

The CENTRO

Official Weekly Bulletin



Second Place, ROTARIAN PHOTO CONTEST 2018
Photographer : Santosh Kale , Rotary Club of Shirol, India

Rotary



Club of Sta. Rosa Centro

The Rotary Club of Sta. Rosa Centro meets at :

El Cielito Hotel, Sta. Rosa-Tagaytay Road, Sta. Rosa, Laguna every 1st & 3rd Friday of the month at 7:00pm.

Club website: www.rcstarosacentro.org

Club e-mail : rcstarosacentro@outlook.com

Officers & Directors, Rotary Year 2019-2020

Officers

CP Ma. Cecilia "Cecile" Gabatan	President
PE Enrico "Rico" Robles	President Elect
PP Mary Ann "Maan" Gonzales	Vice President
PP Priscila "Precy" dela Cruz	Secretary
PP Carolina "Carol" Salvahan	Treasurer
PP Hazel "Hazel" Ramos	Auditor
PP Cheryl "Che" Lu	Sgt at Arms
PP Joel Liza "Liza" Pineda	Executive Secretary

Club Committees

PE Enrico "Rico" Robles	Club Administration
IPP Michelle "Michelle" Baldemor	Membership

COMMUNITY SERVICE

PP Geralyn "Jay" Dee	Economic & Community
PP Evelyn "Evs" Laranga	Peace & Conflict
PP Maya Padiernos	Water and Sanitation
Rtn Belinda Barroga	Basic Educ & Literacy
Rtn Gloria Bedienes	Disease Prev & Treatment
PP Teodora "Doray" Lucero	Maternal & Child Health
Rtn Sheila Sarmiento	Environmental Concerns
Rtn Joseph Ray "JayR" Alcala	Vocational
Rtn Heylie Lu	Youth
PP Elenita "Leny" Burke	International
PP Jacqueline "Jacqui" Victoria	The Rotary Foundation
PP Cong. Arlene Arcillas	Public Image
Rtn Mayor Dan Fernandez	
Rtn Star Piccio	
PDG Consuelo "Chit" Lijauco	Club Trainer



Inside this Issue

	Page #
Program	4
Invocation	5
Object of Rotary	5
The Four Way Test	6
Centro Hymn	6
President's Message	7
Editorial	8
RI News & Updates	9
Rotary Corner	10-11
Centro-in-Focus	12-15
RI District 3820 News & Updates	16
Reflections	17
For your information	18
Secretary's Report	19
Treasurer's Report	19
What's coming up	20
Next week's order of Business	21
Roster of Members	22
Attendance	23
Special Observances	23
Mission & Vision	24

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

**PROGRAM
November 22, 2019**

Call to Order	ChP Cecile Gabatan
Invocation	Rtn Danilo Bendong
National Anthem	Rtn RJ Janolino
Four-way Test	Rtn JayR Alcala
Object of Rotary	PE Bel Barroga
Acknowledgment	PP Hazel Ramos
Secretary's Report	PP Precy dela Cruz
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairpersons
President's Time	ChP Cecile Gabatan
Adjournment	ChP Cecile Gabatan
Centro Hymn	

**Chairman 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

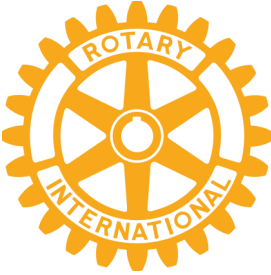
Heavenly Father, we thank you for your many blessings. We thank you for the privilege of belonging to this organization of Rotary, for the fellowship and support from our friends here this evening, for the opportunity to share ideas, but mostly for the opportunity to serve. Amen

OBJECT OF ROTARY



As a Rotarian, I will

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians
- 5) Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harass-



The Four Way Test

Of the things we think, say and do

1. Is it the **TRUTH** ?
2. Is it **FAIR** to all concerned ?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS** ?
4. Will it be **BENEFICIAL** to all concerned ?

