

THE CANAOI

A Celebration of Service
Official Club Bulletin



Zoom Program

24 April 2021

1:00 pm

Fellowship

1:30

Call to Order

Invocation Pres. Atom Mendalla

Pambansang Awit

Rotary Hymn

4 Way Test

1:40

Breakout Rooms

- Basic Education and Literacy
- Maternal and Child Health
- Peace and Conflict/Resolution
- Disease Prevention and Treatment

• Water and Sanitation

• Economic and Community Development

• Supporting the Environment

Back from the Breakout Rooms

RCB Hymn

Pilipinas Kong Mahal

2:40

Adjournment Pres. Atom Mendalla

Pres. Atom Mendalla
Program Coordinator

Rotary
Club of Baguio



Maternal and Child Health Month

President's Corner



Rotarians improve access to essential medical services for mothers and their children. These efforts are aimed at reducing the number of children under age five who die each year because of malnutrition, inadequate health care, and poor sanitation.

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Message from

Atom Mendalla

President | Rotary Club of Baguio

Greetings my dear RCB family!

With your indulgence, I would like today's corner to be just about random messages and passages I read as I celebrated my birthday:

1. They say with age comes wisdom. So therefore, I don't have wrinkles, I have wise cracks
2. You're only as old as you remember you are
3. My mind says I'm in my twenties. My body says "Yeah You Wish!"
4. I've reached an age where my train of thought often leaves the station without me
5. Growing old is mandatory, but growing up is optional – Walt Disney
6. We don't stop playing because we grow old; we grow old because we stop playing – George Bernard Shaw
7. I've reached that age where my brain went from "you probably shouldn't say that" to "what the hell, let's see what happens"
8. At my age the only pole dancing I do is to hold on to the safety bar in the bathtub
9. Don't think of it as hot flashes. Think of it as your inner child playing with matches
10. Funny thing about getting older: your eyesight starts getting weaker but your ability to see through people's bull*h*t gets much better.

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

Secretary's Page



Notes and Updates as of 24 April 2021

Arnel Cabanisas

Secretary | Rotary Club of Baguio

Birthday

Special Birthday Greetings to:

Pres Atom Mendalla – 21 April 1967
PP Vicenia Balajo – 24 April 1951
RAPP Yolanda Faelnar – 21 April 1962

Years in Serving Rotary

Congratulations to:

Rtn Dulnouan Dwight – 18 April 1998 – **23 Years**
PP Anita B. Calabias – 21 April – **16 Years**
Rtn Susan Villanueva – 21 April 2018 – **3 Years**

For the Record – 17 April 2021 Meeting

We missed during Virtual Meeting via ZOOM:

Dir. Mariver Agayas, Rtn Nancy Alabanza, Rtn Modesto Bahul Jr., PP Ricardo Bondoc Jr., Rtn Evangeline Cacho, Rtn Lorena Cachola, PP Anet Calabias, PP Mia Cawed, PP Raffy Chan, VP Marlie de la Cruz (ol), PE Naas Demyttenaere, Rtn Dwight Dulnoan, PP Lani Fabi, PP Chris Faelnar, PP Cy Fagar, PP Libby Fernandez, Rtn Glen Flores (ol), PP Lito Pangilinan (exc), PP Chris Peralta, PP Benny Sunga, Rtn Jeanne Maria Ty, Rtn Susan Villanueva, and PDG Linda Winter

Activities During the Week

***Postponed Indefinitely - Livelihood Training – April 19, 2021 (Monday)**

Highlights of the Virtual Meeting

1. Members Attendance: 44% - eighteen (18) members were present at the Zoom Meeting.
2. Invited Guest: Mr. Ryan Louis Pascual
3. Invocation: The meeting started with a prayer video.
4. Members Time:
 - Pres Atom greeted the Birthday Celebrant: Dir Ronald Carlton Tan – April 17, 2021, and RAPP Lily Sunga – April 15, 2021.

