

Rotary
Club of Baguio



THE
CAÑAD

A Celebration of Service

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

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



OFFICIAL CLUB BULLETIN

Volume LXXVI Issue 08

16 September 2023

PROGRAMME

CONTENTS AT A GLANCE

Regular Meeting
16 September 2023

- 12:00 PM Fellowship
- 12:30 Call to Order Pres. Ma. Corazon Ocampo
- Invocation Rtn. Arlene Sumalag
- Pambansang Awit
- Rotary Hymn
- 4 Way Test
- 1:20 Introduction of Visiting Rotarians & Guests
... PP Diony Claridad
- Entertainment PP Mia Cawed
- Finest Moments PP Alfred Laygo
- Raffle Rtn. Eduard Ramos
- 1:40 Member's Time
- 1:50 President's Time Pres. Cora Ocampo
- 1:55 Introduction of GHS PP Bert Talco
- GHS - Dr. Kristine Claridad Alcantara
- Topic - "Chronic Kidney Disease"
- Open Forum
- Response PP Gigi Maranan
- 2:25 RCB Hymn
- 2:30 Pilipinas Kong Mahal
- Adjournment Pres. Ma. Corazon Ocampo

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Rtn. Arlene Sumalag
Imager

Rtn. Arlene Sumalag
Retrospector

PP Mia Cawed
Program Coordinator



Rotary Club of Baguio

BASIC EDUCATION AND LITERACY

PRESIDENT'S MESSAGE

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Rotary International President



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HAPPY SATURDAY FELLOW ROTARIANS

Last 15 September, we successfully delivered the clothes from our sister club- RC WONJU to two schools namely Sto. Tomas National High School and Joaquin Smith National High. Indeed, was a big relief on the part of PP Chris F as the boxes have been kept in his abode for months already, but big thanks to the Faelnar couples for being the keeper and at the same time the distributor to the 6 different beneficiaries. God bless you more. Big thanks to Dir. Vell, EIC Arlene and Dir. Jeff for their time and patience, hope to see you again in our next projects.

Another project accomplished with the cluster was the "Milyong Sipiliyo" held at the Baguio National High School, big thanks to the following Rotarians who represented our club during the said event, Dir. Rey, Rtn. Ruth, Dir. Vangie and PP Libby.

The department of Industrial Engineering of Saint Louis University and our 5S implementation partner to schools since the term of PP Arnel did an ocular inspection of the 1S,2S and 3S implementation, the program started during the term of IPP Ali and will end next RY 2024-2025. The partnership binds SLU and RCB to support the extension program of the Industrial Engineering Department and the Interact programs of our club. The new set of officers will be inducted today with their adviser Ms Josephine Paulino-Danis. The newly elected President Gideon Lingbanan will briefly present their goals and activities for this RY.

Students from Industrial Engineering Department showed their interest in knowing more about Rotary and to also experience community service. During my meeting with the student, they requested for an orientation so they can position and align their activities with Rotaractors from the school of Medicine.

Let us also welcome our guest of honor and speaker for today Dr. Kristine Claridad Alcantara to talk about Chronic Kidney Disease, I am sure we will be much conscious about our health after her talk.

I always look forward to attending our meetings because each Saturday is fun day for me. Our club meetings do not only provide new knowledge but also a stress reliever specially when I see members laughing, singing and having fun.....let us continue to have fun and focus on how else can we make this world a better place.....LIFE IS SHORT, don't make it shorter 😊

"If you have the love of your fellow men in your heart and still balance the 3Ws of your life (work, wealth and wisdom) – YOU MUST BE GREAT!"

CLUB SPEAKER'S PROFILE



Kristine Claridad-Alcantara

Head of the Hemodialysis Unit
Baguio Medical Center

Brief Description

Graduated Doctor of Medicine at University of the East Ramon Magsaysay Memorial Medical Center

Residency training in Internal medicine at Baguio General Hospital

Training in Adult Nephrology in Chinese General Hospital

Currently practicing in Baguio Medical Center and head of the Hemodialysis unit of BMC. A visiting consultant at Baguio General Hospital, Notre Dame de Chartres, Pines City Doctors, Benguet General Hospital, and Cordillera Hospital of the Divine Grace.