♪♪ *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,

Two sponsored clubs joined us on our meeting last time. You get a nice feeling when you know that these clubs are there because Centronians have assisted them to become a group. And better yet, they come to the meeting to coordinate with the mother club making the bond between mother & child more cohesive.

Thank you to PP Precy for forming the satellite club. Though they may be official yet (as they are missing a few more members), we know that in due time they will be registered and that they will be there to hold their own service projects.

I need to say thank you also to our Youth Director Rtn Heylie Lu for the coordination on RYLA, to PP Liza for joining them in the activity, for PE Bel for making the arrangements for the storytelling activity and to all Centronians who joined the projects.

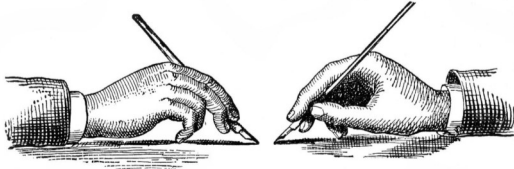
Yours in Rotary,

A handwritten signature in cursive script that reads "Cecile Gabatan".

Cecile Gabatan
Champion President
RY 2019-2020

"If you are going to be a champion, you must be willing to pay a greater price." Bud Wilkinson

Editorial



Loving Being Alone

There are people who just like being alone and they're even loving it. True loners are people who embrace their alone time. They just feel relaxed when they have their own schedules and activities, without the need to compromise and consult with others on how to proceed with the plan.

“There is a great difference between being alone and being lonely. A loner will always prefer being alone but they will never feel lonely. Loners are very self aware, and perhaps this is the main reason they prefer to be alone. Being friends with a loner is something not many have the opportunity to experience.” www.curiousmind.com

Yes, loners do have friends. But it will be quite a while before loners warm up to friends. I am a confessed loner, and i could say that I have gained only a handful of friends in my lifetime. But that does not make me sad, not at all.

While being a loner may have a bad connotation, it is not really a bad thing. I still have social interactions but it is very rare and far between.

Avoiding large groups does not also mean you will be unsuccessful in life. In fact, in a study made, the best employees and the most successful people are strong and independent.

So when people wants to be alone, let us respect their space. They may be nerds and strange in your eyes but that is how they have been made so.et it be.



ROTARY INTERNATIONAL News & Updates



Our promises to the world

By Paddy Rooney, governor of District 7390
(Pennsylvania, USA)

Just recently we celebrated the 50th anniversary of the moon landing, the first time any human had stood on another world. But as remarkable as that event was what I remember most from that whole period was the earlier flights from the Kennedy Space Center and, above all, that remarkable photograph of Earth taken from the module which was the first time any of us had seen our planet as a whole from a distance. There it was, splendid in its suspension in the midst of the black space which surrounded it, a remarkable view of our world which took your breath away for its beauty and its wonder.

Our Rotary Vision Statement says we see “a world” and that, in itself is true, for “a world” is different from “the world” for who can say whether, in this vast expanse of universe, there are other worlds apart from ours. But what we do know is that, moon landings aside, this is the only world we have for now, the only world on which we live and the only world which we will ever call Earth.

Which means that this world is not only our home but it is also our responsibility. And we Rotarians take this responsibility seriously. When we see our world we see its beauty and its astounding, almost breathtaking, uniqueness.

But we also see that which mars that beauty – the poverty, the hunger, the daily difficulty of living, the wars and conflicts and the disasters, both human and natural, which cause so much suffering. And having seen these things in our world we respond in ways that only Rotarians can. This is not always easy but we have not been deterred in the past and we will not be put off by the future.

Sometimes the problems and the issues in our world seem to be getting larger and more out of our control. But our commitment to our world is such that we will not lose heart but will continue until we have achieved our goals.

Our promises

For we have made this world of ours some promises. We have promised that we will defeat this insidious disease called polio. We have promised to help communities throughout our world to have clean water or sanitation or economic development to help them in the future. We have promised to help resolve the many conflicts which plague our world and to bring reconciliation.

