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WORK TOGETHER IN A WORLD FELLOWSHIP

SERVICE AND INTERNATIONAL UNDERSTANDING

DEDICATED TO

VOL. 69 NO. 68 TODAY'S PROGRAM January 14, 2017

MID-YEAR STATE OF THE CLUB ADDRESS

12 noon	Registration
12:30	Call to Order
	Invocation Pambansang Awit
	Rotary Hymn
	4 Way Test
12:40	Entertainment
12:50	Introduction of Visiting Rotarians & Guests
12:55	Raffle
1:05	Members Time
1:15	President's Time
1:25	State of the Club Address
2:00	RCB Hymn
23.22	Pilipinas Kong Mahal
2:05	Adjournment
	Program Coordinator: PP L
	Retrospect: PD Marilyn Bar

Pres. Chris Faelnar Dir. Naas Demyttenaere

Rtn. Mariver Agayas Rtn. Reymund Barrios Dir. Baby Kaur

Pres. Chris Faelnar Pres. Chris Faelnar

Pres. Chris Faelnar

Program Coordinator: PP Libby Fernandez Retrospect: PP Marilyn Barredo

Note: This Canao Front Page layout was originally done by Rtn Jody Alabanza back in the 60s and was in use for several decades. It is being revived in an effort to take us back to our roots insofar as the Canao is concerned.

RI Officers

John Germ - RI President

District Officers Raul Peralta

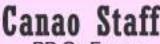
- District Governor RI District 3790

Karl Gabaen Asst. District Governor

Club Officers

Chris Faelnar President VP Lani Fabi Vice President/Committee Chair for Service Projects B **IPP Gigi Maranan** IPP/Committee Chair for Membership PE Jun Bondoc President Elect/Committee Chair for Club Administration Rico Ferrer Secretary Ali Morales Treasurer Baby Kaur Assistant Treasurer Director Naas Demyttenaere Director Committee Chair for Service Projects A Nancy Alabanza Director Sub-Committee Chair for Vocational Service Ali Morales Director Committee Chair for Scholarships Cora Ocampo Director Jun Cardona Director PP Libby Fernandez Committee Chair for TRF (non voting) Arnel Cabanisas Committee Chair for Public

Image (non voting) Atom Mendalia Auditor (non voting) Sergeant-at-Arms (non voting)



PP Cy Fagar Editor-In-Chief

IPP Gigi Maranan Asst. Editor-In-Chief

Rtn Atom Mendalla Contributor

DIR Cora Ocampo Contributor

PP Marilyn Barredo Contributor

> VP Lani Fabi Contributor

PRESIDENT'S CORNER



Chris Fernando Faelnar

President, Rotary Club of Baguio

Good Afternoon Fellow Rotarians!!!! Looks like we are off to a good start this 2017!!! We have reinducted former member Eunice Jun last meeting and I hope a couple of new members will be coming in this year. Many Thanks PP Benny for graciously doing the Charging of Rotarian Eunice and to PDG Linda for Inducting our latest member. Former member PP Flo Bayquen endorsed her friend Robert Labos, who runs a treatment facility here in Baguio. He was supposed to join us during the Fireside Chat of Rtn. Eunice and Rtn. Jun Bahul but cancelled out last minute. I still have to get him to attend our Club meeting to comply with the requirements for potential members. Hopefully I can get him to attend our upcoming meetings so that he will get to know our Club better. I am also hopeful that we can have former member Quinn Dahilan back to our Club. He promised me that he will come back this January. We will continue to chase Quinn until he gets to attend the required meetings the soonest possible time.

As informed by PP Libby, we are close to achieving our Club goal of our TRF for both Annual Giving & Polio Plus. Really appreciate the efforts of PP Libby, PP Veeh & PP Uwe. If not for their hard work and dedication to achieve our goals for TRF this Rotary Year, we will be far from what we have set to achieve this year. Also, this would not have been possible without the contributors themselves. A big thank you to everyone involved so far. We still have a long way to go this Rotary Year and therefore I'm quite confident that with more contributions from our members we will surpass our targets as far as TRF contributions are concerned.

We haven't received the Second Semester bill from RI yet but we need to already pay our second semester dues. I would like to remind all our members to please pay your dues. Some of our members have not even completed paying their First Semester dues yet. We don't want this issue to become a burden to the Club.

Today we will be having our first State of The Club Address (SOCA). I will be presenting our accomplishments for the first half of this Rotary Year. Hopefully we will also be able to present the club financials of the first half of the year and how each member stands as far as our club dues are concerned. Our Club Directors, Officers and Committee Chairs and yours truly should be able to address your questions, queries and suggestions if necessary.

On January 21, Twenty of our members have signed up to attend the District Mid Year Review to be held at Thunderbird Resort, Poro Point, La Union. This will be hosted by our Grand Daughter Club, RC San Fernando La Union Inc. To my recollection, this is one of the highest number of delegates that the Rotary Club of Baguio have participated in a District Function!!! Many thanks to all those who signed up to attend!!!

Heads up my Fellow Rotarians, The RCB Golf Fellowship Fundraiser will be on February 18, 2017 and The RCB Anniversary Celebration will be on February 25, 2016. Details coming soon!!!!

