

# The CENTRO

Official Weekly Bulletin



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

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 2018-2019

## Officers

IP Michelle "Mich" Baldemor	President
PE Ma. Cecilia "Cecile" Gabatan	President Elect
PP Carolina "Carol" Salvahan	Vice President
PP Mary Ann "Maan" Gonzales	Secretary
PP Jacqueline "Jacqui" Victoria	Treasurer
PP Hazel "Hazel" Ramos	Auditor
PP Cheryl "Che" Lu	Protocol Officer
IPP Geralyn "Jay" Dee	Ex-Officio
Rtn Ma. Cecilia "Cecile" Gabatan	Executive Secretary

## Club Committees

PP Joel Liza "Liza" Pineda	Club Administration
PP Carolina "Carol" Salvahan	Membership
PP Teodora "Doray" Lucero	Service Project
IPP "Geralyn "Jay" Dee	Community Service
Rtn. Enrico "Rico" Robles	Vocational
PP Evelyn "Evs" Laranga	Youth
PP Elenita "Leny" Burke	International
PP Priscila "Precy" dela Cruz	The Rotary Foundation
PP Cong. Arlene Arcillas	Public Image
PDG Consuelo "Chit" Ljauco	Club Trainer



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

**P R O G R A M  
Aug 3, 2018**

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Call to Order	IP Michelle Baldemor
Invocation	Rtn Gloria Bedienes
National Anthem	Rtn Enrico Robles
Four-way Test	PP Cheryl Lu
Object of Rotary	Rtn Sheila Santillan
Acknowledgment	PP Carol Salvahan
Secretary's Report	PP Mary Ann Gonzales
Treasurer's Report	PP Jacqueline Victoria
Committee Reports	Committee Chairpersons
President's Time	IP Michelle Baldemor
Adjournment	IP Michelle Baldemor
Centro Hymn	

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**Chairwoman of the Night  
Rtn Roselle Janolino**

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



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.

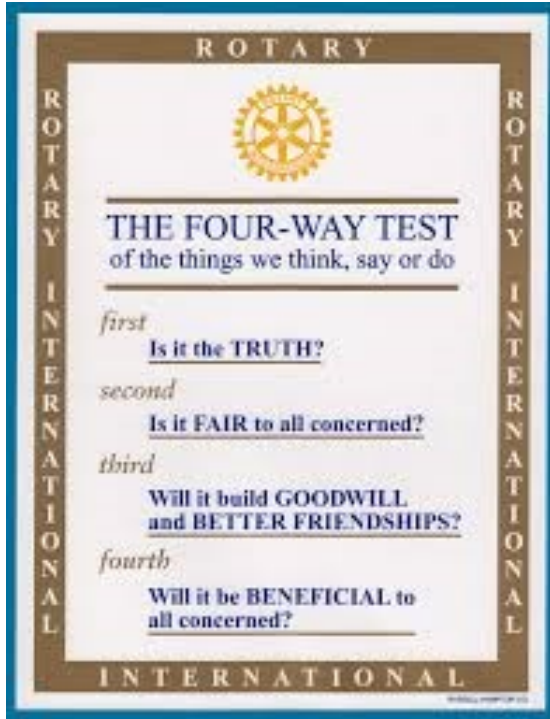
This we pray in Jesus name. Amen

## 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



♪♪\*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

Good day Centronians!

There is a saying "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."

This saying is the same as the objective and practice of Rotary. In light of that, our club piloted a new project entitled "Centro Livelihood Training

Program" chaired by our President Nominee Enrico Robles in cooperation with the Cooperative Development Office in Sta. Rosa City and with the support of our sister club, Rotary Club of Wodonga West, Australia District 9790. The project aimed to empower women by giving them the necessary skills on how to make well-known and loved Filipino breakfast food such as tocino, longganisa, embutido, and sio-mai which can in turn be their source of income to help themselves and their family.

Also, having the experience to meet and dine with Rotary International President Barry Rassin and his wife Esther in Okada Hotel was a truly remarkable experience. More so his visitation in the dialysis center of RC Tanauan gave me more passion and encouragement to do rotary duties.

Last month of July, we were able to get together and celebrate the birthdays of our members in order to encourage and boost each one to participate and look forward to our upcoming community projects.

Now, we are entering the Membership and Extension Month, August, and we are counting on more members to participate in our upcoming projects and more members invited and inducted in our club. It's indeed a busy month since, aside from many inductions, we will also be having our bloodletting, storytelling, and livelihood seminar. And, of course, more learning and fellowship during the District TRF Seminar (August 4), District Concert (August 17), and District Membership/PR Seminar (August 18).

