

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

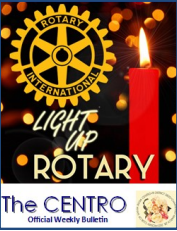
Club e-mail : thevisioningcentro@yahoogroups.com

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

**PROGRAM
February 27 , 2015**

Call to Order	BcPres Arlene Arcillas
Invocation	Rtn Thessa Diaz
National Anthem	PE Evs Laranga
The Four Way Test	Rth Gloria Bedienes
Object of Rotary	Rtn Myrna Valle
Acknowledgment	Rtn Mel Tadeo
Recognition	PP Mary Ann Gonzales
Secretary's Report	PP Che Lu
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairpersons
President's Time	BcPres Arlene Arcillas
Centro Hymn	

**Chairwoman of the Night
PE Pen Cuya**


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

INVOCATION



Today we pray that we may receive Your special blessing because we are committed to be a real service organization to help humankind. May each of us in our daily routine come to know the joy of caring and sharing with others not as fortunate as we are. May our motto that includes serving, caring and sharing be for us for life. Amen

R O T A R Y 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 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

Happy Lunar New Year, ladies!

So, how did you celebrate last February 19? Did you have dinner with family and friends? Did you observe any of the beliefs and activities like cleaning the entire house days before to get rid of any ill-fortune associated with the past year? Did you also set off firecrackers at midnight?

Chinese New Year celebration is very much similar to the traditional New Year celebration we, Filipinos, observe every 31st of December. We also like to begin the New Year by putting our best foot forward believing that all we do that day will have an impact on the rest of the year.

Personally, I like to be careful with my words and deeds whether it is New Year's Eve or not. Our words and actions determine not just how our day may turn out; what we say and do also affects others. As Joel Osteen puts it, "You can change your world by changing your words... Remember, death and life are in the power of the tongue."

That is my wish for all of us – that we may be wise with our words and actions so we can use these in giving service to our fellows.

Thank you.

Yours in Rotary,

Best Class President Arlene "Mayor" Arcillas



District 3820

Rotary Club District 3820 Updates & Announcements

110th Rotary Day
February 21, 2015
Batangas City



Centro's Banner at Rotary Day Celebration



BcPres Arlene Arcillas with DG Jojo de Guia, PDG Rey Castillo and PP Che Lu

Rotary Club District 3820 Updates & Announcements





ROTARY INTERNATIONAL News & Updates

HISTORIC MOMENTS: POLIOPLUS TURNS 30



Former Rotary President Clem Renouf recalls conversations with Rotary leaders as the organization turned its attention to eradicating polio.

This year marks 30 years since Rotary launched PolioPlus, its campaign to rid the world of polio. Beginning on Rotary's anniversary, 23 February, Rotary members worldwide will be holding events to celebrate three decades of polio eradication progress.

Since 1985 Rotary and its partners have helped reduce the number of cases from 350,000 annually to fewer than 400 in 2014, and they remain committed until the disease is eradicated. Rotary has contributed more than \$1.3 billion and countless volunteer hours to protect more than 2 billion children worldwide. In addition, Rotary's advocacy efforts have played a role in decisions by donor governments to contribute over \$10 billion to the effort.

Before the global scope of PolioPlus, individual clubs with Rotary funding were attacking the disease closer to home.

ROTARY INTERNATIONAL

News & Updates

In 1979 Rotary members and delegates of the Philippine Ministry of Health looked on as volunteers administered drops of the oral polio vaccine to children in the Manila barrio of Guadalupe Viejo.

When James L. Bomar Jr., then Rotary president, put the first drops of vaccine into a child's mouth, he ceremonially launched the Philippine poliomyelitis immunization effort. Bomar joined Enrique M. Garcia, the country's minister of health, in signing the contract committing Rotary International and the government of the Philippines to a joint five-year effort to immunize around 6 million children against polio at a cost of about \$760,000.

