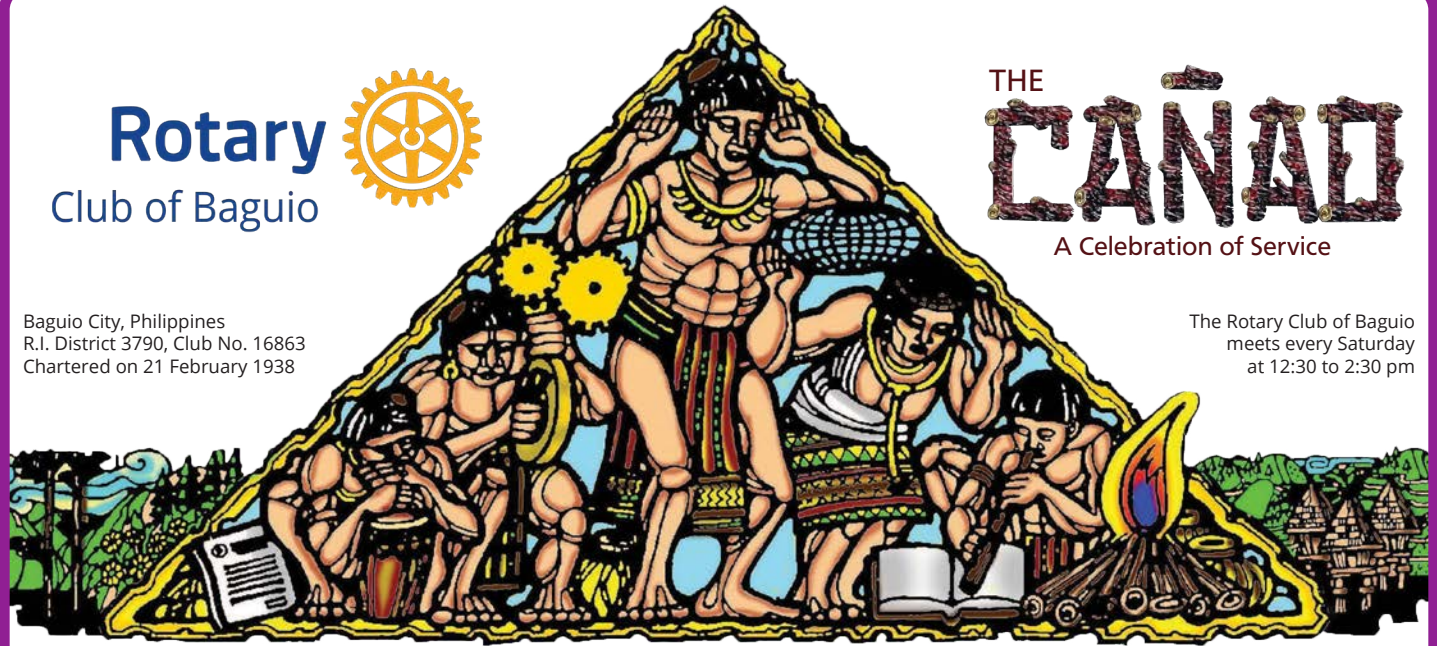




Baguio City, Philippines  
R.I. District 3790, Club No. 16863  
Chartered on 21 February 1938

The Rotary Club of Baguio  
meets every Saturday  
at 12:30 to 2:30 pm



**OFFICIAL CLUB BULLETIN**      **Volume LXXV Issue 11**      **17 September 2022**

**PROGRAMME**

**Regular Program**  
**17 September 2022**

- 12:00 PM Fellowship
- 12:30 Call to Order ..... VP Joe Ursua
- Invocation ..... PP Diony Claridad
- Pambansang Awit
- Rotary Hymn
- 4 Way Test
- 1:20 Introduction of Visiting Rotarians & Guests  
    ... PP Bert Talco
- Entertainment ..... PP Mia Cawed
- Raffle ..... VP Joe Ursua
- 1:40 Member's Time
- 1:50 President's Time
- 1:55 Introduction of Guest of Honor & Speaker  
    ... PP Mia Cawed
- GHS - Dr. Lorena Santos
- Topic: "Understanding Cervical Cancer"
- Open Forum
- Response ..... PP Diony Claridad
- 2:25 RCB Hymn
- 2:30 Pilipinas Kong Mahal
- Adjournment ..... VP Joe Ursua

**CONTENTS AT A GLANCE**

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- Club Speaker's Profile ..... 4



**Maria Lorena L. Santos**  
MD, FPOGS, FPIDSOG  
Medical Specialist IV, Dept of Obstetrics & Gynecology

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**PP Gigi Maranan**  
Program Coordinator