We Can Do Well by Doing Good... Rotary Serving Humanity

The Saturday that was

By: Dir Jun Cardona



It was 12:25 PM when I arrived at the Wolfson Baguio Country Club (BCC). I was rushing thinking that I was late but noticed that only a few were around. No one was at the head table and only two of the tables were occupied. One was occupied by Rtn Lorena, Rtn Mariver and Rtn Marlie while the other where I joined was occupied by PP Gerard, PP Helmut and Dir Atom. Last Saturday was the first meeting of the club but it seems coming early is not "our new years resolution" since many are still late comers. Likewise, neither perfect attendance is also considered, some are not around.

After almost 5 minutes of chatting with PP Gerard, PDG Linda, the assinged program coordinator took the podium and declared the start of the meeting at 12:32 pm. Pres Chris banged the gavel and announced the formal opening of the meeting followed by the loud clapping of every one, the invocation lead by Rtn Mariver and then the singing of the national anthem. Immediately threreafter every one formed a circle holding hands and with feelings we sung the Rotary Hymn and recited the Four Way Test.

The entertainer of the day was Rtn Lorena. She is a neophyte but did her assignment like a veteran Rotarian. She was ready with three presentations. The first was the singing of an animal sound with the tune of leron leron sinta. The group was divided into 3 and each was asked to name an animal sound and sing it with the tune of "Leron Leron Sinta". The group that could not do it is eliminated. The second was the caterpillar. Two groups were formed with 11 participants. The first group to form the caterpillar look like shape of the participants is the winner. The third was the question and answer game where the answers were symbols of things like flowers symbolizing love and the bath tub for sexual desires and many more.





RETROSPECT



Dir Lani introduced the dignitaries in the presidential table, the guest and visiting rotarians. Contrary to the usual practice of introducing first the dignitaries, Dir Lani introduced first the guest and the visiting rotarians. It took her a few minutes to do it since the antending guest were only a few and PDG Linda was occupying the right end of the head table and sitting beside her was Ms Eunice Jun. At the center table was Pres Chris. Ms. Eunice Jun was an inductee.

Dir Baby lead the drawing of the raffles assisted by Dir Ali. The winners were more than ten with a variety of prices like chocolate, table napkins which I got and others. The lucky winners were: PP Gerard, PDG Linda, Rtn Ike, Dir Lani, Rtn Lily, Rtn Mariver, PP Bert, Dir Atom, Dir Baby, PP Uwe, Pres Chris, PP Benny, Rtn Arland, Rtn Marlie, Dir Jun, Rtn Melk and Rtn Reymund. The luckiest winning twice were Rtn Mariver, Dir Atom, PDG Linda, PP Uwe. Rtn Arland and PP Gerard won thrice.

PP Uwe was the first to take the microphone during the members time seeking for a financial assistance for the hernia operation of a German national who is here for years now. But the solicitation request was immediately objected by PDG Linda saying that passing the hat for the Rotary member for any reasons is prohibited based on the New Rotary Guidlines. Dir Cora followed seeking the support of every one in scouting speakers for the club.



Pres Chris during the president's time announced his financial support of P1,000.00 for the hernia patient. He likewise reiterated his sincere thanks to all for the support of all members and the officers. The fireside chat for Ms. Eunice Jun and Rtn June Bahul was at his residence. He is very thankfu for all the atendees. The midyear review was likewise mentioned. It will be at the Thunderbird in Poro Point on January 21, 2017. The registration fee is P950. Every one was encouraged to join. He likewise lauded for the return of Rtn Arland who was away for several months due to work place reassingment. The president is also saddened for the exclusion of two RCB members due to absenteism and their refusal to pay their annual dues. Lastly, the most exciting was the announcement of the birthday of Attn Lily who celebrated it last January 5.

She was asked to be infront while everybody was singing the happy birthday song and greeted and wished her the best .The other celebrant was PP Libby with her birthday on January 3 but unfortunately she was not around.







The inductee, Ms. Eunice Jun was a Korean and a former RCB member. She opted to resign from the club to take care of her ailing mother in Korea. She is a graduate of business with marketing as her major of specialization. She is a mother of 3 kids. These were inputed by Sec Rico who introduced her to the group. The charging was done by PP Benny and PDG Linda inducted her into the club. Immediately after, PDG Linda asked every one to rise and simultaneously sung the Rotary Hymn followed by the singing of the Pilipinas kung Mahal. The meeting formally ended 2:30 PM after banging the gavel by Pres Chris and proclaimed the adjourment of the meeting.

5





Rico Ferrer Secretary, RC Baguio

BIRTHDAY PP Mia Cawed - Jan. 12

Visiting Rotarians & Guests Jan. 7 Meeting: Rtn Milt Camp(RCB Sunrise)

We missed you last Jan. 7Meeting:

Rtn. Jody Alabanza(exc), Dir. Nancy Alabanza(mu), Rtn. Cess Apostol, Rtn. Jun Bahul(mu), PP Marilyn Barredo (OL), Rtn. Arnel Cabanisas(mu), Rtn. Vangy Cacho, PP Raffy Chan, PP Diony Claridad(exc), Dir. Naas Demyttenaere(mu), PP Cy Fagar(mu), PP Libby Fernandez, Rtn. Glen Flores, Rtn. Mark Flores, Rtn. Glory Fritz, Rtn. Kim Joseph(mu), PP Ben Ladilad, Rtn. Bennie Laranang(OL), PP Alfred Laygo, IPP Gigi Maranan(mu), PP Roger Naz (exc), PP Angeling Palma (exc), PP Lito Pangilinan(exc), PP Chris Peralta(OL), Rtn. Pam Perkins(OL), Rtn. David Rees(OL), Dir. Jose Ursua(mu).

