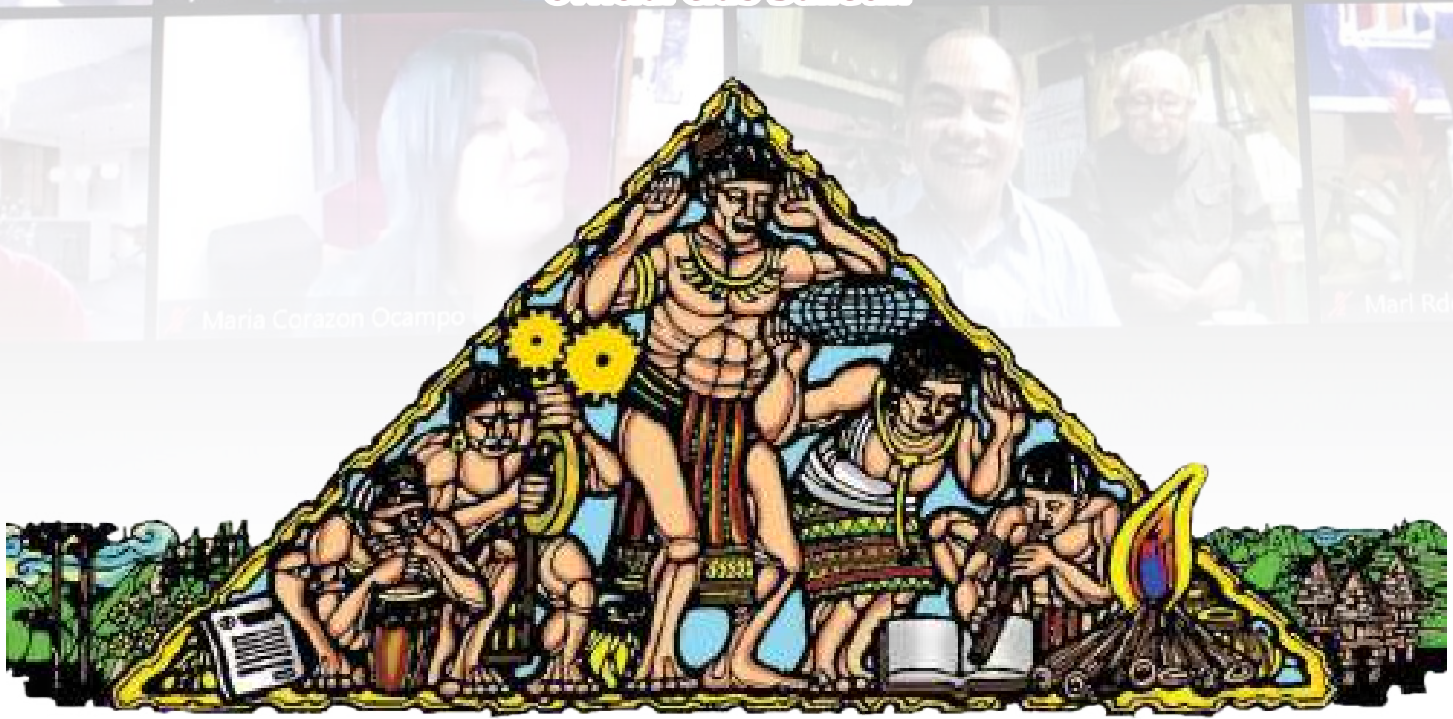




THE CAÑAO

A Celebration of Service
Official Club Bulletin



Zoom Program

22 August 2020

| | | | |
|---------|---|------|--|
| 1:00 pm | Fellowship | 2:00 | Introduction of Resource Speaker ... PP Benny Sunga |
| 1:30 | Call to Order Pres. Atom Mendalla | | “Wellness Medicine” |
| | Invocation PP Marilyn Barredo | | Response ... Rtn. Estela Landayan |
| | Pambansang Awit | | RCB Hymn |
| | Rotary Hymn | | Pilipinas Kong Mahal |
| | 4 Way Test | 2:30 | Adjournment Pres. Atom |
| 1:40 | Entertainment Rtn. Modz Bahul | | |
| | Member’s Time | | |
| | President’s Time | | |



Dr. JP Dipasupil
Resource Speaker

PP Gerard Audineau
Program Coordinator



Membership and New Club Development Month

President's Corner



Membership and New Club Development Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

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Message from

Atom Mendalla

President | Rotary Club of Baguio

Greetings my dear RCB family!

First of all, I want to thank you all again for agreeing to the 3-month trial period of restructuring our meetings into Action Groups. I really hope we can make this work and realize the benefits that were presented during the Club Assembly.

This early, I'm already hearing about a couple of groups that are starting or have started their discussions. Case in point, the Maternal and Child Health action group – who already have the initial ideas for a Global Grant proposal. I am looking forward to joining their meeting and participate in developing their ideas.

May I urge the other Action Group leaders to please convene your groups and get started on your plans and projects. Please let me know of your meetings so I can join you.

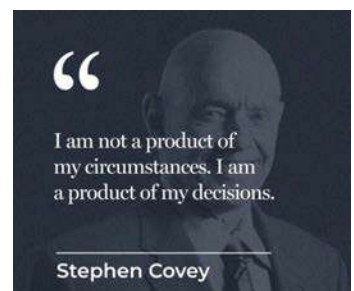
In another positive development – I am pleased to report that Dir. Vell has retracted her resignation as Chair of the sub-committee on Youth Service. To paraphrase her message – she has decided to “take as a challenge To be a Rotarian who will be of service above self. To help each other make the impossible, possible”

Many times in our lives – we will be called upon to make the hard choices, to take the risk, to take the leap of faith, to take on the trials and face them head on. Sometimes life isn't easy. But we need to be decisive. At this point in our lives, we still have growing pains. But that only means we are continuously evolving and that is precisely why we must hunker down and carry on. Know that every challenge met and overcome only makes us stronger. And like I've said before, whether it's in the Club, in our personal relationships, in our business, in our career, etc. – being happy is as much a disposition as it is a decision. It's really all in our hands.

I leave you now with this quote from bestselling author, educator and businessman
Stephen Covey:

Have a great weekend ahead. Mabuhay ang
Rotary Club of Baguio!

God Bless Us All!



Club Speaker's Profile



Short Profile of

Jan Paolo Dipasupil

MD, MBA, DPCLM, DIBLM

Apo Street, Quezon City, Philippines, Mobile Number : +63-922-800-1268, Email: obesitymnl@gmail.com

Professional Work

LIFESTYLE MEDICINE PHYSICIAN

PRIVATE PRACTICE

Metro Manila and Baguio City, Philippines

November 2015 – Present

Lifestyle Medicine is a branch of evidence-based medicine in which comprehensive lifestyle changes (including nutrition, physical activity, stress management, behavioral therapy, and environmental exposures) are used to prevent, treat and reverse the progression of chronic diseases by addressing their underlying causes. I focus my clinical practice on behavioral therapy, nutrition and exercise prescriptions, and early stages of diabetes and hypertension management.