**PP Gigi Maranan**  
Retrospector

# PRESIDENT'S MESSAGE

## ROTARY INTERNATIONAL

**Jennifer Jones**  
Rotary International President



**Pres. Ali Morales**

**President**  
Rotary Club of Baguio

## DISTRICT GOVERNOR

**Ana Maria "Ann" Lorenzana**  
District Governor

**Gov. Digna Ragasa**  
Vice Governor

**Dan Torres**  
Assistant Governor

## RCB BOARD

**Pres. Ali Morales**  
President

**PP / Sec. Baby Kaur**  
Secretary

**PP Marilyn Barredo**  
Treasurer

**PE Cora Ocampo**  
President Elect

**PP / EIC Libby Fernandez**  
Editor-in-Chief

**VP Joe Ursua**  
Vice President

**Dir. Mariver Agayas**  
Director

**Dir. Lorena Cachola**  
Director

**Dir. Emylou de Guzman**  
Director

**Dir. Reymund Barrios**  
Director

**Dir. Susan Villanueva**  
Director

**Dir. Glen Flores**  
Director

**Dir. Tonton Tan**  
Director

**Rtn. Bert Talco**  
TRF Chair

**IPP Arnel Cabanisas**  
Immediate Past President

*"The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education."*

*– Martin Luther King Jr.*

Indeed, because of increasing knowledge about cervical cancer brought forth by education, it is not a death sentence anymore, it is also preventable. May I welcome and introduce our Esteemed Guest of Honor and Speaker, Dr. Lorena Santos whose topic for today is Understanding Cervical Cancer.

Thank you TeamBRE for another educational and informative topic in line with RI's theme for the month- Basic Education and Literacy.

Last Saturday was a very informative and engaging meeting with our speaker Ms. Christine Gina Camsol who spoke about Mental Health, a very interesting topic which ended at 3:09 PM. It was an exciting one too, as we inducted our very first new Rotarian for the RY 2022 – 2023, Rtn. Levy Lloyd B. Orcales. We also had invited guests or I should say potential members, Toni Boguen and Eric De Guzman (Guests of PP Mia) and my invited guests, Ailyn Kindipan, Jeff Isip, and former Rotarian Martin Valeriano. Thank you for attending our meeting and we hope to see you in our future meetings.

Last Monday, I attended the Induction Ceremonies of RC Baguio Pines headed by President Eric Poquiz. The next day, Tuesday was a fellowship meeting with Gov Ann Lorenzana together with AG Dan, CS Nonnette and the various presidents and officers of cluster 1C. It was just purely fellowship with fun, fun and fun.

Thursday was our Board Meeting held at K Flavors where we discussed various matters mainly on our upcoming Governor's Visit and our 85th Induction which will be held on the 29th of September 2022. There were other matters that were discussed too. It shall be presented during our club assembly as topics discussed need the approval of the general assembly.

Once again, for the LUXURY (ies) we had last week, THANK YOU to :

- Our Dynamic team - TeamBre for hosting our vibrant and engaging meetings
- IPP Arnel for allowing us to induct his sponsor, Rtn. Levy
- PP / PAG Gie for standing as Sponsor to Rtn Levy in lieu of IPP Arnel
- PP Chris P for Charging our newly inducted Rotarian, with your words of wisdom
- PP Mia for inviting Guests to attend
- RCC Women's Touch led by Ma'am Annie, for bringing your products to

## PRESIDENT'S MESSAGE

our meeting

- RC Baguio Pines City Pres Eric Poquiz for the invite to your Induction Ceremonies
- Gov Ann, and his District Officers, AG Dan, CS Nonnette, Dir Raio and my classmates for the fellowship treat with fun fun and lots of fun and tummy fillers
- Past Presidents Baby, Libby, Marilyn and Bert, PE Cora, Directors Lou, Vell, Reymund, Glen and Ton for attending our board meeting
- PP Raffy, for your continuum support and for making the simple but elegant design of our 85th Induction Invitation
- Our Guests, Toni Boguen, Ailyn Kindipan, Eric de Guzman, Jeff Isip, & Martin Valeriano for your presence in our meeting
- Rtn. Levy, for a great start by offering a Sunday booth to RC Baguio
- Ms. Christine Gina Camsol for making us Mentally Healthy, and for sharing us your expertise
- The Crew of K Flavors and Joseph Kim; The Baguio Country Club for your support to RCBaguio
- Rotakid Marcus and Rotary Ann Tante ( our potential member with Dir Ton's approval)
- To everyone whom I failed to mention that made RC Baguio Dynamic and Vibrant

Congratulations and Welcome Rtn. Levy. Enjoy your Rotary journey!!!

Happy Birthday Past President Jun Bondoc. Wishing you all the BEST... and waiting for your Ice Cream treat.

I want to end my corner by an Erasmus quote –



*"The main hope of a nation lies in the proper education of its youth."*

Ages ago cervical cancer was not treatable let alone preventable, EDUCATION gave hope for survivors/ it keeps changing the world for the better in most ways.

Here's to a Cervical Cancer free world.

Have a great weekend everyone.