- Pres Atom congratulated to PP Chris Faelnar – for his 25 years of service to Rotary.
 - Pres Atom asked Sec Arnel Cabanisas to invite everyone to the 2021 Cordillera Virtual Caravan on the “Updated Philippine Development Plan 2017-2022” on April 22, 2021 (Thursday) at 9:00 AM as part of the nationwide advocacy. A video presentation on the Philippine Development Plan was shown.
 - In relation to the video presented, Pres Atom encouraged the members to attend to get new materials and information for the club’s strategic planning for the next term. She suggested that the remaining meetings during her term be allotted to the strategic planning of the incoming officers.
 - Pres Atom enlightened the invited guest, Mr. Ryan Louis Pascual, on the current set-up of the meetings being implemented by the club.
 - Pres Atom inquired from the members as to who can lend a portable oven to be used on April 19, 2021 (Monday) for the Food Processing and Baking livelihood training of RCC Belong Daclan at Ciriaco
5. Presidents Time:
- PP Gerard Audineau informed the members that PE Naas Demyttenaere is having a bed rest due to the recent chemotherapy session.
 - Dir Jody Alabanza expressed his concerns on the high density of people in Baguio City and the presence of several high-rise buildings sprouting all over the city. Due to the rising population, water shortage, power outage, solid waste disposal and other problems may arise. Further, natural habitats are falling apart or getting lost and there is environmental degradation.
 - PP Bert Talco noted that there is a plan currently being introduced by SM-Baguio on building a multistory public market. PP Bert asked Dir Jody if the Local Government of Baguio invited him to be part of the planning and public consultation.
 - Dir Jody replied that he was not invited during the process. He made a suggestion to organize a small group with other stakeholders that will, hopefully come out with a better public market design and a district local market.
 - PP Veeh Balajo asked if it is possible to proceed with the “Operation Tuli” and if the surgeons would approve, to let the children go to their respective clinics depending on the surgeon’s clinic schedule. The assistance of at least two Rotaractors to help in the circumcision procedures will be requested.
 - ID Joe Ursua and PP Alfred Laygo replied that they agree on the suggestion of PP Veeh.
 - PP Veeh inquired if there is any update on the proposal of the Maternal and Child Health Group for a global grant under the Joint Rotary Project between RCB and RC Seinan, Kumamoto, Japan. Pres Atom replied that there is no update, but they are actively looking for possible partners who can help with the funding. In addition, PP Veeh raised her concerns on the increasing number of COVID-19 infected pregnant women. Pres Atom replied that she will coordinate again with DDS Sinichi Hamada of RC Seinan, Kumamoto, Japan.
 - Treas/PN Ali Morales informed the members that he is on the final stage of preparing the guidelines and policies of the scholarship. Treas/PN Ali asked the past presidents and Pres Atom if it is possible to form a Rotaract from the RCB Scholars to which PP Veeh replied that, yes, it is possible for them to form a Rotaract Club.
 - Treas/PN Ali also asked on what courses can be offered for scholarship? Pres Atom replied that the members of the Scholarship Committee and Basic Education and Literacy Action Group will deliberate among themselves and present the proposal to the Board.

(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 36 paying members or 87.80 % as of February 26, 2021.

Paid Annual Dues for the Rotary Year 2020-2021

	Date Paid	OR No.	Rotarian	Amount	Balance 2020-21
1	July 01, 2020	11886	ALABANZA, Jody	3,500	3,500
2	June 19, 2020	11875	AUDINEAU, Gerard	10,000	
3	July 17, 2020	11900	BAHUL, Modz	3,500	3,500
4	July 02, 2020	11889	BALAJO, Vicenia	7,000	
5	June 19, 2020	11874	BARREDO, Marilyn	2,500	
	Sept. 28, 2020	11963	BARREDO, Marilyn	2,000	
	Feb. 03, 2021	11985	BARREDO, Marilyn	2,500	
6	Oct. 06, 2020	11968	BARRIOS, Reymond	10,000	
7	Aug. 11, 2020	11959	BONDOC, Jun	1,000	3,500
	Dec. 09, 2020	11981	BONDOC, Jun	2,500	
8	July 17, 2020	11899	CABANISAS, Arnel	7,000	
9	June 26, 2020	11880	CACHOLA, Lorena	1,000	2,500
	July 03, 2020	11892	CACHOLA, Lorena	3,500	
10	July 28, 2020	11957	CALABIAS, Anet	3,500	
	Feb. 26, 2021	11989	CALABIAS, Anet	3,500	
11	July 09, 2020	11895	CAWED, Mia	3,500	
	Feb. 01, 2021	11983	CAWED, Mia	3,500	
12	July 15, 2020	11897	CHAN, Raffy	7,000	
13	June 29, 2020	11881	CLARIDAD, Diony	3,500	
	Dec. 21, 2020	11975	CLARIDAD, Diony	3,500	
14	July 02, 2020	11890	DE LA CRUZ, Marlic	7,000	
15	July 01, 2020	11888	DEMYTTENAERE, Naas	10,000	
16	Dec. 09, 2019	11715	DULNOAN, Dwight	5,000	2,000
17	Aug. 19, 2020	11960	FABI, Lani	3,500	3,500