OBESITY MEDICINE PHYSICIAN

PRIVATE PRACTICE

Metro Manila and Baguio City, Philippines

September 2016 – Present

Obesity Medicine is a new field of medicine dedicated to the comprehensive treatment of obesity. This specialty takes into account multi-factorial factors of obesity in which behavior, development, environment, epigenetic, nutrition, physiology and psychosocial contributors that play a role. My focus is medical treatment for weight loss and maintenance.

Researches (2018-2020)

- Covid-19 Safety Guidelines for Establishments (For Peer-Review) - May 2020
- Covid-19 Crisis Management & Prevention Plan (For Peer-Review) - March 2020
- Strategic Management On BenguetCorp Laboratories, Inc Medical Clinic Focus On Wellness Services And Packages, Makati City, Philippines - February 2019
- Prevalence of Adolescent Overweight and Obesity from School Medical Records in Baguio City: Observational Study (Presented at International Symposium on Understanding the Double Burden of Malnutrition for Effective Interventions, Vienna , Austria) - December 2018

Educational Background

MASTERS OF BUSINESS ADMINISTRATION IN HEALTH (DEAN'S LIST)

Ateneo Graduate School Of Business
Makati City, Philippines
November 2019

DOCTOR OF MEDICINE (BENE MERITUS)

University Of Santo Tomas Faculty Of Medicine And Surgery
Manila, Philippines
April 2013

BACHELOR OF SCIENCE IN NURSING (Dean's List)

Saint Louis University
Baguio City, Philippines
April 2009

Secretary's Page



Notes and Updates as of 22 August 2020

Arnel Cabanisas

Secretary | Rotary Club of Baguio

Birthdays and Anniversary

Special Birthday Greetings To:

Rtn Glenliel Flores – August 22

Anniversary Greetings To:

PP Raffy Chan & RAPP Josie Chan – August 19

For the Record – 15 August 2020

We missed you during Virtual Meeting via ZOOM:

Dir. Mariver Agayas, Rtn Nancy Alabanza, PP Ricardo Bondoc Jr., Rtn Evangeline Cacho, PE Naas Demyttenaere, Rtn Dwight Dulnoan, PP Libby Fernandez, PP Ben Ladilad, Treas Ali Morales, PP Lito Pangilinan (exc), and Rtn Jeanne Maria Ty

Activities during the Week

August 16, 2020 (Sun)

- Committee Meeting on Sister Clubs

Highlights of the Virtual Meeting

1. Members Attendance: 73% - thirty (30) members were present at the Zoom Meeting.
2. Invocation: The invocation was delivered by PP Chris Faelnar.
3. Entertainment: Rtn Joe Ursua amused the members with a song and dance entertainment number via Tiktok. This was followed by Dir Jody Alabanza's "I Believe".

4. Members Time:

- IPP Baby Kaur informed the group that the Philippine Rotary Magazine (PRM) is already at her residence and ready for pickup.
- Rtn Glen Flores apologized for some slight slips in last week's meeting when he was the Program Coordinator. PP Benny also greeted Lulu a happy birthday.

5. President's Time:

- Birthday Celebrants - Birthday greetings to Rtn Modz Bahul Jr. and RS Bong Cawed.
- Proposals on RCB Meetings - Please see separate Article in "The Cañao."
- RCB Budget – RY 2020-2021 - Details on the budget are on file.

6. Open Forum

- **PP Cy Fagar: Clarification on the proposed schedule of meetings**

Pres. Atom: The 1st and 4th week will be a general membership meetings. The 2nd and 3rd week meetings will be dedicated to the action groups who will meet preferably on a Saturday although this can be moved to a more convenient time for them to meet. On the 4th week, the group will present their plans, proposals and activities. If no group presentations, it may be purely fellowship since there will be no guest speaker on the 4th week.

PP Benny Sunga: Commented that he is not so keen on decreasing the number of meetings and have been clear about this matter since before, as it will redound to lesser chances of fellowship and camaraderie in the club. PP Benny suggested that the board look into this concern as it might be more detrimental to the club if this is pursued. Meetings should still be for the whole group (all members). Action groups can meet by themselves on Saturdays if it is important for them to do so and the program committee chair will just adjust the program to include committee reports during the 2nd or 3rd week.

Secretary's Page

Highlights of the Virtual Meeting

PP Cy Fagar: Confirmed that he agrees with what PP Benny mentioned.

PDG Linda Winter: Suggested that the proposal be given a trial period of 1-2 months or for the first quarter to see how it goes, since this is a revision from the COL (re: suggesting to cut down the physical club meetings). If it is not feasible, then it can be put into a vote by the members as to what they want.

VP Marlie dela Cruz: Confirmed that she would like to go for the twice a month meeting. She added that members are supposed to be doing something at each meeting but it is noticeable that not all the members are participating or attending. Maybe we can increase the number of participants or attendees because they will be joining only 2 fellowship meetings. She further stressed the importance of the club's community work or service to the community.

PP Marilyn Barredo: Clarified that it is difficult to initiate projects right now due to the pandemic and that is where the meetings of the action groups come into play where they make plans on how to implement the programs and projects. With regards to the meetings, PP Marilyn is with the four meetings for all members with the action groups meeting on their own. Action groups can report back their activities during the quarterly assembly or during the members' time in the weekly meetings.

PP Anet Calabias: Regarding meetings, she agrees with whatever is amenable to everyone. She also agrees with small group face to face meetings so that members can give their inputs on projects. PP Anet assured the members of her support for the club in implementing the plans for the year.

Pres. Atom: Asked the members present on their consensus to try the restructured meeting for a quarter starting September 2020. The majority of the members replied with a thumbs-up. Pres. Atom emphasized that if it is not feasible for the club, then the club can revert to the usual meetings structure.

- **Rtn Glen Flores:** Inquiry on the assignment of members to the different action groups. How or why were those people assigned to the specific action group? Was it random? How was this done?

Pres. Atom: The distribution was made by PE Naas and we made sure of the following:

- No lumping of professions/classifications;
 - Even distribution of Past Presidents;
 - Each committee to be headed by a member of the Board;
 - Good mix of members in terms of no. of years in the Club.
 - It was evenly distributed and done randomly.
- **Rtn Glen Flores:** Suggested that members choose the action group that they may be interested in or be their forte so that the members would be active in that particular action group

Pres. Atom: Members were not asked this time but it was made sure that each action group would have an same number of members as the other groups. Also so that there will be no polarization of members or group of friends into just one group. She further clarified that even if you are assigned to a specific group, this will not stop you from joining other action groups and activities.

VP Marlie dela Cruz: Clarifying Rtn Glen query, the club tried this already before but even when members were asked what groups they want to join in, they still did not perform as expected. Therefore, it is fair for PE Naas to just assign every members to a group and we just do what we are asked to do.

PP Marilyn Barredo: Members should also be given an option to allow them to get out of the assigned action group and join a new one. Members should have the interest to participate and if they are not comfortable in the assigned group, they are not going to be effective.

Secretary's Page

Highlights of the Virtual Meeting

- **PP Marilyn Barredo: Replacement of Chairperson re: resigned directors**

Pres. Atom: The action groups can start meeting as early as possible. With regards PP. Marilyn's query as to the replacement of the resigned directors, Pres. Atom requested Dir. Tonton to provide a copy of the results of the previous election so that this can be deliberated upon immediately. The resigned directors can stay as is in the committee as members.

