

# 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 Inn, Sta. Rosa-Tagaytay Road, Sta. Rosa, Laguna every Friday at 7:00pm.

Club website: [www.rcstarosacentro.org](http://www.rcstarosacentro.org)

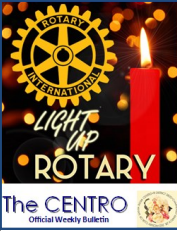
Club e-mail : [thevisioningcentro@yahoogroups.com](mailto:thevisioningcentro@yahoogroups.com)

## **Officers & Directors, Rotary Year 2014-2015**

Arlene "Mayor" Arcillas	President
Delhi Penelope "Pen" Cuya	President Elect
PP Jacqueline "Jacqui" Victoria	Vice President
PP Cheryl "Che" Lu	Secretary
PP Carolina "Carol" Salvahan	Treasurer
Rtn Geralyn "Jay" Dee	Auditor
PP Zenaida Dictado	Protocol Officer
IPP Teodora Lucero	Ex-Officio
PP Joel Liza "Liza" Pineda	Executive Secretary
PDG Consuelo "Chit" Lijauco	Club Trainer
PP Elenita "Leni" Lantin Ma	Asst. Club Trainer

## **Club Committees**

PP Priscilla "Precy" dela Cruz	Club Administration
Rtn Ma. Cecilia "Cecile" Gabatan	Membership
PP Maryann "MeAnn" Gonzales	Service Project
PE Delphi Penelope "Pen" Cuya	Community Service
Rtn Carmela "Mel" Tadeo	Vocational
PP Hazel Ramos	Youth
PP Elenita "Leni" Lantin Ma	International
PP Joel Liza "Liza" Pineda	The Rotary Foundation
Rtn Myrna Valle	Public Relations
PP May Grace "Maya" Padiernos	Special Projects
Rtn Carmela "Mel" Tadeo	Finance Committee



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11th Weekly Club Meeting  
Farewell Party and Sister Club Signing with  
RC Wodonga West,Australia  
Bouna Vita, Molito Alabang  
September 13, 2014

Call to Order .....	Pres. Arlene Arcillas
Invocation .....	Dir Cecile Gabatan
National Anthem (Australia/Philippines).....	Audio
Object of Rotary & 4-Way Test.....	Dir Myrna Valle
Introduction of visiting Rotarians & Guests..	PP Maan Gonzales
Welcome Address .....	PDG Chit Lijauco
	PP Neville Hull
Messages from the Presidents .....	Pres. Arlene Arcillas
	(RC Sta. Rosa Centro)
	Pres. Leanne Lucas
	(RC Wodonga West)
Projects proposal and agreement	
Sister Club Signing	
RC Sta Rosa Centro, Philippines & RC Wodonga West, Australia	
PHOTO OPS	
Awarding of Plaque of Appreciation and tokens to the guests	
Closing Remarks	PE Pen Cuya
Adjournment	Pres. Arlene Arcillas

FELLOWSHIP

**Chairwoman of the Night :**  
**PP Leni Lantin**


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

## INVOCATION



Thank you, God for bringing us together today at this wonderful event of world friendship and goodwill. We ask for a special blessing for our guests from the Rotary Club of Wodonga West. We thank you for the leadership of this Rotary Club and those who have organized this program. Thank you for all you provide for us as we go forward in service. Amen.

R O T A R Y R O T A R Y



## Object of Rotary

*The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:*

- 1 The development of acquaintance as an opportunity for service;*
- 2 High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying by each Rotarian of his occupation as an opportunity to serve society;*
- 3 The application of the ideal of service by every Rotarian to his personal, business and community life;*
- 4 The advancement of international understanding, good will, and peace through a world fellowship of business and professional men united in the ideal of service.*

R O T A R Y R O T A R Y

♪♪●\*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!



## The Rotary Four Way Test



1. Is It Truth?
2. Is It Fair To All Concerned?
3. Will It Build Goodwill And Better Friendships?
4. Will It Be Beneficial To All Concerned?



## President's Message

Hi, ladies!

For our New Generations Month, I would like to share this quote from Confucius, "A youth is to be regarded with respect. How do we know that his future will not be equal to our present?"

What Confucius said is very relevant to Rotary Club of Sta. Rosa Centro as we have been working for a better future for youth. Our advocacies have been and will always be women and children, environment, literacy, and livelihood... and all these are aimed towards developing a future that is beneficial for the youth.

