

Rotary Club of Baguio



WORK TOGETHER IN A WORLD FELLOWSHIP

DEDICATED TO

SERVICE AND INTERNATIONAL UNDERSTANDING



THE CAÑAO

VOL. 69 NO. 83

TODAY'S PROGRAM

May 6, 2017

12 noon	Registration	
12:30	Call to Order	Pres. Chris Faelnar
	Invocation	Rtn. Tonton Tan
	Pambansang Awit	
	Rotary Hymn	
	4 Way Test	
12:40	Entertainment	Rtn. Mariver Agayas
12:50	Introduction of Visiting Rotarians & Guests	PP Bert Talco
12:55	Raffle	Dir. Nancy Alabanza
1:05	Members Time	
1:15	President's Time	Pres. Chris Faelnar
1:25	Introduction of GHS	PP Gerard Audineau
1:30	GHS	Dir. Naas Demyttenaere
2:05	Open Forum	
2:20	Response	VP/PN Lani Fabi
2:25	RCB Hymn	
	Pilipinas Kong Mahal	
2:30	Adjournment	Pres. Chris Faelnar

Program Coordinator: Aud. Atom Mendalla
Retrospect: Dir. Jun Cardona

RI Officers

John Germ
- RI President

District Officers

Raul Peralta
- District Governor
RI District 3790

Karl Gabaen
Asst. District Governor

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Chair for Club Administration

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Baby Kaur
Assistant Treasurer
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DIR Cora Ocampo
Contributor

PP Marilyn Barredo
Contributor

VP Lani Fabi
Contributor

PRESIDENT'S CORNER



Chris Faelnar

President, Rotary Club of Baguio

Good Day Fellow Rotarians!!! Last April 30 & May 1, the following brave Rotarians led by our Community Service B Director VP Lani, Mr. Medical Mission himself PP Diony, PE Jun, Dir. Nancy, Dir. Baby, Incoming Dir. Reymound, Potential Rotarian Susan and yours truly went to Barangay Sinacbat in the Municipality of Bakun for the Aboitiz-sponsored Medical Mission. We were accompanied by our Partners in Service, 40 Rotaractors for the College of Medicine of SLU as well as the Staff of Luzon Hydro Corporation. We were also lucky to have one Dentist who is a daughter of one our employees in HEDCOR who single-handedly took care of the dental patients. I was quite impressed with Susan who works for the Register of Deeds of the City of Baguio, and was introduced to our Club by our former treasurer Bennie Laranang. I discovered that she also enjoys doing community projects like our medical missions. Truly a Potential Member of our Club. Hopefully she can join our club before my term ends!!! I would like to sincerely thank my fellow Rotarians who joined the Sinacbat Medical Mission and enjoyably served the residents of this far flung barangay who really needed medical assistance. Many thanks to our Rotaractors who also joined the mission.

Today, we have our very own Director Naas Demyttenare who will be our Guest of Honor and Speaker. Director Naas will talk about the "Eyes of The World" Project. This a very noble project conceptualized by our "Literacy Guru" Naas in collaboration with PP Gerard. This should be a very interesting talk on how the project came about, how these two fine gentlemen (Dir. Naas & PP Gerard) and how resourceful these two members of our in terms of getting funding for this very good project. I won't preempt you on the topic since it might take away the "interesting" part of Dir. Naas' talk.

The District 3790 Year End Review is coming up. This will be on June 24 and it will be held at the Laus Event Center, San Fernando Pampanga. Early Bird Registration (until April 28 only) is P1,000, Pre-Registration (May 1-15) is P1,100 and On-Site Registration is P1,500. Looks like we already missed the Early Bird Registration. I would like to invite my fellow Rotarians to attend with me most specially the Board Members. The program starts at 1 PM so this should just be a leisurely drive to San Fernando Pampanga.

Again let me just remind my fellow Rotarians to settle their dues for those who haven't settled their dues yet. Cheers to One and All!!!

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

RETROSPECT

Editor's Note: April 29, Ladies' day. A special day for Rtn. Lorena who did her classification talk. Also a special day for birthday celebrants VP/PN Lani Fabi, PP Marilyn Barredo, Rtn. Reymund Barrios, Dir. Naas Demyttenaere, PP Veeh Balajo, Rtn. Vangy Cacho and Rtn. Tonton Tan who received their much coveted birthday gifts from Pres. Chris.