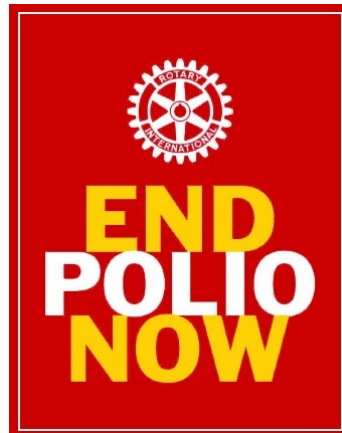
In a 1993 interview, Bomar recalled how the brother of one of the children he'd immunized tugged on his pant leg to get his attention and said, "Thank you, thank you, Rotary."

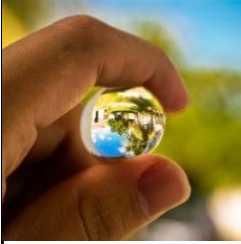
The success of this project set the stage for Rotary's top priority to rid the world of polio. Since Rotary introduced its PolioPlus campaign, the number of polio cases worldwide has dropped 99 percent, and the virus remains endemic in just three countries -- Afghanistan, Nigeria, and Pakistan.

By Susan Hanf and Arnold R. Grahl

Rotary News

23-FEB-2015





Centro In-Focus

Operation Balik Ngiti Gears Up

February 22-March 3, 2015

Sta. Rosa Community Hospital,

Sta. Rosa City, Laguna

Give the PROMISE of a smile
and hope for a BETTER FUTURE...

Operation Balik-Ngiti

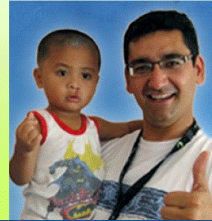
Reconstructive cleft lip and cleft palate surgery for Filipino children

February 22 to March 3, 2015

Sta. Rosa Community Hospital

Sta. Rosa City, Laguna

A project of :



Centro Ladies welcomes the team of 14 doctors and nurses from Helping Children Smile.



Centro In-Focus

The doctors from Helping Children Smile checks a n infant during the patients' screening held last February 22 at Sta. Rosa Community Hospital. A total of 28 patients came for screening.



Patient's Registration



Centro In-Focus

At the Operating Room, two doctors simultaneously operate on 2 patients.



Post-op recovery area can accommodate up to 11 patients at a time. The doctors were even giving food to the patients.





Centro In-Focus

Operation Balik Ngiti Team Welcome Party

February 22, 2015

El Cielito Hotel,

Sta. Rosa City, Laguna



The Rotary Club of Santa Rosa Centro with the Doctors and Nurses (Shiby, Niton, Damian, Andrew, Erin, Kim Kira, Cheryl, Kate, Tracy, Cheryl, Margaux, Jane, and Ruth) from Helping Children Smile Inc @ El Cielito Sports Bar





Reflections

““What a pity it would be, for instance, if the colorful lives of the various European nations were blended into one. Where then, could be found the fascination of travel?”

(Paul Harris, This Rotarian Age, page 87)



“Untold blessings have come...with the conquering of disease and the lengthening of life, but have we stopped to consider the wonderful growth of understanding... the expanding kindness and goodness in our social relationships? These have come with a very natural desire to enjoy a higher and higher plane of civilization.” — Address to 1929 Rotary Convention, Dallas, Texas, USA



Rotary Historic Moments

Rotary Images



Paul and Jean Harris in front of the picture window at their home on Longwood Drive in Chicago, Illinois, USA. The Harrises named their home Comely Bank, after the street in Edinburgh, Scotland, where Jean lived as a child. December 1942. Appeared in "My Road to Rotary" and "The Rotarian," February 1943, March 1947, and February 1950.



A statue of Rotary founder Paul Harris sits by the front door of Sakuji Tanaka's home in Yashio, Japan. Tanaka says that the bust reminds him to serve others and that every morning he silently says, "Thank you Paul Harris. I am going to do my best today." Tanaka is 2012-13 president of Rotary International.



For your Information

Managing Diabetes

Type 2 diabetes patients should eat a high-energy breakfast and a low-energy dinner for optimal control over their blood sugar, according to researchers hailing from Sweden and Israel who conducted a small-scale study.



In the new study, published in the journal *Diabetologia*, they worked with eight men and 10 women who have lived with type 2 diabetes for less than 10 years.

Participants ranged in age from 30 to 70 years and they had a Body Mass Index (BMI) range of between 22 and 35.

