

# The CENTRO

Official Weekly Bulletin



**Rotary Club of Sta. Rosa Centro RI District 3820**

**Outstanding Club RY 2012-2013**

**Most Outstanding Club 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

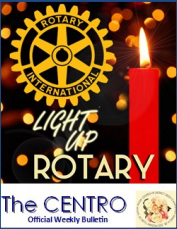
Arlene "Mayor" Arcillas	President
Delhi Penelope "Pen" Cuya	President Elect
PP Jacqueline "Jacqui" Victoria	Vice President
PP Cheryl "Che" Lu	Secretary
PP Carolina "Carol" Salvahan	Treasurer
Rtn Geralyn "Jay" Dee	Auditor
PP Zenaida Dictado	Protocol Officer
IPP Teodora Lucero	Ex-Officio
PP Joel Liza "Liza" 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

#### Our 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.**



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### **Our 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.

Providing **LIVELIHOOD** training, specifically for the women members of the community.

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

**P R O G R A M  
July 4, 2014**

Call to Order	Pres. Arlene Arcillas
Invocation	Rtn Geralyn Dee
National Anthem	Rtn Sheila Santilla
The Four Way Test	Rtn Jen Dee
Object of Rotary	Rtn Cecile Gabatan
Acknowledgment	PP Precy dela Cruz
Recognition	Rtn Myrna Valle
Secretary's Report	PP Che Lu
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairpersons
President's Time	Pres. Arlene Arcillas
Centro Hymn	

**Chairwoman of the Night :  
PP Jacqui Victoria**


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

## INVOCATION



We invoke the blessing upon this meeting and on people of goodwill everywhere. May we prove ourselves worthy citizens of our country. Devoted to truth, sincere in fellowship, given to service, and confident in steadfast faith. Preserve us faithful to these ideals. Let us stand firm when the fight is hard. Give us strength sufficient for this day. Make us as big as our problems and to stay bigger than our responsibilities. God help us to live up to our capabilities. 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





## President's Message

Being an elected public servant, this quote from Mahatma Gandhi has been a vital tenet that continuously guided yours truly throughout the 10 years that I have been part of the City Government of Santa Rosa, Laguna.

This is why my decision to join the Rotary Club of Sta. Rosa Centro in December 2010 seemed very natural to me because I truly share the Club's beliefs and values, especially its motto "Service Above Self," which is, in a way, similar to my administration's slogan "SERBISYONG MAKATAO, LUNGSOD NA MAKABAGO. Also, being a Rotarian embodies the principle I firmly believe in - that public service is not restricted but rather it is shared.

As the elected President of Rotary Club of Sta. Rosa Centro RI District 3820 for Rotary Year 2014-2015, I am given yet another extraordinary chance to continue serving the public as a staunch supporter and advocate of matters focusing on Women and Children, Environment, Literacy, and Livelihood.

Together with all of you, my fellow lady professionals, I am confident that we can and we will realize our Vision and Mission. Once again, I am urging all of you to join us in achieving our common goal and in taking up the challenge - to build a better community by providing services to our fellows.

Thank you and cheers to a rewarding year ahead for the Rotary Club of Sta. Rosa Centro!

Yours in rotary,

Best Class President Arlene "Mayor" Arcillas



## Editorial

### Meet our President

#### PRESIDENT MAYOR ARLENE ARCILLAS

President Arlene was born on July 31, 1969 from the late Mayor Leon C. Arcillas and Mrs. Offie B. Arcillas. She finished her primary and secondary education at Canossa School - Santa Rosa and a graduate of Bachelor of Science in Biology major in Ecology at the University of the Philippines – Los Banos, Laguna in 1992.

As a private person, she is a mother to 23-year old Angelo Jose and 18-year old Monica Gabrielle. She is also an entrepreneur and a business woman, being a member of the board of directors of Triple A Shuttle Bus Services Inc. and consultant to La Lavica Business Venture Inc.

