

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

Club e-mail : 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
Rtn Sheila Santillan	International– Asst. Chair
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**

**PROGRAM
November 23, 2018**

Call to Order	IP Michelle Baldemor
Invocation	PP Precy dela Cruz
National Anthem	Rtn Joseph Alcala
Four-Way Test	Rtn Sheila Santillan
Object of Rotary	PE Cecile Gabatan
Acknowledgment	PP Evs Laranga
Secretary's Report	PP Maan Gonzales
Treasurer's Report	PP Jacqui Victoria
Committee Reports	Committee Chairpersons
President's Time	IP Michelle Baldemor
Adjournment	IP Michelle Baldemor
Centro Hymn	

**Chairman of the Night
Rtn Gloria Bedienes**

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



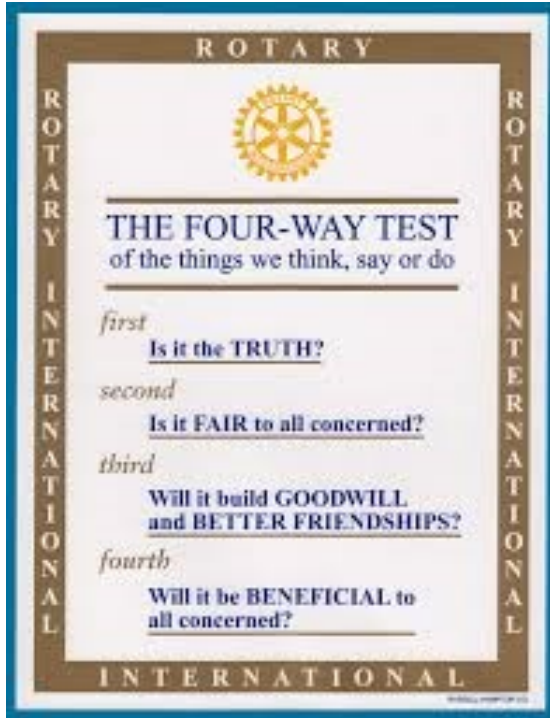
Thank you, God for bringing us together today at this wonderful day of friendship and goodwill. We thank you for the leadership of this Rotary Club and those who have organized our projects and events. Thank you for all you provide for us as we go forward in service. Amen.

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.



♪♪*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 Centronians

It was truly a busy week with My Fair Centro. Thank you Centronians as we have successfully done another fund raiser. As in the past years, all the proceeds from My Fair Centro will be used in next year's projects.

Apart from My Fair Centro, yours truly and Congresswoman Arlene Arcillas were recognized as Paul Harris Fellows during the TRF Recognition Night held last November 13. It truly was a memorable night for me as it is my very first PHF. I am truly blessed to have experienced moments like this during my term.

Yours in rotary service,

A handwritten signature in cursive script that reads "Michelle Baldemor". The signature is written in black ink and is positioned above the printed name.

Michelle Baldemor
Inspiring President
RY 2018-2019

Rotary



ROTARY INTERNATIONAL News & Updates

ROTARY AT A GLANCE

Rotary brings together a global network of volunteers who dedicate their time and talent to tackle the world's most pressing humanitarian challenges. Rotary connects 1.2 million members from more than 200 countries and geographical areas. Their work impacts lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world.

Rotary also offers expanded service opportunities including:

- **Interact:** a service organization organized and sponsored by Rotary clubs for young adults aged 12-18. There are more than 12,300 Interact clubs in 133 countries.
- **Rotaract:** groups organized by Rotary clubs to promote leadership, professional development, and service among young adults aged 18-30. There are more than 8,000 Rotaract clubs in 167 countries.
- **Rotary Community Corps (RCCs):** groups of non-Rotary members who work to improve their communities. There are more than 7,500 RCCs in 80 countries, all organized and sponsored by Rotary clubs.

Membership Snapshot

Who: Rotary brings together the kind of people who step forward to take on important issues for local communities worldwide. Rotary members hail from a range of professional backgrounds; doctors, artists, small business owners and executives all call themselves Rotarians. Rotary connects these unique perspectives, and helps leverage its members' expertise to improve lives everywhere.

Where: From Haiti and Greenland to Nigeria and Singapore, Rotary unites a truly diverse set of leaders from across the world. Currently, the largest number of clubs comes from the United States, India, Japan and Brazil. The fastest growing Rotary regions include Southeast Asia and Africa.

