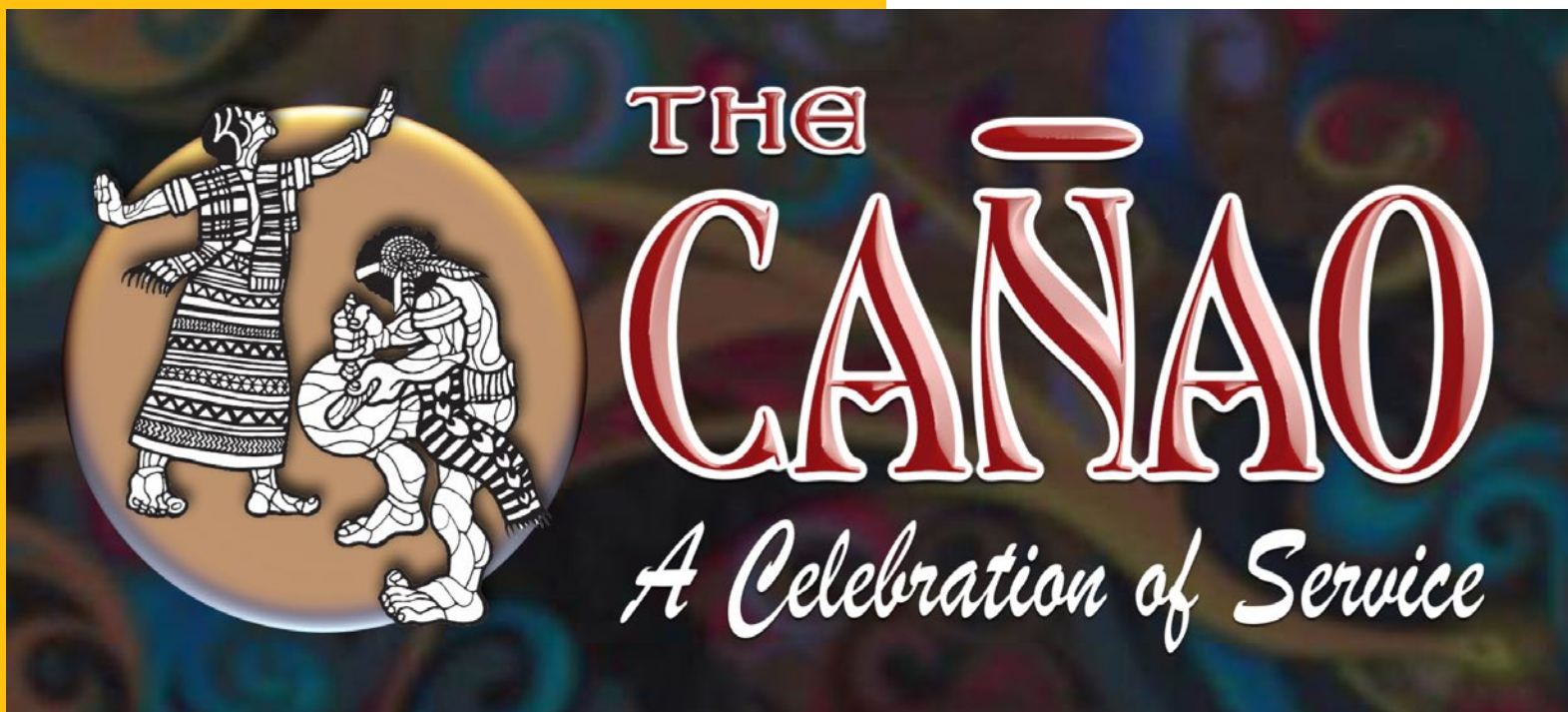


Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 04
Saturday, 09 August 2025

PP BENNY SUNGA
Club Honored Speaker



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
at the Baguio Country Club



INTERACTIVE LINKS
<https://rcbaguio.org>
<https://canao.rcbaguio.org>
Email: canao@rcbaguio.org



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THE CAÑAO & NEW EMBLEM

Symbolizing unity, joy, and gratitude, “Cañao” (pronounced kan-yau) is a traditional dance from the Cordilleras in Northern Luzon of the Philippines, celebrated during feasts and gatherings.

Our new emblem shows a male and female in ritual dance within a native gong—honoring abundance, much like how we celebrate service and fellowship in Rotary. Truly, “A Celebration of Service.”



PRESIDENT'S MESSAGE

EMBRACING CHANGE, ENRICHING PURPOSE

Dear Fellow Rotarians, warm greetings to all of you! I hope this message finds you in good spirits and eager for another week of meaningful service and fellowship.

