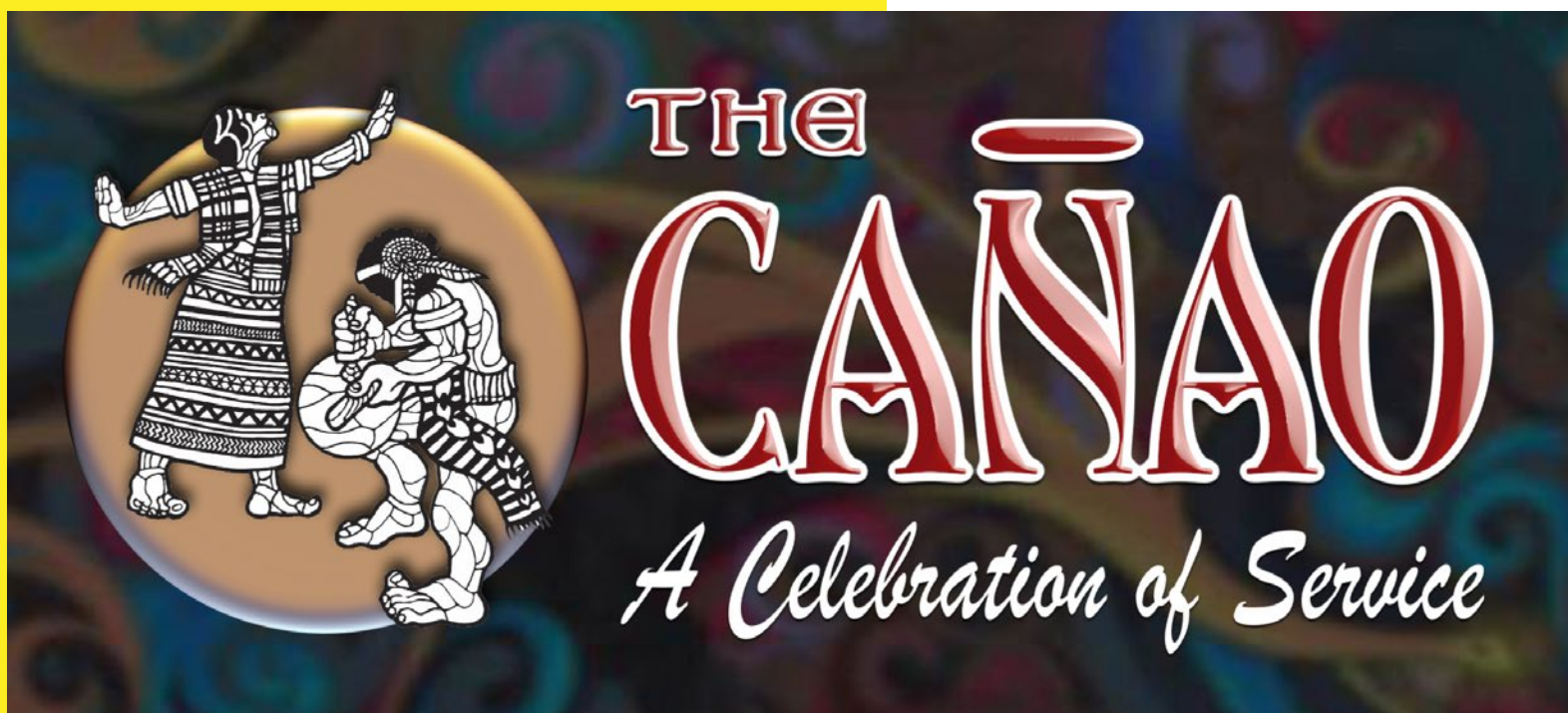


Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 05
Saturday, 16 August 2025

PRES. MYRNA SISON, RCLT
Guest of Honor and 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

UNITING FOR GOOD, SERVING WITH HEART

Dear Fellow Rotarians, every week, as I sit down to write the President's Message, I am reminded that this is both a privilege and a joyful challenge.

It's not just about reporting events—it's about capturing the heartbeat of our club and sharing it with each of you in a way that inspires and uplifts. But crafting this message also means waiting—waiting for moments worth telling, for stories that warm the heart, and for experiences that remind us why we choose to be Rotarians.