Among our projects is the recent inbound orientation for the Rotary Youth Exchange Program where we give the youth the opportunity to act as ambassadors for their country, and experience different cultures. Apart from this, we consistently make efforts to eradicate polio, a disease that afflicts people at a very young age. Even our environment programs ultimately benefit the younger generation because our moves to safeguard the environment is provide the next generation an environment that is liveable and sustainable.

So, yes, we regard our youth with respect because we want them to have a future that equals or even exceed what we have today. And as we continue in our journey as Rotarians, let us stay committed to our responsibility of promoting the welfare of not just of our own children but the entire generation of young Rosenians.

Thank you very much.

Yours in Rotary,

Best Class President Arlene "Mayor" Arcillas



## Editorial

### **2014 RI STRAT PLAN AND TRF SEMINAR**

**By Rtn Myrna Valle**

It seems that "Light Up Rotary" Year 2014-2015 has barely started when lo and behold, it is time once again for the yearly Strategic Planning and TRF Seminar Workshop, and RC Sta. Rosa Centro delegation composed of IPP Liza Pineda, PP Hazel Ramos, PE Pen Cuya, Rtn. Myrna Valle, Rtn Cecile Gabatan and Rtn Michelle Baldemor trooped to scenic Balai Isabel Resort in Talisay, Batangas.

The general message of the activity was a carry-over of the same message that has been repeatedly stressed over the past couple of years – in one word, Membership. PDG Oyan Villanueva, Zone 7A Rotary Coordinator delivered the same presentation stressing the dire situation of Rotary's declining membership, ideas on how we can address the situation and a call for action. Likewise, PDG Jun Farcon, New Generations Chairman of Zone 7A and another favorite speaker, once again talked about how to attract and retain young members.

After lunch, the breakout sessions began, but this time the crowd was broken into groups and the topics discussed with each group were identical; the idea being everyone will learn everything, but the audience were made smaller to allow interaction with the speakers. Topics discussed were How to Attain Membership Goals, Public Image, and Service Projects.

To summarize, the workshop is ideal for new members who have not yet attended previous district conferences (i.e. Discon, Distass, etc) for a more fruitful learning experience.





ROTARY INTERNATIONAL  
News & Updates

**Breaking down barriers to clean water**



When Marty Hatala, a member of the Rotary Club of Boaz, Alabama, first traveled to Ghana in 2010 to volunteer at a local orphanage, she saw how local communities struggled to find clean water.

Though at least 80 percent of the country's population has access to improved water sources, according to UNICEF, 5 million Ghanaians still use water from unsafe sources. That leaves a significant part of the country's population susceptible to a range of diseases. Worldwide, one out of every five deaths among those under the age of five is caused by water-related diseases.

Hatala's experiences in Ghana led to a series of joint projects between the Rotary Club of Boaz and the Rotary Club of Alabaster-Pelham, also in Alabama. For their first two projects, members installed two water wells in Aflao, a town in the Volta region. And more recently, they joined forces with two other Alabama clubs to provide clean water, but also to significantly reduce the time and effort that go into finding and fetching water. According to United Nations worldwide statistics, up to 40 billion hours a year are spent fetching water, primarily by women and children.

"People in this area would normally walk a minimum of 2 to 7 miles looking for water, depending on when the last rain was," Hatala says. "Water not only gives them a chance for life but saves hours and hours for a mother and her children every day."



## 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.”*

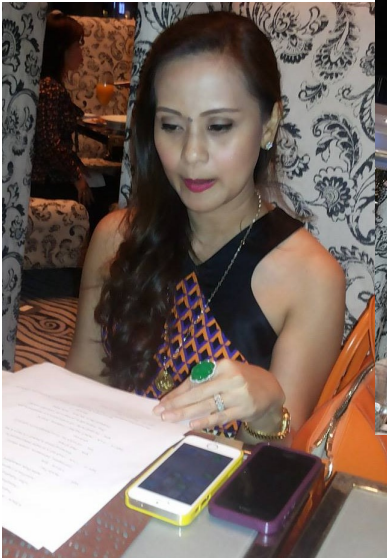
*Chicago, October, 1945 Paul P. Harris*



*“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*



## Centro Ladies at Acacia Hotel September 5, 2014 regular meeting





### Centro In-Focus

## RC Sta Rosa Centro welcomes RC of Wodonga West, Australia September 5, 2014



Centro welcomed officers from it's sister club RC Wodonga West. Pres Leanne, PP Matt, and PP Neville will be in the Philippines from September 5 to September 14, 2014. The Rotary Club of Wodonga West is part of Rotary District 9790 and prides itself on its enjoyment of life.