THIS WEEK'S ACTIVITIES

Eunice Jun Fireside Chat Jan. 4 at Pres. Chris Faelnar's residence:

Pres. Chris Faelnar, VP Lani Fabi, IPP Gigi Maranan, PP Bert Talco, PDG Linda Winter, PP Cy Fagar, PP Uwe Koeller, Sec. Rico Ferrer, Aud. Atom Mendalla, Dir. Naas Demyttenaere, Dir. Nancy Alabanza, Dir. Joe Ursua, Dir. Cora Ocampo, Rtn. Jun Bahul, Rtn. Reymund Barrios, Rtn. Arnel Cabanisas, Rtn. Lorena Cachola, Rtn. Tonton Tan, Rtn. Carlo Gallardo. Rotary Ann: RAPP Yolly Faelnar Rotakids: Joshuaniel Cachola, Jenny Winter, Andrei Faelnar, Ico Faelnar, Alla Faelnar. Guests of Rtn. Tonton: Humble Pie, Doms and John Baylon.

WHERE TO MAKE-UP

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Mondays:	
Tuesdays:	
Nednesdays:	

RC La Trinidad – Hotel Supreme, 7:30pm RC Metro Baguio – Baguio Country Club, 7:30pm RCB Sunrise –Baguio Country Club, 8:30am RCB North –Ranch House, Albergo Hotel 7:30pm RCB Summer Capital – UB PSD Canteen, 7:30pm RCB South – Baguio Country Club, 7:30pm RC Downtown Session – Newtown Plaza Hotel, 7:30pm

Make-ups by Internet:

Fridays:

- Log on to Rotaryeclubone.org
- Click on: Make-up Programs
- Spend 30 minutes on site by reading any 3 articles
- Click on: Request Make-up
- Complete make-up form and indicate secretary's email address
- (rico_v51@yahoo.com)
- Our club number is: 16863
- Forward emailed copy and/or make a print out of your make-up confirmation to the secretary.

*Ask for a Make-up card from the club you have made up with and submit it to the Club Secretary.

GLUB INDUCTIONS ATEP.

Jan 14	Club Assembly
Jan 21	Midyear Review &
	Candidates Forum:
	Thunderbird Resort
Feb. 4	- Pre-PETS: Central Park
	Hotel, Luisita Park, Tarlac
Feb. 18	RCB Golf Fellowship:
	Baguio Country Club
Feb. 25	- RCB Charter Anniversary:
	Cameron Forbes Ballroom,
	BCC
March 4	- Medical Mission w/ RC
ARY	Wonju
March 10-12	- PESETS

STATICS of BAKUN By Dir. Cora Ocampo

ABOUT STATICS

Systematized Tool for Assessing The Impact of Community Service Projects or STATICS was developed by yours truly and the Industrial Engineering students of Saint Louis University. It is solely for the purpose of empowering non-profit organizations to conduct more efficient and effective community service projects for the less fortunate communities in the Philippines. This is the second time to use this tool after the Abanao Square Medical Misson last September 1, 2016.

Last December 4, 2016, Rotary Club of Baguio in partnership with Aboitiz/Hydro Luzon conducted a Medical Mission in Bakun, Benguet. We also conducted seminars for the parents and the youth regarding health and leadership.

Questionnaires were floated to 80 patients assisted by our Rotaractors to translate or explain the questions to be answered by them, of course I first organized a team to orient them about the questions in the questionnaire.