- **Dir Jody Alabanza: Project implementation and Feedback Mechanism**

Dir Jody Alabanza: Two things should be clear. (1) When implementing projects, we do not evaluate only after we have reached the goal. As the project is ongoing, it is important to evaluate ourselves in terms of what's happening with the project or activities, that is, a feedback mechanism is in place all the way to implementation. Because sometimes, we just continue to implement the same projects without determining whether our proposals & projects are out-dated or still relevant due to changing circumstances. The feedback mechanism is important to determine whether we are attaining our goals, whether we should revise or change our goals and the different stages of the programs and projects should be also evaluated. (2) Recipients be part of the project implementation. Determine what is the role of the recipients - the relevancy of what we are doing and the relevancy of those getting the projects. A good feedback mechanism will let us know whether there is a need to change things, to move to other things or to make improvements in the implementation of our current and future programs and projects.

- **PP Gerard Audineau: Sister Clubs**

PP Gerard Audineau: Requested to meet with Pres

Atom and PP Bert Talco to decide what to do with the sister clubs because RCB has many local sister clubs and a few international sister club but there is no contact with them for many years. As a sister club, RCB should meet them at least once a year, renew sisterhood ties every year and have some projects with them, which is not being done. Pres. Atom agreed to have a meeting to discuss this.

- **PP Veeh: Revision of the Constitution and By-Laws**

Pres. Atom: PP Mia confirmed that PP Naz already sent the proposed revisions with comparison to the current version. Pres. Atom will discuss further with PP Mia.

- **PP Cy Fagar: Incorporation of the Club**

PP Chris: Requested PP Cy to study & present the pros and cons to the members regarding the incorporation of the club, to which PP Cy agreed to.

- **PP Veeh: Use of break-out rooms for actions group meetings OR members meet personally in small groups during weekly meetings**

Pres. Atom: Possible to use through zoom but other means to meet up can also be used such as messenger call, viber and others.

PP Baby Kaur: For small groups, members can also meet personally not necessarily always virtually.

PP Benny: Offered the Assumption Medical Diagnostic Center (AMDC) or the Leonard Wood Terraces for action groups or small groups to meet

7. This week's program coordinator, PP Alfred Laygo.

(Note: These are the highlights of the meeting. Complete details of the minutes of the meeting are available on file and shall be furnished through email upon your request.)

Treasurer's Corner

RCB Payments



Report from

Ali Morales

Treasurer | Rotary Club of Baguio

Many Thanks to the following Rotarians who have already paid their dues fully or partially. We have now 32 paying members or **78.04 %** as of August 20, 2020.

Paid Annual Dues for the Rotary Year 2020-2021

| | Date Paid | OR No. | Rotarian | Amount |
|----|-----------------|--------|--------------------|-----------|
| 1 | Dec. 09, 2019 | 11715 | DULNOAN, Dwight | 5,000.00 |
| 2 | Dec. 11, 2019 | 11716 | MARANAN, Gigi | 2,000.00 |
| 3 | June 08, 2020 | 11870 | FAGAR, Cyrus | 5,000.00 |
| 4 | June 11, 2020 | 11871 | MENDALLA, Atom | 10,000.00 |
| 5 | June 19, 2020 | 11875 | AUDINEAU, Gerard | 10,000.00 |
| 6 | June 19, 2020 | 11874 | BARREDO, Marilyn | 2,500.00 |
| 7 | June 26, 2020 | 11880 | CACHOLA, Lorena | 1,000.00 |
| | July 03, 2020 | 11892 | CACHOLA, Lorena | 3,500.00 |
| 8 | June 29, 2020 | 11881 | CLARIDAD, Diony | 3,500.00 |
| 9 | June 29, 2020 | 11882 | FLORES, Glenliel | 3,500.00 |
| 10 | June 30, 2020 | 11883 | FERNANDEZ, Libby | 7,000.00 |
| 11 | June 30, 2020 | 11885 | MORALES, Ali | 7,000.00 |
| 12 | June 30, 2020 | 11884 | WINTER, Linda | 7,000.00 |
| 13 | July 01, 2020 | 11886 | ALABANZA, Jody | 3,500.00 |
| 14 | July 01, 2020 | 11888 | DEMYTTENAERE, Naas | 10,000.00 |
| 15 | July 01, 2020 | 11887 | FAELNAR, Chris | 7,000.00 |
| 16 | July 02, 2020 | 11889 | BALAJO, Vicenia | 7,000.00 |
| 17 | July 02, 2020 | 11890 | DE LA CRUZ, Marlie | 7,000.00 |
| 18 | July 03, 2020 | 11891 | LAYGO, Alfred | 3,500.00 |
| 19 | July 06, 2020 | 11893 | KAUR, Gormito | 5,000.00 |
| 20 | July 07, 2020 | 11894 | TALCO, Bert | 10,000.00 |
| 21 | July 09, 2020 | 11895 | CAWED, Mia | 3,500.00 |
| 22 | July 14, 2020 | 11896 | URSUA, Joe | 3,500.00 |
| 23 | July 15, 2020 | 11897 | CHAN, Raffy | 7,000.00 |
| 24 | July 17, 2020 | 11899 | CABANISAS, Arnel | 7,000.00 |
| 25 | July 17, 2020 | 11900 | BAHUL, Modz | 3,500.00 |
| 26 | July 23, 2020 | 11954 | LANDAYAN, Lily | 3,500.00 |
| 27 | July 24, 2020 | 11955 | SUNGA, Benny | 7,000.00 |
| 28 | July 28, 2020 | 11956 | OCAMPO, Cora | 3,500.00 |
| 29 | July 28, 2020 | 11957 | CALABIAS, Anet | 3,500.00 |
| 30 | August 04, 2020 | 11958 | VILLANUEVA, Susan | 3,050.00 |
| 31 | August 11, 2020 | 11959 | BONDOC, Jun | 1,000.00 |
| 32 | August 19, 2020 | 11960 | FABI, Lani | 3,500.00 |

If you have any concerns or clarifications, please feel free to call or text me. For everyone's reference, this is our General Fund's Account Number.