Despite your busy schedule as well as the activities of our club, I would like to thank all of you in advance for your participation and contribution to make these goals happen.

Yours in Rotary,

A handwritten signature in cursive script that reads "Michelle Baldemor".

**Michelle Baldemor**  
**Inspiring President**  
**RY 2018-2019**



## EDITORIAL

### The power to be in power

Though it is much quite now in the forefront, the power grabbing during President Duterte's SONA was an embarrassment. It was supposed to be that one moment in every year when the President has the limelight, when Filipinos who deeply care for their country and the plight of their loved ones listen and try to grasp what he had to say. The switching of microphones and the drama had the President wanting to walk out.

*"People tend to believe that attaining power requires force and that for society or an organization to run smoothly, society needs leaders who are willing and able to use power in a forceful manner. As seductive as these notions are, they are dead wrong. Instead, a new science of power has revealed that power is wielded most effectively when it's used responsibly by people who are attuned to, and engaged with the needs and interests of others. Years of research suggests that empathy and social intelligence are vastly more important to acquiring and exercising power than are force, deception, or terror." Dacher Keltner*

This too applies in an organization. The loud are lifted and the meek are trampled upon. The research results are interesting— that power is most effective when it is used to engaged the needs and interests of others. Getting powerful is sometimes the easy part but staying in power is difficult. Sad that power is sometimes given because of force or coercion but we remain hopeful that the one seated would give justice to the power given.

By : Rtn. Cecile Gabatan





## ROTARY INTERNATIONAL News & Updates

### Reef Revisited

A giant artificial reef in the shape of a Rotary wheel restores marine life and protects the livelihood of several fishing villages in the Philippines.

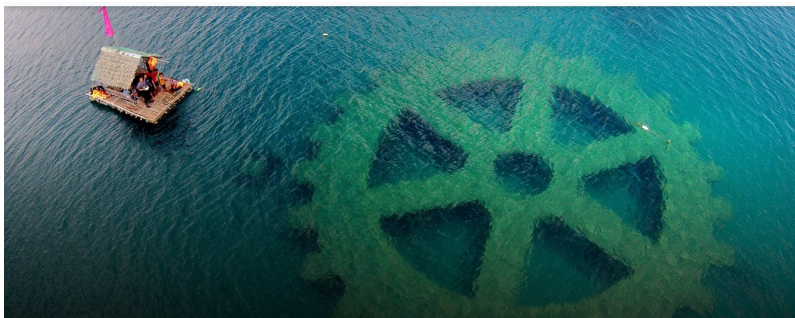
In the calm blue waters of Lamón Bay lies a source of pride for local fishermen and a submerged salute to Rotary: an artificial reef in the shape of a Rotary wheel.

The wheel has helped restore the local fishing industry, which was devastated by large-scale commercial fishing vessels that used dynamite, cyanide, and fine mesh nets from the late 1990s through the early 2000s.

Fishing is considered the lifeblood of the area's coastal villages, including Balubad, Lubi, Talaba, and Kilait, and for years, village fishermen fought to protect the waters that fed their families.

In 2005, the fishermen turned to the Rotary Club of Atimonan, Quezon Province, Philippines, for help. They decided to build an artificial reef.

The club partnered with the Rotary Club of Madera, California, USA, on a Rotary Foundation grant to help fund the project, which would cost more than \$1 million.



District 3820  
**Rotary**



**RI District 3820  
News & Updates**

## An Invite to the Rotary Institute



**2018 YOGYA ROTARY INSTITUTE**  
ZONE 6B - 7A - 10B  
30 Nov - 02 Dec 2018, Yogyakarta - Indonesia

FELLOW ROTARIANS

Selamat Datang ! Welcome to 2018 Yogyakarta Rotary Zone Institute.

Yogyakarta is one of the foremost cultural centers of the 260 million people of Indonesia. It is the second most visited tourist spot besides Bali, with 60,000 tourists visiting Yogyakarta each year. This special region was the seat of 16th and 17th centuries of the mighty Javanese empire of Mataram. The special charm of inherited traditions of simplicity and refinement of classical Javanese dances, Gamelan music, and traditional

arts have captivated visitors and left them spellbound.