Let me begin by inviting you to take a few minutes to browse through the latest issue of Cañao, our club's beloved bulletin. This 4th Issue arrives with a refreshing new layout and a collection of insightful reads that I'm sure you'll enjoy. It's a wonderful reflection of the creativity and dedication that continue to define our club.

As you read this, I will be away in Palawan, attending a national seminar on Universal Health Policy—an endeavor that I am deeply passionate about. The ultimate goal of this gathering is to find ways to incorporate the principles of equitable and accessible healthcare into the curriculum of our School of Medicine. I carry with me not only professional aspirations but also the spirit of Rotary as we seek to uplift lives through informed education and inclusive policy.

Last Saturday, nine of our committed members took part in the District 3790 Membership Development Seminar at the Royce Hotel in Clark, Pampanga. I want to express my sincere gratitude to Membership Chair and Director Ed Ramos, VP Lou de Guzman, PE Reymund Barrios, PP Atom Mendalla, Rotarians Nancy Alabanza, Eric de Guzman, PP Ali Morales, and yours truly for representing our club with enthusiasm and open minds. It was a fruitful day of learning and reflection.

One of the seminar's strongest messages was this: We must evolve to survive. In Rotary, as in life, we must learn to adapt, to listen to the needs

of the next generation, and to remain relevant in a world that is constantly changing. Flexibility and innovation will be our guideposts as we continue to grow and welcome new members into our fold.

Speaking of which, we are pleased to announce that the Fellowship and Screening Committee (FSC) meeting for our incoming member, Dr. Bong Naguit, is set for 15 August at 5:00pm onwards, at the family residence of Director Edward in Cadaclan. It will be a potluck gathering, and we look forward to a night of warm conversation and Rotary spirit. More details will be shared very soon.

Let me also extend my thanks to PP and Secretary Cora, who graciously presided over our 02 August meeting, which featured a rich and personal Classification Talk by Director Noel Velasquez. Your presence, dear Rotarians, added depth to the meeting. Thank you for making it special.

Looking ahead, please mark your calendars for our 09 August meeting, where we will welcome PP Benny Sunga as our Club Honored Speaker (CHS). His topic, "Re-Rotarization of Our Members," promises to be both timely and thought-provoking.

If you've found yourself contemplating life's deeper questions lately, remember this: Rotary offers us a space where purpose, service, and community intersect. It allows us to live meaningfully by giving to others.

Thank you once again, dear friends, for allowing me to share these weekly reflections with you. Let's keep moving forward, together—serving, inspiring, and living life to the fullest.



PRES. JOE URSUA

RCB President
RY 2025-2026



LEADERS FOR RY 2025-2026

ROTARY CLUB OF BAGUIO BOARD & ADVISERS



JOSE URSUA
President



LOU DE GUZMAN
Vice-President



CORA OCAMPO
Club Secretary



MARILYN BARREDO
Club Treasurer



REYMUND BARRIOS
President-Nominee



MARIVER AGAYAS
Director



LORENA CACHOLA
Director



BENEDICT GRAJO
Director



EDUARDO RAMOS
Director



GLAIZA TAN
Director



NOEL VELASQUEZ
Director



ALI MORALES
TRF Chair



ARNEL CABANISAS
Scholarship Chair



ATOM MENDALLA
Club Auditor



SUSAN VILLANUEVA
Immediate Past President



VEEH BALAJO
Adviser



DIONY CLARIDAD
Adviser



CHRIS FAELNAR
Adviser



ALFRED LAIGO
Adviser



EVENTS & ACTIVITIES FOR AUGUST

AUGUST BIRTHDAYS:

07 – Dir. Benedicto GRAJO
15 – Rtn. Modesto Jr. BAHUL
22 – Rtn. Glenliel FLORES

AUGUST WEDDING ANNIVERSARIES:

18 - 7th Anniversary of Dir. Glaiza and RS Ronald Tan
19 – 47th Anniversary of PP Raffy and RAPP Josie Chan

AUGUST ANNIVERSARY IN RCB:

09 – PP Raffy (27 years)
21 – PGD Linda (32 years)
26 – PP Alfred (30 years)
29 – Sec Cora (16 years)

MOST RECENT EVENTS & ACTIVITIES FOR AUGUST 2025:

02 August – Membership Development Seminar. 8-5pm at the Royce Hotel, Angeles City **(Please see page 10)**

UPCOMING EVENTS & ACTIVITIES FOR AUGUST 2025:

13 – Grant Management Seminar, via ZOOM

02 AUGUST 2025 ATTENDANCE:

We missed you last meeting: Rtn. Modz, PP Jun, Rtn. Kat, PP Arnel, Rtn Vangie, PP Lani, Rtn Glen, PP Ali, Rtn. Levy, Rtn. Kacey, Rtn. Jojo, Rtn. Arlene, Dir. Glaiza, Rtn. Annie and IPP Susan

EXCUSED: PP Diony, Rtn Ike, PP Chris F, PP Ben, PP Chris P, PP Benny, PP Bert, PDG Linda

MAKE-UPS: Dir. Lou, Pres, Joe, Rtn. Nancy, Dir. Ed, PP Atom, Dir. Reymund, Rtn. Eric, Dir. Benedict, Dir. Lorena

ON-LEAVE: Rtn. Ailyn, Rtn. Ruth

02 AUGUST 2025 GUESTS:

Dr. Bong Naguit (guest of PP Atom) and the guests dancers of Dir. Vell namely: Romana, Elsseja, Andrei and Mark.



PP CORA OCAMPO

RCB Secretary
RY 2025-2026

CLUB HONORED SPEAKER

PP BENNY SUNGA

Name: **BENITO V. SUNGA, M.D., FPUA, FPCS**

Parents: Jose N. Sunga, M.D. & Rosario Vengco-Sunga, M.D. (UST Medicine Class'40)

Spouse: Lily Munsayac-Sunga, DMD

Children: Anthony Fernand, BS Bio, BSN, R.N. MBA
Marie Cristabel, BSMT, M.D., DPCOM, DPCLM
Kristine Noelle, BS Bio, M.D., DPCOM
Marie Janine, BS Bio, MBA, MAIS

Educational Background:

San Sebastian College: Elementary & High School

University of Santo Tomas : Bachelor of Science & Doctor of Medicine (Class'72-Clerks)

Training:

Internship : Dr. Jose Reyes Memorial Hospital

Residency : Veterans Memorial Medical Center (Urology)

Masters in Hospital Administration : Ateneo Graduate School of Business

Masters in Religious Studies; Institute of Philosophy and Religion, SLU ;

Past Positions Held:

President : UST Medicine Student Council

President : Philippine Medical Students Association

President : Veterans Memorial Medical Center Residents Organization

President : Baguio-Benguet Medical Society (3 terms)

Governor : Philippine Medical Association (Northwestern Luzon)

Hospital Administrator: St. Louis University- Hospital of the Sacred Heart

Chairman: Department of Surgery, SLU College of Medicine

Chairman: SLU Hospital Bioethics Committee

President : Rotary Club of Baguio

VP for Luzon: Catholic Physicians Guild of the Philippines

President : SLU Parish Pastoral Council (7 terms)

Coordinator: Extraordinary Ministers of Holy Communion; SLU Parish

Chairman: Recollection/Seminar Committee, Extraordinary Minister of Holy Communion, Our Lady of the Atonement (Baguio) Cathedral

President : Medical Missions Group (MMGHHSCP) Cooperative-Baguio Chapter

Full-Professor : SLU- College of Medicine

Director: Commission on Health Care, Diocese of Baguio

Present Positions:

Urologist : SLU-Hospital of the Sacred Heart, Baguio City, since 1978

President: Philippine Urological Association-Northern Luzon Chapter

Chairman: Assumption Medical Diagnostic Center Inc.

President : Catholic Physicians Guild of the Philippines, Baguio Chapter

Chairman: Formation Committee, Extraordinary Ministers of Holy Communion; Our Lady of the Atonement Baguio Cathedral

Chairman: Baguio Cathedral Diocesan Shrine Committee

President: Doctors for Life Philippines

Host: Radio Program " Payong Medico Mula sa Eksperto" (DZWT)