We have promised to bring hope for the children of our world and for their future. This world is our world and together we see this world and promise that when we are done, this world of ours will be left in just a little bit better shape than when we came into it.



ROTARY CORNER

90 years of The Rotarian's photo contest

Like the technology we use to take photographs, The Rotarian magazine's photo contest has evolved over the past 90 years. Our first contest, in 1928, asked readers for their vacation photos. In 1941, a new category was added for color photography. Some years our contest had a single theme, such as "Rotary in Action" (1974) and "Service Above Self" (2006); other years, it featured categories, such as "This Is Rotary" and "This Is My Country" (1961). Photographers no longer send us their submissions through the mail as prints or slides; instead they upload their digital images – often, photos they've taken using cellphone cameras and selfie sticks.

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Through it all, Rotarians have turned their cameras on the world to tell Rotary's many stories. We've seen breathtaking landscapes, expressive images of people, and inspiring shots of Rotary projects. As Pulitzer Prize-winning photojournalist and 2014 contest judge David Hume Kennerly put it, "There's no more potent weapon on earth than a concerned eye behind a camera."

ROTARY CORNER

Tips from experts

“What are you drawn to? If you’re interested in sunsets or bridges or animals or cityscapes – these things are heavily covered. Clichés can be OK. Just do something with it. Whether it’s through light, framing, or composition, you want to make your picture special.” -- Kathy Ryan, Director of photography for the New York Times Magazine and our 2015 photo contest judge.



“Try to capture a feeling of movement. This is not always easy because photography assumes a moment of repose, even though the subjects are in movement. It helps if the picture appears to be taken by surprise, not posed.” -- Adolfo Casablanca, editor of Vida Rotario, 1973

“I always look for the unusual angle, the imaginative composition, the color, and the contrast. Cropping a large scene to reduce it to its essential ingredients is a final step.” -- Don Brennan,



Centro FOCUS

Storytelling at Sta Rosa Public Library November 9, 2019



Storytelling for the month of November .

Our audience for this day—Malitlit ES, Don Jose ES, Sto Domingo ES, and Dita ES.

PP Jacqui also celebrated her birthday together with the students and storytellers from Cannossa School.



Centro FOCUS

**Regular Meeting, Nov 8, 2019, El Cielito Hotel
Together with Rotaract Club of Sta. Rosa Centro and proposed
members of the Satellite Club**



Rotaract



At the regular meeting on November 8, 2019, the Rotaract Club of Sta. Rosa Centro presented their upcoming plans & programs.

Centro FOCUS

**RYLA for AREA 1
November 9, 2019**



The club sponsored 10 Interactors from the Science & Technology High School Interact Club to participate in RYLA hosted by RC San Pedro Magic. Here they are joined by their adviser Ms. Inna Villanueva, PP Liza Pineda and District Youth Director Mon Brazas. The kids had so much fun and were enthusiastic to start working on their projects.



CENTRO in Focus

PRE-PETS
November 17, 2019



The Presidents for Rotary Year 2020-2021. Congratulations on your Pre-PETS!



Incoming President Bel Barroga, Incoming Secretary Mary Ann Gonzales and Incoming AG Evs Laranga



PE Bel with DGE Rey Atienza and PDG Paeng Tantuco.

Rotary
District 3820



**RI District 3820
News & Updates**

**Youth Exchange Program Orientation, Interview and Selection
November 9, 2019 , Uncle Cheffy, Lipa**



The Rotary Youth Exchange Program began 30 years ago with the objectives of encouraging world peace and understanding through youth and developing cultural education for young people. High school students are hosted in several local homes and learn about local customs through total immersion as a family member.

Outbound Exchange Student Interview District Level was conducted last November 9, 2019.

Students are selected based upon emotional maturity, high academic achievement and social skills. Rotary host clubs and local families provide room, board, a small financial stipend and logistics for high school attendance.