18	July 01, 2020	11887	FAELNAR, Chris	7,000	
19	June 08, 2020	11870	FAGAR, Cyrus	5,000	
	Jan. 13, 2021	11982	FAGAR, Cyrus	2,000	
20	June 30, 2020	11883	FERNANDEZ, Libby	7,000	
21	June 29, 2020	11882	FLORES, Glenliel	3,500	3,500
22	July 06, 2020	11893	KAUR, Gormito	5,000	
	Dec. 09, 2021	11974	KAUR, Gormito	2,000	
23	Oct. 14, 2020	11969	LADILAD, Ben	7,000	
24	July 23, 2020	11954	LANDAYAN, Lily	3,500	
	Jan. 26, 2021	11979	LANDAYAN, Lily	3,500	
25	July 03, 2020	11891	LAYGO, Alfred	3,500	
	Jan. 14, 2021	11978	LAYGO, Alfred	3,500	
26	Dec. 11, 2019	11716	MARANAN, Gigi	2,000	
	Nov. 06, 2020	11971	MARANAN, Gigi	5,000	
27	June 11, 2020	11871	MENDALLA, Atom	10,000	
28	June 30, 2020	11885	MORALES, Ali	7,000	
29	July 28, 2020	11956	OCAMPO, Cora	3,500	3,500
30	Jan. 08, 2021	11977	PERALTA, Chris	5,000	
	Jan. 26, 2021	11980	PERALTA, Chris	2,000	
31	July 24, 2020	11955	SUNGA, Benny	7,000	
32	July 07, 2020	11894	TALCO, Bert	10,000	
33	July 14, 2020	11896	URSUA, Joe	3,500	3,500
34	Aug. 04, 2020	11958	VILLANUEVA, Susan	3,050	3,950
35	June 30, 2020	11884	WINTER, Linda	7,000	
36	Oct. 20, 2020	11970	TY, Jeanne Marie	2,000	

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

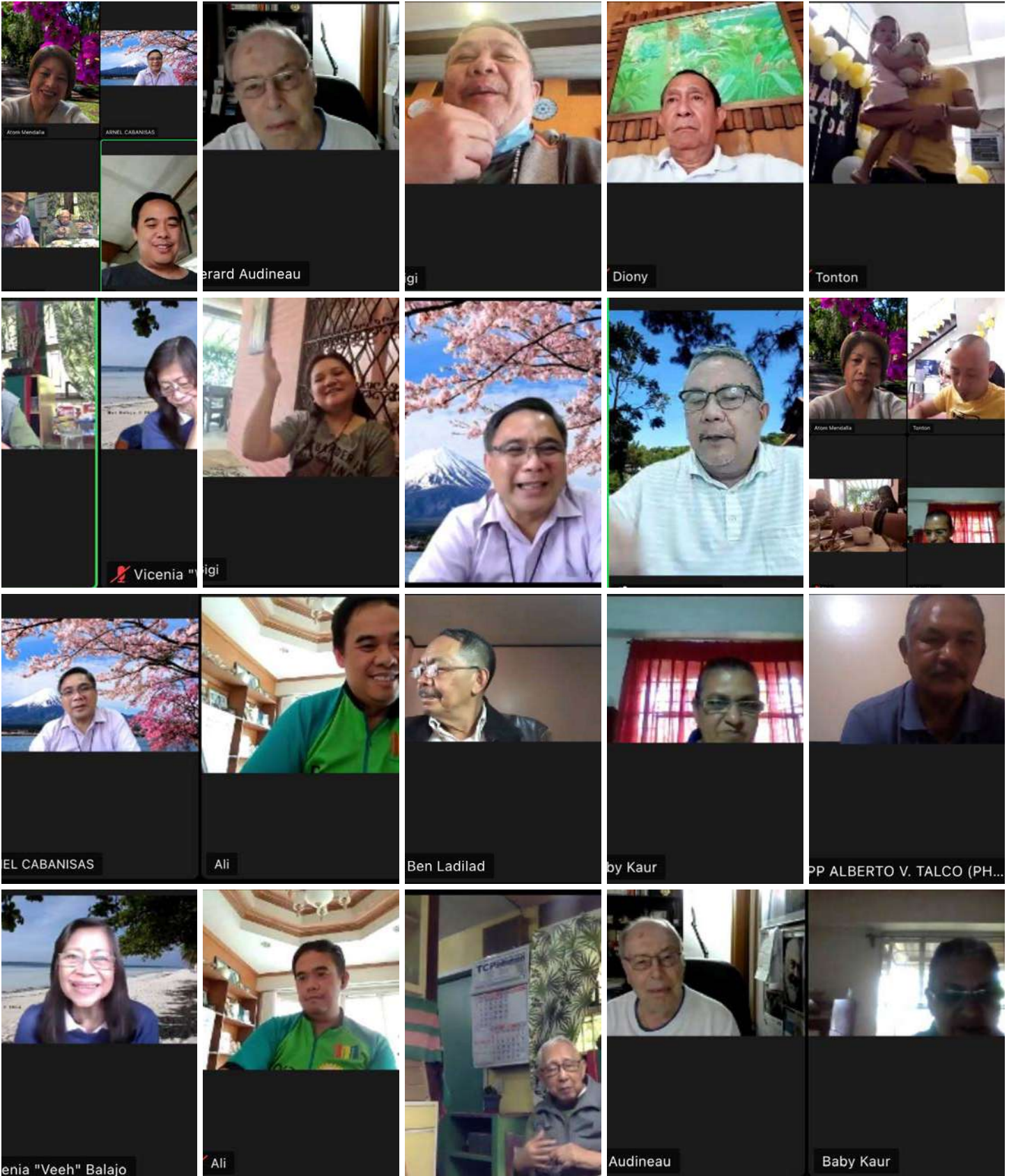
Hereunder is our disbursements for this Rotary Year 2020 - 2021