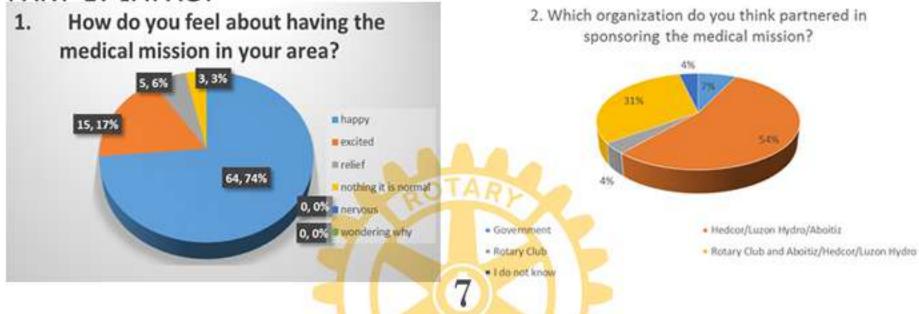


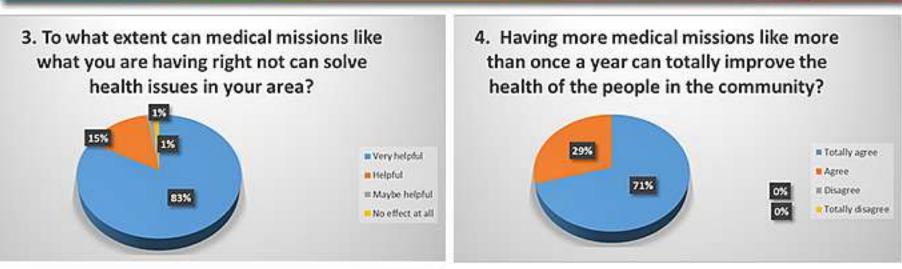


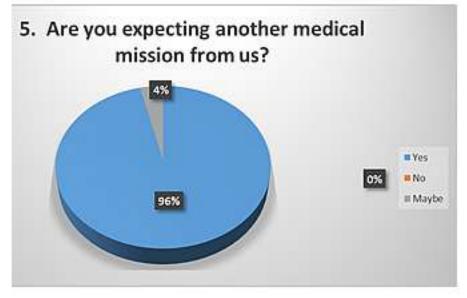
The patients after receiving their medicines from the pharmacy group, were assisted to answer the questions properly. Surprisingly, most of them can speak and understand English so it was not so difficult to assist the respondents of the survey.

STATICS measured the ISEQ or Impact, Sustainability, Effectiveness and Quality of our project, these variables were already discussed during the first report of STATICS and the following are the results taken from the survey as follows:

PART 1: IMPACT



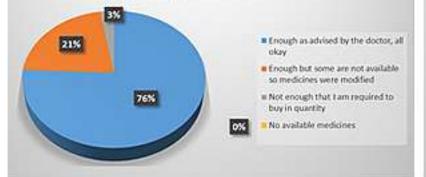




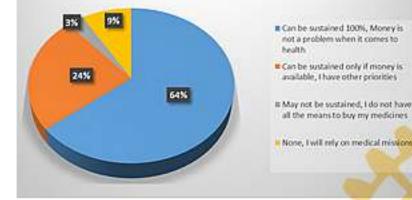


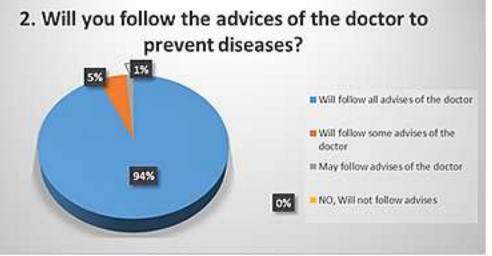
PART 2: SUSTAINABILITY

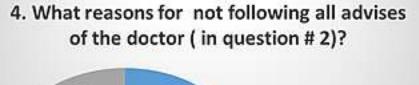
1. Do you believe that the medicines given to you from the medical mission will be enough to heal your illness?

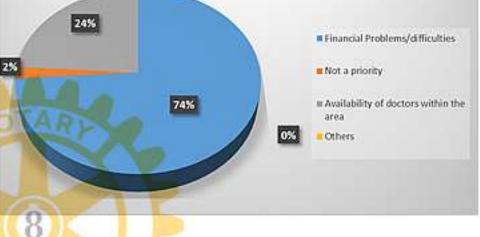


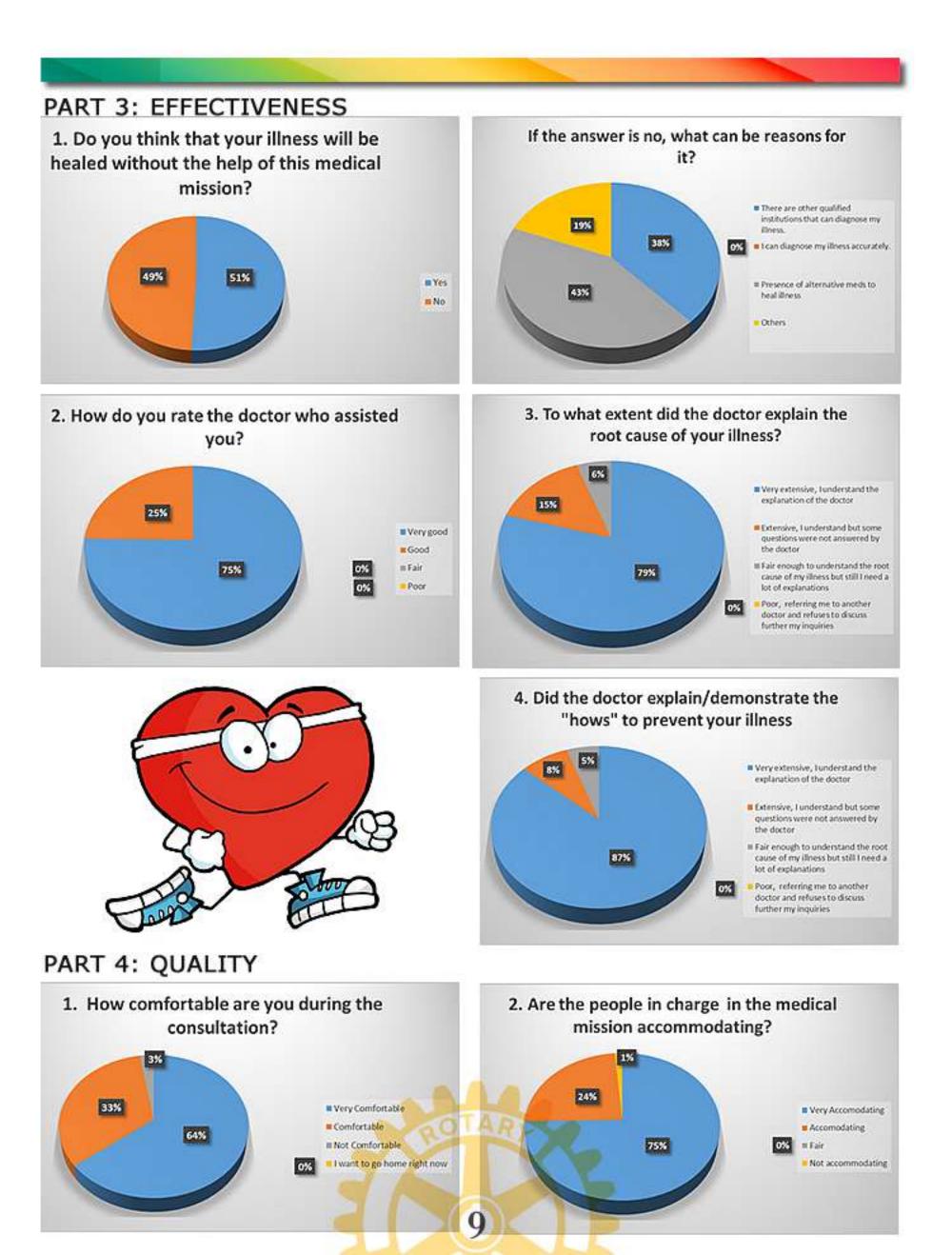
3. To what extent will the advices of the doctors can be financially sustained?

