

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

#### **Club Committees**

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

# The CENTRO

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

> PROGRAM January 18, 2019

Call to Order

Invocation

National Anthem

Four-Way Test

Object of Rotary

Acknowledgment

Secretary's Report

Treasurer's Report

Committee Reports

President's Time

Adjournment

Centro Hymn

**IP Michelle Baldemor** 

PP Carol Salvahan

**Rtn Gloria Bedienes** 

Rtn Bel Barroga

**Rtn Enrico Robles** 

PP Evs Laranga

**PP Maan Gonzales** 

PP Jacqui Victoria

Committee Chairpersons

**IP Michelle Baldemor** 

**IP Michelle Baldemor** 

Chairman of the Night Rtn Sheila Santillan

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



The CENTRO

We are thankful for this day that you have given us, for its blessings, its opportunities, its challenges. May we appreciate and use each day that comes to us. We pray for strength and guidance for each day as it comes, for each day's duties, for each day's problems. May we be challenged to give our best always, and may we be assured of your presence with us. Amen



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.

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The CENTRO

#### Volume 18 Issue 15 January 18, 2019



#### JJ●\*Sweet RotaryJJ● (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

My term as President is truly memorable and I will treasure the memories forever. This week, Centro had the chance to be part of the show Mission Possible, a public service program of ABS-CBN which helps the needy.

We joined the shoot for the show and I was featured giving our the gifts. I was thrilled to be seen in national TV and was also thrilled to be part of a shoot. But more than everything else, what thrills me more is that Centro was able to help CJ, the kid who walks from his home to school which is located kilometers away. We were able to give CJ, his sibling and his Lola a few of the things that they need and this is what matters.

Yours in rotary service,

McBuldemor

Michelle Baldemor Inspiring President RY 2018-2019



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## ROTARY INTERNATIONAL News & Updates

### Pr<mark>esidential Message</mark> February 2019

## Barry Rassin President 2018-19

In my travels over the past year, I've visited many strong, vibrant clubs and districts that are transforming their communities. When I attend their meetings, I can feel the energy. When I meet their

members, I can see they are people of action. And when I look at their communities, I can recognize the impact of their work.

I've also visited communities with Rotary clubs that were hardly more than social clubs. It shouldn't ever be that way. Fortunately, there's a simple approach that I believe can help revitalize any club.

I'd like to challenge every Rotary club to come up with at least one high-impact service project. Each club already has the potential, the resources, to make it happen. It has the power to change people's lives — completely.

It doesn't take millions of dollars. One of the most transformational projects I've been a part of involved providing a Jeep to a group of midwives in Haiti. We had asked the midwives what we could do for them, and they told us they needed a way to reach expectant mothers in a remote part of the country. We supplied a Jeep, painted it pink, and put the Rotary logo on it. Three years later, we went back to see how they were doing. They were excited by the outcomes: They told us that the mortality rate for mothers and infants in that region had dropped by 50 percent.

That's what I call transformational service.

But Jeeps don't last forever, and after eight years on the road, that vehicle was on its last legs. So we bought a pink Land Cruiser. It's still on the road, allowing the midwives to provide prenatal care to women in that remote region. What makes a project transformational? It doesn't have to involve a lot of money, but it has to reach people and have a major impact in the community. That is the key, and that is where careful planning and thorough research come in. So do your research. Leverage your resources. Seek partnerships that can increase your impact. And then take action.

Of course, service is only part of what a strong club must offer. It must also have good speakers, provide leadership development, involve Rotaract and Interact, and bring value to its members and reasons to participate in Rotary events.

If your club is transformational and well-organized, everything else will follow. Members will be engaged, and new members will be eager to join you. Fundraising will be easier: People love to give when they see how their money is making a difference and when they know the organization is accountable. Your club will be vibrant, relevant, and alive — and it will be the Inspiration to those within its ranks as well as to the community it serves. Source : www.rotary.org The CENTRO

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ROTARY INTERNATIONAL News & Updates

## After the storm

A year after Hurricane Maria tore through Puerto Rico, local Rotary members continue to rebuild homes and lives.

Eladio Montalvo faced a stark choice: risk drowning in his one-story home or climb through a window into the house next door. It was under construction but had a second floor where he could escape the rising floodwaters. He boosted his dog through and scrambled in after him. The two huddled inside an upstairs bathroom for 22 hours while Hurricane Maria raged over Puerto Rico. With 155 mph winds and torrential rains, Maria was the strongest hurricane to hit the island in more than 80 years.