What: Rotarians contribute their time, energy and passion to sustainable, long-term projects in local communities across the globe. Projects focus on important issues like peace and conflict resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy and economic and community development.

Polio Eradication Rotary is close to eliminating the second human disease in history after smallpox, with a 99.9 percent reduction in polio cases worldwide since 1985, when Rotary launched its [PolioPlus](#) program. In 1988, Rotary spearheaded the creation of the [Global Polio Eradication Initiative](#) with the [World Health Organization](#), [UNICEF](#) and the [U.S. Centers for Disease Control and Prevention](#). Polio eradication remains Rotary's top priority. To date, Rotary has contributed more than US\$1.7 billion and countless volunteer hours to help immunize more than two billion children against polio in 122 countries. Rotary will raise \$50 million per year over the next three years, with every dollar to be matched with two additional dollars from the [Bill & Melinda Gates Foundation](#).





ROTARY INTERNATIONAL
News & Updates

Rotary recognizes UK Prime Minister Theresa May with polio champion award

Rotary honored Theresa May, prime minister of the United Kingdom, with the Polio Eradication Champion Award for her leadership and political support toward ending polio.

Rotary International President Barry Rassin presented the prestigious award to Alistair Burt, the UK minister of state for international development and minister of state for the Middle East, at a roundtable discussion on polio eradication on 27 November in London, England.

Rassin told Burt, who accepted the award on May's behalf, that the UK has repeatedly demonstrated an unwavering commitment toward a polio-free world.



Alistair Burt, left, the UK minister of state for international development and minister of state for the Middle East, accepts the Polio Eradication Champion Award from RI President Barry Rassin.

**ROTARY CORNER****MEMBERSHIP****EVALUATING YOUR CLUB****IS YOUR CLUB INNOVATIVE AND FLEXIBLE?**

In a changing world, your club's success depends on its ability to be innovative and flexible. Surveys and focus groups consistently show that prospective members and younger members are more likely to stay with Rotary if they believe that their club is willing to accommodate their interests, as well as their work, family, and personal needs.

Ask yourself if your activities and traditions reflect current interests and what could be changed to make your club more relevant to prospective members. Consider changing meeting times and locations, lowering fees, undertaking a variety of service projects, and planning different kinds of programs for club meetings.

IS THERE A STRONG AWARENESS OF YOUR CLUB IN YOUR COMMUNITY?

Public awareness is an important part of your club's continued growth and success. Is your club widely known in your community? Do your members identify themselves as Rotary club members to their friends, neighbors, and colleagues? When your community thinks about your Rotary club, what do they think? Consider inviting Rotary prospects to a project to interact with your members and learn more about your club and its work in the community.

ROTARY CORNER

Research indicates that people are more likely to give time and money to an organization with a proven record of tangible results. Make sure your club regularly communicates with the public about its community service projects to attract both donations and new members.

HOW ARE YOU USING DIGITAL COMMUNICATIONS TO PROMOTE YOUR CLUB?

Digital communications are messages delivered through electronic media. Does your club have a website? A Facebook page? Are they regularly updated? Are you tweeting about your club's special events and signature projects? Are you interacting online with Rotary members around the world, as well as people and organizations that share your interests? Have you joined any conversations on LinkedIn?

Take advantage of social media to raise awareness of your club in the community, attract members and resources, and keep members informed.

At the meeting

Review your club meeting to make certain that it is a welcoming and fun experience:

- Does someone welcome members and guests when they arrive?
- Do meetings begin and end in a timely fashion?
- Is there an agenda for the meeting?
- Are the speakers interesting, insightful, and relevant?
- Is there sufficient variety in speakers and meeting topics?
- Is socializing among members encouraged?
- Do you always have the same kind of meeting?