Yesterday brought just such an occasion. We gathered—both in person and virtually—for the Grant Management Seminar (GMS) via Zoom. While many attended from the comfort of their homes, a lively “watch Zoom party” took place at Ex-Rtn. Joseph Kim's Urban Hotel Karaoke Room, turning what could have been an ordinary online session into an afternoon of camaraderie.

My heartfelt thanks go to VP Lou and Secretary Cora for organizing and leading this unique gathering. And to the rest of the attendees—PPs Atom, Chris, and Ali; PE Reymund; Rtns Kat and Arlene; and of course, yours truly, tuning in from a remote city—thank you for making the effort to be present. Nine warm bodies coming together for a shared purpose may seem like a number, but behind those numbers are faces, friendships, and a shared commitment to learn and grow for the good of our communities.

As I write this, our preparations for the very first Fireside Chat with our incoming member, Dr. Bong Naguit,

are already brimming with excitement. The warm hospitality of Director Ed Ramos, who has graciously opened his home for the occasion, ensures that this will be more than just a formal gathering—it will be a night of genuine fellowship, heartfelt conversations, and the joy of welcoming someone new into our Rotary family.

Dr. Bong, on behalf of the Rotary Club of Baguio, I extend to you our warmest welcome. You will soon discover that our club is more than a collection of individuals—it is a vibrant tapestry of personalities, experiences, and passions, all woven together by our shared belief in Service Above Self. I have no doubt that your presence will bring fresh energy, valuable insights, and yes, a new flavor to our already dynamic fellowship.

Let me close with a thought from the Good Book that feels especially relevant as we embrace new members and new opportunities: “Be the salt of the Earth.” Salt adds taste, preserves, and enhances what is good—and in many ways, so do we as Rotarians. We season our communities with kindness, preserve the values of service and integrity, and enhance the lives of those we touch.

So, dear Rotarians, let's continue to be that “salt”—adding meaning, depth, and joy wherever we serve. From RC Baguio, with hearts united for good, let's keep shining together.



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 JULY

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:

09 August – YAKAP Project 9-12nn at Dona Aurora Elementary School, Aurora Hill; *PARTICIPANTS: IPP Susan, Rtn. Levy, Dir. Glaiza, Rtn. Arlene, VP Lou and Rtn. Adam Cendana of RC Summer Capital*
(Please see page 10)

12 – Cluster Meeting
PARTICIPANTS: VP Lou and PE Reymund

13 – Grant Management Seminar, 6pm VIA ZOOM@URBAN HOTEL
PARTICIPANTS: Pres. Joe, Sec Cora, Dir. Reymund, PP Atom, PP Ali, Rtn. Arlene, Rtn. Kat, Dir Lou, PP Chris F

UPCOMING EVENTS & ACTIVITIES FOR AUGUST 2025:

15 – Fireside Chat at Dir. Eduard's Residence (#73 Purok 3 Happy Hallow Extension, Baguio City), 5pm

18 – BOD meeting, 5pm at the Cocina del Sol

23 – RCB Induction Ceremony, Titanium Hall, Hotel Supreme at 6pm
(Attire: Formal black, coat and tie/ cocktail dress)

20 – Early Bird Registration (P1,700) for the Public Image Seminar that will be held in San Fernando La Union on 6 September 2025

09 AUGUST 2025 ATTENDANCE:

We missed you last meeting: Rtn. Nancy, Rtn. Modz, PP Jun, Rtn Vangie, PP Anet, Rtn. Eric, PP Lani, Rtn Glen, Rtn. Jeff, PP Baby, , Rtn. Kacey, Rtn. Jojo, Rtn, Ton,

EXCUSED: PP Mia, Rtn Ike, PP Cy, PP Ben, Rtn. Lily, PP Chris P, PP Bert, PDG Linda