July 17, 2020	RI Dues - First Semester	75,775.00
August 06, 2020	PRM - First Semester	14,400.00
January 14, 2021	RI Dues - Second Semester	70,776.00
February 18, 2021	PRM - Second Semester	7,800.00

Scenes We Like to See

RCB Zoom Meeting

17 April 2021



Editor-in-Chief's Corner

Saving lives in the Pacific

<https://blog.rotary.org/2021/04/20/saving-lives-in-the-pacific/>



Article from

Cora Ocampo

Editor-in-Chief | Rotary Club of Baguio

By James Allen, Project Director and member of Rotary Club of Sydney, Australia



Senerita Pouvi, 9, receives a measles vaccination in December 2019 as part of a UNICEF-supported National Vaccination Campaign in response to a measles outbreak in the Pacific region. Photo Courtesy UNICEF.

I am part of a team of Rotarians that came together nearly four years ago to initiate a project to recognize and celebrate the Centenary in Australia and New Zealand in 2021. It started as a group from the original four clubs in this part of the world – Melbourne, Sydney, Auckland, and Wellington. Since then, many other clubs and districts have participated and are providing support. We called the project **Give Every Child A Future** because importantly, it will reduce child mortality and ease the burden of cervical cancer, thus giving every child a better future.

We are introducing three new vaccines to nine Pacific island countries and will vaccinate 100,000 children during the 3-4 years of this project. These vaccines will

protect small children from Rotavirus and pneumococcal disease, and women from cervical cancer. We reached out to **UNICEF** early in the project, recognizing that we needed a partner of its standing to implement the program successfully, and they came on board as our implementation partner. Importantly we are also strengthening the health systems in these countries to make this sustainable into the future.

1 in 18 children die before their fifth birthday in parts of the Pacific.

The importance of this project to the people of the Pacific cannot be over emphasized. In parts of the Pacific, 1 in 18 children die before their fifth birthday and the incidence of cervical cancer is significantly higher than in Australia or New Zealand. We can change this through the introduction of these vaccines. However, introducing new vaccines into a country is not easy and is very expensive, particularly in the Pacific where the distances can be enormous and the population sparsely distributed. It is this introduction phase that the project is supporting at a total anticipated cost of approximately US\$3.9 million.

The project is well into its first year of implementation which has been supported by nine global grants from The Rotary Foundation. Vaccines and cold chain equipment to store the vaccines at the right temperature have been ordered and are in the process of being delivered. Detailed planning for the rollout has begun and training of healthcare workers has started in the proper handling and delivery of the vaccines. A communications plan is also being developed to educate these communities about the need for these vaccines and their safety and efficacy. There have been some delays due to the COVID-19 travel restrictions as there is only so much of this work that can be done on Zoom.

We are now well into the necessary fund raising and other activities for the second and third year of this project. Visit everychildafuture.com if you would like to help and for more information.

Rotary International Corner

What is a vaccine cold chain?

<https://www.rotary.org/en/vaccine-cold-chain>

The logistics of shipping and storing vaccines

by Elizabeth Schroeder

A mass, worldwide vaccination effort is crucial to defeating the COVID-19 pandemic — but the logistics of getting it done are incredibly complex. Two of the most complicating factors? Storage and transportation.

Distributing vaccine doses is much more elaborate than simply putting vials in a box and loading them onto a truck. From the time a vaccine leaves the manufacturer to the time it's administered to a patient, it needs to be kept in ideal and highly specific conditions. For example, Pfizer's COVID-19 vaccine needs to be stored at a frigid -70° C. That's why the success of large-scale immunization efforts is dependent on a reliable cold chain: a system of safely storing and transporting vaccines at recommended temperatures.

<https://www.youtube.com/watch?v=LqeP3zqMAuw>

What makes up a cold chain?

A seamless cold chain combines three equally important elements:

- **Equipment:** in most cases, the best storage option is a pharmaceutical-grade unit, specially designed for housing vaccines. Unlike the freezer where you keep your ice cream, [these can cost upwards of \\$15,000](#). Specialized portable coolers are also important for moving

vaccines from one location to another.

- **Personnel:** staff and volunteers tasked with handling vaccines must be thoroughly trained on safe storage and transportation practices. This is particularly important because different vaccines require different conditions.
- **Processes:** vaccinating facilities must have clear, detailed, and up-to-date instructions for vaccine handling — plus contingency plans in case of emergency. What if the facility loses power? What if there's a weather event? These questions and more should have thorough answers.