Ten of the 18 participants were being treated with a combination of diet advice and the drug metformin and the remaining eight were being treated with diet advice alone.

Patients were selected at random to follow one of two diets, referred to as the B diet or the D diet.

Following the B diet during the weeklong intervention involved eating a 2946 kilojoule (kj) breakfast, a 2523 kj lunch and a dinner containing just 858 kj.

Source: <https://ph.news.yahoo.com/photos/two-meals-day-may-best-type-2-diabetics-photo-155956375.html>

For your Information

Those on the D diet at an 858 kj breakfast, the same lunch and a dinner worth 2946 kj.

Offerings in the larger meal included milk, tuna, granola bars, scrambled eggs, yoghurt and cereal and the smaller meal contained sliced turkey breast, mozzarella, salad and coffee.

All participants had their breakfast at 8:00AM, lunch at 1:00PM and dinner at 7:00PM.

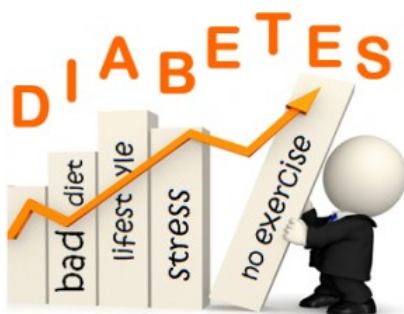
"A person's meal timing schedule may be a crucial factor in the improvement of glucose balance and prevention of complications in type 2 diabetes and lends further support to the role of the circadian system in metabolic regulation," says Professor Oren Froy of Hebrew University of Jerusalem.

On the seventh day, the sampling day, the research team drew blood samples before breakfast and at intervals of 15, 30, 60, 90, 120, 150 and 180 minutes after participants had begun to nosh.

After two weeks, the patients swapped diet plans and the researchers re-tested their blood.

After eating, glucose levels were a comfortable 20 percent lower while levels of insulin, C-peptide and glucagon-like-peptide 1 hormone (GLP-1) were 20 percent higher in participants who followed the B diet when compared to their counterparts on the D diet.

"These observations suggest that a change in meal timing influences the overall daily rhythm of post-meal insulin and incretin [C-peptide] and results in a substantial reduction in the daily post-meal glucose levels," says Professor Froy.





What's coming up?

Friday, February 27

Operation Balik Ngiti

District Conference

Saturday, February 28

Operation Balik Ngiti

District Conference

Sunday, March 1

Operation Balik Ngiti

Monday, March 2

Operation Balik Ngiti

Tuesday, March 3

Operation Balik Ngiti

Friday, March 6

Regular Weekly Meeting

Saturday, March 7

Buntis Wellness

Friday, March 13

Regular Weekly Meeting

Friday, March 20

Happy Birthday!! PP Maan Gonzales

Happy Birthday!!! - Rtn Jen Dee

Regular Weekly Meeting



Next Week's Order of Business

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

March 6, 2015

Call to Order	BcPres Arlene Arcillas
Invocation	Rtn Gloria Bedienes
National Anthem	PE Evs Laranga
The Four Way Test	Rtn Michelle Baldemor
Object of Rotary	PP Hazel Ramos
Acknowledgment	PP Liza Pineda
Recognition	PP Mary Ann Gonzales
Secretary's Report	PP Che Lu
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairpersons
President's Time	BcPres Arlene Arcillas
Centro Hymn	

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



**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
Herra Thessa Diaz		Engineer	Jun 27
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
Marianne Veracruz		Events Planner	Jun 18
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

Attendance

**For Feb 14, 2015—Feb
26, 2015**

Total Membership	27
Members Present	8
Meetings Made-up	13
Leave/Senior	4
Total Attendance	25
Attendance Percentage	93%



Special Observances

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

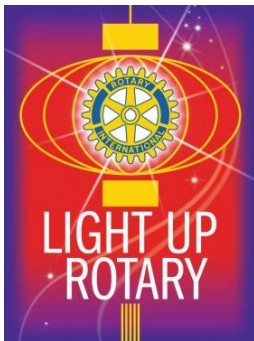
MISSION

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. 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.*