SECRETARY'S PAGE



Rico Ferrer
Secretary, RC Baguio

BIRTHDAY

May 1 – Sec. Rico Ferrer
May 3 – PP Ben Ladilad
May 4 – PP Gerard Audineau

Guests April 29 Meeting:

Ms. Susan Villanueva, guest of Rtn. Bennie Laranang

Rotary Anns April 29 Meeting:

RAPres. Tess Dulnoan, RA Sally Koeller, RAPP Yolly Faelnar

Rotakids/ Apos Apr. 29 Meeting:

Marcus Ocampo, Ian Ocampo

We missed you last April 29

Rtn. Mariver Agayas (mu) Rtn. Jody Alabanza (exc), Dir. Nancy Alabanza (mu), Rtn. Cess Apostol, Rtn. Modz Bahul, Rtn. Arland Caronongan, PP Mia Cawed, PP Raffy Chan (OL), PP Libby Fernandez (OL), Sec. Rico Ferrer (mu), Rtn. Glen Flores, Rtn. Mark Flores, Rtn. Glory Fritz, Rtn. Gene Carlo Gallardo, Rtn. Eunice Jun (OL), Rtn. Joseph Kim, Rtn. Lily Landayan (mu), PP Alfred Laygo, Aud. Atom Mendalla (mu), Treas. Ali Morales, PP Angeling Palma (exc), PP Lito Pangilinan (exc), PP Chris Peralta (mu), Rtn. Pam Perkins (OL), Rtn. David Rees (OL), PP Helmut Schlaaff (exc), Rtn. Wilma Tadije (mu), Rtn. Joe Ursua (mu), PDG Linda Winter (mu)

WHERE TO MAKE-UP

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

Make-ups by Internet:

1. Log on to Rotaryclubone.org
2. Click on: Make-up Programs
3. Spend 30 minutes on site by reading any 3 articles
4. Click on: Request Make-up
5. Complete make-up form and indicate secretary's email address (rico_v51@yahoo.com)
6. Our club number is: 16863
7. 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.*

CLUB INDUCTIONS ATBP.

May 12-13 – DISTAS at Vigan Ilocos Sur

June 30 – RCB South Induction

July 13 – RCB Sunrise Induction

July 14 – RC Downtown Session Induction

July 21 – Club Induction

THIS WEEK'S ACTIVITIES

Sinacbat Medical Mission April 30-May 1:

Pres. Chris Faelnar, PP Diony Claridad, PE Jun Bondoc, VP/PN Lani Fabi, Dir. Baby Kaur, Dir. Nancy Alabanza, Rtn. Reymund Barrios, guest Susan Villanueva, 41 SLU-School of Medicine Rotartacts



April Attendance

	1-Apr	8-Apr	22-Apr	29-Apr	% attendance home club w/ make-up
Agayas, Mariver	1	1	1	1	100.00%
Alabanza, Jody	1	1			50.00%
Alabanza, Nancy	1	1	1	1	100.00%
Apostol Cecile					0.00%
Audineau Gérard	1	1	1	1	100.00%
Bahul, Modz		1			25.00%
Balajo Veeh	1	1	1	1	100.00%
Barredo Marilyn	1	1	1	1	100.00%
Barrios, Reymund	1	1	1	1	100.00%
Bondoc, Ricardo	1	1	1	1	100.00%
Cabanisas, Arnel	1	1	1	1	100.00%
Cacho, Evageline	1	1		1	75.00%
Cachola, Lorena	1	1	1	1	100.00%
Cardona, Eulogio	1	1	1	1	100.00%
Caronongan, Arland		1			25.00%
Cawed, Mia	1	1			50.00%
Chan, Raffy		1			25.00%
Claridad Diony	1		1	1	75.00%
dela Cruz, Marlie	1	1	1	1	100.00%
Demyttenaere Naas	1	1	1	1	100.00%
Dulnoan Ike		1	1	1	75.00%
Fabi Lani	1	1	1	1	100.00%
Faelnar Chris	1	1	1	1	100.00%
Fagar, Cy	1	1	1	1	100.00%
Fernandez Libby	1	1	1		75.00%
Ferrer, Rico	1	1	1	1	100.00%
Flores, Glen	1				25.00%
Flores, Mark					0.00%
Fritz, Glory					0.00%
Gallardo, Carlo			1		25.00%
Jun, Eunice	1				25.00%
Kaur Baby	1	1	1	1	100.00%
Kim, Joseph					0.00%
Koeller Uwe	1	1	1	1	100.00%
Ladilad Ben				1	25.00%
Landayan, Estela	1	1	1	1	100.00%
Laranang, Bennie				1	25.00%
Laygo Alfred					0.00%
Maranan Gigi	1	1	1	1	100.00%
Mendalla, Atom	1	1	1	1	100.00%

Morales, Ali					0.00%
Ocampo Cora	1	1	1	1	100.00%
Palma Angeling					0.00%
Pangilinan Lito					0.00%
Peralta Chris	1		1	1	75.00%
Perkins Pam					0.00%
Rees David					0.00%
Schlaaff Helmut		1	1		50.00%
Sunga Benny		1		1	50.00%
Tadije, Wilma	1	1	1	1	100.00%
Talco Bert	1	1	1	1	100.00%
Tan, Tonton	1		1	1	75.00%
Ursua Jose	1	1	1	1	100.00%
Winter Linda	1	1	1	1	100.00%

Registered Members	54	54	54	54
On leave	3	3	5	4
Excused	4	3	4	6
Total to COUNT	47	48	45	44
Present	20	23	20	25
Make Up	15	13	14	9
TOTAL Attendance	35	36	34	34
% of Attendance	74.47%	75.00%	75.56%	77.27%
Monthly Average				75.57%

absent w/ make-up
absent w/o make-up
on leave
excused



Sinacbat Medical Mission

Served 2 Barangays Sinacbat and Bagu with Pres. Chris Faelnar, PP Diony Claridad, PE Jun Bondoc, VP/PN Lani Fabi, Dir. Baby Kaur, Dir. Nancy Alabanza, IDir. Reymund Barrios, s. Susan Villaneuva and 41 Rotaracts of SLU-School of Medicine.