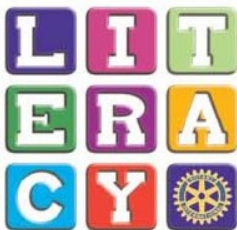
In addition to immersing yourself into the discovery of Javanese culture, it is an opportunity for you to see the UNESCO World Heritage Site of Borobudur, built in the 14th century, proudly boasting 504 statues of Buddha and two million blocks reaching 115 feet height. The next significant UNESCO World Heritage Site is the 9th and 10th century Hindu complex of Prambanan.

With more than a thousand Rotarians expected to visit Yogyakarta, it is an opportunity to network with many friends. Most important of all, as professional service volunteers, it is an opportunity to keep updated in our accomplishments and get the chance to hear about the changes emerging in Rotary organization.

We are looking forward to your early registration to be part of the 2018 Rotary Zone Institute, a fun and dynamic event to understand the mystique of 17th century Javanese Mataram Kingdom and learn about the changing world of Rotary.

Eva Kurniaty  
Chair  
2018 Yogya Rotary Zone Institute

CHAIRWOMAN  
PDG Eva Kurniaty



## ROTARY CORNER

### Becoming a Rotarian

#### ***What is a Rotary Club?***

Rotary Club is a group of professionals with the common desire to serve. A Rotary Club is part of a Rotary District i.e. in the case of RC Sta. Rosa Centro, we belong to District 3820 that covers the provinces of Laguna, Batangas, Oriental Mindoro, Marinduque, Quezon, Catanduanes the Island of Alabat, Catanduanes and the whole of Bicol region. There are 10 Rotary districts in the Philippines, who in turn reports to Rotary International.

#### ***What are the benefits of becoming a Rotarian?***

Becoming a Rotarian is already an achievement, because it signifies your involvement in the world's most respected civic organization. It will be your doorway to many opportunities to serve your community as well as people from all over the world, helping you attain that level of fulfilment that no wealth or career achievement could give. You will also become part of a warm and loving Rotary family wherein you could develop lifelong friendships and connections.

#### ***What are my duties as a Rotarian?***

For a Rotarian to continue membership, there are two "musts": attend the regular meetings of your club and pay your monthly dues. You are expected to share your "Three T's" – Time, Treasure and Talent to your club and your district. This is the very essence of being a Rotarian – sharing yourself to be of service to others.



# inFocus

Centro In-Focus

## Courtesy Visits



Though both PP Congresswoman Arlene Arcillas and City Mayor Dan Fernandez are both centronians, IP Michelle and other members visited them last July 20, 2018 at their office to ask for their support on Centro projects for the incoming year.





# inFOCUS

Centro In-Focus

## Livelihood Seminar on Meat Processing

In cooperation with the Office of the City Cooperative Development, the Rotary Club of Santa Rosa Centro conducted a livelihood seminar on meat processing last July 23, 2018 at the 4th Floor of the City Government Center . Included in the seminar are making siomai, embutido, longganisa, tosino, chicken ham and pork ham. There were about 10 attendees from Barangay Ibaba. This is just the first of a series.



The attendees were able to prepare truly delectable Filipino faves.



Centro-In-Focus

Centronians Fun Night

Each month, the club chooses a date for birthday celebrants. On July 26, Centronians trooped to Bellevue Hotel for a night of dinner and dancing to celebrate the birthdays of PP Cong Arlene Arcillas, Rtn RJ Janolino, PP Evs Laranga and Rtn Joseph Alcala.



# inFocus

Centro In-Focus

## Red Cross Awards Centro



Each year, Centro gets recognized by Red Cross for supporting its blood donation drive and this year is no different. Last July 31, 2018 at the Cultural Center Capitol in Sta. Cruz, Laguna, Centro was awarded the Scroll of Honor as a top blood provider and organizer.



District 3820  
**Rotary**



**RI District 3820  
News & Updates**

## A Night with Rotary International President Barry Rassin and Lady Esther



The Rotary Club of Manila, the first in Asia hosted a dinner in honor of Rotary International President Barry Rassin and Lady Esther. Centronians would not pass this chance to meet RI President

Rassin and joined the event dubbed as "A Night with Rotary International President Barry Rassin and Lady Esther" at the Okada Manila on July 19, 2018.





District 3820  
**Rotary**



**RI District 3820  
News & Updates**

## **RI President Barry Rassin visits Dialysis Center of the Rotary Club of Tanauan, Batangas**



Tanauan City-Rotary Dialysis Center



The Tanauan City Rotary Dialysis Center was established to cater patients who are suffering from kidney problems in need of hemodialysis treatment free of charge. This was instigated by the countless number of renal patients who always come and ask for help in the RC Tanauan's weekly free clinic.