## CLUB SPEAKER'S PROFILE



**Maria Lorena L. Santos**

MD, FPOGS, FPIDSOG  
Medical Specialist IV, Dept of Obstetrics & Gynecology

### Professional Experience

**Medical Specialist IV, Dept of Obstetrics & Gynecology**  
Baguio General Hospital & Medical Center

**Chair, HIV/AIDS Core Team (HACT)**  
Baguio General Hospital & Medical Center

**Vice-President**  
Philippine Infectious Disease Society for Obstetrics and Gynecology

**Fellow**  
Philippine Board of Obstetrical and Gynecological Society

**Fellow**  
Philippine Infectious Disease Society for Obstetrics and Gynecology

### Education

**Scholar**  
Middle Managers Class (Batch 26, on-going), Public Management  
Development Program, Development Academy of the Philippines

**Chair, HIV/AIDS Core Team (HACT)**  
Baguio General Hospital & Medical Center

**Fellowship Training**  
UP-Philippine General Hospital (Subspecialty Of Obstetric and Gynecologic  
Infections)

**Residency Training**  
Baguio General Hospital & Medical Center

**Post-Graduate Internship**  
Santo Tomas University Hospital

**Medical School**  
UST Faculty of Medicine and Surgery

**College (BS Biology)**  
University of Santo Tomas

**Elementary & Highschool**  
St. Scholastica's Academy in Marikina

# SECRETARY'S REPORT

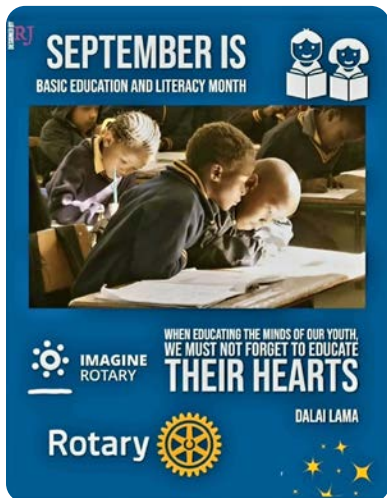
## THEME

Basic Education and  
Literacy Month



**Sec/PP Baby Kaur**

Secretary / Past President  
Rotary Club of Baguio



## UPCOMING ACTIVITIES

29 September  
**RC Baguio Induction**

## Events and Activities for the Month of September

09 September **Slippers and hygiene kits distribution at Rizal Elementary School**

Attended by: Pres. Ali, PP Libby, Dir. Mariver, PDG Linda, Sec. Baby & PP Diony

15 September **BOD Meeting**

Attended by: Pres. Ali, PP Bert, PP Libby, PP Marilyn, PE Cora, Dir. Lou, Dir. Mariver, Dir. Glen, Dir. Reymund, Dir. Tonton & PP/Sec. Baby

## Attendance Update as of 10 September 2022

Dir. Mariver Agayas, Rtn. Nancy Alabanza, PP Gerard Audineau, PP Veeh Balajo, PP Marilyn Barredo, Dir. Lorena Cachola, PP Raffy Chan, PP Diony Claridad, PP Chris Faelnar, Dir. Glen Flores, Dir. Lou De Guzman, PP Baby Kaur, PP Alfred Laygo, PAG Gigi Maranan, Pres. Ali Morales, PE Cora Ocampo, PP Chris Peralta, PP Benny Sunga, PP Bert Talco, Dir. Tonton Tan & VP Joe Ursua, Rotakid Marcus Ocampo, & RA Tante Tan

WE WISH TO SEE YOU NEXT MEETING

Rtn. Jody Alabanza (exc), Rtn. Modz Bahul (mu), Dir. Reymund Barrios (mu), PP Jun Bondoc, IPP Arnel Cabanisas (mu), Rtn. Vangie Cacho, PP Anet Calabias (mu), PP Mia Cawed (mu), Rtn. Ike Dulnoan (exc), PP Lani Fabi (mu), PP Cy Fagar (exc), PP Libby Fernandez (mu), Rtn. Saoud Jawad, PP Ben Ladilad (exc), Rtn. Lily Landayan (mu), PP Atom Menalla, PP Lito Pangilinan (exc), Rtn. JM Ty (mu), Dir. Susan Villanueva (mu) & PDG Linda Winter (mu)

## September Birthdays

09 Sep - PP Lito Pangilinan  
17 Sep - PP Jun Bondoc  
18 Sep - Rtn. Nancy Alabanza  
27 Sep - PP Raffy Chan

## September in Rotary

Mar 2006 - Rtn. Modz Bahul (PP Mia Cawed)  
Aug 2008 - Rtn. JM Ty (PP Jun Bondoc)

## September Anniversaries

Aug 1991 - PP Gerard & RA Terry  
Dec 19 - PP Lito & RAPP Josie



## IN RETROSPECT



### PP Gigi Maranan

Past President  
Rotary Club of Baguio

The 10 Sept regular meeting of RCB was held at the Wolfson room. Fellowship was supposed to start at 12noon but members and guests started to arrive as early as 11:30am. I guess everyone was excited to but raffle numbers from PP Alfred Laygo, the day's raffle master.

As the room was filling up, Pres. Ali Morales called the meeting to order at 12:30pm. The invocation was led by PP Bert Talco which was followed by the Philippine National Anthem, the Rotary Hymn and the affirmation of the 4 Way Test.

The Introduction of Visiting Rotarians and Guests was ably done by raffle master PP Alfred Laygo. Happily, he had a long list of guests that day starting off with the guest of honor and speaker Ms. Christine Gina Camsol who arrived very early. PP Mia Cawed had 2 guests, Eric de Guzman and Toni Boguen. Pres. Ali Morales had 3 guests: Jeff Isip, Aileen Quindepan and Martin Valeriano. Also acknowledged was Rotary Ann Tante Tan.

Entertainment was done by PP Diony Claridad who was doubling up as the program coordinator. After rendering some beautiful songs, PP Alfred did the raffle. Prizes at stake were cookies, chocolates and cakes. Many members won more than one prize and, happily, I was one of them.