Rotary Club of Baguio Account Number: 005470465609

Hereunder is our disbursements for this Rotary Year 2020 - 2021

| | | |
|-----------------|--------------------------|-----------|
| July 17, 2020 | RI Dues - First Semester | 75,775.00 |
| August 06, 2020 | PRM - First Semester | 14,400.00 |

Proposals on RCB Meetings



Presented by

Atom Mendalla

President | Rotary Club of Baguio

Rationale

- To make the weekly meetings more interesting and more action oriented
- To create action groups (not committees) to plan and execute actions for the betterment of our communities
- To make the Club more meaningful
- To counteract some polarizations in the club and give everybody a fair chance
- Put more focus on Club Projects
- Increase members' engagement
- Increase members' participation in their projects
- Increase members' awareness of their activities
- Increase members' direct involvement in the Club's direction

Restructure Club Meetings

| | |
|--|--|
| 1 st week | GENERAL MEETING with a Guest Speaker (but subject to change/availability of the GHS) to talk about the Rotary Theme of the Month |
| 2 nd & 3 rd week | Action Group meetings |
| | Plan projects (include Global Grants with special attention on Covid related projects) |
| | Plan and execute fund-raising activities |
| 4 th week | Action group presentation/reports |

Restructure Committees Into Action Groups

- Divide Service Project Committees A & B into the 7 Areas of Focus
- TRF, Membership & Club Administration committees will remain the same

- Distribute the members among the 7 Action Groups

Member Distribution

- No lumping of professions/classifications
- Even distribution of Past Presidents
- Each committee to be headed by a member of the Board of Directors
- Good mix of members in terms of no. of years in the Club

Proposed Groupings

| BASIC EDUCATION AND LITERACY | |
|------------------------------|--------------------------|
| Chair | Vacant * |
| Members | 1. Audineau, Gerard |
| | 2. Fabi, Lani |
| | 3. Morales, Ali |
| | 4. Ocampo, Cora |
| | 5. Demyttenaere, Naas |
| | 6. Agayas, Mariver * |
| Base Duty | Manage Club Scholarships |

**Note: Dir. Mariver Agayas tendered her resignation as chair of Youth via FB message received by Pres Atom on 15 Aug 2020 but she shall remain as a member*

| MATERNAL AND CHILD HEALTH | |
|---------------------------|----------------------|
| Chair | VP MARLIE DELA CRUZ |
| Members | 1. Balajo, Vech |
| | 2. Landayan, Lily |
| | 3. Pangilinan, Lito |
| | 4. Ty, JM |
| | 5. Ursua, Joe |
| | 6. Villanueva, Susan |

| PEACE AND CONFLICT PREVENTION / RESOLUTION | |
|--|---------------------|
| Chair | DIR. TONTON TAN |
| Members | 1. Bondoc, Jun |
| | 2. Fagar, Cy |
| | 3. Sunga, Benny |
| | 4. Ladilad, Ben |
| | 5. Fernandez, Libby |

Proposals on RCB Meetings

| DISEASE PREVENTION AND TREATMENT | |
|----------------------------------|------------------------------------|
| Chair | SEC. ARNEL CABANISAS |
| Members | 1. Calabias, Anet |
| | 2. Claridad, Diony |
| | 3. Kaur, Baby |
| | 4. Laygo, Alfred |
| | 5. Maranan, Gigi |
| Base Duty | Supervise Rotaract Club of SLU SOM |

| WATER AND SANITATION | |
|----------------------|-----------------------|
| Chair | DIR. REYMUOND BARRIOS |
| Members | 1. Alabanza, Nancy |
| | 2. Cacho, Vangie |
| | 3. Flores, Glen |
| | 4. Talco, Bert |

| ECONOMIC AND COMMUNITY DEVELOPMENT | |
|------------------------------------|---------------------------|
| Chair | Vacant ** |
| Members | 1. Cawed, Mia |
| | 2. Dulnoan, Ike |
| | 3. Faelnar, Chris |
| | 4. Peralta, Chris |
| | 5. Cachola, Lorenna |
| Base Duty | RCC & Vocational Programs |

***Note: Dir. Lorenna Cachola tendered her resignation as director and chair via resignation letter received by Pres Atom on 13 Aug 2020 but she remains a member*

| SUPPORTING THE ENVIRONMENT | |
|----------------------------|---------------------|
| Chair | DIR. JODY ALABANZA |
| Members | 1. Bahul, Modz |
| | 2. Barredo, Marilyn |
| | 3. Chan, Raffy |
| | 4. Winter, Linda |

Strategic Plans & Goals - RY 2020-2021

CLUB ADMINISTRATION

A. Club Meetings

Strategic Plan: Ensure that weekly club meetings are substantial, relevant and engaging

Restructured meetings on monthly basis:

- 1st week – General Meeting with Guest Speaker
- 2nd & 3rd weeks – Areas of Focus Committee meetings
- 4th week – Committee reports/presentations

B. Club Bulletin (The Cañao)

Strategic Plans:

1. Ensure that The Cañao is a faithful recording of the Club's History
2. Ensure that The Cañao is vibrant, interesting and inclusive
 - New columns that will appear regularly:
 - Treasurer's column
 - Committee reports/updates
 - Members' personal updates/ features/ contributions
 - New columns that will appear regularly

C. Secretariat

District Goal: 100% compliance reporting in Rotary Club Central (RCC)

Strategic Plans:

1. Organized, accurate & timely reporting of Club activities &/or Committee accomplishments
2. Coordinated communications between the Secretariat and the Club Committees

Proposals on RCB Meetings

MEMBERSHIP

District Goals:

- 15% net increase for medium clubs (41 + 6 = 47)
- 100% Rotary status account of all club member - 100% log-in

RCB Goal : To be a Golden Club again – 50 members (net increase of 9 members)

A. Recruitment

Strategic Plans:

1. Provide club members with tools to help them recruit new members
2. Mine existing pool of prospects who already know about Rotary
 - FAQ as tool to introduce Rotary to prospective members
 - Balik RCB Campaign
 - Coffee table chat in lieu of Fireside Chat for new members
 - Starter kit for new members

B. Education & Retention

Strategic Plans:

1. Determine areas of focus via the completion of “Rotary Club Health Check” & “Membership Satisfaction Survey”
2. Ensure inclusion, engagement and increased participation of members in the Club’s activities and projects
3. Enhance leadership capabilities of members
 - Appointment of Club Trainer who will conduct regular Leadership Talks and provide relevant Rotary information
 - Designate mentor for new members
 - Regular & sustained publication of members’ accomplishments
 - Distribution of members among the Areas of Focus committees

THE ROTARY FOUNDATION (TRF)

District Goals:

- \$500,000 in annual fund contributions
- \$400 min./club in Polio Plus

RCB Target: Minimum \$5,000 in annual fund contributions

Strategic Plans:

1. Ensure continued contribution to TRF.
2. Apply for Global Grants
3. Collaborate with sister clubs to help fund service projects of the Club
 - Appointment of Covid 19 sub-committee Chair who will also be the sub-committee Chair for Disaster Response
 - Areas of Focus Committees to include in their projects – a Covid 19 related proposal for Global Grant
 - Sisterhood:
 - Take inventory of and renew sisterhood agreements
 - Tie-up for Global Grant projects