MAKE-UP: Dir. Lorena, Dir. Lou, Dir. Benedict, PP Ali, Rtn. Levy, Pres. Joe

ON-LEAVE: Rtn. Ailyn, Rtn. Ruth

GUEST: Former PP Caloy Mendoza



PP CORA OCAMPO

RCB Secretary
RY 2025-2026



GUEST OF HONOR & SPEAKER

PRES. MYRNA B. SISON

Name: Myrna Bao-iran Sison-Kuiper
Birth Date: 14 November 1959
Birth Place: Ambongdolan, Tublay, Benguet

Educational Background:

PhD in Language Education
Masters in English as a Second Language
MA Special Education
Bachelor in Communication Arts under the Sixto Gaerlan Scholarship of the RCBaguio in 1981 (SLU)
BSE English in 1983 (SLU)
Finished both Secondary and Elementary in public Schools as a consistent honor student

Work Experiences:

one year Advertising Marketing Researcher under Proctor and Gamble Philippines;
14 years DepEd Secondary School teacher;
28 years as College Professor;
Retired as the Dean of the College of Arts and Humanities at Benguet State University.

Academic achievements:

Best Research Awards (International, National, and Local);
Textbook Writer;
Paper presenter;
Curriculum Developer

Advocacy:

Indigenous Language and Culture Preservation.

Personal:

Raised 4 children, all professionals
Helped 36 financially challenged but deserving students finish their College Education



PRES. MYRNA B. SISON

PRESIDENT
Rotary Club of La Trinidad



IN RETROSPECT

THE MEETING THAT WAS: 09 AUGUST 2025

The Program Coordinator was PP Atom.

Presiding Officer PP/Secretary Cora called the Meeting to Order at 12:30pm.

Rtn. Annie delivered a heartwarming Invocation.

After, we all sang the Pambansang Awit, Rotary Hymn and the Four-Way Test.

For the Introduction of Visiting Rotarians and Guests, PP Arnel introduced every RCB Members present (he said that he has not been around lately and wanted to make sure he still remembers everyone). Afterwards, he introduced the Rotakid of Rtn. Kat and Dir Eduard. For the Visiting Rotarian - PP Caloy Mendoza was introduced.

Finest Moment was conducted by Dir Vell: She asked every RCB Members their meaning of Character and Attitude and fined us all ₱100 each.

The Raffle King of the day was Dir. Eduard. For prizes, he brought Rotary mugs with and without the names of some of the members. He also brought in umbrellas as prizes.

During Members Time: •PP Chris F mentioned the recent visit of PP Cy and that he might return to attend our Induction. PP Chris also asked for Raffle prizes donations - cash or items are appreciated. Raffle ticket will cost ₱50 each and just for today is 10 + 1. •PAG Gigi announced the RCB Induction: 1. 23 August Saturday; 2. Attire is Formal Black Coat and Tie for the Gentlemen and Cocktail dresses for the ladies; 3. Titanium Hall, Hotel Supreme Mall and Event Center; 4.Registration at 5pm, Call to order 6:30pm ; 5.Personal Guests, RotaryAnns, Rotakids and Apos above 10year old is ₱1,000. Children below 10 years old ₱700. She requested PPs and Members of the Board to donate ₱500 for the grazing table in lieu of the lechon. Additionally, from all the RCB members, ₱200 for the wines and liquors.

During President's Time - PP Cora (as per request of Pres. Joe) read from the Pres-

ident's Message in the Cañao - the past and upcoming activities.

PP Raffy introduced our GHS, our very own PP Benny Sunga. His topic was Rotarization.

PP Benny was very thorough in providing the different aspects of Rotary: Birth of Rotary, In 200 Countries, 1.4 Million Members, 46,000 Clubs, Main Purpose is #1 Service and Fellowship, History of the Four-Way Test, Five Avenues of Service, RCB History (Established on 21 February 1938), Polio Plus (eradication of Polio), Plus to address other immunizations such as tuberculosis.

During the Open Forum: •PP Marilyn made a comment that PP Benny presented Rotarization with ease and much knowledge, which showed his tenure as a member of the Rotary Club of Baguio. •PP Chris F made a comment regarding the reason why new members leave. It's due to lack of participation. We need to involve new members from the start. •PP Benny agreed. They should be given the Rotary Pin and RCB Manual of Procedures once inducted. Having a Mentor will also help them feel that they belong. •Rtn Harly expressed how he wanted to be a member at a young age. He is now a proud member of the Rotary Club of Baguio. •PP Caloy shared how it used to be back in the days – when members attended all the weekly meetings for the year and received an Everlasting Award. Program Participants were assigned at the beginning of the year for the entire Rotary year. No one complained.