What happens if the chain breaks?

Vaccines can only protect against disease if they're delivered safely. Overexposure to heat, cold, or light can compromise vaccine quality. Not only does this diminish the vaccine's effectiveness; it also leads to wasted vaccine supply and financial loss. [Between spoiled vaccines, replacement costs, and administrative expenses, cold chain errors cost healthcare shippers billions of dollars a year.](#)

How we help

For more than 30 years, Rotary members have been supporting the safe transport of polio vaccines to every corner of the globe. When it comes to COVID-19, we're just as committed to bringing vaccines to all. Learn more about how we're playing our part: <http://on.rotary.org/covid19efforts>.

Rotary International Corner

How to talk to someone who is vaccine hesitant

<https://www.rotary.org/en/how-talk-someone-who-vaccine-hesitant>

The logistics of shipping and storing vaccines

by Elizabeth Schroeder

As COVID-19 vaccinations are administered around the globe, you've probably seen your social media feeds fill up with joyful vaccine selfies and excited appointment updates. Chances are, you also have someone in your life who's skeptical. Most of us do — and that has public health officials concerned.

Vaccine hesitancy is often fuel for heated public debate, but conversations about vaccines don't have to be contentious. In fact, being willing to have them is one of the most impactful ways we can influence global health. As with many emotionally-charged topics, knowing how to start the conversation can be the hardest part. These tips may help you open up a dialogue and get your loved ones thinking differently about being vaccinated.

Find shared values. We all want similar things — healthy families, thriving communities, and a sense of control over our health. Demonizing vaccine-hesitant individuals only creates further division and exacerbates an “us vs. them” mentality. Try explaining why you choose vaccinations. Is it to protect the most vulnerable members of your community? To shield your children from preventable disease? Relatable motivations like these can help forge a human connection and get to the emotional heart of the issue.

Seek to understand. Just as there are many reasons to be vaccinated, there are many reasons a person might feel dubious. A prevalent one is misinformation, which is more contagious than ever in our digital age. Others are more complicated and riddled with an ugly history. Marginalized communities have spent centuries being mistreated by the medical establishment. Expecting these communities to immediately trust the same institution to have their best interest at heart is unfair and dismissive of historic trauma.

Know your “C’s.” The World Health Organization

(WHO) has outlined three “C’s” that contribute to vaccine hesitancy: complacency, convenience, and confidence. We could also add a fourth: culture. Rates of vaccine hesitancy, as well as contributing factors, vary widely based on a person's location, background, and community. Being cognizant of these differences can prevent us from making incorrect assumptions. If someone is skipping recommended vaccines due to religious beliefs, opening a conversation with safety statistics may not be helpful or relevant to them.

Lead with facts. Mythbusting can be tempting, but did you know that repeating misinformation can actually give it more weight? Instead of focusing on why that meme or blog post is incorrect, stick to simple statements of fact. For example: “large-scale scientific studies find no link between the HPV vaccine and auto-immune symptoms.”

Be the voice of the majority. Social norms are an incredibly powerful force, but the key is to keep it positive. If you try to convince someone that not enough people are receiving vaccines, they may feel that their hesitancy has been validated by others. A more effective approach is to focus on how many people are choosing to vaccinate and why. Remind them that large-scale inoculation is a group effort and we want them on the team.

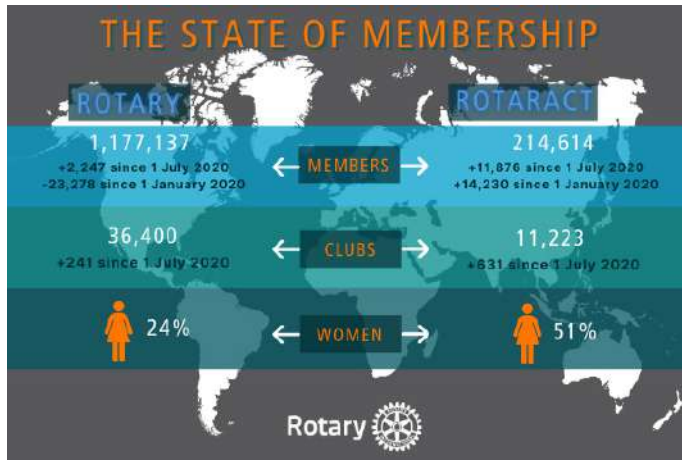
Identify the problem and the solution. If you've ever stood at the edge of a diving board, unable to move, you know that fear can be paralyzing. Fear of severe illness can have similar effects. When we talk about vaccine-preventable disease, simply scaring someone is likely to backfire. Instead, it's important to acknowledge two facts simultaneously: these diseases are serious and being vaccinated is a simple and effective countermeasure. Help put power back into their hands by identifying an action they can take — being vaccinated!