Administrator: Leonard Wood Terraces



PP BENNY SUNGA
RCB Member since February 1988



IN RETROSPECT

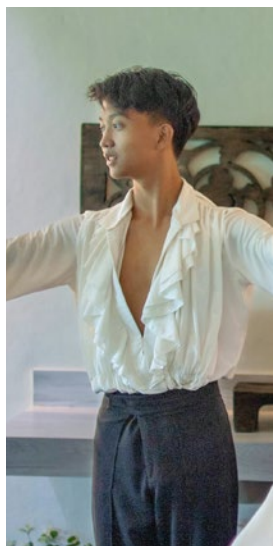
MEETING OF 02 AUGUST 2025

- 12:30 pm Our **Program Coordinator, PP Libby Fernandez**, confirmed that attendees were ready. **Acting President Cora Ocampo** called the **meeting to order**.
The **Invocation** followed—a reflective audio-visual presentation of the Prayer of Saint Francis, “Make Me A Channel of Thy Peace.”
This was immediately followed by the singing of the “Lupang Hinirang,” “Rotary Hymn” and the “Four-Way Test of Rotary.”
- 12:40 pm **PP Anet Calabias Introduced the Visitors and Guests**, starting with those at the head table; then guests in attendance.
- 12:51 pm As **Entertainment Master, Dir. Vell Agayas** presented two youthful dance pairs— Romana & Andrei, and Elsseja & Mark— each delivering an impressive routine. Both duos were recent champions in dance contests in the City of Pines.
- 1:00 pm Next came **Finest Moments**, led by **PP Raffy Chan**, who explained that Rotary “fining” goes beyond tradition—it is a joyful expression of **Gratitude**. Members shared their personal blessings for the week and contributed P100.00 each.
- 1:20 pm **Rtn. Jeff Isip**, the **Raffle King**, conducted the Raffle Draw, handing out prizes to all lucky winners.
- 1:28 pm During **Members’ Time, PP/Treas. Marilyn** detailed the breakdown of the P15,000.00 Annual Dues per member.
PP Raffy followed with a gentle call for responsibility, emphasizing the need for active participation in our weekly programs.
PP Gigi read the formal notice from the BCC, informing the club of an increased Saturday Meeting Expense: from P3,500.00 to P5,500.00.
- 1:48 pm **Acting Pres. Cora.** delivered the **President’s Time**, reading select excerpts from the President’s Message in our Club Bulletin—per request of Pres. Joe, who was away attending the Membership Development Seminar, in Angeles City. **(Please see page 10.)**
- 1:59 pm **PP Gigi Maranan introduced the CHS.**
- 2:02 pm **Dir. Noel Velasquez** gave a heartfelt **Classification Talk** filled with humor, candid reflections, confessions, and moments of triumph. He spoke of his early struggles and his journey to becoming the grateful, loving father and husband that he is today.
- 2:28 pm **Open Forum** followed, during which PP Veeh and PP Marilyn sought assistance from Dir. Noel, regarding his connections relative to the sourcing of best-priced medicines for our Medical Missions. Additional queries addressed the Baguio Garbage Disposal Project he is involved in with the City of Baguio, which he hopes will come into fruition soon.
- 2:43 pm **Awarding of Certificate** to Club Honored Speaker was done by Acting Pres. Cora
- 2:45 pm The meeting closed with the singing of the RCB Hymn and the Pilipinas Kong Mahal. Thence, **Acting Pres. Cora adjourned** the first meeting of August 2025.
- 2:53 pm Attendance photos were taken towards initiative of remembering this memorable meeting.



PP RAFFY CHAN
RCB Member since August 1997



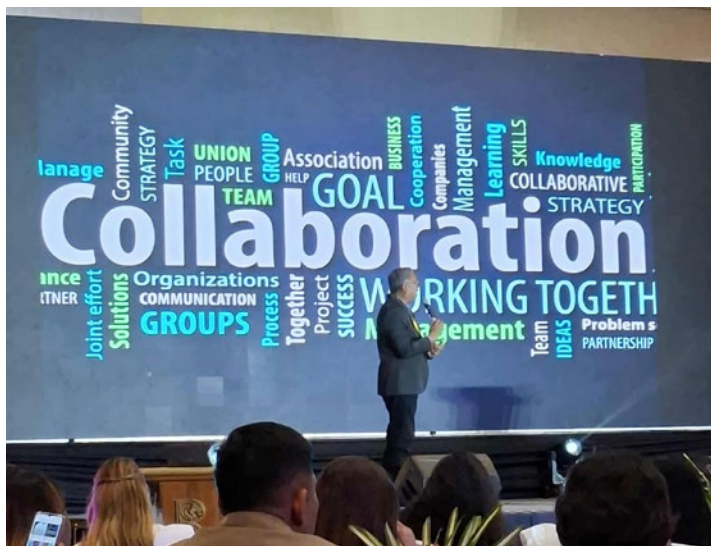




Membership Development Seminar

02 August 2025: Royce Hotel, Angeles City

Photos from PP Joe Ursua



THE RAINBOW CONNECTION

Sometimes, inspiration strikes not when we seek it out—but when we simply stumble upon it. That’s exactly what happened to me recently when I happened upon a delightful gem of a book: *The Complete Color Harmony* – Pantone Edition by Leatrice Eiseman, Executive Director of the Pantone Color Institute.