Centro In-Focus



*"Service Above Self"*



Courtesy Call at BcP Arlene  
Arcillas' office





### Centro In-Focus

At Doray's Paanakan, the venue for Centro's flagship project, Buntis Wellness.



Centro In-Focus



PP Matt, PP Neville and Pres. Leanne of RC Wodonga West during the Sta.Rosa heritage tour, with the Centro ladies and Nonia Tiongco.



Enjoying the cool breeze of Tagaytay Highlands.



### Centro In-Focus

**Strategic Planning and TRF Seminar  
Workshop**  
**August 30, 2014**  
**Club Balai Isabel, Talisay, Batangas**



The Centro Ladies with DG Jojo de Guia







## Rotary Historic Moments

### Rotary Club of Historic Filipinotown

Rotary Club of Historic Filipinotown was chartered on February 12, 2007 within RI District 5280 . It is the first North American club focused on service projects in the Philippines and Historic Filipinotown.

Historic Filipinotown has one of the oldest Filipino enclaves in the City of Los Angeles. On August 2, 2002, a dedication ceremony was held upon the unanimous approval by the Los Angeles City Council for the designation of this area as "Historic Filipinotown."

Historic Filipinotown is situated in a multi-ethnic area northwest of Downtown L.A. This area is bounded by U.S. Highway 101 to the north, Glendale Blvd. to the east, Beverly Blvd. to the south and Hoover St. to the west. It stretches approximately 1.5 miles from east to west and 0.5 miles from north to south.

The club currently has 22 members.



Source : <http://www.clubrunner.ca/Portal/SitePages/SitePage.aspx?accountid=3189&pid=29225&sid=130028>



## For your Information

### Secrets to Grilling Fish

Fish steaks and fillets are among the most delicate foods you can grill. But the results are so delicious! Here's how to proceed: - See more at:

- Any fish can be grilled. But it takes a skilled hand to manage more fragile fish like flounder or sole. To be safe, opt for sturdier choices like halibut, tuna, swordfish, haddock, salmon, or mahi-mahi.
- Thoroughly clean your grill grates before starting. You need grates that are completely smooth and slippery. To achieve the latter, rub your grates with cooking oil, or apply a cooking spray. If you still worry about your fish sticking, cook on a well-oiled nonstick griddle place on the grates.
- Likewise, coat your fish with cooking oil. The best way to prevent the fillet from sticking or breaking is to have oil meet oil on the grill. The oil will also help the fish retain its moisture.
- Season the fish lightly. Often, salt, pepper, lemon juice and a single herb or spice is all you need for flavor.
- Pick your cooking tools carefully. While tongs are fine for heartier meats, they will destroy most fish. Instead, use a wide metal spatula with a thin, tapered edge to lift and turn fish. Have a second spatula on hand to help slide the fillet onto the first spatula. If the fish resists coming off the grates, give it another minute, as that is often a signal that it's not quite cooked enough.
- Leave the fish on the grill, untouched, until it is about two-thirds done (the edges and bottom half will be opaque, and only the top will still be translucent or glossy). That's the perfect point to flip the fillet over, using the metal spatula.

## For your Information

- One of the most critical parts of grilling fish is knowing when it's done. A meat thermometer won't work. You need to use your senses: is the fish flakey, firm to the touch, opaque? Use a fork to test the flakiness in the thickest part of the fillet. If any part of the meat is still translucent, it needs to cook a little longer. But usually, fish fillets cook quickly on a hot grill – sometimes, as fast as 2-3 minutes.

- One way to guarantee even cooking is to buy fillets that have uniform thickness. Avoid fillets that are thick in the center but taper down to much thinner levels at the end.