PUBLIC IMAGE

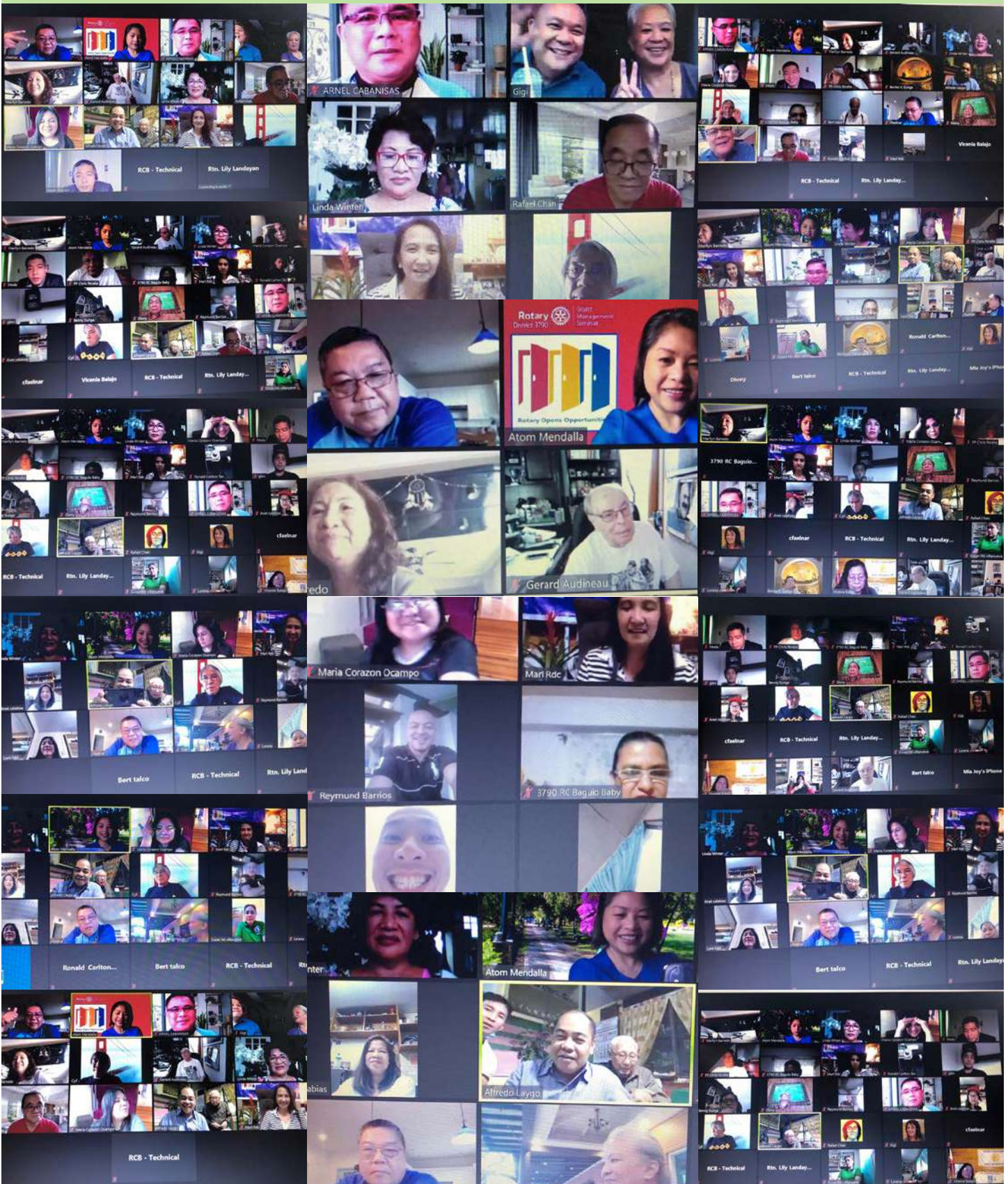
Strategic Plans:

1. Ensure all Committee and Sub Committee chairs coordinate with and submit completed projects and activities to the Public Image Chair for publication in all possible media fronts
2. Ensure the Public Image Committee establishes collaboration with media fronts
 - Update website and social media
 - Consistently publish stories about club projects
 - Use official Rotary promotional materials

Scenes We Like to See

RCB Zoom Meeting

15 August 2020



Featured Rotarian

Being Rotary Club President



My Thoughts and Experiences

Chris Peralta

Past President | Rotary Club of Baguio

People think that being president of a rotary club is all power, glamour, prestige and, being in command, and you can do whatever you want. But, truthfully, it really isn't all that simple. You have to manage a group of people, some of whom have their own ideas, different from yours. These members also have their good ideas to share, and sometimes, because it is not your own idea, that doesn't mean it is not a good proposal. Because of differences in ideas, and ways of doing things, disagreements and misunderstandings may arise. The most acceptable solution to this situation is probably to compromise, to arrive at a solution that all parties are amenable to. So how will you handle it, as President? We shall try to put thoughts and light on the matter. By the way, this article is a "No holds barred, no sugar coating, straight to the point and a straight from the heart write-up."

Let me start at the beginning of my Rotary experience. Twenty four years seems to have passed by quite quickly, and in essence, that is how long I have spent in Rotary. I still remember that it was a Saturday, March 23 1996 when I took my first step becoming a full-fledged Rotarian. Beforehand, I had completed the mandatory attendance requirement of three meetings, and now I

was being inducted as new member of Rotary Club of Baguio, at the Casa Vallejo main hall. My ever supporting better half Maya was standing beside me to my right, with my sponsor PP Benny Sunga at my left side, and this is how it all started in Rotary.

To digress a little, during my medical school days at UER-MMMC, I was in fact, a Circle K, KIWANIS Club member, not a Rotaract member, but that's another story. Fast-track six years down the road, having participated diligently in all the club's programs and activities because I was really into it, I got elected as club President. And I asked myself, 'OMG, What am I getting myself into?' I wanted to be prepared for what was to come my way. And so I googled it and this is what I found. "As club president, your role is to lead an EFFECTIVE rotary club. The president provides leadership to officers and members, recommending specifically to doing the following:

1. Preside over club and board meetings
2. Appoint committee chairs and members and ensure that they take care of their assigned responsibilities
3. Conduct club assemblies
4. Create a budget and manage club finances including doing an Annual Audit
5. Develop a safe environment for youth participants
6. Work with your District Governor and Assistant District Governor



From this statement of My ROTARY, it all seems easy, clear cut and exceptionally doable. Except Rotary never took into consideration the idiosyncrasies of each of the members you have to contend with. Like people who will decline to do



Featured Rotarian

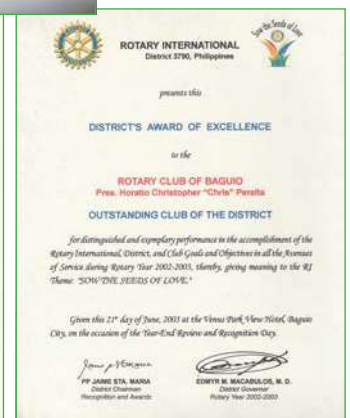
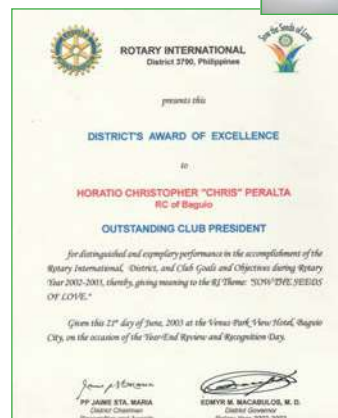
Being Rotary Club President

your bidding because they felt shy and insecure to face the rotary crowd, or they already had a scheduled important matter to take care of on that day. Or, "I am busy and have no time to prepare to do that". "I don't know anything about that topic and I am not comfortable doing that so please assign someone else" or just a plain answer like "No, I don't like to do it". All these are scenarios on the ground and are what a club president will be confronted with. So what do you do in that case? My answer: Be patient, be understanding, be tolerant. Try to convince them that if they participate in let us say the program, they will feel good about themselves, that they have achieved something meaningful and will improve their self-confidence. Also tell them that come club election time, performance of assigned tasks is usually the criteria on which most voter members use to elect that particular member. If there is still refusal on their part, then probably look for someone else to do your bidding. And this is where you will need a "Core group" to help you out, coming in handy. So what do we mean by having a core group? This is the set of people who the president can count on, through thick and thin, through good and bad times, and these people can be best friends, a person who is related by blood, as in family. Hopefully for you that you **ALREADY DO HAVE** the all important core group. If not, you're screwed! I mean, you might have a difficult time.

