Updates**

## **Rotary Foundation's Centennial**

To mark the Rotary Foundation's centennial, we are encouraging members everywhere to perform 100 acts of good throughout the year. Let others know by posting photos of yourself on social media along with a brief description of the act using #100actsofgood.

**The Rotary Foundation  
celebrates 100 years of Doing  
Good in the World**

**How you can join**



**COMMEMORATE** our Foundation's century of achievement. To mark The Rotary Foundation's centennial, we're encouraging members everywhere to perform 100 acts of good throughout the year. Let others know by posting photos of yourself on social media, along with a brief description of the act, using #100actsofgood.

District 3820  
**Rotary**



## RI District 3820 News & Updates

To ALL STAR TEAM International Coastal Cleanup (ICC) is one of the events that Rotary International District 3820 undertakes every year to reduce and remove debris pollution and to collect data on marine debris. ICC Day is held every 3rd Saturday of September making Sept 17 as our ICC Day.

Each Club is encouraged to participate in this fun way of doing our share for our environment. Clubs can either organize ICC Day in your communities by inviting other civic organizations, schools and business corporations to join your club for the activity or by simply joining local ICC Day.

Guidelines and procedures for ICC Day are posted in our FB groups through ICC bulletins. (Kindly share it)

As District Chairman of ICC, I am encouraging all clubs to feel free in asking more details about ICC... Salamat po!

CECILLE A. ROSALES ICC District Chairman RY 2016-2017







## For your Information

# Easy Helpful Hints for House Cleaning

### **Clean a Mirror**

You don't have to buy glass cleaners and paper towels to clean your mirrors. Just some vinegar and an old newspaper is all you need to keep your mirrors shining as new. Your house will look cleaner if the mirrors are clean.

### **Cleaning the Microwave**

Cleaning a microwave is easy. Fill up a cup of water and put it in there on high for a few minutes. The steam from the cup will loosen any stuck-on food, and then you can just wipe it away. It's that simple.

### **Cleaning the Fridge**

A fridge looks big and cleaning it looks even bigger. Follow my steps and the work will be a bit easier. First toss out any bad food. Then start with wiping down the top shelves and work down. Baking soda and water make a great cleaner and won't leave your fridge smelling like harsh cleanser. After you wipe out the crispers, line them with paper towels for easier cleaning next time. Cleaning the fridge was never this easy.

### **Cleaning your Bathroom**

You can use lemon oil to shine the tiles of your bathroom. Lemon oil will also prevent mold and mildew. Use a false teeth bubbling tablet to avoid rings. Sometimes the problem with shower is that hard water gets build up there. Fill a plastic bag with vinegar and place it over shower head to remove hard water buildup. You can use alcohol to shine bathroom faucets.

<http://www.howtocleananything.com/professional-cleaning-tips/house-cleaning-tips/>



## Reflections

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

*Paul P Harris*



*"Friendship...the craving for which brought Rotary into existence is the thing that will keep Rotary a living, vital force in the world for all time, the very foundation of our organization."*  
— Address to 1920 Rotary Convention, Atlantic City, New Jersey, USA

# FUNNY MEMES



I hate job interviews. It's like:





**What's coming up?**

**Friday, August 12**

Regular Weekly Meeting

**Friday, August 19**

Regular Weekly Meeting

**Tuesday, August 23**

Happy Birthday!!! Rtn. Olie Palmos



**Wednesday, August 24**

Happy Birthday!! PP Precy dela Cruz



**Friday, August 26**

Regular Weekly Meeting

**Thursday, September 1**

Happy Birthday Rtn Paula Gregg!



**Friday, September 2**

Regular Weekly Meeting

**Friday, September 9**

Regular Weekly Meeting

**Wednesday, September 14**

Happy Birthday!! PP Zeny Dictado



**Friday, September 16**

Regular Weekly Meeting

**Next Week's Order of Business**

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

**August 19, 2016**

|                    |                        |
|--------------------|------------------------|
| Call to Order      | AsP Evelyn Laranga     |
| Invocation         | Rtn Olie Palmos        |
| National Anthem    | Rtn Michelle Baldemor  |
| Four-Way Test      | PP Doray Lucero        |
| Object of Rotary   | PP Hazel Ramos         |
| 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 29 to Aug  
11, 2016**

|                       |     |
|-----------------------|-----|
| Total Membership      | 28  |
| Members Present       | 21  |
| Meetings Made-up      | 0   |
| Leave/Senior          | 5   |
| 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 and New Club Development 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

February 2017

Area of Focus: Peace and Conflict Prevention/  
Resolution

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.*