After the storm, Montalvo went out to see what was left of the home he had lived in since 1958. The walls were standing, but the water inside had risen chest-high. Everything was destroyed. Without any family nearby, he had nowhere to go. He moved into his car.

"But after the storm came the calm," he says. "Good people came."



*Rivera greets Eladio Montalvo, who was forced to live in his car before the Mayagüez club helped him rebuild his home.* 





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## ROTARY INTERNATIONAL News & Updates

"We didn't have power back until the end of October," says Christa von Hillebrandt-Andrade, president of the Mayagüez club. "We could use one bucket of water per day. My teenage daughter learned that water is the No. 1 thing you need. She could live without electricity and even without her cellphone, but not without water."

Mayagüez is home to 75,000 people and to the island's secondoldest Rotary club after San Juan. In the past, the club carried out smaller projects, but the massive devastation caused by Maria motivated members to do more to help their neighbors, especially the very poor.

"I've been a Rotarian for 40 years, and I've never seen so much help come from other Rotary clubs," Carlo says. After Hurricane Maria, clubs across the United States wired the Rotary Club of Mayagüez about \$50,000 directly; more than half of that money came from the Rotary Club of La Jolla Golden Triangle in California and a group of clubs in New York. As club treasurer, Rivera keeps track of every receipt and sends updates back to the donor clubs. A year after Maria, the club had helped 22 families repair their homes, mostly replacing roofs that were blown off by the hurricane.

And for Montalvo's part, he has remained optimistic in spite of all he went through. "Hurricane Maria gave me more than she took," he says.



Antonio Morales spreads a message of hope and resilience to at-risk youth through theater. His project, Teatro Por Amor, is now supported by a Rotary global grant. "I like coming here because it's an escape from my life," says 16-year-old Annie, above left. Student Kelvin Tirado, right, sits next to actress Anoushka Medina, who runs the Santurce Teatro Por Amor group.



## ROTARY INTERNATIONAL News & Updates

## **Rebuilding spirits: Addressing mental health**

When Ken McGrath became president of the Rotary Club of San Juan in July 2017, he thought his most arduous task would be planning the celebration of the club's centennial in 2018. Three months after he took office, Hurricane Maria hit.

"While Maria was a major disaster," McGrath says, "it had the beneficial effect of invigorating our club to show those in need the real meaning of Rotary."

By the time he was able to get an internet connection and check his email, McGrath had received 200 messages from clubs around the world offering to help. Rotarians in Puerto Rico started distributing food and water every Saturday. Working with other clubs, they coordinated the distribution of 300,000 pouches of baby food. They even put dog food out for animals that had been left behind.

Once the immediate needs were under control, they started to think about long-term relief.

"So much of the damage isn't only to the infrastructure; it's to the spirit," says John Richardson, a member of the San Juan club and a past district governor. To address mental health after the hurricane, fellow member Bob Bolte suggested the club do something unconventional: apply for a grant to support youth theater.

Bolte had met Antonio Morales in 1995 when the San Juan club installed a library in the housing project where Morales grew up. He was impressed to see that Morales, who was just 14 at the time, was running a theater group for other kids living in his tough neighborhood. "Theater saved my life," says Morales, now a 37-year-old actor and director. "My father was a drug lord. My mother was a victim of domestic violence."



San Juan club members distribute mattresses in Villa Santo.

Source : www.rotary.org

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**Centro In-Focus** 

## MISSION POSSIBLE January 10, 2018, Sta Rosa City Multi-Purpose Hall



The program "MISSION POSSIBLE" hosted by Julius Babao requested sponsorship for Calvin, from Sta. Rosa. The Club accepted the invitation and donated school supplies, shoes and bags for Calvin and his sibling and a few groceries for the lola. Below is his story:

INGAY NG DUMARAANG TREN TUWING ALAS SAIS NG UMAGA ANG ARAW ARAW NA TAGA-GISING NG 11 YEARS OLD AT GRADE SIX STUDENT NA SI CALVIN JAY O C.J. TAMPOS. NAKATIRIK KASE SA TAPAT NG RILES SA MAY STA. ROSA LAGUNA ANG MALIIT NA DAM-PANG TIRAHAN NILA NG KANYANG LOLA NA SI LOLA LOURDES. NAK-ASANAYAN NA NI CJ NA BAGO PUMASOK SA ESKWELA AY KAILANGAN MUNA NIYANG PAGPAWISAN ANG GAGASTUSING PAM-BAON AT PAMASAHE PARA MAKAPAPASOK SA ESKWELA, BUKOD KASE SA SOBRANG LAYO NG PINAPASUKAN NIYANG PAARALAN, HIN-DI SAPAT ANG PINAPADALANG PERA SA KANILA NG KANYANG NA-NAY NA ISANG KASAMBAHAY AT ISA RING SINGLE MOTHER. KAYA KAHIT HALOS WALA PANG LAMAN ANG SIKMURA, NAMAMASADA NA SI C.J. NG NIRERENTAHAN NIYANG TROLLEY PARA HINDI MAKAABSENT SA KANYANG KLASE. BUKOD SA ISANG CONSISTENT HONOR STUDENT SI C.J., PAREHAS NILANG PANGARAP NG KANYANG ATE NA SI SOLEI NA ISA NAMANG VARSITY STUDENT NG SEPAK TAKRAW ANG MAKATAPOS BALANG ARAW NG KANILANG PAG-AARAL PARA MAKAAHON SA MATINDING HIRAP NG BUHAY.

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**Centro In-Focus** 

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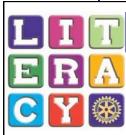
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Centronians with Mr. Julius Babao, CJ (11 years old), his sibling Solei (15 yrs old), his parents and Lola Lourdes (65 year old).



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## **ROTARY CORNER**

## **Friendship Trees**

Rotarians have planted trees in the name of fellowship, friendship, and community service since the early 20th century. These trees, which can be found worldwide, have grown into enduring monuments of Rotary's ideals.

As president emeritus, Paul Harris traveled extensively during the 1920s and 1930s, often accompanied by his wife Jean. During these trips, the nature-loving Harris planted trees to symbolize goodwill and friendship.

In the Autumn of 1932 Harris embarked on a five-week tour of European Rotary clubs and planted trees along the way and recorded in his diary -

"Wednesday forenoon I planted my first tree of friendship in European soil. It seemed to me especially appropriate that it took place in Germany—in its metropolis— Berlin. The planting occurred in a sports platz formerly devoted to war purposes, and a large number including Rotarians, city officials, and others were in attendance."

Harris also planted trees in Tallinn, Estonia, and Göteborg, Sweden, during this trip.



Source : http://portal.clubrunner.ca/8104/Stories/historic-rotary-momentsfriendship-trees

## **ROTARY CORNER**

Planting trees soon became a hallmark of his travels, including in Australia, Brazil, Estonia, Japan, Mexico, and New Zealand. In My Road to Rotary Harris recalled:

"With the cooperation of Rotarians and local governments, I have planted friendship trees in the parks and playgrounds on five continents of the world and even on some of the major islands of the seas. Our trees stood as symbols of international understanding and good-will."

Other RI presidents also observed the tradition. In 1931-32, then-RI president Sydney W. Pascall planted trees at the sites of Rotary clubs he visited, reportedly at Paul Harris's suggestion.

Not all of the trees were planted outside the United States. The Harrises often entertained visiting Rotarians and dignitaries in their home, Comely Bank, and planted trees with their guests to mark the occasion. They called the garden their Friendship Garden.

Today, Rotarians continue to plant trees to symbolize enduring friendships and fellowship, to beautify parks and com-



munities, and to contribute to a greener world.

In 1932 Paul Harris planted his first European Friendship Tree (Maple) on the Tempelhofer Feld in Berlin, which has been and still is an airport.

# The CENTRO

BE THE INSPIRATION

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Upperbox: PHP 40r hox: PHP 500

VIP. PHP 550

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## **ROTARY INTERNATIONAL** District 3820 News

## JOIN our 114 ROTARY

## ANNIVERSARY CELEBRATION!! District 3820

"WE are People of Action, Together We Inspire, Together We Connect, Together WE Transform, Together WE End Polio!"

Date: FEBRUARY 23, 2019 (DAY & NIGHT CELEBRATIONS) Venue: CITY OF SANTA ROSA MULTIPUR-POSE COMPLEX

**INSPIRING ACTIVITIES:** 

MORNING Time: 4:00AM to 7:30AM \*114th ANNIVERSARY FUNRUN.(Greenfield City Santa Rosa)

Registration: 3KM-Php500.00 5KM-Php500.00 10KM-Php650.00 Includes: Funrun Shirt & Race Bib, Certificate & Cash Prices OPEN: Invites for Rotarians, Rotaracts & Non Rotarians, Family, Friends, Public Citizens

MORNING TO NIGHT Time: 10AM to 12MN (Santa Rosa MultiPurpose Complex)

**\*ROTARY PUBLIC IMAGE \*SILENT AUCTIONS** \*VARIETY SHOW/BALLROOM \*DINNER CONCERT

Registration/Tickets: PHP950.00 with Table Dinner **OPEN:** Invites for Rotarian Friends

**INSPIRING DEAL:** Register Ticket 10+1 Free (Ends till January 31, 2019) HURRY!! Buy your tickets now!!

Invites..