Your members of the Board of Directors have already been chosen for you through the club elections. But the more important thing that you have to do is to decide which person will best be suited to do the job for the different Avenues of Service. Which person among the Board of Directors will be the most qualified, and also compatible in the Avenues of Service that you have to fill up. Also, your choice of Club Secretary, a trustworthy Treasurer, your Club Membership chair, all these are very important components of the club that require people who will do the job, and hopefully, do their job well. Another thing that should be done is to identify a Special Events Chair to organize and take care of Christmas party, Anniversary celebration, Golf Tournaments, etc. Your Board of Directors monthly meetings are where the planning of projects, organizing get-togethers and Christmas parties and anniversary will be discussed. The successful outcomes of these events are principally because they have had a lot of planning and preparation done. Make members realize that socialization and fellowship are good and enjoyable, BUT there is also a job to be accomplished.

I guess I have gone through everything that needs attention, having been President.

Listen to everyone, explain to your BOD what you want to achieve. Give everyone the chance to give their own thoughts



and ideas. Reach a compromise and an agreement on things. And hope for the best that everything that was discussed comes out well and to everyone's satisfaction.

At the end, I finished my 2002-2003 Presidency with citations and awards coming from Rotary International, from District 3790, and from our very own club.

1. "Sow the Seeds of Love" 2002-2003 for RC Baguio, Presidential Citation from Rotary International President Bichai Rattakul.
2. Certificate of Recognition and Appreciation – Governor Macky Macabulos
3. Top Club Award for ROTARY FOUNDATION contributions
4. Presidential Leadership Award from Incoming President Linda Winter
5. Outstanding CLUB PRESIDENT
6. Outstanding CLUB in the District

Featured Rotarian

Being Rotary Club President

7. Outstanding Club in Community Service – Rotary Club of Baguio
8. Outstanding Club in Club Service – Rotary Club of Baguio

For a Rotary club to be an effective club, it must be active in all avenues of service. It must also create a positive public image and be a catalyst for promoting peace and understanding globally. The key to achieving this lies in the members. Without members, there is no club, and without effective members, clubs cannot be effective.



Many leaders talk about membership development and retention in their strategy sessions. Some complain about disinterested members, while their members talk about feeling disconnected to the club or even to Rotary in general. The burden actually lies on both sides. To have an effective club, members and leaders must work together to build community and trust. In particular, leaders should:

1. Get members involved: Members need to be active in projects and programs of the club. Give them specific tasks according to their expertise and time. This could be as small as delivering announcements at a meeting or as big as running a project or fundraiser. When members are involved, they feel more connected. And an active Rotarian is a committed Rotarian.
2. Give members responsibility: Don't be afraid to delegate tasks, and give members independence and ownership. Encourage members to make a project their own, be it a small one like beautifying a community park or a big effort like a global grant application for water and sanitation systems in Africa. Encourage them along the way.
3. Create a sense of belonging: The club and its members should be like one extended family. Welcome members at meetings and take time to learn what is going on in their lives outside the club. Come up with activities that allow established members to get to know newer ones. Let members know the club stands behind them and is there to support them if they need anything.

4. Build trust: Conduct yourself in a manner that earns your members' trust. The Four-Way Test is a reminder that if you follow basic ethics in your daily life you will earn trust. Members will give you their best when they trust you.
5. Acknowledge success and effort: Take time at a club meeting to acknowledge successful efforts. Consider writing something up in the club's newsletter or on your website. Extending compliments builds a member's sense of worth and satisfaction in the club.
6. Communicate well and regularly: Provide your members with information on everything happening in the club. Share the decisions of your board both during meetings and in club publications. Seek your members input on key decisions.

Members also have a responsibility to see that a club succeeds. This includes:

1. A sense of commitment: Members should show they are committed to the cause and purpose of the club and Rotary in general by being available to perform tasks, contribute to events and projects, and do more than show up for a meal.
2. A sense of ownership: Members should take on activities or projects and make them their own. Give your club the same attention you would your profession or personal efforts. Give it your time and attention.
3. A sense of sharing: Share your insight and expertise with others, whether professional or personal.
4. A sense of giving: Be ready to give of your time, effort, or money, to the extent you are able. When everyone in a club is generous with their time, money and talents, a club thrives.
5. A sense of accountability: Be accountable to the club and to each other. If you are given a task, do it with the same diligence you would your job or a personal pursuit. Don't renege or go back on a commitment to another member or the club without discussion. A club's performance reflects on its members. If a club is struggling, it's probably because some or all of its members aren't fully committed.

I sincerely feel both the club leadership and its members are responsible for creating a bond of love and affection, an atmosphere of togetherness, and all-around camaraderie. Everyone has to make an effort in order to create an effective Rotary club... My beloved Rotary Club of Baguio.

A BIENTÔT.

Editor-in-Chief's Corner

Hybrid meetings keep all members engaged

<https://blog.rotary.org/2020/08/17/hybrid-meetings-keep-all-members-engaged/>



Article from

Cora Ocampo

Editor-in-Chief | Rotary Club of Baguio

By Patrick Eakes, Zone 33 Rotary Coordinator

In our area, the global pandemic arrived like an unwelcome dinner guest. Within a matter of days after the first local case of COVID-19, my Rotary club's meeting location closed, and gatherings of 50 or more people were prohibited (my club has over 100 members). Face-to-face Rotary meetings came to an almost immediate halt.

David Stovall and Stephanie Urchick, Rotary International Directors, and Director-elect Peter Kyle immediately set up online meetings for all Rotary members in Zones 33 and 34 to attend. They held these meetings twice each week and posted recordings on social media, setting an explicit example for district and club leaders of how they could maintain and strengthen the engagement of Rotary members even during a pandemic.

David, Stephanie, and Peter also demonstrated that a challenge can be an opportunity, as clubs could now book dynamic speakers from well outside their club's geographical area.

The Zone 33 Rotary Coordinator team surveyed clubs and districts to be sure no club or member was left behind. Our team helped dozens of clubs make the transition to online meetings, loaning them meeting software licenses, providing training, and presenting programs at their meetings.

We recognized that helping clubs and members stay connected was imperative, so clubs could continue to serve their communities at a time of heightened need. Membership is truly a team sport, and it was inspiring to witness our districts and clubs respond in creative ways to maintain the engagement of their members.

Hybrid meeting guide

I stay in close contact with my colleague and partner in Zone 34, Rotary Coordinator George Robertson-Burnett. By mid-March, George had already developed a helpful resource, the [Coronavirus Response Guide](#), which included guidance for clubs to maintain member engagement. In our conversations

through April and May, George and I discussed that the next challenge for Rotary clubs in our zones would likely be staying connected to members who were unable or unwilling to attend in-person meetings when restrictions started to ease.