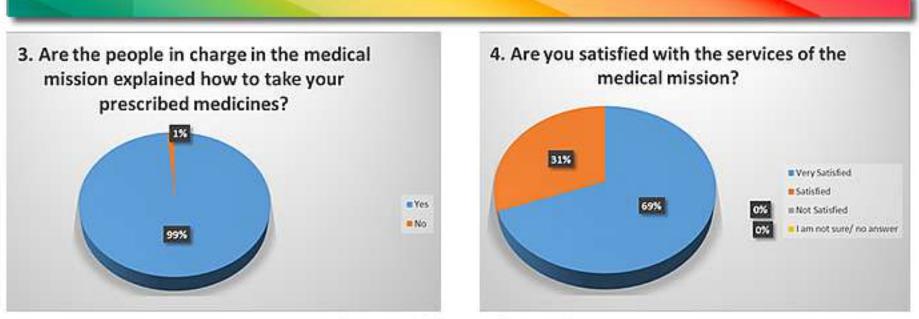












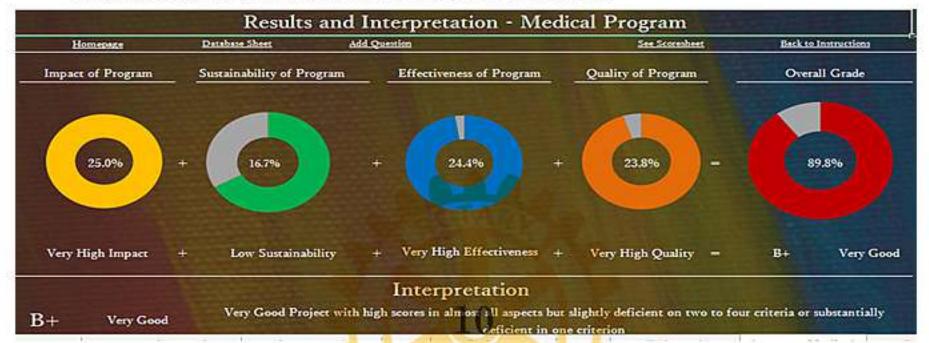
STATICS RESULTS

 For the half day training targeting the youth and parents of the community, we prepared a short quiz to test their knowledge on the topics like monthly period, hygiene, sex and consequences, puberty and the like. Same sets of questions were given before and after the training and a significant increase in the number of correct answers after the seminar, this means to show that the participants were properly informed with the right concepts pertaining to health and matters that parents will not even discuss these to their children.

Homepage	Database Sheet	Add_Question	See Results	See Scoresbert
Impact of Program	Sustainability of Program	Effectiveness of Program	Quality of Program	Overall Grade
21.3%	+ *****	+ #DIV/0! -	+ #DIV/0! =	#DIV/0!
High Impact	+ #DIV/0!	+ #DIV/0! -	+ #DIV/0! =	#DIV/0! #DIV/0

Statics measured the IMPACT taken from the results of the participant's scores before and after the training. It shows HIGH IMPACT, meaning the participants were enlightened with concepts about health. Note that STATICS only measured the IMPACT of the program.

 For the MEDICAL MISSION, STATICS measured the Impact, Sustainability, Effectiveness and Quality of the program. The Over-all score as computed is B+ as shown below.