Vaccines bring us closer to a world where everyone thrives, but it's a team effort. By having conversations, you can bring your friends and family along on our global health journey.

[Learn more](#) about Rotary's response to COVID-19.

Membership Minute

Ideas for strengthening membership - April 2021



Understanding Rotary members' needs — the key to engaged members

What do members want from their Rotary experience? And why do some members leave? Our research shows that members value local community service, friendship, and fellowship most. They cite time and cost, the club environment, and unmet expectations as reasons for leaving.

The key to engaging members is providing an experience that meets their needs and expectations. Learn more in the newly revised presentation [The State of Rotary Membership](#), which contains membership data and trends for the first half of the 2020-21 Rotary year. In it, you'll also find ways to address membership challenges so you can finish the year strong. The 12-slide PowerPoint presentation can easily be customized to meet your region's needs. Consider showing it at your next meeting or event.

Celebrate people of action with Rotary's Service Awards

Rotary International and The Rotary Foundation offer several awards to recognize members, nonmembers, alumni, and Rotary clubs for their contributions and impact. The new [Rotary's Service Awards reference sheet](#) lists the many Rotary awards and includes information about nominations, eligibility criteria, and due dates, as well as images of the awards. Write to riawards@rotary.org if you have questions.

Make friends around the world

Rotary Fellowships allow us to build community with fellow Rotary members and friends around shared professions, hobbies and recreational interests, and identities. From motorcycling to bees, ethics to gourmet cooking, Rotary's more than 90 international fellowships offer ways to explore and enjoy what interests you. Some of the newest ones are:

- [Rotary Fellowship of Wildlifers for Conservation](#)
- [Rotary Fellowship of Palmwine](#)
- [Rotary Fellowship of Graphic Designers](#)

For a full list of fellowships or information on how to start your own, see the [Rotary Fellowships page](#) on My Rotary.

Accountability and inclusion webinar: Building Strong Intergenerational Relationships

Join us Thursday, 29 April, at 11:00 Chicago time (UTC-5) for the fourth webinar in our accountability and inclusion series, Building Strong Intergenerational Relationships.

Generational diversity is one of Rotary's competitive advantages. Few organizations span generations and build personal connections the way we do. Yet we also can find ourselves segmented by age groups and unable or unwilling to challenge our biases about people of other ages. According to [a study by consulting network Deloitte](#), 70% of survey respondents from around the world say that leading multigenerational organizations is important or very important for their success over the next 12 to 18 months, but only 10% say they're very ready to do so.

In this webinar, we'll hear from several Rotary program participants who have built strong intergenerational relationships. [Register now](#) and submit your questions to our experts. A recording of the session will be available to everyone who registers.



Rotary's Action Plan and You
New course is now available!



Featured Article

Some Trivia



Article from

Mia Joy Cawed

Past President | Rotary Club of Baguio

Worth a read! Read to the end. You'll be fascinated by the last paragraph.

1. WHY? Do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

2. WHY? Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3. WHY? Why are zero scores in tennis called 'love'?

BECAUSE in France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf', which is French for 'the egg.' When tennis was introduced in the US, Americans (naturally), mispronounced it 'love.'

4. WHY? Why do X's at the end of a letter signify kisses?

BECAUSE In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

5. WHY? Why is shifting responsibility to someone else called passing the buck?

BECAUSE In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6. WHY? Why do people clink their glasses before drinking a toast?

BECAUSE In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

7. WHY? Why are people in the public eye said to be 'in the limelight'?

BECAUSE Invented in 1825, limelight was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the Centre of attention.

8. WHY? Why is someone who is feeling great 'on cloud nine'?

BECAUSE Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

9. WHY? In golf, where did the term 'Caddie' come from?

BECAUSE When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her.

Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

10. WHY? Why are many coin collection jar banks shaped like pigs?

BECAUSE Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembled a pig. And it caught on.

BIG CHEEKS Bet you don't know "Big cheeks"

Big cheeks. A grandson of slaves, a boy was born in a poor neighbourhood of New Orleans known as the "Back of Town." His father abandoned the family when the child was an infant. His mother became a prostitute and the boy and his sister had to live with their grandmother.

Early in life he proved to be gifted for music and with three other kids he sang in the streets of New Orleans. His first gains were coins that were thrown to them.

A Jewish family, Karnofsky, who had emigrated from Lithuania to the USA, had pity for the 7-year-old boy and brought him into their home. Initially giving 'work' in the house, to feed this hungry child. There he remained and slept in this Jewish family's home where, for the first time in his life, he was treated with kindness and tenderness. When he went to bed, Mrs. Karnovsky sang him a Russian lullaby that he would sing with her. Later, he learned to sing and play several Russian and Jewish songs. Over time, this boy became the adopted son of this family. The Karnofskys gave him money to buy his first musical instrument; as was the custom in the Jewish families.