At Members Time I started the ball rolling by, once again, announcing the details for the upcoming club induction on 29 Sept. PE Cora Ocampo requested the directors to submit their reports early so she could prepare for the Governor's Visit on the 29th. Treas./PP Marilyn Barredo reiterated her request for the payment of club dues. Finally, PP Diony Claridad requested the PP's for their contribution of P850 for the lechon to be served at the induction.

At President's Time, Pres. Ali Morales welcomed all the guests. He announced the conclusion of the renewal of the 5-year Sisterhood Agreement with the Rotary Club of South Triangle with whom the club helped distribute slippers and hygiene kits to the students of Rizal Elementary School in Pacdal. He also announced that he, and some members, will be attending the Public Image Seminar in Lingayen this Saturday and that VP Joe Ursua will be the designated presiding officer.

The induction of candidate Levy Lloyd Orcales followed. After being properly introduced by Sec./PP Baby Kaur,

the charging was ably done by PP Chris Peralta, after which, Pres. Ali did the induction. The Rotary pin was then pinned on the new member by yours truly who stood beside Rtn. Levy as proxy for IPP Arnel Cabanisas, his sponsor, who was out of the country. (Side note, IPP Arnel was in Tokyo, Japan as Executive Director of Abong Foundation and as representative of RCB to the 40th Anniversary of the Baguio Scholarship Foundation). PP Benny Sunga then led the singing to welcome the newest member of the club.

VP Joe introduced the Guest of Honor and Speaker, Ms. Christine Gina Camsol, Executive Manager of the Philippine Mental Health Association - Cordillera Chapter. Her topic Caring for your Mental Health was quite an eye-opener for some of us. Mental health is a state of well-being brought about by the balance of physical, emotional, social and spiritual aspects of life. She explained the difference between mental disorder which is an illness diagnosed by a doctor and ill-health which is a mild imbalance of the mind brought about by external forces such as stress. Ms. Camsol gave us a few pointers on caring for our mental health:

- M - maintain physical health
- E - educate yourself regarding mental health
- N - nourish your skills; don't stop learning
- T - try to balance work and play
- A - avoid excessive worrying; choose your battles
- L - learn to relax
- H - have a friend to confide in
- E - express your feelings, don't keep it bottled up inside you
- A - accept changes; don't try to fight what is inevitable
- L - love to laugh and enjoy life
- T - try to recognize signs of mental ill-health
- H - help yourself

Open Forum followed where around 10 members asked questions and expressed their concerns. These were all addressed satisfactorily by the speaker. The response was given by yours truly and the singing of the RCB Hymn and the Pilipinas Kong Mahal followed. The meeting was adjourned at 3:00pm.

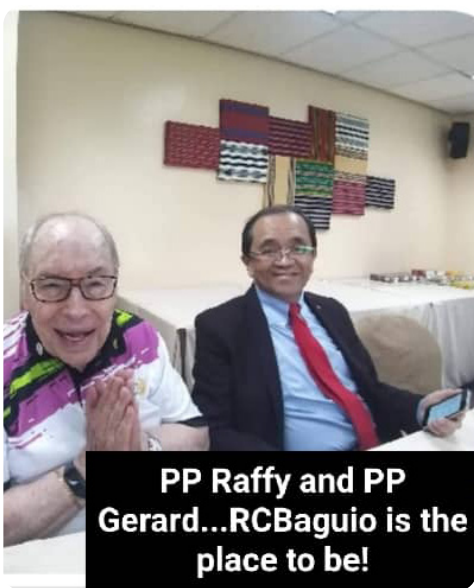
# SCENES WE LIKE TO SEE

RCB Regular Meeting

10 September 2022



After baptism of fire ...full pledged family of RCBaguio - Rotarian Levy! Welcome, welcome!



PP Raffy and PP Gerard...RCBaguio is the place to be!



PP Alfred, regular multi raffle winner, now the raffle king!



Your most worn shirt for the year Rtn. Levy...be proud of it!!!



Our formidable Lady Rotarians, PP Veeh and Dir Lorena happily welcome Rtn Levy..



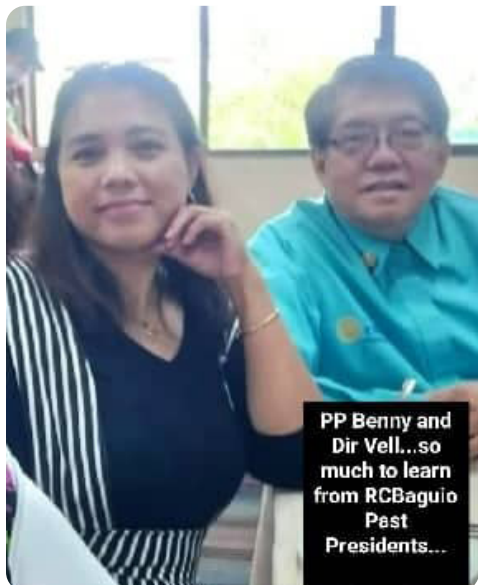
Sharing Rotary with friends...new guests everytime!!



Here's hoping our other guests be inducted too..soon...