- Grilled fish is often best served with a sauce. Here are ingredients to improvise with:

Tomato-pepper: sautéed green pepper, red onion, chopped tomatoes, lemon juice, fresh thyme, olive oil

Sesame-ginger: toasted sesame oil, soy sauce, dry sherry, scallions, grated ginger, honey, hot red pepper flakes, toasted sesame seeds

Lime-curry: toasted curry powder, Greek yogurt, reduced-fat mayonnaise, lime juice, cilantro, sugar, salt





## What's coming up?

**Friday, September 12**

Regular Weekly Meeting

**Saturday, September 13**

Farewell for RC Wodonga West

MUNA

**Sunday, September 14**

Happy Birthday!! PP Zeny Dictado

**Thursday, September 18**

Happy Birthday!! PP Doray Lucero



**Friday, September 19**

Regular Weekly Meeting

**Friday, September 26**

Regular Weekly Meeting

**Friday, October 3**

Regular Weekly Meeting

**Saturday, October 4**

District RYLA

Gunting at Suklay

**Tuesday, October 7**

Vocational Tour

**Friday, October 10**

Regular Weekly Meeting

Next Week's Order of Business

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

**PROGRAM  
September 19, 2014**

Call to Order	BcP Arlene Arcillas
Invocation	Dir. Mel Tadeo
National Anthem	Rtn. Michelle Baldemor
The Four Way Test	IPP Doray Lucero
Object of Rotary	Dir. Evs Laranga
Acknowledgment	Dir. Cecille Gabatan
Recognition	Dir. Myrna Valle
Secretary's Report	PP Che Lu
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairs
President's Time	BcP Arlene Arcillas
Other Matters	
Centro Hymn	

**Chairwoman of the Night :  
PP Mary Ann Gonzales**



**PROUD  
MEMBER**

## Roster of Members

Name	Rotary ID	Classification	Birthday
Arlene Arcillas	8275828	City Representative	Jul 31
Gloria Bedienes	8612318	Trading	Apr 14
Michelle Baldemor	8879856	Retail	May 01
Pinky Belizario	8879854	Human Resources Management	Jan 24
Delphi Penelope Cuya	8275831	Healthcare	Feb 12
Ma. Geralyn Dee	8574451	Interior Design	Dec 09
Jennifer Dee	8773225	Pediatrician	Mar 20
Priscila De la Cruz	5333454	Leasing	Aug 24
Zenaida Dictado	6416676	Pallet Manufacturing	Sep 14
Ma. Cecilia Gabatan	8612321	Real Estate Broker	Oct 27
Mary Ann Gonzales	5333525	Real Estate Developer/ Cooperative	Mar 20
Evelyn Laranga	8465660	Education	Jul 25
Consuelo Lijauco	5333445	Magazine Editing	May 15
Cheryl Lu	5333496	Pest Control Services	Apr 17
Teodora Lucero	8045358	Midwife	Sep 18
Elenita Ma	6261683	Dentist	Jan 10
May Grace Padiernos	5984127	Furniture Retail	May 06
Joel Liza Pineda	7019336	Human Resource Provider	Mar 30
Hazel Ramos	6165816	Money Lending	Jul 01
Aurelyn Salandanan	8773229	Obstetrics-Gynecologist	
Carolina Salvahan	5333457	Window Fashion Contractor	Jul 04
Shiela Santillan	8574457	Restaurateur	Apr 02
Carmela Tadeo	8415873	Logistics	Dec 24
Myrna Valle	8482805	Strategic Planning	Dec 21
Jacqueline Victoria	6556182	Watch Services	Nov 07



## Attendance Report

**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 Che Lu

### For Sep 5, 2014

Total Membership	25
Members Present	12
Meetings Made-up	3
Leave/Senior	5
Total Attendance	20
Attendance Percentage	80%



## Special Observances

July 2014	Start of Rotary Year Public Relation Month
August 2014	Membership & Extension Month
September 2014	New Generation Month
October 2014	Vocational Month
November 2014	The Rotary Foundation Month
December 2014	Family Month
January 2015	Rotary Awareness Month
February 2015	Rotary Anniversary
March 2015	Women's Month
April 2015	Magazine Month
May 2015	Rotary Trainings
June 2015	Rotary Fellowship 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.**

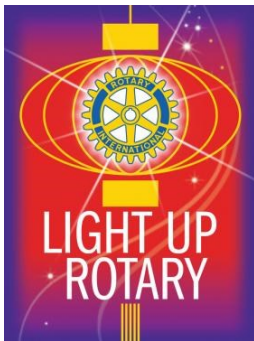
### MISSION

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.



*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 contribution 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.*