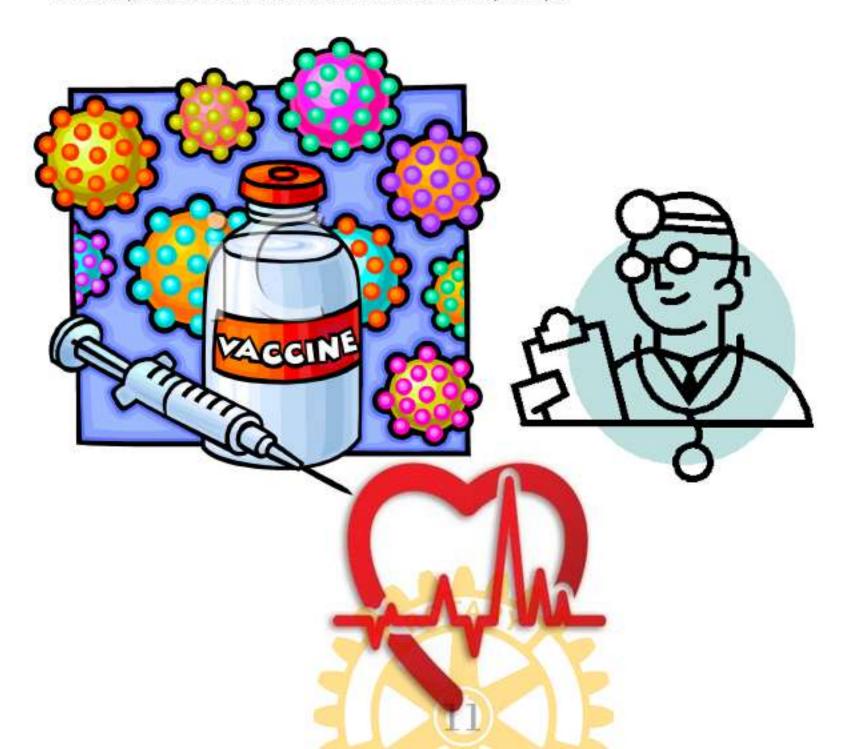


We measured a low score for SUSTAINABILITY for the following reasons:

- No available medicines as prescribed by the doctor, so some were advised to buy or medicines were either replaced or modified, depending on what is available in our pharmacy.
- The reason why some answered "will not follow all advises of the doctor" is because of the lack of budget to continue with their medications.
- There is no available health providers within the area that will address specific needs concerning health within the community.

STATICS measured our program as VERY GOOD but we need to consider our low score under sustainability. I therefore recommend the following:

- 1. We need to orient properly the community before the start of the program, only 31% of the total sample is aware of our partnership with Luzon Hydro/Aboitiz, and to explain the specific roles of each partnering organization to the program and to the community. We need to introduce our partners in the service for them to be acknowledged properly. Total awareness so that the community will understand that the Medical Mission we are providing to them is not the ultimate solution to address health problems in their area.
- 2. An inventory of medicines should be done and to evaluate the results of the medical mission. We need to purchase what is only needed through an analysis of our historical records with community to help us forecast what medicines to buy. Furthermore, we can conduct an initial survey of the health conditions of the area a week before the conduct of the Medical Mission for us to prepare and have the medicines available during the event.
- RCB or Luzon Hydro/Aboitiz can help patients with severe health problems to continue medications, by coordinating with health providers or doctors in Baguio General Hospital or any hospital in Baguio.
- RCB must continue to conduct trainings and seminars on HEALTH to help our communities be aware of diseases preventions and teach them how to be healthy always.



3 Quick Questions for a Simpler and Happier 2017 by HENRIK EDBERG



Before we step through that doorway I'd like to quickly share one last article with 3 of my favorite questions of all time that can help you shape 2017 into 365 days that will be simpler, happier and self-kinder.

Is this useful?

It's very easy to spend a lot of time on things that do not really matter much. To spend hours, days or even weeks on being angry at someone, replaying a mistake or failure in one's mind or to dwell on something negative and feeling more and more like a victim.

So I try to ask myself this question as often as I can to question and confront my own thoughts. To catch myself and to wake myself up when I get stuck in negative thought loops going round and round.

By doing so I: Suffer less.

- Waste less time on going round in circles.
- Spend more of my time on finding a practical solution. 図

2. What is one very small step I can take right now to get the ball rolling?

This is my favorite question for when I want to get started with something or if I want to get going again with something that have fallen to the side for some reason.

Because it makes things easier. Makes them feel lighter.

This question prevents me from trying to escape into procrastination and helps me to avoid the side-effects of that such as sinking self-esteem and simply a lot of time being wasted on trying to hide.

Will this matter in 5 years? Or even 5 weeks? This one helps me to simplify.

To let go.

To not make a mountain out of a molehill.

To find the healthier and happier perspective.

To not lose my focus and energy to crippling worries

To find a lightness in life where I do not have to carry around 5 tons of unnecessary mental baggage.

Guava Leaves Can Extremely 100% STOP Your Loss of Hair And Make It Grow Like Crazy BY HEALTHYLIFESTYLELIVE // JUNE 12, 2016

Guava leaves are deserving of a lot interest given that they offer an abundance of health advantages. They are high in vitamins A and C, potassium, healthy fiber and lycopene. In this short article we offer you 17 fantastic health benefits offered by guava leaves:

1. Guava leaf tea can decrease bad LDL cholesterol without impacting excellent HDL cholesterol levels.

2. Deal with bronchitis and coughs with guava leaf tea

3. Apply crushed guava leaves onto impacted locations to relieve itching triggered by allergic reactions

4. This approach can also be used for easing insect bites.

5. Guava leaves provide an amazing help against hair loss when boiled and allowed to cool on room temperature level. Gently massage your scalp to stop any additional hair loss

Guava leaf tea stops carbs from becoming sugar and hence suppresses cravings. This will also help you to reduce weight.