Rotary

FEBRUARY 23, 2019

rt- 8-00 PM

anta Rosa Multi-Purpose Comp eoistration: 10:00 AM

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# The CENTRO

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## For your Information

# Did you know facts?

- .Did you know 11% of people are left handed
- Did you know August has the highest percentage of births
- Did you know unless food is mixed with saliva you can't taste it
- Did you know the average person falls asleep in 7 minutes
- Did you know a bear has 42 teeth
- Did you know an ostrich's eye is bigger than its brain
- Did you know lemons contain more sugar than strawberries
- Did you know 8% of people have an extra rib
- Did you know 85% of plant life is found in the ocean
- Did you know Ralph Lauren's original name was Ralph Lifshitz
- Did you know rabbits like licorice
- Did you know the Hawaiian alphabet has 13 letters
- Did you know 'Topolino' is the name for Mickey Mouse Italy
- Did you know a lobster's blood is colorless but when exposed to oxygen it turns blue
- Did you know armadillos have 4 babies at a time and are all the same sex
- Did you know reindeer like bananas
- Did you knowt he longest recorded flight of a chicken was 13 seconds
- Did you know birds need gravity to swallow
- Did you know the most commonly used letter in the alphabet is E
- Did you know the 3 most common languages in the world are Mandarin Chinese, Spanish and English

Source : https://www.did-you-knows.com/





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## 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

## The CENTRO

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## Reflections

"At our fireside, scores of friends from all corners of the

globe have delighted us by their presence. They have come as the result of my planting a sapling in 1905. The first Rotary Club was that sapling. It has grown into a mighty tree in whose shade it is delightful to dwell."

Paul P. Harris. My Road to Rotary, chapter 42,1947



"The best antidote for international fear is international understanding; the best way to cultivate international understanding is through business and social intercourse." — Message to 1928 Pacific Rotary Conference, Tokyo, Japan

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## What's coming up?

Thursday, January 10

Happy Birthday!! PP Leni Burke

Monday, January 14

Happy Birthday!! Rtn Mayor Dan Fernandez

Tuesday, February 12

Happy Birthday!! - PP Pen Cuya

Wednesday, March 20

Happy Birthday!! PP Mary Ann Gonzales

Happy Birthday!!! - Rtn Jen Dee

Saturday, March 30

Happy Birthday!! PP Liza Pineda

Tuesday, April 2

Happy Birthday!! - Rtn Shiela Santillan

Saturday, April 13

Happy Birthday!! - Rtn Gloria Bedienes

Wednesday, April 17

Happy Birthday!! PP Che Lu

Wednesday, May 1

Happy Birthday!!! Rtn Michelle Baldemor

Monday, May 6

Happy Birthday!! PP Maya Padiernos

Wednesday, May 15

Happy Birthday!! PDG Chit Lijauco

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# ary 18, 2019

## 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 February 1, 2019

Call to Order

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President's Time

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Centro Hymn

IP Michelle Baldemor

PP Che Lu

**Rtn Gloria Bedienes** 

Rtn Sheila Santillan

Rtn Joseph Alcala

PP Evs Laranga

PP Maan Gonzales

PP Jacqui Victoria

Committee Chairpersons

IP Michelle Baldemor

IP Michelle Baldemor

Chairman of the Night : PP Maya Padiernos Page

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#### Volume 18 Issue 15 January 18, 2019

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	

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January 18, 2019					
Attendance Report					
55 50 5 10 45 00 25 00 25 10 45 00 25 10 35 30 25		Rotary Club of Sta. Rosa Centro RID 3820 Club ID No. 55177 Make Up Card			
Attendance		We had the pleasure of having you as our guest/visiting Rotarian			
Period : Jan 4, 2019 to					
Jan 17, 2019		Name			
Total Membership	30				
Members Present	22	Rotary Club			
Meetings Made-up	0	During our club meeting today			
Leave	3				
Senior	3	Date			
Total Attendance	28				
Attendance Percenta	ge 93%	Secretary Mary Ann Gonzales			
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/ 2019 Resolution				
March 2019	Area of Focus: Water and Sanitation				
April 2019					
May 2019	Youth Services Month				
June 2019	Rotary Fellowships Month				



## 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.

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: <u>rcstarosacentro@outlook.com</u>. 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.