As a public servant, she is the Three-Term Mayor of Santa Rosa City which is adjudged as the Top 2 Next Wave City and the Most Competitive and livable City in the Philippines. She is the **First Lady Mayor and the First Elected City Mayor of the City of Santa Rosa.**

She founded LEON C. ARCILLAS FOUNDATION in 2008 as her personal project. The foundation caters educational assistance, health services, women empowerment activities, environmental awareness and social concerns.

Since her assumption to office in 2007, the City have developed and became one of the top cities not only in Laguna but in the whole of the country, receiving so many awards and recognitions because of the different programs and projects being implemented in the City. To name a few;

- She was the Outstanding UPLB Alumni for the Department of Biology in 2008;
- recognized as one of the 17 Women of Allure in 2009 by the Philippine Star;
- One of the Women of Style and Substance in 2009 by the People Asia Magazine;
- One of the 25 Empowered Women of Zonta Club Muntinlupa launched last August 2013;



## Editorial

and the top 3 awards the City and our President Mayor is most proud of:

- The Bronze Seal of Good Housekeeping that the City received last 2011 personally awarded by the Late DILG Secretary Jesse M. Robredo. The Silver Seal of Good Housekeeping was awarded in January 2014. Now she and the City are working on to get the Gold Seal of Good Housekeeping;

- The Bakas Parangal ng Kabayanihan Award that she received given by the President Benigno Simeon C. Aquino III and by the National Disaster Risk Reduction Management Council in September 2012. It is the highest award that DRRMC is giving;



- She is the recipient of the highest award that is given by the country through the Civil Service Commission and the Office of the President of the Republic, THE PRESIDENTIAL LINGKOD BAYAN AWARD in 2011.

All through her years as public servant, she supported our club and even other Rotary clubs. That prompted us members of RC Sta. Rosa Centro to recruit her and finally inducted her on December 19, 2010.

As a Rotarian, she is a member of the Paul Harris Fellow Society; She served the following positions :

- Community Service Project Chairman for Rotary Year 2011-2012;
- Public Image Director and the President Nominee for Rotary Year 2012-2013;
- Vice-President and President-Elect for Rotary Year 2013-2014
- President for Rotary Year 2014-2015

# Rotary



## ROTARY INTERNATIONAL

### News & Updates

#### Presidential Message

July 2014

I find many traditional Chinese values reflected in Rotary: values of service and responsibility, of respect for family and for others. Sometimes I call Confucius the world's first Rotarian, because even though he died 2,500 years before Rotary was founded, his ideas are very much Rotary ideas. And one of the things he said was: 與其抱怨，不如改變。



*GARY C.K. HUANG  
PRESIDENT 2014-15*

In English, you say, "It is better to light a single candle than to sit and curse the darkness."

I think that one line sums up the way we in Rotary approach the problems of the world. There is so much difficulty. There are so many people who need help. Many people look at this and say, "There is nothing I can do." So they do nothing – and nothing changes.

But this is not the Rotary way. The Rotary way is to light a candle. I light one candle, you light one candle – and so do 1.2 million other Rotarians. Together, we can do so much more than we could ever do alone. Together, we can light up the world.

In 2014-15, I am asking each of you to light your own Rotary candle – and Light Up Rotary together.

There are so many ways to Light Up Rotary. I hope many of you will choose to host a Rotary Day, to show your community what Rotary is and what we do. I hope you will involve your Rotaract and Interact clubs in your service, to bring the new generation of the Rotary family closer to Rotary membership. And I hope you will keep Rotary strong by inviting new members into Rotary – including your own spouses and family.

Perhaps the most important thing we can do to Light Up Rotary together is to finish the job we've been working on for more than a quarter of a century: the eradication of polio. We are so close to our goal. But we will get there only if we keep up the fight, keep up the momentum, and close the funding gap for the polio endgame plan.

Light Up Rotary together is our theme for this year, but it is more than just a theme. It is how we in Rotary see the world and our role in it. We believe that no one should sit alone in the darkness. Instead, we can come together, all 1.2 million of us, to Light Up Rotary. This is our goal – and my challenge to you.