Total Patients Served: 375 from Barangays Sinacbat and Bagu. Thank you to our Sponsor and Partner in Service Aboitiz Group of Companies







Eyes for the World

By PP Gerard Audineau

In May Dir. Naas started the teaching of the hearing impaired children. For that the staff of the Institute for Inclusive Education are the teachers, and we use the special books for hearing impaired done with a matching grant of the RC Baguio with the participation of four Rotary Clubs of South Australia led by our sister club RC Port Pirie and the Rotary Club of Cannes (France).







Your Guide to **LIVER DISEASE**

TYPES OF LIVER DISEASE

If the fat in your liver makes up 5 percent–10 percent of the organ's weight, that is labeled fatty liver disease. There are two main types of fatty liver disease, alcoholic liver disease and nonalcoholic fatty liver disease. Acute fatty liver of pregnancy is another rare condition that happens when fat builds up in the liver of pregnant women.

ALCOHOLIC LIVER DISEASE (ALD)

ALD is the result of drinking alcohol excessively. This condition is in direct correlation to the amount of alcohol you drink.

NONALCOHOLIC FATTY LIVER DISEASE (NAFLD)

NAFLD is the most common liver disorder in the Western world. NAFLD is most likely to happen in people who are overweight and middle-aged, but recently there are more cases of children with NAFLD because it is a result of the standard American diet. This condition is linked to malnutrition, medications, inherited liver disease, fast weight loss and too much bacteria in the small intestine. There are three types of NAFLD:

- 1 Nonalcoholic fatty liver is when fat builds up in the liver, but it won't necessarily hurt you.

- 2 Nonalcoholic steatohepatitis happens to a small number of people with fatty liver. The fat causes inflammation in the liver, and this can impair the liver's ability to function.
- 3 Nonalcoholic fatty liver disease-associated cirrhosis is when liver inflammation leads to the scarring of the liver tissue, making the liver heavier than any other solid organ in the body. This scarring can become so severe that the liver no longer functions, leading to liver failure.

LIVER DISEASE SYMPTOMS

There are often no symptoms of fatty liver disease, so you may live with the condition and not realize it. But the following symptoms can surface:

feeling tired	enlarged liver
fatigue	bloating and gas
weight loss	dark urine
loss of appetite	bruising easily
weakness	excessive sweat
nausea	constipation
confusion	dry and dark patches on neck and under arms
trouble concentrating	
pain in the center or right upper part of belly	

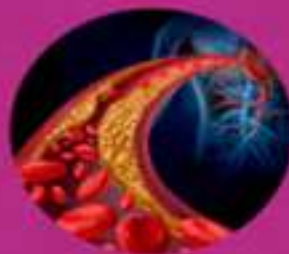
RISK FACTORS



Obesity



Gastric bypass surgery



High cholesterol



High levels of triglycerides in the blood



Type 2 diabetes



Metabolic syndrome



Sleep apnea



Polycystic ovary syndrome



Underactive thyroid (hypothyroidism)



Underactive pituitary gland (hypopituitarism)

FOODS THAT MAKE LIVER DISEASE WORSE



ALCOHOL



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FOODS



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Treatment of Fatty Liver Disease

There is no specific treatment. But you can improve your condition by managing your diabetes, if you have it.

If you have alcoholic liver disease and you are a heavy drinker, **quitting is the most important thing you can do**. Talk to your doctor about how to get help. If you don't stop you could get complications like alcoholic hepatitis or cirrhosis.

Even if you have nonalcoholic fatty liver disease, it can help to **avoid drinking**. If you are overweight or obese, do what you can to **gradually lose weight** -- no more than 1 or 2 pounds a week.

- Eat a balanced and healthy diet and get regular exercise.
- Limit high-carb foods such as bread, grits, rice, potatoes, and corn.
- Cut down on drinks with lots of sugar like sports drinks and juice.



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**COMPLIMENT'S OF PRESIDENT
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Hi!!!

Greetings from

Marilyn Barredo

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Hello from TonTon Tan



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Hello



**Hello fellow
Rotarians!!!
A simple
Greeting from
Cess Apostol and
family**

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HELLO!!!

from

JODY

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family



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Assistant General Manager

HUGOT OF THE WEEK



The Rotary Club of Baguio Hymn (The Force of Goodwill)

Composed by Dennis P. Flores, M.D.

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 . . .

Chorus:

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
To all of our mankind, be fair
For Goodwill and Friendships we constantly build
Forever God's Goodness we share . . .

(Repeat Chorus twice)

**NEXT WEEK'S PROGRAM
MAY 13, 2017**



Fellowship