Our meetings: friendship, interesting topics and fun guests! Why miss?



PP Benny and Dir Vell...so much to learn from RCBaguio Past Presidents...





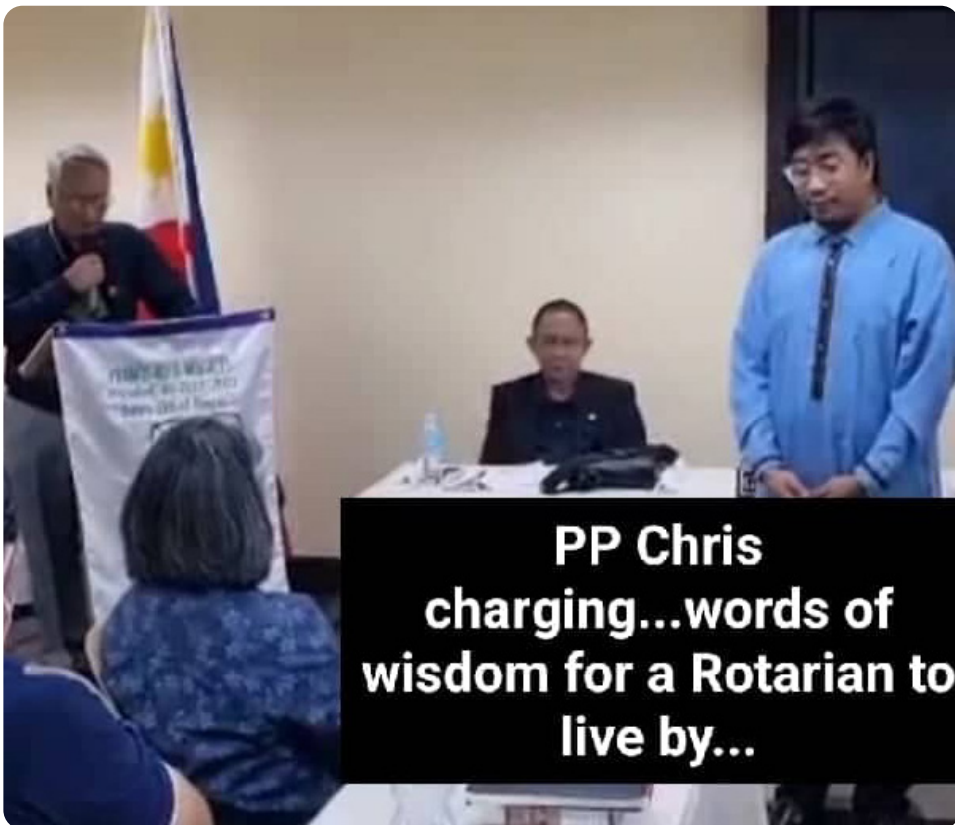
# SCENES WE LIKE TO SEE

RCB Regular Meeting

10 September 2022



**Forever raffle winners speak..No secrets actually to keep raffle wins big time! "**



**PP Chris charging...words of wisdom for a Rotarian to live by...**



# FEATURED EVENT

## Sharing Slippers And Health Aid Kits

09 September 2022

RCBaguio and RCSouth Triangle joint project sharing slippers and health aid kits to Rizal Elementary School.





# FEATURED EVENT

## President joins Cluster 1C Fellowship

11 September 2022

RC Baguio Pines City induction made at Margarita Hall, Hotel Supreme; 12 Sep Fellowship meeting with Gov Ann Lorenzana with the Presidents/ officers of cluster 1C held at PSD Canteen, UB Square.



## RCBaguio Board Meeting

15 September 2022



### Rotary, Ukraine Friends to collaborate on addressing needs in Ukraine

By Ryan Hyland

Rotary International and the U.S.-based nonprofit [Ukraine Friends](#) have agreed to collaborate to provide resources, organize logistics, and distribute funds for high-impact projects that help Ukrainians affected by the war with Russia.



*John Hewko, general secretary and CEO of Rotary International (left) and Brock D. Bierman, CEO of Ukraine Friends, sign a memorandum of understanding in July that calls for the organizations to collaborate on addressing needs in Ukraine. Photo by David Alexander*

RI General Secretary and CEO John Hewko and Ukraine Friends CEO Brock D. Bierman signed a memorandum of understanding in July 2022 that calls for the organizations to work together to determine the viability of potential projects, distribute funds and in-kind donations, and prioritize joint efforts.

“Rotary is delighted to expand its reach by partnering with Ukraine Friends,” Hewko says. “This terrible crisis has brought out the best in Rotary — demonstrating our generosity, increasing membership in Ukraine, and now opening up new opportunities for providing vital services.”

The partnership with Ukraine Friends, Hewko says, will help Rotary “do more for Ukrainians as they struggle to survive and rebuild in the months and years ahead.”

Rotary has awarded [272 disaster response grants totaling \\$8.9 million since the Russian invasion of Ukraine](#). These grants, for club projects in 29 countries, support people in and around Ukraine who have been affected by the war. Rotary and Rotaract clubs worldwide have also donated millions more directly to Ukrainian clubs that are providing water, food, shelter, medicine, and clothing.