Your club may even consider using a "mystery shopper" to evaluate a meeting. Ask a non-Rotarian friend or an acquaintance from another club come to a meeting as a visitor, and then provide his or her impressions. This will give you an unbiased perspective from someone outside of your club.



inFOCUS

Centro In-Focus

My Fair Centro's Paskong Pinoy

November 14-18, 2018

Solenad 3 Activity Center, Nuvali



Over 50 merchants joined the annual fund raising bazaar of the Rotary Club of Sta Rosa Centro in Nuvali.



inFocus

Centro In-Focus



As in the past years, Enchanted Kingdom is a major sponsor and performed for bazaar customers.



inFocus

Centro In-Focus



Santa Rosa City 2nd Multi-Sectoral Drug Summit
November 20, 2018
Santa Rosa City Hall



TRF Recognition Night
November 13, 2018



Rotary District 3820   BE THE INSPIRATION

THE ROTARY FOUNDATION

RECOGNITION Night 2018

13 November 2018 | Tuesday | 5:00 PM
Pacita Astrodome, San Pedro City, Laguna
Attr: Coat & Tie for Men / Evening Gown for Women



ROTARY INTERNATIONAL
News & Updates

An RI President comes calling to Chandigarh



The one project in -Chandigarh that RI President Barry -Rassin showed a lot of interest in and spent some time interacting with the beneficiaries, particularly children, was a hands-on -project being implemented in the poorest of poor areas of Chandigarh, a small pocket in Saketri.

Here the Rotary Club of -Chandigarh, D 3080, is involved in a hands -on operation to dramatically change the lives of some 500 people living in a decrepit area with poor health and hygiene facilities. Till a year ago, the children had no opportunity to even decipher the alphabet in any script, but by the time President Rassin and Esther sat down for a performance by the children who are now being educated through special arrangement made by the Rotarians, two of the girls were able to make their first ever speech in English.

It was with a lot of pride that the RI President videographed these speeches and talked about this particular experience in other events he attended in India. Later he said: "We had the opportunity to go to this project to see how Rotary is supporting about 150 families with health and hygiene, literacy, etc. We saw a group of very disciplined students when we went to a school and it was great to meet the children and see how they are studying. Clearly, they want to get an education and they are very hardworking. I had the privilege of listening to two of the children making their first speech in English, and it was heartwarming."

Source : <https://rotarynewsonline.org>



ROTARY INTERNATIONAL
District 3820 News

Rotary District 3820 | BE THE INSPIRATION

DISTRICT CONFERENCE 2019

The Inspiring Event

Journeying Together, Inspiring One Another

Taal Vista Hotel, Tagaytay
March 15-16, 2019

REGISTRATION FEE:
Php 5,000.00

PP Vicente "Vic" Cantos
Chairman

Jose "Boy" Garcia
District Governor

Host: Rotary Club of Downtown Batangas City

Invitations for District Events

Rotary District 3820 | BE THE INSPIRATION

THE VERY INSPIRING

Christmas PARTY

-0:27



For your Information

Blood Fats May Play a Role in Migraines



Women who get migraines have different levels of certain fats in their blood than women who don't get these headaches, a small new study suggests.

If confirmed, the new findings could lead to a blood test that could diagnose patients with migraines, the researchers said.

Currently, patients are diagnosed with migraines on the basis of the symptoms they report, said study author Dr. B. Lee Peterlin, of the Johns Hopkins University School of Medicine in Baltimore. "In other words, there is no biomarker or blood test that can help us to differentiate" people who get migraines from those who do not, she said.

In the study, the researchers examined blood samples from 52 women with episodic migraines and 36 women who did not have any headaches. "Episodic migraines" means having migraine headaches up to 14 days per month; people who have more migraines than that are diagnosed with chronic migraines. The women in the study had headaches about six days per month, on average.

The researchers tested the women's blood samples for a class of lipids that had previously been shown to play a role in regulating energy balance and inflammation, according to the study.

For your Information

The investigators found that the levels of lipids called ceramides were lower in the women with episodic migraines than in the women who did not have any headaches. The women with migraines had about 6,000 nanograms per milliliter (ng/ml) of ceramides in their blood on average, compared with about 10,500 ng/ml in the women without headaches.

Moreover, it also turned out that women's risk of migraines increased with higher levels of two types of a different lipid, called sphingomyelin.

These results suggest that the lipids examined in the study may be involved in causing migraines; however, further study of this question is needed, the researchers said.

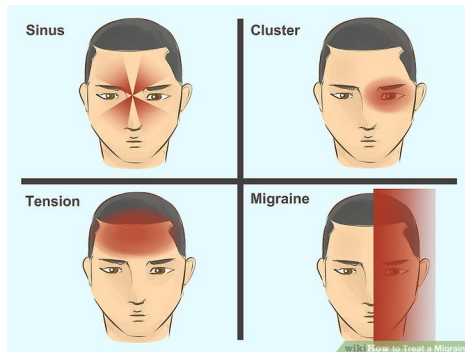
In another experiment in the new study, the investigators looked at the levels of the lipids in blood samples from 14 participants, without knowing which of the women had migraines. They found that they were able to correctly identify, based on the blood test, the women with migraines and those who did not have any headaches.