SCENES WE LIKE TO SEE

RCB Regular Meeting

09 September 2023



SCENES WE LIKE TO SEE

RCB Regular Meeting

09 September 2023



FEATURED EVENTS

Distribution of Clothes from Sister Club RC of Wonju

15 September 2023

Distribution of Clothes from Sister Club Rotary Club of Wonju to students of Sto. Tomas National Highschool and Joaquin Smith National Highschool. Dir. Vell, Dir. Jeff, EIC Arlene, Pres. Cora and RA Olie, facilitating the giving away of the clothes.



FEATURED EVENTS

RCB joins in Cluster Project in BCNHS

15 September 2023

RCB joins in Cluster Project in Baguio City National Highschool. Dir. Reymund, Asst. Treas. Ruth, PP Libby and Rtn. Vangie assists in the distribution of oral hygiene kits.



FEATURED EVENTS

2nd BOD Meeting

16 September 2023

K Flavors.



FEATURED EVENTS

RCB partners with SLU Industrial Engineering Extension Project

September 2023

RCB partners with SLU Industrial Engineering Extension Project in Sto. Tomas National Highschool. New Interact set of officers and members are also introduced. Pres Cora and PP Chris F briefly introduces RCB and Rotary Interact to the students.



Rotary members provide modular housing to Ukraine

By *Etelka Lehoczky*

Natalia Perehrestenko's life changed forever on 16 March 2022. That's when her home in the Ukrainian village of Moshchun was demolished by a Russian attack.

"The house was destroyed as a result of a projectile hitting the room where my daughter lived with her child," she says. "Thank God, by the time the house caught fire, we had already been evacuated."

Today, Perehrestenko and her family are back in Moshchun. They're even living on their own land, in a modular house donated by Rotary members.



Devastation in Moshchun

Rotary districts around the world have used disaster response grants totaling nearly US\$1 million to donate 76 of the small structures, mostly for use in Moshchun. The effort supports jobs in Ukraine and is sustainable because the structures can be repurposed. But most important, the modular homes have made a swift and significant impact on people's lives – and are creating a sense of hope.

It wasn't an arbitrary choice to focus on Moshchun, which before the war had a population of about 1,500 people. Located about 30 kilometers (20 miles) north of Kyiv, Moshchun suffered catastrophic damage during the early months of the war. Nearly 85% of its buildings were destroyed, and many people were killed.

When members of the Rotary Club of Kyiv-City began asking Rotary districts around the world to help the country rebuild, they knew they needed to concentrate their efforts if they were going to make a measurable difference right away.

"We decided to focus on the village in order to be

visible and to make an impact," says Sergii Zavadzkyi, the executive secretary/director of the Rotary Club of Kyiv-City, Ukraine, and the coordinator of the project. "Otherwise, it would be difficult to do the project logistically: to deliver to different locations and have a real impact in multiple places."

Other Rotary members around the world realized that the village could serve as an example for similar efforts elsewhere in Ukraine. That's what prompted members of District 7910 (Massachusetts, USA) to donate two modular homes.

"Moshchun is a template," says Roy Balfour, a member of the Rotary Club of Shrewsbury, Massachusetts, and District 7910's Rotary Foundation chair. "In effect, the issue isn't just how to rebuild Moshchun. The issue is, how do you rebuild the country of Ukraine?"

One way is with modular homes. The prefabricated units are an important part of the rebuilding effort for several reasons. Most cost just US\$12,500 each, and include the basics for a family of four: a living area, a kitchen, a bathroom with a toilet and a shower, and bunk beds for two adults and two children.

Modular homes have many advantages over new construction. Small and lightweight, they're assembled in factories before being shipped to the locations where they'll be used. Once there, they can easily be lifted into place by crane. Because they don't require skilled workers to assemble onsite, they're ideal for places where a great deal of rebuilding needs to be done at one time.