District 3820

## Rotary Club District 3820

### Updates



## CLUB INDUCTIONS

- |               |        |                             |
|---------------|--------|-----------------------------|
| July 27, 2014 | 6:00PM | Rotary Club of Bauan        |
| Aug. 8, 2014  | 6:00PM | Rotary Club of Sta. Cruz    |
| Aug. 29, 2014 | 7:00PM | Rotary Club of Metro Lucena |



## Centro In-Focus

### 2014 DRAC

### **Congratulations to RC Sta. Rosa Centro!**

**By Rtn Myrna Valle**

The Fernbrook Gardens in New Alabang was the venue of the RID 3820 2014 District Recognition and Awards Ceremony or DRAC. All over the areas covered by District 3820, Rotarians flocked together in their finest attires; after all, it was to be the night when the crème of the crop shall be honoured and acknowledged.

Governor Danny Ona banged the gavel to open the event, and soon after the Opening Remarks given by FCP Eric Diaz, the masters of ceremony proceeded to announce the awards bestowed by the district governor to the hard-working Rotarians of District 3820.

Our own FCP Doray Lucero was repeatedly called to receive awards garnered by our Club, so many times that we lost count. It was a long but fruitful night, culminated by the announcements of the Most Outstanding Club, Most Outstanding President and Most Outstanding Secretary, all of which were bagged by RC Tanauan and received by their president, FCP Bong Castillo.



In his speech, DG Danny Ona thanked his First Class Presidents and all the Rotary Clubs of District 3820 for helping him achieve his goals, in particular in the areas of TRF and Membership.

Also notable during the ceremony was the sincere apology imparted by the host club through President Eric Diaz about the problems encountered with the caterer. In the true spirit of Rotary, the crowd cheered and applauded RC Sta. Rosa for their noble act.

Again, congratulations to us for a job well done!



## Centro In-Focus

### Centro joins Brigada Eskwela

As one of its pre-kickoff activities for the Rotary Year 2014-2015, the Rotary Club of Sta. Rosa Centro joined Brigada Eskwela, an annual school maintenance program of DepEd. IPP Doray Lucero and BcP Mayor Arlene Arcillas led the club with the maintenance activities at Santa Rosa Science & Technology High School in Sta. Rosa, Laguna. The club helped with grass planting and painting of the building.



LET US INTRODUCE YOU TO  
OUR ROTARY.

## CONNECT FOR GOOD

### Public Relations

Promoting Rotary to the general public can be as simple as wearing your Rotary pin or as elaborate as organizing an integrated marketing campaign. By increasing the public's understanding of Rotary, we're strengthening our ability to make an impact in communities around the world.

## HOW DO I PROMOTE MY CLUB'S PROJECT?

Including a public relations component in your project plan will help ensure your club's projects and events get the attention and support they deserve. The following ideas can help you create a successful campaign.

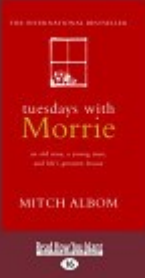
### KNOW YOUR LOCAL MEDIA

Before sending stories to a journalist, get to know your audience. Read your local newspaper, listen to the evening news, and follow Facebook and Twitter to identify where a Rotary story might fit. Consider inviting a local journalist to speak to your club about how to work with the media or invite them to join a service project so they can see firsthand how your club is improving your community. You could also:

- Develop a media list and keep it current.
- Get to know local journalists by inviting them to learn more about Rotary, your club, or a specific project.
- Contact the media with newsworthy story ideas, being sure to:
- Know your story and anticipate questions.
- Send background materials immediately following contact.

Be persuasive, persistent, and friendly, but not aggressive.

Source: <https://www.rotary.org/myrotary/en/public-relations>



## Book Review

It has been said that any book worth reading is worth sharing. Since July is Literacy Month, we are sharing one interesting and inspiring book - *Tuesdays with Morrie* by Mitch Albom.

*Tuesdays with Morrie* is actually a memoir of the author's time together with his college professor Morrie Schwartz, and it has become one of the most iconic books ever.