Keeping members engaged with your club is vital to your club's overall health and impact.

Zone 33 Assistant Rotary Coordinator Terry Weaver recognized that same challenge and developed a solid written plan to assist clubs with holding hybrid meetings, using that term to indicate meetings set up to allow both in-person and virtual attendance and participation. Several leaders in Zones 33 and 34 provided input on Terry's plan, and Terry published the [Hybrid Rotary Meetings Technology Guide](#) early in July. The guide was introduced and explained in multiple video meetings and training events, and it was posted on the Zones 33-34 website.

The guide provides a cookbook approach to set up readily available audio-visual equipment to produce hybrid meetings. It includes instructions and diagrams for four hybrid meeting scenarios. These scenarios range from quite simple to advanced, so clubs can choose the appropriate level of features that match their club's resources and their members' technical expertise.

Keeping every member engaged

Communities across the world are in various stages of reopening. Some areas that have gained the upper hand on COVID-19 are moving closer to normal operation, while some hot spots are re-instating restrictions. Regardless of your community's situation, it is likely that there are members in your club who will not return to in-person meetings until a safe vaccine is developed and is readily available. Keeping those members engaged with your club is vital to your club's overall health and impact.

Because of the pandemic, club presidents in 2020-2021 face a challenge previous leaders haven't. But it's also an opportunity. Rotary International President Holger Knaack's theme [Rotary Opens Opportunities](#), can serve as a reminder that all clubs will have to change the way they operate to thrive during and after the pandemic. I encourage you to use the [Hybrid Rotary Meetings Technology Guide](#) as a valuable resource to keep all of your members engaged with your club.

Editor's note: This is the latest in a series of posts for [Membership Month](#) which Rotary celebrates in August. Find [resources to strengthen your club](#) on My Rotary.

Rotary International Corner

How to plan a virtual World Polio day event

<https://blog.rotary.org/2020/08/20/how-to-plan-a-virtual-world-polio-day-event/>

By David F. Andrews, three-time past president, Rotary Club of Oshawa-Parkwood, Ontario, Canada, and chair of District 7070's Public Image Committee

After many years of celebrating World Polio Day with proclamations, updates from Rotary and health leaders, and flag-raising ceremonies, the 10 Rotary clubs in District 7070 (Ontario, Canada) took a different course in 2018. An in-person event held in a new global classroom and simultaneously streamed live is now serving as a great model as we approach holding our first World Polio Day live event in a COVID-19 world.

Just three years ago, Durham College of Applied Arts and Technology, a post-secondary school in Oshawa, Ontario, constructed a new Centre for Collaborative Education, which included a Global Classroom. The center allows students to learn from, and share with, students and experts from around the world in real-time. The class brings cultures from around the world together to share information about each other's culture and countries. The clubs of the Durham region all helped provide funds for the creation of the center and global classroom.

To hold the combined event in 2018, the two host Rotary clubs of Oshawa and Oshawa-Parkwood took the following actions:

- Received the buy-in from the other nine Rotary clubs and asked the mayors to proclaim 24 October as World Polio Day in all eight communities and in the whole Durham region.
- Asked the mayors and the regional chair John Henry (also an active Oshawa Rotarian) to present proclamations to the Rotary clubs and to the district governor on our World Polio Day event, live in the Global Classroom.
- Arranged for our local member of Parliament of Canada and our member of Parliament for the Province of Ontario and the President of Durham College, to address words of welcome in the Global Classroom.
- Arranged for End Polio Now flag raising ceremonies in each community.
- Contacted Durham College officials and professor

Lon Appleby of the Global Classroom about an event that would be streamed live to Rotarians, students and the public.

- Used resources provided by Rotary to stream Rotary's World Polio Day online global update.
- Arranged for Dr. Bob Scott, the immediate past chair of Rotary International's PolioPlus Committee, to give a live update, and interview Aseefa Bhutto (daughter of the former prime minister of Pakistan) and Aziz Memon, Rotary Foundation Trustee and chair of the Pakistan National PolioPlus Committee.
- Arranged for a presentation by a Durham College student who shared how they grew up in Pakistan and received the oral polio vaccine as a young child.
- Arranged for a polio survivor from the Durham region to speak about her life with polio.
- Promoted the event through social media and local media outlets.

The 2018 event was so successful that the clubs mirrored it for World Polio Day in 2019 ([watch the 2019 event](#)), with new guest speakers Dr. Tunji Funsho, chair of Rotary's Nigeria PolioPlus Committee, and past Rotary President Jonathan Majiyagbe.

Our 2020 version of World Polio Day in the Durham region will be with the same 10 Rotary clubs, and this time, we will include video versions of the proclamations, and flag raising, and have a live remote presentation by Dr. Bob Scott, who will be talking via the internet with Past RI President Ian H.S. Riseley in Australia about his experiences with PolioPlus and Rotary's efforts to eradicate polio from the world. The entire event will be broadcast "live" from the Durham College Global Classroom.

We encourage our fellow Rotary members around the world to use [Rotary's World Polio Day resources](#) to plan and hold an event to honor the day and join [District 7070's event streamed live](#) on 22 October. It is your partnership in our top priority that makes this day a success and will fuel our eventual eradication of polio.

Are you taking action to end polio this World Polio Day? [Register your event.](#)

Scholar's Corner



Letter from

Deborah D. De Aro

Scholar | Rotary Club of Baguio

It has always been a pleasure being a scholar of Rotary Club of Baguio. Rotary already helped me for a whole school year, now I'm in grade 12.

As I mentioned in my last article, I've been problematic and anxious when I'm about to engage in senior high school because of thoughts like tuition fees and some difficulties but with the help of Rotary, learning, become easier and enjoyable.

Without the thought of worrying about my fees, I was able to fully concentrate on my studies and it really paid off as I'm happy to say that I've become an honor student and top 1 In class, ranking 16 overall of STEM courses.

All of this is possible because of Rotary and how they inspire me to work and strive harder for someday I would like to return the favour. The scholarship that I received from Rotary has been and always be of big help to me as they continue to support me.

I hope I could stay as a scholar when I go to college. Again, thank you so much Rotary Club of Baguio.

Featured Event

Committee Meeting Regarding Sister Clubs



Featured Article

Rotary Club of Baguio, Inc.???



Article from

Cy Fagar

Past President | Rotary Club of Baguio

Should the Rotary Club of Baguio incorporate? Should we change the name of our club to the “Rotary Club of Baguio, Inc.”?

A check on the Internet will show that a lot of Rotary Clubs worldwide have incorporated. Even Rotary Districts have done so as in the case of RI District 5040 in Canada. Closer to home in our own District, our “granddaughter club”, the Rotary Club of San Fernando LU has incorporated as well. Our mother club, the Rotary Club of Manila is instrumental in several foundations including RCMa-nila Foundation, RCM Medico-Surgical Missions Foundation and RCM Eyebank Foundation just to name a few. As you can see, incorporating in Rotary is nothing new. So what makes these clubs want to become corporations?

Back in the 90s, there was a move to incorporate the Club. The task of looking into its feasibility was given to PP Teops Rondez. I remember having talked to him about it but nothing really happened to the proposal for one reason or another.