In Club Response - PP Alfred thanked PP Benny for his time and his thorough Rotarization. Surely it helped clarify Rotary to the new and old members present.

Presiding Officer, PP Cora presented a Certificate of Appreciation to PP Benny.

In closing, we sang the RCB Hymn and Pilipinas Kong Mahal.

PP Cora adjourned the meeting at 3:05pm

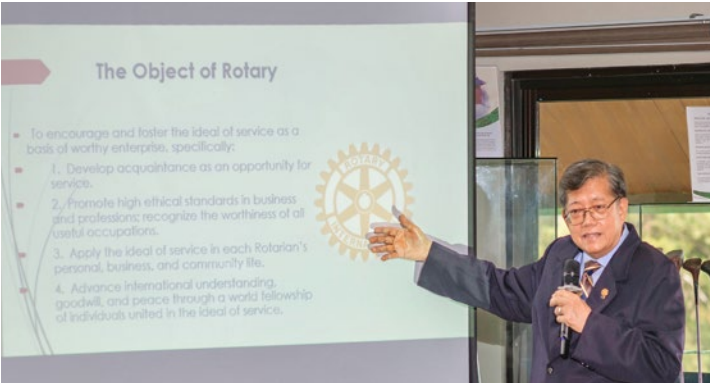


PP MARILYN BARREDO

RCB Treasurer
RY 2025-2026







Category: Community Project B

Area of Focus: Maternal and Child Health

Date: Saturday, 09 August 2025

Location: Dona Aurora Elementary School, Aurora Hill

No. of Rotarians involved: Six Rotarians

Dedicated Hours: three hours – 9am to 12 noon

Project Cost: Multivitamins P58x150pcs - P8700
Food (feeding) - P5000
Nutritious meals booklet - P98x150= 14,700 Tarp - P980
Total: P 29,380 donated by IPP Susan

School bags and school supplies -
P5000 donated by VP Lou

Names of Rotary Participants: IPP Susan, Rtn. Levy, Dir. Glaiza, Rtn. Arlene, VP Lou and Rtn. Adam Cendana of RC Summer Capital

YAKAP PROJECT

PROJECT DESCRIPTION:

On 09 August 2025, Rotary Club of Baguio partnered with Dona Aurora Elementary School to deliver a one-day maternal and child care intervention.

Six Rotarians led a combined feeding program, health-education session, and distribution of nutrition supplements and teaching materials to 150 Grade 1–3 pupils and their mothers.

The goal was to boost children's micronutrient intake, model healthy meal preparation, and provide essential school supplies to increase attendance and learning readiness.

IMMEDIATE IMPACT: The children received multivitamin dose, mothers gained practical, low-cost recipes for daily meal planning, pupils left with brand-new school bags and basic learning kits, Zero out-of-pocket cost to families, removing a barrier to attendance

Long-Term Benefits By combining direct nutrition support with mother-focused education and school-ready materials, this initiative • Strengthens maternal engagement in child health • Reduces short-term hunger and micronutrient gaps • Encourages sustained improvement in school participation • Builds a replicable model for Rotary's maternal & child care outreach

Rotary Club of Baguio extends its gratitude to Dona Aurora Elementary School's leadership, the participating mothers and pupils, and to IPP Susan and VP Lou for their generous donations. This project exemplifies Rotary's commitment to "Every Child, Every Day" by nurturing both young learners and the caregivers who guide them.

PICTURES



THE QUIET WISDOM OF THREE COLUMNS

When you open the latest editions of our Cañao Club Bulletin, you may notice something that feels subtly different yet pleasantly familiar—three neat columns on each page, with only the first two filled with text and the third reserved for a writer’s image. At first glance, it may simply seem like a matter of style. But as with most good design, there’s a deeper purpose behind it—rooted in history, guided by practicality, and aimed at making your reading experience more enjoyable.