You might recognize Pantone as the global authority on color standards, widely used in industries like graphic design, fashion, printing, and product design. But don’t worry—we’re not about to dive into a lecture on Pantone. Instead, I’d love to share a particularly fascinating section of Eiseman’s book that sparked a creative idea for me—and actually changed how we now present **The Cañao**.

In a chapter titled “The Color Wheel: What’s the Temp?”, I was drawn to a familiar illustration—yes, the color wheel (which you can see in the enclosed image). It’s a visual many of us first encountered in school, but seeing it again through Eiseman’s expert lens rekindled something in me. You’ll notice it shows the classic primary hues—red, yellow, and blue—alongside the secondary hues—orange, green, and purple. Tertiary hues like red-orange, yellow-green, and blue-purple emerge when you blend primary and secondary colors.

Looking at the wheel, I couldn’t help but recall the acronym ROYGBIV—Red, Orange, Yellow, Green, Blue, Indigo, Violet (Purple)—the iconic rainbow spectrum. That mental rainbow gave me an unexpected “aha!” moment, solving something I had quietly been mulling over: the repetitive look of our Cañao cover designs when posted together online.



And so, I began to experiment—assigning each new issue of **The Cañao** its own distinctive color, guided by the hues of the rainbow. The result? A more vibrant, eye-catching display across our website. I do hope you agree that it adds a refreshing touch to our weekly releases.

But allow me a quick detour—because color theory is just too enjoyable not to share. Here are a few types of color combinations that you might find useful or simply fascinating:

- **Monotone:** A single neutral tone in varying tints or shades—think beiges, grays, or taupe.
- **Monochromatic:** Variations of a single color family. Picture red evolving from the softest pink to the deepest ruby.
- **Analogous:** Colors that sit side by side on the wheel—like red, red-orange, and orange.

- **Complementary:** Colors directly opposite each other—such as blue and orange—bringing strong contrast and vibrancy.
- **Split Complementary:** A base color plus the two adjacent to its direct complement. Rich, but balanced.
- **Triadic:** Three hues evenly spaced on the wheel—like red, yellow, and blue.
- **Tetradic:** Two pairs of complementary colors used together.

Of course, **The Cañao** isn’t meant to be a color theory workshop—but I thought you might enjoy a peek into the thinking behind our evolving aesthetics.

Most of all, I hope you continue enjoying each issue—not just for its cover color, but for the stories and spirit that fill its pages.

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Wolfson Room

Saturday, 09 August 2025

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order -----	PP Cora Ocampo
	Invocation -----	Rtn. Annie Viernes
	Pambansang Awit -----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test -----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG) -----	PP Arnel Cabanisas
	Entertainment -----	Dir. Noel Velasquez
	Finest Moments -----	Dir. Vell Agayas
	Raffle -----	Dir. Ed Ramos and Rtn. Tonton
1:40	Members' Time -----	(Anyone)
1:50	President's Time -----	PP Cora Ocampo
1:55	Introduction of CHS -----	PP Raffy Chan
	Club Honored Speaker (CHS) -----	PP Benny Sunga
	Topic: Re-Rotarization of RCB Members	
	Open Forum	
	Club Response -----	PP Alfred Laygo
2:30	RCB Hymn -----	(Everyone)
	Pilipinas Kong Mahal -----	(Everyone)
	Adjournment -----	PP Cora Ocampo
	Program Coordinator -----	IPP Susan Villanueva
	Retrospect -----	PP Marilyn Barredo
	Imager -----	Rtn. Harly Wasing

PARTICIPANTS FOR NEXT MEETING

CLUB ASSEMBLY at the BCC Wolfson Room

Saturday, 16 August 2025

Invocation ----- Rtn. Tonton Tan
 Introduction of VRG ----- PE Reymund Barrios
 Entertainment ----- Dir. Noel Velasquez
 Raffle ----- Dir. Vell Agayas
 Finest Moments ----- Dir. Benedict Grajo

Introduction of GHS ----- PP Cora Ocampo
 Guest of Honor & Speaker - Pres. Myrna Sison
 Topic: RC La Trinidad's Plight
 Program Coordinator ----- PP Atom Mendalla
 Retrospect ----- Dir. Noel Velasquez
 Imager ----- Rtn. Harly Wasing

AUGUST IS MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