*Tuesdays with Morrie* is very sincere and touching because it is based on a true story, an account of Albom's 14 Tuesdays spent with Morrie who was not only a former college professor but also a mentor who taught him real life lessons.

This line is particularly likeable: *"The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning."* From this line, one can find the ladies of centro: dedicating themselves – time, effort and love – to others and to the community. This is where the ladies have found purpose and meaning in life.

The book also gives meaning to family, proving the adage *"You will appreciate your mother once you become a mother yourself"* is true. Growing up, most of us do not really appreciate our mothers, but when we become mothers ourselves it is when we learn to appreciate them. This book helps you understand mothers more and learn that their way of coming up with decisions maybe the best model on how to make decisions and choices for our own family.

*Tuesdays with Morrie* also taught me two things about how we should be towards my our children. First is to create memories that you will cherish during your lifetime. Second is to build traditions like how Tuesdays became a symbolic day for Morrie.

This book is truly inspiring and definitely a good read.



## Reflections

*"We are here on earth and we are here to stay during our respectively allotted periods. How much of happiness and how much of misery shall be our share remains with us almost entirely to determine. If we possess a modicum of reason, it will be apparent to us that it is the part of wisdom to cheerfully make the best of the situation and to harmonize our own lives with nature's inexorable laws. We are entitled to the maximum of happiness; and may we be sane enough to observe that the route to a life full of happiness does not lie in intemperate indulgence..- The Distance Self" by Paul P Harris – The Rotarian, February 1914*



*"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*





## For your Information

# 7 Heart Attack Symptoms You Shouldn't Ignore

### 1. Shortness of breath/racing heart

It can be difficult to differentiate between a panic attack and a heart attack because they share symptoms. A few distinguishing characteristics: Panic attacks can be triggered (though not always) by a stressful event, and other signs might include trembling, intense terror and an overwhelming sense of doom. Panic attacks also typically come on suddenly and pass within five minutes, while women's heart-attack symptoms tend to start slowly and linger. The only way to be sure what's happening is to get to the ER.

### 2. Tingling down one or both arms or legs

Although this often means you have a pinched nerve or arthritis in your neck, it's important to rule out heart problems first. See your doctor if you notice any tingling in your extremities.

### 3. Dizziness/lightheadedness

Feeling faint for no obvious reason (aside from doing a tough workout, for example, or being dehydrated) could mean the heart is receiving insufficient blood. Beware if you're also short of breath and suffering a cold sweat.

### 4. Jaw pain

Your jaw could hurt if you're having a heart attack, because the nerves attached to it lie close to ones that come out of your heart. If the pain is constant, you probably have a dental problem; if it recurs intermittently and gets worse when you exert yourself, the problem is more likely to be heart-related.

Source: <https://ph.she.yahoo.com/blogs/healthy-living/7-heart-attack-symptoms-shouldnt-ignore-211000267.html>

## For your Information

### **5. Nausea/vomiting**

You could have more than just a bug if your tummy woes are accompanied by other cardiac symptoms such as shortness of breath, a cold sweat or pain in your chest or back.

### **6. Discomfort or burning in the chest or back**

Women often describe a heart attack as tightness, heaviness, pressure or a squeezing sensation. The pain doesn't have to be severe or sudden; it could come and go for weeks and often be mistaken for indigestion or heartburn. If the discomfort doesn't come on shortly after a meal, if you don't normally have indigestion or if you're also experiencing symptoms such as nausea, the trouble needs to be diagnosed promptly by a doctor.

### **7. Extreme fatigue**

If you're unable to walk a block without discomfort, or if you feel you have to stop and rest while going about your daily activities, it could be a sign that blood is not getting to the heart fast enough.