Long before glossy magazines and digital screens, the humble newspaper ruled the world of printed information. Back then, editors and printers faced a unique challenge: how to fit as much news as possible on large sheets of paper, without tiring the reader’s eyes or making the page feel overwhelming. Their solution? Narrow columns. This approach wasn’t just about saving space—it was about guiding the reader’s eye in smooth, manageable sweeps, making reading more fluid and less fatiguing.

In fact, newspaper designers learned early on that the human eye prefers short lines of text. When lines stretch too far across a page, readers often lose their place or grow tired faster. Narrow columns, on the other hand, keep the rhythm of reading steady, like the gentle tick of a clock. Your eyes can easily leap from the end of one line to the beginning of the next without effort. That’s why, to this day, even modern news websites and magazines borrow this format—it works.

In our Cañao, we’ve chosen to adapt this wisdom, but with a fresh twist. While traditional newspapers fill all their columns with text, we dedicate our third column to something more personal:

the writer’s image. The three-quarter portrait does more than decorate the page—it builds a connection. It reminds you that behind every article is a fellow Rotarian, a friend, a storyteller eager to share not just information, but perspective.

You may also notice something else in our design: white space. These are the gentle breathing spaces around our text and images. In the past, our Club Bulletin often crammed every inch with ink, believing more content meant more value. But design thinking has evolved. Today, we understand that white space is not “empty” at all—it’s as important as the printed words. It gives the eyes room to rest, helps the mind absorb information, and makes the page feel inviting rather than crowded.

Think of it like conversation. In good dialogue, pauses carry weight; they allow meaning to settle. In reading, white space does the same—it lets the ideas rest before the next ones arrive. By balancing text with space, we’re not only making the Cañao easier to read but also more welcoming to browse, whether you have five minutes or an unhurried afternoon.

So next time you flip through our pages, notice the gentle order: two columns to guide your reading, one column to greet you with a face, and just enough open space to let the stories breathe. It’s a nod to the best traditions of the newspaper craft and a step forward in making our bulletin not just informative, but enjoyable.

After all, our Cañao is more than a record of events—it is a conversation between friends. And in any good conversation, the way we speak matters as much as what we say.



PP RAFFY CHAN
Cañao Editor-in-Chief
RY 2025-2026

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Training Center

Saturday, 16 AUGUST 2025

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order -----	Pres. Joe Ursua
	Invocation -----	Rtn. Tonton Tan
	Pambansang Awit -----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test -----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG) -----	Rtn. Arlene Sumalag
	Entertainment -----	PP Chris Faelnar
	Finest Moments -----	PP Dir. Benedict Grajo
	Raffle -----	Rtn. Jeff Isip
1:40	Members' Time -----	(Anyone)
1:50	President's Time -----	Pres. Joe Ursua
1:55	Introduction of Guest of Honor & Speaker -----	PP/Sec. Cora Ocampo
	Guest of Honor & Speaker (GHS) -----	RCLT Pres. Myrna Sison
	Topic: RC La Trinidad's Plight	
	Open Forum	
	Club Response -----	PE Reymund Barrios
2:30	RCB Hymn -----	(Everyone)
	Pilipinas Kong Mahal -----	(Everyone)
	Adjournment -----	Pres. Joe Ursua
	Program Coordinator -----	PP Atom Mendalla
	Retrospect -----	Dir. Noel Velasquez
	Imager -----	Rtn. Harly Wasing

PARTICIPANTS FOR NEXT MEETING

CLUB INDUCTION at HOTEL SUPREME Titanium Hall

Saturday, 23 August 2025

Outgoing President -----IPP Susan Villanueva
 Invocation ----- PP/Sec. Cora Ocampo
 Introduction of VRG-----PP Alfred Laygo
 Entertainment-----PPs Diony, Bennt, Chris F.
 Post Program Raffle----- PP Chris F. & Dir. Ed

Introduction of CS ----- PP Chris Faelnar
 GHS----- Gov. Dan Torres
 Topic: RCB Club Induction
 Program Coordinator ----- Rtn. Levy Orcales
 Retrospect ----- PP Gigi Maranan
 Imager ----- Rtn. Harly Wasing

AUGUST IS MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