Guava leaf tea is also terrific for upset stomach and offers a great assistance in cases of gastrointestinal disorder.

This tea is likewise reliable in the treatment of diarrhea and dysentry given the fact that it provides strong antimicrobial properties.

9. Guava leaf tea is considered to be efficient in alleviating bigger prostate and cancer.

10. It is specifically suggested for males who deal with fertility issues.

 Guava leaves are high in vitamin C, which assists to heal those problem areas on your face, called acne and pimples.

12. In order to avoid infections, apply crushed guava leaves on small cuts like scrapes or abrasion. You can also prepare a tea to ease an outer ear infection. Leave the tea to cool and then drop a few of it in on the affected area.

13. Boil 9 guava leaves in 5 cups of water until the quantity you have in your pot lowers by half. This is terrific in the treatment of dengue.

14. Guava leaf tea is very beneficial for diabetics as it lowers blood sugar level level and does not promote insulin secretion.

Chew guava leaves in order to eliminate tooth pain, irritated gums and sores in the mouth.

16. If you want to get rid of blackheads naturally, crush a few guava leaves and stir in a little bit of water. Utilize this instead of your routine face scrub.

 Use the very same combination to avoid premature skin aging, and you will be impressed by the result.

Positive Thinking

An old man has 8 hairs on his head. He went to the barber shop.

The barber, in anger asked: shall I cut or count?

The old man smiled and said: "Color them".







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Never Overlook the Poor

auít Reacting to Silly tales..



Tune Urself for your victory.





First Board Meeting for 2017

Editors Note: The first board meeting for 2017 was held last Jan. 7 after the regular meeting. The board discussed the activities for the second semester of RY 2016-2017 such as the upcoming medical mission on March 4 and the arrival of our Korean visitors, the golf tournament and the charter anniversary. They also deliberated on the members that need to be terminated from the club before the payment of the SAR.













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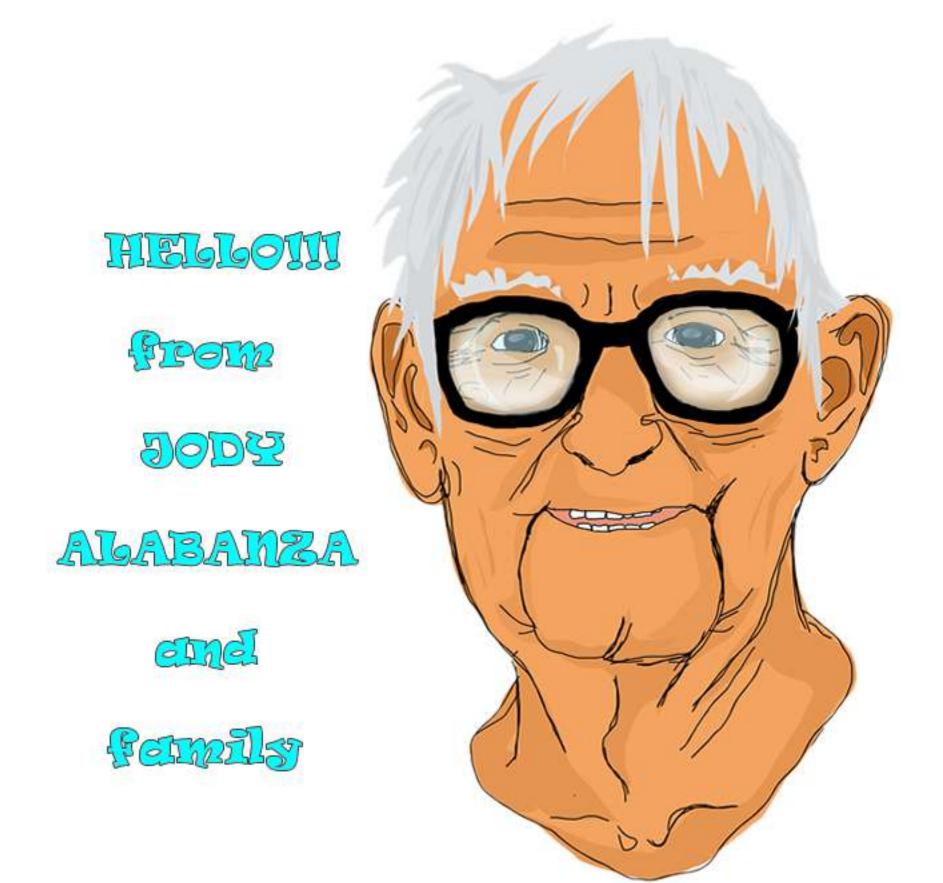