"These people needed homes, and they needed them quickly," says Howard Caskie, a member of the Rotary Club of Limavady, Northern Ireland, and the Rotary Foundation chair for District 1160. "If they built traditionally, there was no way to build homes in the time frame we were talking about. We were talking about four weeks to go from nothing to people living in really nice homes."

Caskie's district donated two homes for families in the Kyiv area. One went to a family of four and a larger module went to a family of ten.

"It was a fantastic home, I mean really great," Caskie says. "I couldn't believe that it was produced and assembled so quickly."

Besides being customizable, the little houses are versatile. Each house is loaned to a family, rather than

Rotary members provide modular housing to Ukraine

given outright. Then, once the family's permanent home is rebuilt, the modular one can be repurposed.

"The modular house goes to the next family, or maybe gets converted into a medical station or a classroom," Balfour says.



The interior of a modular home

Modular housing also serves as an alternative to refugee camps for displaced people, Zavadskyi says. Since the modules can be placed almost anywhere – even atop existing basements and crawl spaces – they allow residents to stay on or near their own land.

"Previously, the major approach used in towns and cities for people who lost their housing was to create camps," Zavadskyi says. "But we thought that for Moshchun it wasn't a good solution, because every citizen of the village would like to stay somewhere close to their land plot. In addition, if you create a camp, you need to organize a special electricity supply for 100 houses or more, and a water supply. It's a really big project."

Most of the recipients get water from their own wells, but electricity is more of a problem. The houses are heated by ceramic electrical panels, but since the power often fails, the residents needed backup generators. Zavadskyi quickly put out an international call for donations.

"We had really big problems with blackouts, especially in the rural areas," he says. "That's why we organized additional projects to supply generators to each family that has a module. Now most of these families have generators, so they're independent. If there is no electricity supply, the generator can – in a very cold situation – provide the electricity for heating."

Balfour notes one more benefit to the modular homes: They don't just help their recipients. Because they're built in Ukraine, they provide jobs as well as shelter.

"The word 'sustainable' comes up in Rotary a lot, and this is what I call sustainable," Balfour says. "It is a sustainable system by which the Ukrainians can help rebuild – and not only a village, but also the rest of the country. They can use the same system to rebuild other villages – and some of the same houses, maybe."

Perehrestenko and her family received their modular home in September 2022. She says she wept for joy when she returned to her land and found the little house in place.



Natalia Perehrestenko, her daughter, and her granddaughter with their modular home

"When we saw in the yard, where there was nothing, that a house was built for us and we were able to move home, to our own yard – [what] incredible feelings!" she says. "It's happiness, it's tears of joy. It certainly gave us strength."

With that newfound optimism, she's now making plans to rebuild.

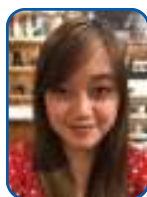
"There was no longer that feeling of despair and not knowing what to do next," she says. "When we got the house, it was as if the strength appeared to start working in the yard, cleaning up debris. Thoughts about restoring [our original house] began to appear. Before that, we simply gave up and did not want to do anything. But we felt 'at home' energy [in] our native place. [It's now] a place of strength."

Rotary clubs' modular home donations were funded by [disaster response grants](#).

Source: <https://www.rotary.org/en/rotary-members-provide-modular-housing-ukraine>

EDITOR-IN-CHIEF PAGE

Singapore – a land of surprises



EIC Arlene Sumalag

Editor-in-Chief
Rotary Club of Baguio



Singapore skyline at night

By Jennifer Scott, Chair of the 2024 International Convention Committee

As the chair of the committee helping plan the 2024 Rotary International Convention in Singapore, I get asked a fair number of questions about this year's annual event. I felt it was only natural to share with you why I am tremendously excited about Singapore, and why I believe it will be an event you won't want to miss.

Singapore is a country that never ceases to surprise! It is both a city and a country. And would you believe, it is made up of 65 islands! It is an incredible fusion of cultures, food, architecture, and passions. Singapore, known as the garden city, is one of the greenest cities in the world. It is energetic, beautiful, and always changing.