Reflections

“The motive power of Rotary is friendship. This is true today; the same statement could have been made in equal truth yesterday and let us hope that it may be truthfully made throughout all time. “

Twelfth International
Convention at Edinburgh,
June 13 , 2921, Paul P.
Harris



*“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

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.

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.

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



Secretary's Report

Minutes of the Meeting November 8, 2019 , El Cielito Hotel

1. Attendance:

Chp Cecile	PP Precy	RAC Ryan	Baby Rtn Meng
PP Meann	PE Bel	RAC Anthony	Baby Rtn PJ
IPP Michelle		Baby Rtn Franz	Baby Rtn Cha
PP Liza			

2. Chp Cecile discussed the following :

- TRF payments are already posted in individual accounts and members must pay their share with PP Carol;
- Inductions this weekend are RC Downtown Batangas City and RC Lipa. Those who want to join, please coordinate with PP Cecile .
- Everyone is enjoined to come to the Storytelling Project at the Public Library on November 9, 2019. In-charge for crafts is PE Bel.
- Christmas gift giving will be on December for Tagapo School on Wheels. 50 gifts will be sponsored by PN Shiela while Satellite club will sponsor hygiene kits.

3. Members of the satellite club were introduced to the regular members.

4. Rotaract Club of Sta. Rosa Centro presented their projects.

- T-shirt printing as their fund-raising project
- Tickets for end-polio— requested assistance from club members
- Requested assistance in looking for venue for Palarotaract. PP Precy said she will check LBA clubhouse area.

Minutes taken by ChP Cecile



Treasurer's Report

Expenses drawn from President's Fund as of end of October 2019

21-Jun RAC DTAC in Naga	(2,500.00)	BPI chk(7500=5000cf+2500pf)
15-Jun Rotary Markers(Aplaya/Caigin)	(6,250.00)	Cecile AUB chk 7/5/19
3-Jul Toilet proj at Bgy Caingin (turnover snacks)	(1,140.00)	Cecile AUB chk 7/5/19
26-Jun Norwegian Cadetship -tarp	(2,400.00)	Cecile AUB chk 7/5/19
Toilet proj at Bgy Caingin (turnover snacks)	(1,140.00)	Cecile AUB chk 7/5/19
Toilet proj at Bgy Caingin- 4 Rotary markers	(5,000.00)	
Wash basin at Brg Aplaya- Rotary Marker	(1,250.00)	
26-Jul Isuzu bloodletting project	(2,969.00)	Cecile BPI 9/23/19
District tree planting- Sinoloan	(1,600.00)	
Storytelling/Nonia honorarium	(1,500.00)	Cecile BPI 9/23/19
7-Sep Norwegian Cadetship exam-food/supplies	(1,520.97)	Cecile BPI 9/23/19
13-Sep Mural proj plaques	(2,600.00)	Cecile BPI 9/23/19
14-Sep Red Cross Donation (Gov Dindo)	(2,000.00)	Cecile BPI 9/23/19
23-Aug Membership talk-El Cielito banquet	(3,900.00)	BPI chk 6186
Membership talk-token (neckties)	(1,900.00)	c/o Carol fr club dues
11-Oct Norwegian Tarp- exam day	(2,400.00)	
Norwegian exam venue janitors fee	(1,500.00)	
RC Wodonga Fellowship(Bvue)	(1,815.00)	Cecile reimb-
Gov's visit report supplies	(640.00)	AUB chk 10/13/19
Mural proj-painter's fee (logo)	(6,000.00)	total=23,205.00
End Poio Contri advanced	(10,850.00)	
End Polio flyers at motorcade	(1,120.00)	c/o Liza
	(61,994.97)	



What's coming up?