Ukraine Friends, the current focus of the New York-based Worldwide Friends Foundation, works in Ukraine to help people affected by the war. This includes organizing temporary housing as well as providing medical equipment and supplies such as badly needed ambulances to help treat injured civilians.

Rotary and Ukraine Friends have agreed on their first joint project, which is procuring and delivering nearly 50 ambulances to hospitals and other organizations. Rotary and Ukraine Friends have donated \$300,000 each toward the ambulances, and Rotary districts in Ukraine and Slovakia will work with Ukraine Friends to coordinate the delivery.

The collaboration between Rotary and Ukraine Friends “will have an amplifying effect and create an even larger impact on those we are trying to help,” Bierman says. “The critical humanitarian assistance and medical aid to those most in need will provide Ukrainians with a helping hand exactly at the time when they need it most.”





## EDITOR-IN-CHIEF PAGE

### A polio survivor's plea: Don't let this happen to you



**EIC/PP Libby Fernandez**

**Editor-in-Chief / Past President  
Rotary Club of Baguio**



*Polio survivor Div Louw, of the Rotary Club of Benoni, South Africa, trains for an upcoming para sport triathlon event.*

*By Div Louw, Rotary Club of Benoni, South Africa*

I was a typical, energetic four-year old in South Africa, running around our house with visions of my hero, long distance runner Jan Barnard, in my head when I felt something wrong. I ran inside and told my mother, "I have a dripping tap in my chest." This was my way of describing what I felt, my heart skipping beats now and again. My mom, Christine, pressed an ear to my chest and called our general practitioner.

That would be the last day I would run imaginary races with Barnard. I had contracted spino-bulbar polio, which destroys neurons in the brainstem causing respiratory or cardiac failure. I was given less than a 2% chance of survival. This was in 1955, during a polio epidemic in South Africa, months before the Salk Vaccine was declared safe and effective.

I spent the next six months in isolation, staring at my parents through the window of an isolation ward. They would bring me beautiful presents, but I never got them. I thought the nurses had stolen them, and because I was paralyzed, I could not help myself. Later, I realized I had a room full of gifts back at home.

When I was discharged, the doctors were of the opinion I should undergo surgery, and that I should be put into casts and spend six months in recovery. They gave me very little chance of not being crippled. My Dad had a different opinion. He bought me a Fire Brigade (a bright red toy riding truck), and offered me a choice.

"Son, you can either go into the hospital and get leg calipers and hope you can be able to walk again or you can take this (toy truck) and do what you do best."

That was the trigger for everything that followed. I loved that Fire Brigade. We became inseparable and it became my substitute legs. I eventually graduated to a bicycle and spent a lot of time getting up and dusting myself off. Then I learned to swim in the warm waters of

### A polio survivor's plea: Don't let this happen to you

a spa resort during family holidays, exuberantly applying my new-found unrestricted activity.

And something amazing happened. My broken body adapted. Nerves sprouted detours, surrounding muscles took over functionality of paralyzed ones. I almost looked and functioned normally. Almost.

It was at university when I dared train around other athletes that a passion rekindled to be a real athlete. I learned to play squash and joined some low-rated team rugby games. After college, I continued to play squash somewhat seriously.

But polio never really leaves you. During training for a league game, I once again became aware of my famous childhood foe. My heart skipped beats, I developed twitches and tremors. Once more in the Pretoria hospital, Professor Ben Lotz and his clinical assistant delivered dreadful news, the affects of polio had returned, I was suffering from what many know as postpolio syndrome. I was advised that I would soon be immobile, and my family was cautioned I may spend the rest of life in a wheelchair.

I did the only thing I knew how, I remained mobile and active.

In 2018, I saw a neurologist for a routine exam including an MRI and brain scan, and he once more expressed surprise that I was still walking. I took the news seriously, and prepared for possible immobility, shedding excess weight.

I started exercising. Walking. Then cycling. And finally, I returned to my favorite activity, swimming.

At the age of 70, I discovered para sport and became a triathlete. I was classified PTS-3 and after acquiring some regional medals, received gold in my category at the Africa Triathlon Championships in Sharm El Sheikh, Egypt, in 2021. I am now training to compete in Morocco at the championships 24-25 September, with a goal of under two hours to earn ranking for Paralympic participation.

I saw something in Egypt that moved me to want to advocate for these amazing para-athletes. They are responsible for every aspect of their own participation. They make all their own arrangements and cover all expenses, down to the last dime. They compete for the sake of the challenge, the thrill of achieving the impossible. While they could always use financial support, they deserve an accolade for their tenacity at the finish line.

I also knew I wanted to advocate for ending polio. But I knew I needed allies to do so. I searched the Internet and discovered that Rotary has been committed to eradicating polio for decades. Heeding the advice of a friend and member of the Rotary Club of Benoni, Annie Steijn, I attended a postpolio syndrome advocacy group. In July, I joined the club, and became one of its newest advocates for End Polio Now.

The intensity of my plea comes from experience. When I hear about resistance to vaccinations, and read about polio being detected in places including Europe, I want to tell people: Don't let this happen to you. It must not. It cannot. Vaccines work. If I had a choice, I would have taken the vaccine.