## What's coming up?

### Friday, July 4



Happy Birthday!! PP Carol Salvahan

Regular Weekly Meeting

Release Membership Pamphlet

### Saturday, July 5

Earthquake Drill 2nd hit

### Friday, July 11

Regular Weekly Meeting

### Friday, July 18

Photography Seminar- Part 1

Regular Weekly Meeting

### Friday, July 25



Happy Birthday!! Evs Laranga

Photography Seminar-Part 2

Regular Weekly Meeting

### Thursday, July 31



Happy Birthday Mayor Arlene Arcillas

### Friday, August 1

Regular Weekly Meeting

### Saturday, August 2

Launch of Basura-Free Contest



## Next Week's Order of Business

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

#### **PROGRAM** **July 11, 2014**

Call to Order	Pres. Arlene Arcillas
Invocation	PP Jacqui Victoria
National Anthem	IPP Doray Lucero
The Four Way Test	PN Evs Laranga
Object of Rotary	PP Mary Ann Gonzales
Acknowledgment	PE Pen Cuya
Recognition	PP Liza Pineda
Secretary's Report	PP Che Lu
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairpersons
President's Time	Pres. Arlene Arcillas
Centro Hymn	

**Chairwoman of the Night :**  
**Rtn Gloria Bedienes**



**PROUD  
MEMBER**

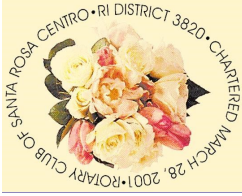
## Roster of Members

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 Belizaro	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



## Special Observances

	Start of Rotary Year
July 2014	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

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Providing **LIVELIHOOD** training, specifically for the women members of the community.

## Where to make up

**MONDAY**

RC Alaminos	3:00 PM - Crescent's Bakery, Del Pilar St., Alaminos
RC Los Baños	6:30 PM - Mernel's Restaurant
RC San Pedro East	7:30 PM - Pacita Library, Pacita Complex

**TUESDAY**

RC Cabuyao	7:30 PM - Kampanang Ginto Bldg., Cabuyao
RC Cabuyao Circle	7:30 PM - Kampanang Ginto Bldg. er 6
RC Los Baños Makiling	5:30 PM - UPLB Campus
RC Bay	7:30 PM - Kitchenette, Bgy. Dila
RC West Bay	5:30 PM - Maharlika Inn, Maharlika Village, Los Baños
RC San Pablo	2:30 PM - Max's Restaurant, Maharlika Hi-way
RC San Pablo Central	6:00 PM - Max's Restaurant, Maharlika Hi-way
RC San Pedro	8:00 PM - CSP Public Library, Open Space Park, Pacita Complex

**WEDNESDAY**

RC Sta. Rosa South	8:00 PM - Rotary Day Care Center Ph1-C SLV
RC Calamba	1:30 AM - New Hope Intervention Center
RC Sta. Cruz	7:30 AM - PWJ Annex Bldg.
RC San Pablo City South	12:00 NN - Mega Disco, Maharlika Hi-way

**THURSDAY**

RC Metro San Pedro	7:00 PM - Bgy. San Vicente Satellite Office Library
RC SPS New Gen	8:30 PM - Kabayan Steakhauz, Pacita Avenue
RC Sta. Rosa	7:30 PM - Handaang Pilipino Restaurant (HPR)
RC Calamba City	11:30 AM - Riverview Resort & Conference Center
RC Siniloan	8:00 PM - LA Bldg. Siniloan Technical Vocational & Sciences HS

**FRIDAY**

RC Biñan	7:30 PM - Le Garden Restaurant, Carmona
RC San Pedro South	8:00 PM - Bgy. SK Library, PH2 Pacita Complex 1
RC San Rosa Centro	7:30 PM - El Cielito Inn, Sta. Rosa
RC Pagsanjan	7:30 PM - Picos Restaurant
RC Infanta	7:00 PM - 2nd Fl. Cajucom Bldg. Rizal St.
RC Nagcarlan	7:30 PM - Cuento's Residence, P. Coronado St.

**SATURDAY**

RC Laguna Technopark	8:00 PM - Mocha Blends, Humana Center
RC Silangan San Pedro	12:30 PM - RC Silangan Clubhouse, Dagatan Blvd.
RC Rizal	7:00 PM - Ador & Erlyn's Function Hall, Zamora St.

**SUNDAY**

RC Cavinti	2:00 PM - Bgy. Inaoawan
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