"This study is a very important contribution to our understanding of the underpinnings of migraine, and may have wide-ranging effects in diagnosing and treating migraine if the results are replicated in further studies," Dr. Karl Ekbom, of the Karolinska Institute in Sweden, who was not involved in the new research, wrote in an editorial accompanying the study, published today (Sept. 9) in the journal *Neurology*.

However, the study had some limitations: All of the participants were women, and it did not include people with chronic migraines, who have headaches 15 or more days per month, Ekbom noted.

Previous research has linked migraines to lipid metabolism problems, such as hypercholesterolemia, a condition in which people have very high levels of cholesterol in the blood, the authors of the new study said.

Source : <https://sg.news.yahoo.com/>





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



What's coming up?

Linggo, 9 Disyembre

Happy Birthday!!! - PP Jay Dee

Huwebes, 10 Enero 2019

Happy Birthday!! PP Leni Burke

Lunes, 14 Enero 2019

Happy Birthday!! Rtn Mayor Dan Fernandez

Martes, 12 Pebrero 2019

Happy Birthday!! - PP Pen Cuya

Miyerkules, 20 Marso 2019

Happy Birthday!! PP Mary Ann Gonzales

Happy Birthday!!! - Rtn Jen Dee

Sabado, 30 Marso 2019

Happy Birthday!! PP Liza Pineda

Martes, 2 Abril 2019

Happy Birthday!! - Rtn Shiela Santillan

Sabado, 13 Abril 2019

Happy Birthday!! - Rtn Gloria Bedienes

Miyerkules, 17 Abril 2019

Happy Birthday!! PP Che Lu

Miyerkules, 1 Mayo 2019

Happy Birthday!!! Rtn Michelle Baldemor

Lunes, 6 Mayo 2019

Happy Birthday!! PP Maya Padiernos

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
December 7, 2018**

Call to Order	IP Michelle Baldemor
Invocation	PP Carol Salvahan
National Anthem	Rtn Gloria Bedienes
Four-Way Test	Rtn Sheila Santillan
Object of Rotary	Rtn Joseph Alcala
Acknowledgment	PP Evs Laranga
Secretary's Report	PP Maan Gonzales
Treasurer's Report	PP Jacqui Victoria
Committee Reports	Committee Chairpersons
President's Time	IP Michelle Baldemor
Adjournment	IP Michelle Baldemor
Centro Hymn	

**Chairman of the Night :
PE Cecile Gabatan**

Roster of Members

	Name	RotaryID	Classification	Birthdate
1	Joseph Rey Alcala	10080295	Events Management	Jun 7
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	Belinda Barroga		Retail	Jun 3
6	Gloria Bedienes	8612318	Trading	Apr 13
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	Heylie Lu		Pest Control Services	Mar 31
18	Cheryl Lu	5333496	Pest Control Services	Apr 17
19	Teodora Lucero	8045358	Midwife	Sep 18
20	Elenita Ma	6261683	Dentist	Jan 10
21	Jhanrik Pabalan		Web Developer	Jan 8
22	May Grace Padiernos	5984127	Furniture Retail	May 06
23	Joel Liza Pineda	7019336	Human Resource Provider	Mar 30
24	Hazel Ramos	6165816	Money Lending	Jul 01
25	Enrico Robles	10226768	Banker	Nov 20
26	Aurelyn Salandanan	8773229	Obstetrics-Gynecologist	
27	Carolina Salvahan	5333457	Window Fashion Contractor	Jul 04
28	Shiela Santillan	8574457	Restaurateur	Apr 02
29	Francis Sunga		Fashion Designer	Oct 15
30	Jacqueline Victoria	6556182	Watch Services	Nov 07



Attendance Report

Attendance

Period : Nov 9 to Nov
22, 2018

Total Membership	30
Members Present	22
Meetings Made-up	0
Leave	2
Senior	3
Total Attendance	27
Attendance Percentage	90%



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

February 2019

Area of Focus: Peace and Conflict Prevention/
Resolution

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: rcstarosacentro@outlook.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.*