So, what are the advantages and disadvantages of incorporating our Club? I’m sure everyone knows what the basic pros and cons of incorporating are so let me spare you the boredom of enumerating them. In simple layman’s terms, I think it’s enough to say that it has something to do with government regulation and taxation. If we incorporate, we will have to report to the government all our financial transactions and will be subject to the laws covering corporations. Somebody will have to prepare our financial status annually and submit these to the SEC and the BIR. We also would need to pay taxes from income received by the club. On the other hand, with the legal personality that the club will be given, there will be greater chances that our fund raising activities will get more donors and sponsors. As we all know, donors, both local and foreign prefer to give to formally organized organizations with legal personalities.

After asking our bankers in the club for their point of view, I came to know that bankers prefer corporate accounts over unincorporated accounts like what our Club is now . Unincorporated accounts are considered high risks and require more documents, more frequent and stricter monitoring. These accounts are therefore oftentimes the subject of audits both by the bank’s internal audit staff and that of the Central Bank’s audit teams.

What are your thoughts on having our Club incorporated? Please let our officers know your sentiments. Personally, I think it’s about time that our 83 year old club be given the honor, importance and feeling of permanency that only a legal personality can confer!

Featured Article

Paraproisdokians



Best Facebook post of the week by

Raffy Chan

Past President | Rotary Club of Baguio

The first time I heard about paraproisdokians, I liked them. PARAPROSDOKIANS

They are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous. (Winston Churchill loved them).

1. Where there's a will, I want to be in it
2. The last thing I want to do is hurt you.... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up.... we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify...." I answered, "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now

Sponsor

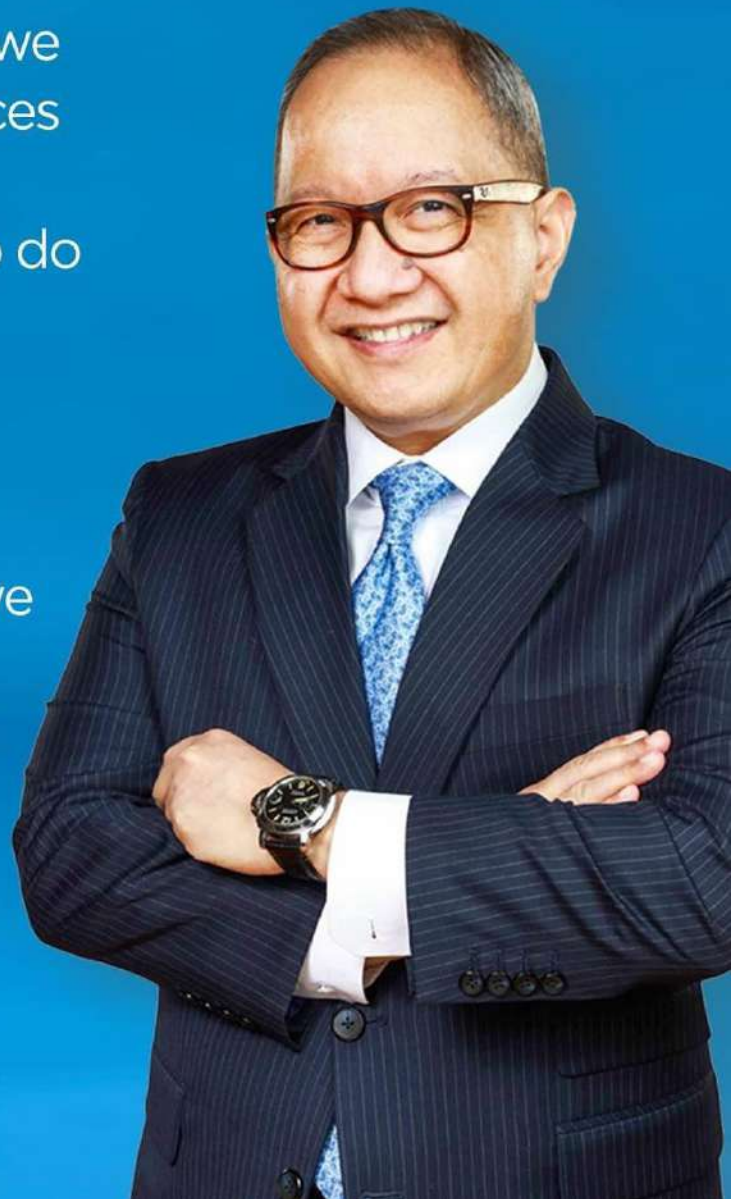
RIZAL COMMERCIAL BANKING CORPORATION (RCBC)



We know who needs help, we just need to put our resources behind these... The most important thing we need to do as bankers is to engage all our customers, have a realistic assessment of their financials... And we are going to do whatever we can to help the economy recover to normalcy as soon as possible.



Eugene S. Acevedo
President and CEO, RCBC



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Holger KNAACK
Rotary International President

Jesus "Jess" SAMA
District Governor

Vitt GUTIERREZ
Vice Governor

Larry APOSTOL
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Alma Teresa MENDALLA
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Rotary Opens Opportunities
2020 - 2021



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**PP Palma
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Faces of Rotary Club of Baguio



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Past President
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TALCO**

TRF Chair
ENGINEERING-
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**Ronald Carlton
TAN**

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REAL ESTATE-
General Practice



**Rtn. Jeanne Maria
TY**

Member
SERVICES-
Drinking Water



**Rtn. Jose
URSUA**

Member
SCIENCE/TECH-
OBGyne Sonology



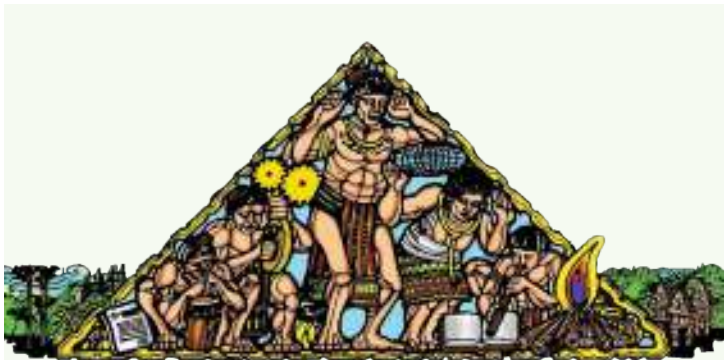
**Rtn. Maria Jesusa
VILLANUEVA**

Member
GOVERNMENT-
Deeds Examination



**PDG Linda
WINTER**

Past President / PDG
HEALTH CARE-
Dentistry



Rotary Club of Baguio

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.”

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.

Rotary
Club of Baguio



Rotary Opens Opportunities

Rotary Club of Baguio

Baguio City, Philippines

R.I. Dist 3790, Club No. 16863

Chartered on 21 February 1938

CP No.: 0917-501-1968

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Alternate E-mail: RCBaguio1938@yahoo.com

Facebook: [@rotaryclubbaguio](https://www.facebook.com/@rotaryclubbaguio)

The Rotary Club of Baguio meets at the Baguio Country Club every Saturday at 12:30 to 2:15 pm.

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