They sincerely admired his musical talent. Later, when he became a professional musician and composer, he used these Jewish melodies in compositions, such as St. James Infirmary and Go Down Moses.

The little black boy grew up and wrote a book about this Jewish family who had adopted him in 1907. In memory of this family and until the end of his life, he wore a Star of David and said that in this family, he had learned "how to live real life and determination."

You might recognize his name. This little boy was called: Louis "Satchmo" Armstrong. Louis Armstrong proudly spoke fluent Yiddish! And "Satchmo" is Yiddish for "Big Cheeks"!!!

And I'll bet you did not know any of this.

Featured Article

Vibrate Higher



Article from

Mia Joy Cawed

Past President | Rotary Club of Baguio

Japanese surprising research...

1. Acidity not only caused by diet errors, but more dominated because of stress.
2. Hypertension not only caused by too much consumption of salty foods, but mainly because of errors in managing emotions.
3. Cholesterol is not only caused by fatty foods, but the excessive laziness or sedentary lifestyle is more responsible.
4. Asthma not only because of the disruption of oxygen supply to lungs, but often sad feelings make lungs unstable.
5. Diabetes not only because of too much consumption of glucose, but selfish & stubborn attitude disrupts the function of the pancreas.
6. Kidney stones : .Not only Calcium Oxalate deposits, but pent up emotions and hatred
7. Spondylitis : not only L4L5 or cervical disorder; but over burdened or too much worries about future

If we want to be healthy then first

- 1) Fix your Mind
- 2) Do regular Exercises,
- 3) Move around,
- 4) Do Meditation
- 5) Laugh and make others laugh too.
- 6) Make Friends

These activities will help you to strengthen your soul, mind and body...

Be Healthy And Enjoy Your Life.

VIBRATE HIGHER

The Spiritually inclined will understand:

The covid virus has a vibration of 5.5hz and dies above 25.5hz.

For humans with a higher vibration, infection is a minor irritant that is soon eliminated!

The reasons for having low vibration could be:

Fear, Phobia, Suspicion

Anxiety, Stress, Tension.

Jealousy, Anger, Rage

Hate, Greed

Attachment or Pain

And so.....we have to understand to vibrate higher, so that the lower frequency does not weaken our immune system.

The frequency of the earth today is 27.4hz. but there are places that vibrate very low like:

Hospitals

Assistance Centers.

Jails

Underground etc.

It is where the vibration drops to 20hz, or less.

For humans with low vibration, the virus becomes dangerous.

Pain 0.1 to 2hz.

Fear 0.2 to 2.2hz.

Irritation 0.9 to 6.8hz.

Noise 0.6 to 2.2hz.

Pride 0.8 hz.

Superiority 1.9 hz.

A higher vibration on the other hand is the outcome of the following behaviour :

Generosity 95hz

Gratitude 150 hz

Compassion 150 hz or more.

The frequency of Love and compassion for all living beings is 150 Hz and more.

Unconditional and universal love from 205hz..

So...Come on ...

Vibrate Higher!!!

What helps us vibrate high?

Loving, Smiling, Blessing, Thanking, Playing, Painting, Singing, Dancing, Yoga, Tai Chi, Meditating, Walking in the Sun, Exercising, Enjoying nature, etc.

Foods that the Earth gives us: seeds-grains-cereals-legumes-fruits and vegetables-

Drinking water: help us vibrate higher !!!

The vibration of prayer alone goes from 120 to 350hz

So sing, laugh, love, meditate, play, give thanks and live !

Let's vibrate high ...!!!

This information is compiled & edited by Naturotherapist Dr. Vinod Kothari, (MUMBAI) .

Announcement

DISCON 2021

Registration
BDO Account No.
006290126406
Ruben A. Sy

Early Bird
P 1,500.00
Until
April 10, 2021

Registration
P 2,000.00
Until
April 11-17, 2021

No Extension
-
No On Site
Registration

Attire:
Formal

Health & Safety
Protocols will
be strictly
enforced



DISCON 2021

TRANSFORMING OPPORTUNITIES

April 24, 2021, Saturday, 8:00 am
Laus Event Center, JASA (Formerly Olongapo-Gapan Road)
City of San Fernando, Pampanga

Hosted by Cluster 4A District 3790



RAFFLE PROCEEDS WILL FUND WORTHWHILE: PROGRAMS
FOR ROTARY SERVICE PROJECTS

GRAND PRIZE: MIRAGE G4

**PLUS 10 CONSOLATION
PRIZE OF P2,000 CASH**

Ticket Price: Php1,000.00



**DRAW DATE: APRIL 24, 2021 AT LAUS EVENT CENTER
0001**

Sponsor

RIZAL COMMERCIAL BANKING CORPORATION (RCBC)