The Rotary Club of Benoni and the District 9400 PolioPlus committee have started a Back-A-Buddy campaign to support my training with all proceeds going to Rotary's PolioPlus Fund. See my Facebook page or contact [grace@gracevanzy.com](mailto:grace@gracevanzy.com) for more information

Source: <https://blog.rotary.org/2022/09/15/a-polio-survivors-plea-dont-let-this-happen-to-you/>

## MEMBER'S PAGE

### Four-Way Test of Rotary & The Rotary Code of Conduct



**PP Veeh Balajo**

**Past President**  
Rotary Club of Baguio

Let's Talk About

## FOUR-WAY TEST OF ROTARY & THE ROTARY CODE OF CONDUCT

over a cup of coffee

Have you heard, or are you familiar with, “**Marites and Friends**”? **Marites**: “Mare, ito ang latest!” **Marietta**: “Mare, ito pa!” **Marissa**: “Mare, isa pa!” **Marison**: “Mare, sundan ko chika mo!” **Maricar**: “Mare, kararating lang!” **Maricon**: “Mare, confirmed na!” **Maripaz**: “Mare, pasa mo na chika!” **Mariposa**: “Mare, I-post mo na!”

No, I'm not a feminist. I just feel that such “joke” puts the Filipina in bad light, with connotation of being “tsismosa” & “palengkera.”. Likewise, it demeans every woman named “Mari, Marie, Maria”.

But as a Lady Rotarian, let me recommend a positive twist, dignifying Rotarians (and non-Rotarians) “Marites and Friends” who have internalized GMRC (good manners and right conduct), guided by the Four-Way Test of Rotary and Rotary's Code of Conduct.

“The Four-Way Test remains an essential standard against which Rotarians (and non-Rotarians) measure ethical behavior.”



Guided by the **first test: “Is it the truth?”** Rtns. Marites and friends would be assets in spreading the latest Rotary information and painting a delightful Rotary image in the community. They would function best in the committee on Club Public Image and Sub-Committee on Rotary Information.

If **Maris**: “Mare, ano’ng tsismis?” and **Marina**: “Mare, ano na?” as well as **Marisol**: “Mareng taga-sulsol” would insist, Marites and friends would remind them: “**Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?**” In such cases, the latter may also be active members of “Peace and Conflict Resolution” Action Group. The former 3 (Maris, Marina & Marisol) may be very good members of the Committee on Membership Recruitment as well as Speakers’ Bureau, for their quality of persistence.

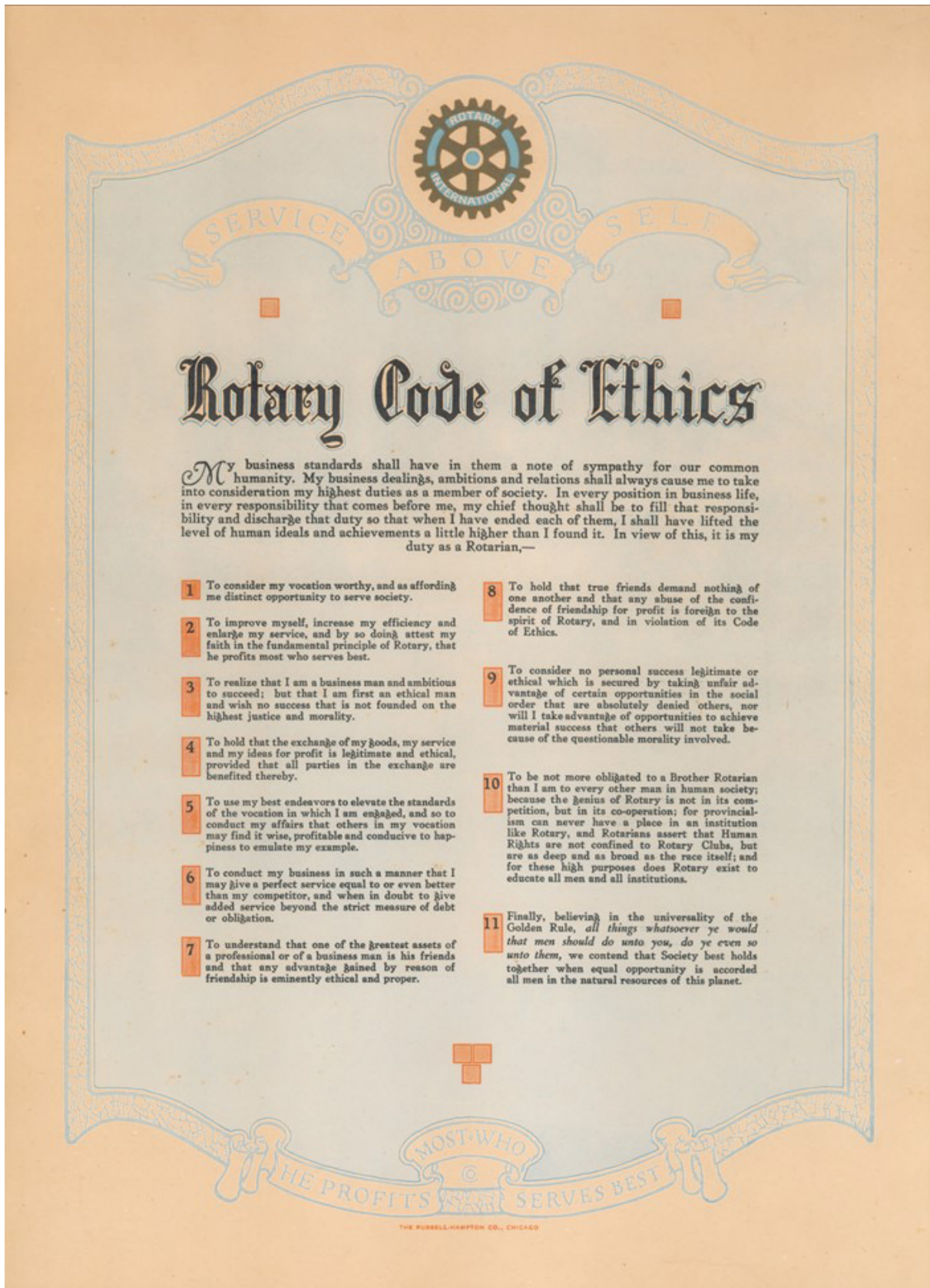
In other words, in all aspects of our daily routine - in every decision making, in dealing with different types of people and situations, in the choices that we make - whether Rotarian or non-Rotarian, let us all be guided by the