Your Rotary Convention adventure will start at Changi Airport, known as the World's Best Airport with its magnificent rain vortex waterfall. If you arrive early, you will have time to take a stroll through the beautiful Gardens by the Bay. Once you have settled in, enjoy a refreshing Singapore Sling, served at the iconic Raffles Hotel. Savour a dozen satays with delicious peanut sauce, (you can't stop at just one). And do try Singapore's famous Chicken rice, Singapore noodles, or chilli crab. For dessert, you won't be able to resist Singapore's favorite Ice cream sandwich. If you stay a little longer you can relax and enjoy the hiking trails, parks and recreational areas, the night zoo, or go shopping.



Ferris Wheel seen from the Gardens By the Bay

The convention general sessions will be held at the Singapore National Stadium, which has the biggest retractable dome in the world. The House of Friendship and all the breakout sessions will take place at the famous Marina Bay Sands.

Why join us in Singapore? Because we will be sharing the hope that you and your clubs have built during the past year. Rotary conventions are the best opportunity to catch up with Rotary friends you have made in the past or to make new ones. It's the perfect place to meet current or future project partners. It's an opportunity to recharge your Rotary batteries.

This year, Rotary International President R. Gordon R. McNally has asked Rotary members to [Create Hope in the World](#). The convention will give you the opportunity to share that hope. You will go back to your districts and clubs energized and even more prepared to continue to share hope with the world.

Jonas Salk, who together with Albert Sabin, was a pioneer for a polio-free world, summed it up with his quote:

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality."

We look forward to seeing all of you at the Rotary International Convention in Singapore! [Register by 15 December](#) to receive the early discount. [Read more about Singapore in Rotary magazine](#).

Source: <https://blog.rotary.org/2023/09/07/singapore-a-land-of-surprises/>



PP Chris Faelnar

Past President
Rotary Club of Baguio

By Joe Gorman

Surround yourself with people who are seeking the same positive, healthy, and happy lifestyle you seek. Attitudes are contagious. Take a quick inventory of the people you associate with every week.

Do they energize you?

Do they Encourage you?

Are they optimistic about your dreams becoming realized?

Sometimes we must tighten our circle. Sometimes we add by subtracting. Be cautious about with whom you share your energy. Don't fear losing what needs to be lost. Refresh your life. Surround yourself with people who see life as a positive experience and who encourage us to see life more positively, too.

Our reality is created by our thoughts. When we change our thoughts, we change our experiences and we change our life. Be patient with your progress. Are you closer to reaching your goal than you were yesterday? We seek progress, not perfection. Keep a positive attitude while waiting. Your day is coming.

Anyone can see the flaws. Be the person with the insight to see the good. You don't have to wait until life is perfect before you start enjoying it and enjoying yourself.

Self-respect demands that we move away from people who do not treat us with compassion and respect. You will feel better when you move away from negative people, and it won't be a coincidence. If your gut intuition tells you something is not right about a person or situation, move away. You don't owe anyone an explanation. This isn't grammar school. It's our one and only precious and beautiful life.

ANNOUNCEMENT

Service Award for a Polio-Free World – Rotary International



Rotary  

**NOMINATIONS
ARE OPEN FOR**

**Service Award for a
Polio-Free World**

Do you know a Rotarian who has contributed outstanding personal service toward polio eradication efforts?

Nominate them for the Service Award for a Polio-free World. The nomination period is open now through 1 October 2023.

2023 Kaohsiung Rotary Institute



2023 Kaohsiung Rotary Institute

8-10 December 2023

Sharing Hope with the World - Singapore

**SHARING
HOPE
WITH THE
WORLD**
SINGAPORE
25-29 MAY 2024

#Rotary24



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Dentistry



THE CAÑAO EMBLEM

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

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

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



Rotary Club of Baguio

THE RCB LOGO

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

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

Service Above Self.

Rotary
Club of Baguio



Rotary Club of Baguio

Baguio City, Philippines

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

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CP No.: 0919-005-2740 (Sec. Levy)

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