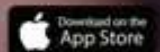
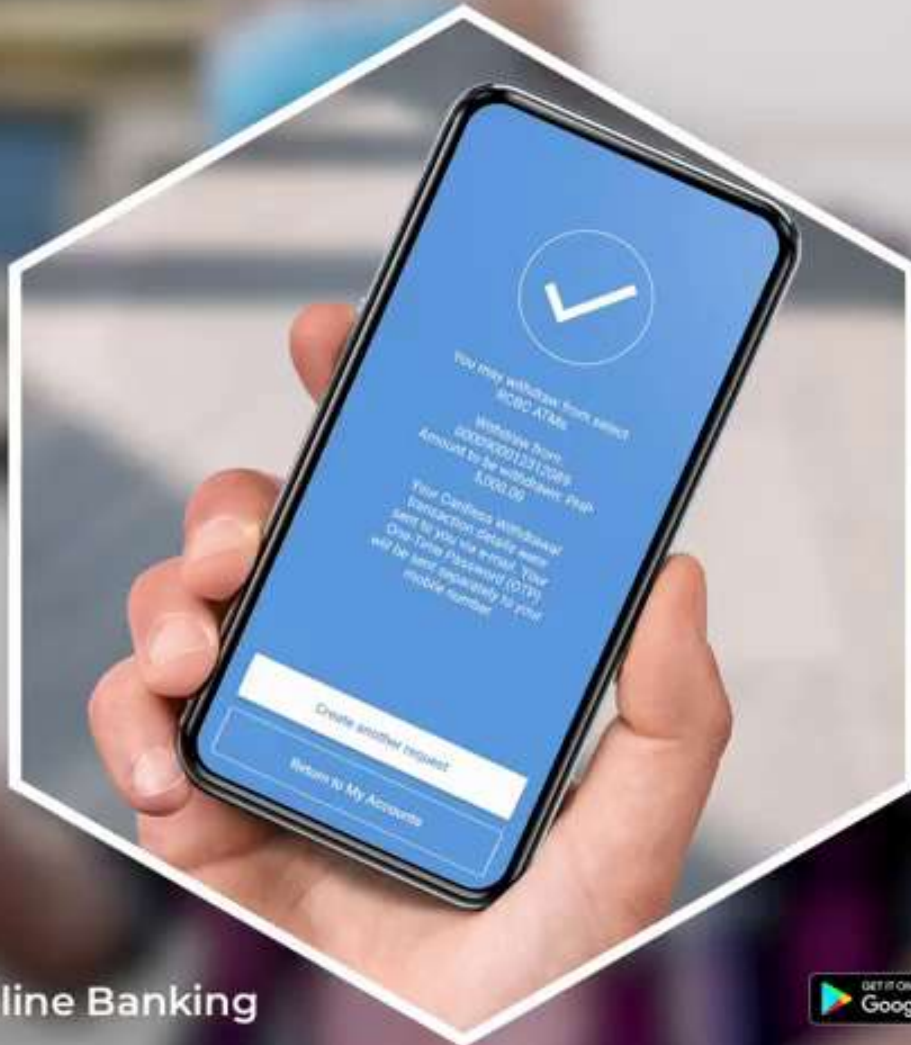
Now, you can withdraw cash without using your ATM card!

With the improved RCBC Online Banking app, you can withdraw cash even without your MyDebit ATM card easily! To redeem your cash, just go to any RCBC ATM and enter the reference code sent to you!

[#TakeTheNextStep](#) to an effortless cardless withdrawal with the RCBC Online Banking app!

Download the app and enroll now: bit.ly/RCBCMobile

TAKE THE NEXT STEP TO HASSLE-FREE CARDLESS WITHDRAWAL.



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Rotary Opens Opportunities
2020 - 2021



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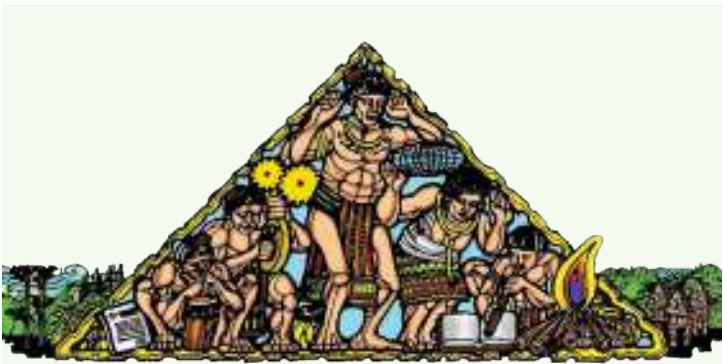
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Past President / PDG
HEALTH CARE-
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Rotary Club of Baguio

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 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

Primary E-mail: RCBaguio1938@gmail.com

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.

Maria Corazon Ocampo

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