## Four-Way Test of Rotary &amp; The Rotary Code of Conduct

Four-Way Test of Rotary.


The original Code of Ethics during our forbears' times was as seen below.:



## MEMBER'S PAGE

### Four-Way Test of Rotary & The Rotary Code of Conduct

The Rotary Code of Conduct was formerly known as the Declaration of Rotarians in Businesses and Professions.




### CODE OF CONDUCT

**As a Rotarian, I will**

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve Rotary
3. Conduct all of my personal, business and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others and to improve the quality of life in my community
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

This was further simplified as below :



## Rotary Code of Conduct

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 social 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. Not seek special business or professional advantages from other Rotarians.

Copy Right : ROTARY INTERNATIONAL

"The Rotary Code of Conduct provides a framework for ethical behavior that all Rotarians can use, together with the Four-Way Test, in their business and professional activities."

Let me end up posing a challenge to each and everyone of us : Am I truly a Rotarian in thought, in word and in deed?



# ANNOUNCEMENT

## TikTok Dance Challenge



SEPTEMBER  
16 to 26, 2022



### DANCE AND FEEL THE ENERGY!

The challenge runs from September 16 to 26, 2022

The most engagements in their video gets to win:

₱10,000  
1ST PLACE

₱5,000  
2ND PLACE

₱2,000  
3RD PLACE



Submit your entries on or before 11:59pm, September 26, 2022 to VIBER - 0917 328 7348 using the format:  
(Name, TikTok username, Entry video TikTok link)

**OPEN TO PHILIPPINE ROTARY AND ROTARACT CLUBS ONLY**



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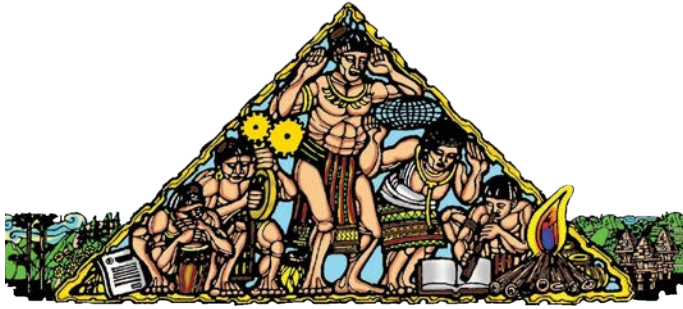
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## THE CAÑAO EMBLEM

Our Official Club Bulletin has been called The Cañao. "Cañao" (pronounced as kan-yau) is actually the local term for the dance during native feasts or celebrations in the highlands of the Cordilleras- in Northern Luzon of the Philippines.

This is depicted in our Cañao emblem which shows a number of human figures in deep concentration—absorbed in ritual dance.

The attention, focus, commitment and unity of the club's members is represented by the dancing figures—in celebration or expectation of a bountiful harvest; much as we actually do—in anticipation of the joy derived from public service to the community—always coupled with fellowship. Hence, the sub-title of "A Celebration of Service."



# Rotary Club of Baguio

## THE RCB LOGO

The Rotary Club of Baguio (RCB) was chartered on 21 February 1938. The 4,587th member of Rotary International and the oldest club organized North of Manila; the 6th chartered Rotary Club in the entire Philippines.

Our over-simplified club logo (red) is a composite of the letters r, c & B; this is symbolic of the club's straightforwardness. Over-all cardiode-heart shape connotes that our members serve from the heart. The four basic elements (four quadrants— now 3D bevelled) are symbolic of Rotary's Four-Way Test and the members' commitment to it. Our charter year of 1938 is used as the mid-focal point of the logo, to emphasize our early beginnings and continuing dedication to

*Service Above Self.*



Baguio City, Philippines

R.I. District 3790, Club No. 16863  
Chartered on 21 February 1938

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CP No.: 0917-510-3955 (PP / EIC Libby)  
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Facebook: [@rotaryclubbaguio](https://www.facebook.com/@rotaryclubbaguio)

The Rotary Club of Baguio meets every Saturday at 12:30 to 2:30 pm.

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