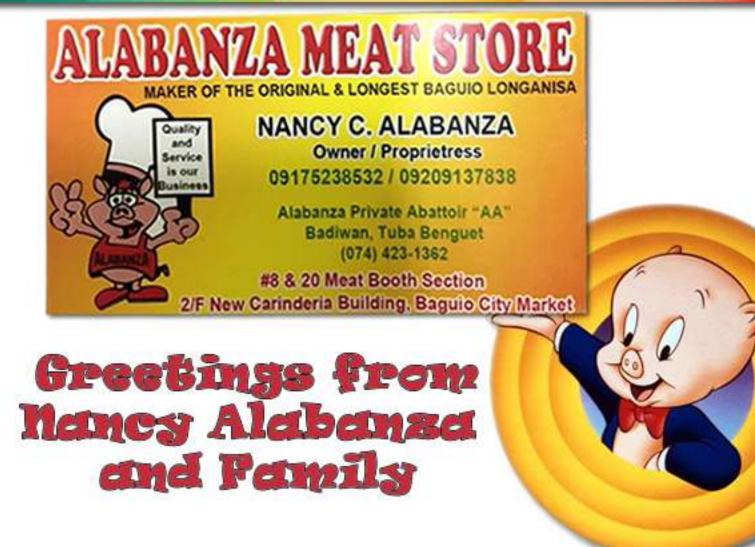






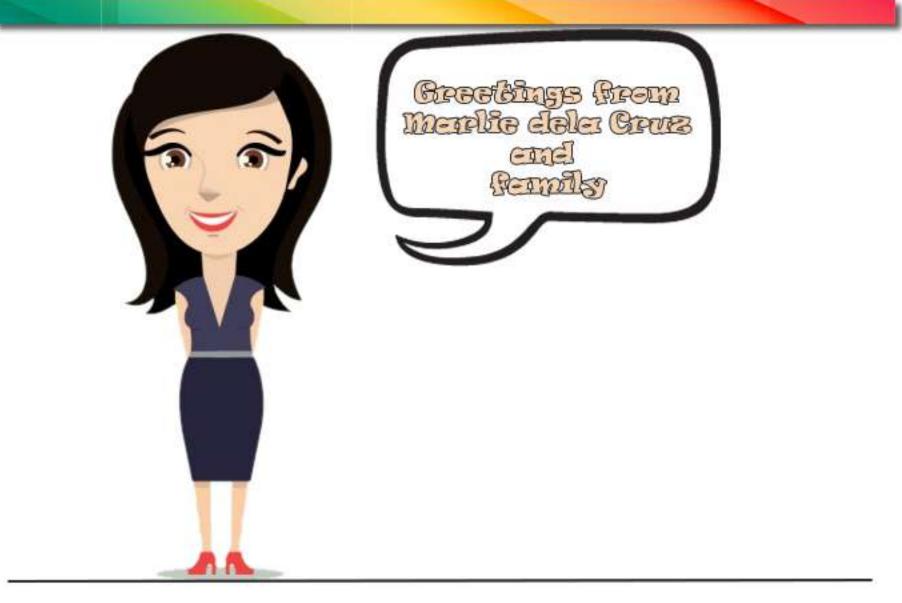




















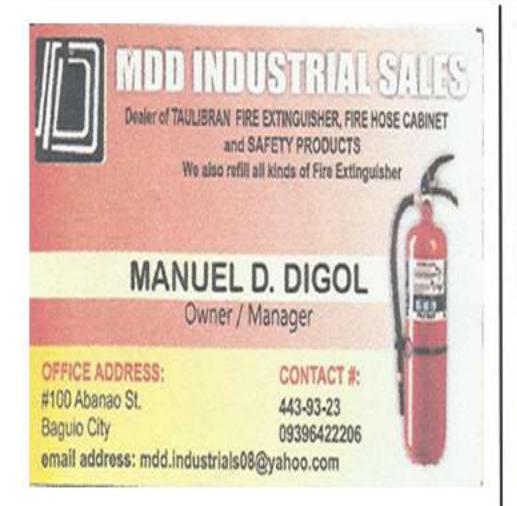


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COMING SOON !!!



HUGOT OFTHE WEEK The Rotary Club of Baguio Hymn					
24	(The Force of Goodwill)				
	Composed by Dennis P. Flores, M.D.				
If what you see by the eye doesn't please you, then close your eyes and see from the heart. Because the heart can see beauty and love more than the eyes can ever wonder.	We have been summoned by God's loving call To follow a great, self-less road To serve, heart and mind, every trial, stand tall Unburden a man's heavy load Trained to examine the gifts of the past Consider the present we bear To aim for the best of the future we must Broaden our minds as we care <i>Chorus:</i> We are the force built on Goodwill and Service Love friend or foe, we embrace this demand Called to be brace through life's burning furnace Rotary Club of Baguio, we stand The Truth, all actions must certainly yield				
CVCI WOINCOI.	To all of our mankind, be fair For Goodwill and Friendships we constantly build Forever God's Goodness we share				
	(Repeat Change traine)				
	(Repeat Chorus twice)				
Next Week's program January 21, 2017	Next Week's program Participants January 21, 2017				
Mid Voor Doviow	12 noon Registration & Fellowship				
Mid-Year Review	12:30 Call to Order PE Jun Bondoc				
	Invocation Pambansana Awit				
at	Pambansang Awit Rotary Hymn				
	4 Way Test				
DODODULIT	12:40 Entertainment				
POROPOINT	12:50 Introduction of Visiting Rotarians & Guests				
HOTEL · CASINO · GOLFCLUB	1:05 Raffle 1:15 Members Time				
SAN FERNANDO - PHILIPPINES	1:20 President's Time PE Jun Bondoc				
THUNDERBIRD	1:30 RCB Hymn				
	Pilipinas Kong Mahal				
RESORTS	1:35 Adjournment PE Jun Bondoc				
	Program Coordinator:				
	Betrospect:				
	54				