This project of RC Tanauan is a showcase project and a grant that RI President Barry Rassin just had to visit it and he did so on July 21, 2018.



## For your Information

# Here's What To Eat To Solve All Your Sleep Troubles

**Drink milk.** We've experienced the magic of milk: how it sends us to sleep. This happens because dairy products have tryptophan, an essential amino acid that promotes sleep (it's used to treat insomnia!).



**Have some carbs to go with the dairy.** Foods rich in carbs increase the level of the sleep-inducing tryptophan in your blood. So if you're having milk, you can have some cereal with it; if you're eating yogurt, you can have some nuts or a banana, both of which also have tryptophan.

**Stop hydrating your body before you go to sleep.** If you drink a lot of water before tucking yourself in, chances are you'll wake up in the middle of the night with the urge to pee, or you wake up in the morning with a really full and heavy bladder (which is really uncomfortable, BTW).

**Have an orange, kiwi, or another fruit high in vitamin C.** According to Keri Glassman, a nutritionist, stress also has something to do with why you can't sleep continuously. Eating something rich in vitamin C, which helps in stress reduction, can relax you enough for the night.



## 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*



**What's coming up?**

**Friday, August 3**

**BLOOD LETTING**

**Friday, August 10**

**Meeting #6 Ceciles Coffee Shop**

**Saturday, August 11**

**STORY TELLING Chair:Rtn.Roselle**

**Thursday, August 16**

**Meeting #7 El Cielito Classification Talk Rtn.Enrico**

**Friday, August 17**

**DISTRICT CONCERT**

**Thursday, August 23**

**Meeting #8 El Cielito**

**Friday, August 24**

**Happy Birthday!! PP Precy dela Cruz**

**RCC Chair:Rtn.Rico**

**Thursday, August 30**

**Meeting #9 AUGUST CELEBRANTS**

**Saturday, September 1**

**Happy Birthday Rtn Paula Gregg!**

**Friday, September 14**

**Happy Birthday!! PP Zeny Dictado**

**Tuesday, September 18**

**Happy Birthday!! PP Doray Lucero**



**Next Week's Order of Business**

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

**P R O G R A M  
August 17, 2018**

Call to Order	IP Michelle Baldemor
Invocation	IPP Jay Dee
National Anthem	Rtn Roselle Janolino
Four-Way Test	Rtn Rico Robles
Object of Rotary	Rtn Gloria Bedienes
Acknowledgment	PP Hazel Ramos
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Centro Hymn	

**Chairwoman of the Night :  
Rtn Joseph Alcala**



**PROUD  
MEMBER**

## Roster of Members

	Name	RotaryID	Classification	Birthdate
1	Joseph Rey Alcala	10080295	Events Management	
2	Roselle Animo	9418286	IT Professional/Web Developer	Jun 11
3	Arlene Arcillas	8275828	City Representative	Jul 31
4	Michelle Baldemor	8879856	Retail	May 01
5	Gloria Bedienes	8612318	Trading	Apr 13
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	Zenaida Dictado	6416676	Pallet Manufacturing	Sep 14
10	Danilo Fernandez	9757207	City Mayor	Jan 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	Joel Liza Pineda	7019336	Human Resource Provider	Mar 30
22	Hazel Ramos	6165816	Money Lending	Jul 01
23	Enrico Robles	10226768	Banker	
24	Aurelyn Salandanan	8773229	Obstetrics-Gynecologist	
25	Carolina Salvahan	5333457	Window Fashion Contractor	Jul 04
26	Shiela Santillan	8574457	Restaurateur	Apr 02
27	Jacqueline Victoria	6556182	Watch Services	Nov 07



## Attendance Report

### Attendance

**Period : July 20 to Aug  
 2, 2018**

Total Membership	27
Members Present	20
Meetings Made-up	0
Leave/Senior	5
Total Attendance	25
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 Mary Ann Gonzales

## Special Observances

July 2018

Start of Rotary Year 2018-2019

August 2018

Membership & Extension Month

September 2018

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

October 2018

Development

November 2018

The Rotary Foundation Month

December 2018

Area of Focus: Disease Prevention and Treatment

January 2019

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

February 2019

March 2019

Area of Focus: Water and Sanitation

April 2019

Area of Focus: Maternal and Child Health

May 2019

Youth Services Month

June 2019

Rotary Fellowships Month

# Rotary

Club of  
Sta. Rosa Centro

## 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.



**BE THE INSPIRATION**

The spread of **LITERACY**, specifically for women and children.

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

*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.*