Friday, November 22

My Fair Centro

Saturday, November 23

My Fair Centro

District TRF Recognition & Christmas Party

Sunday, November 24

My Fair Centro

Tuesday, November 26

7:00pm Satellite Club Meeting

Friday, November 29

11:00am Zone Institute Manila

Saturday, November 30

Zone Institute Manila

Sunday, December 1

» 12:00pm Zone Institute Manila

Tuesday, December 3

7:00pm Satellite Club Meeting

Friday, December 6

7:00pm Business Meeting

Saturday, December 7

2:00pm Merienda cena with Musikabataan kids

6:00pm Rc Nuvali fund raising event

Next Meeting : Order of Business

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

**P R O G R A M
December 6, 2019**

Call to Order	ChP Cecile Gabatan
Invocation	Rtn Larry Gonzales
National Anthem	Rtn JayR Alcala
Four-way Test	PE Bel Barroga
Object of Rotary	Rtn Heylie Lu
Acknowledgment	PP Hazel Ramos
Secretary's Report	PP Precy dela Cruz
Treasurer's Report	PP Carol Salvahan
Committee Reports	Committee Chairpersons
President's Time	ChP Cecile Gabatan
Adjournment	ChP Cecile Gabatan
Centro Hymn	

**Chairwoman of the Night :
PP Cheryl Lu**

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 Mayor	Jul 31
4	Michelle Baldemor	8879856	Retail	May 01
5	Belinda Barroga	10422881	Retail	Jun 3
6	Gloria Bedienes	8612318	Trading	Apr 13
7	Danilo Bendong	6526107	Businessman	Apr 27
8	Priscila De la Cruz	5333454	Leasing	Aug 24
9	Ma. Geralyn Dee	8574451	Interior Design	Dec 09
10	Zenaida Dictado	6416676	Pallet Manufacturing	Sep 14
11	Danilo Fernandez	9757207	City Representative	Jan 14
12	Ma. Cecilia Gabatan	8612321	Real Estate Broker	Oct 27
13	Larry Gonzales	10651089	Education—Maritime	Oct 30
14	Lauro Gonzales	10651090	Seafarer	Jan 11
15	Mary Ann Gonzales	5333525	Cooperative	Mar 20
16	Paula Maria Gregg	9641847	Education	Sep 12
17	Evelyn Laranga	8465660	Education	Jul 25
18	Consuelo Lijauco	5333445	Magazine Editing	May 15
19	Cheryl Lu	5333496	Pest Control Services	Apr 17
20	Heylie Lu	9202750	Nurse	Mar 31
21	Teodora Lucero	8045358	Midwife	Sep 18
22	Elenita Ma	6261683	Dentist	Jan 10
23	May Grace Padiernos	5984127	Furniture Retail	May 06
24	Bituin Piccio	10601407	Businesswoman	Jan 21
25	Joel Liza Pineda	7019336	Human Resource Provider	Mar 30
26	Hazel Ramos	6165816	Money Lending	Jul 01
27	Enrico Robles	10226768	Banker	Nov 20
28	Aurelyn Salandanan	8773229	Obstetrics-Gynecologist	Mar 18
29	Carolina Salvahan	5333457	Window Fashion Contractor	Jul 04
30	Shiela Santillan	8574457	Restaurateur	Apr 02
31	Jacqueline Victoria	6556182	Watch Services	Nov 07



Attendance Report

Attendance

**Period : Nov 8 to Nov
21, 2019**

Total Membership	31
Members Present	22
Meetings Made-up	3
Leave/Senior	7
Total Attendance	25
Attendance Percentage	80%



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 Priscila dela Cruz

Special Observances

July 2019

Start of Rotary Year 2019-2020

August 2019

Membership and New Club Development Month

September 2019

Basic Education and Literacy Month

October 2019

Economic and Community Development Month

November 2019

The Rotary Foundation Month

December 2019

Disease Prevention and Treatment Month

January 2020

Vocational Service Month

February 2020

Peace and Conflict Prevention/Resolution

March 2020

Area of Focus: Water and Sanitation

April 2020

Area of Focus: Maternal and Child Health

May 2020

Youth Services Month

June 2020

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.

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. 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.*