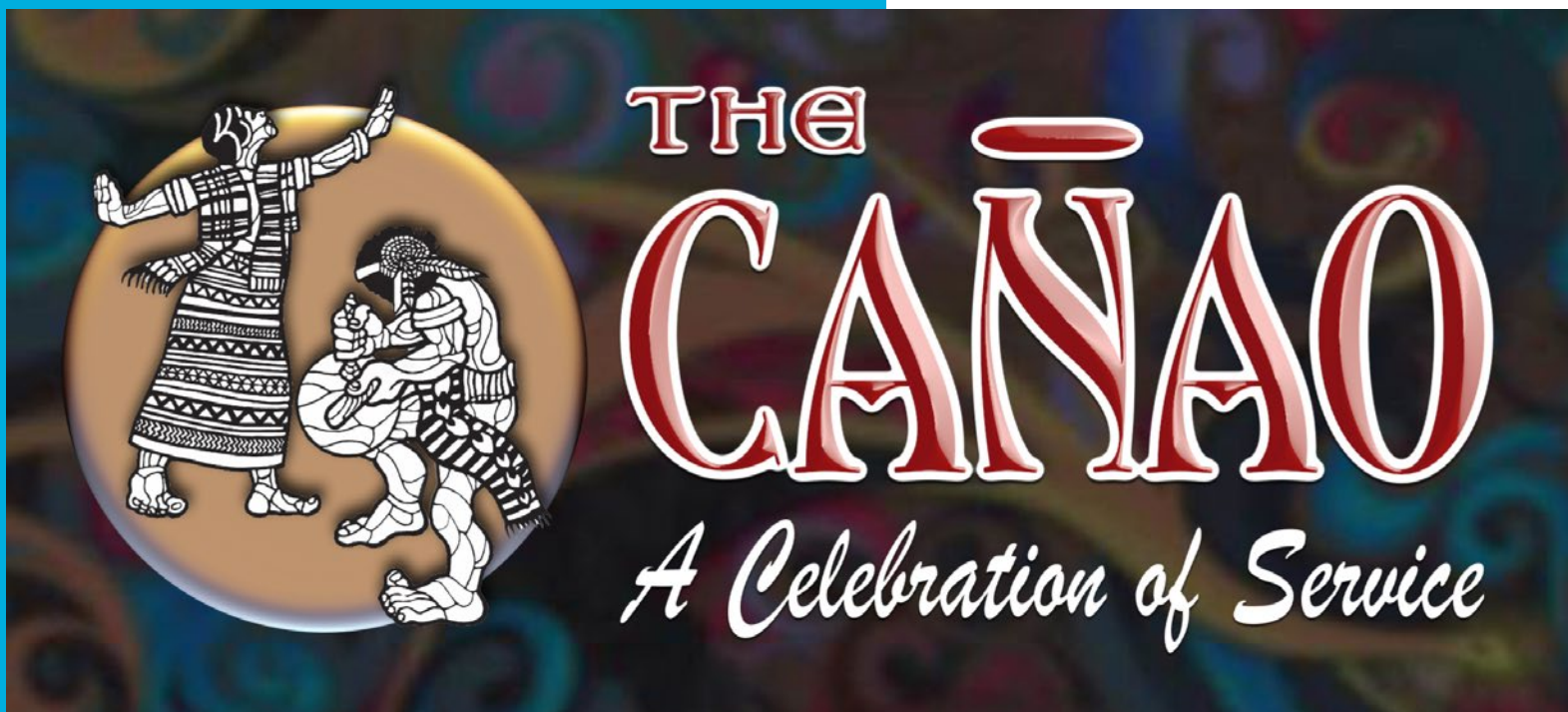


Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 09
Saturday, 13 September 2025

DR. MARY LIBENEY SITO
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

ROTARY: BEYOND THE IMAGE

What is the public image of Rotary, and how does it reflect our self-image as Rotarians? When you look into the mirror as a member of the Rotary Club of Baguio, what do you see? Do you recognize in that reflection the pride and dignity of belonging to one of the finest Rotary clubs?

Last Saturday, during the Public Image Seminar in La Union, Rtn. Dr. Vitangcol shared an eye-opening reality: in terms of global perception, Rotary ranks third—after UNICEF and the Lions—as an NGO recognized for service in times of need. It made me reflect: do we also see ourselves as “third placers” when it comes to our own presence, attendance, or participation? And if so, do we offer Rotary only our “third best”?

Yet life is not about competing for first or second place. What truly matters is the sincerity of our contributions, even when they require sacrifice. Like a parent with limited resources who works tirelessly to send a child to school, hoping that one day the child will serve humanity. Or like God Himself, who gave His only Son for the salvation of all mankind. True love is always sacrificial.

And so, I extend heartfelt thanks to all who, whether in the spotlight or quietly behind the scenes, ensure that our Rotary year is not mediocre but excellent. From the diligence of our secretarial reports, to the creativity of our EIC and event planners, to the hard work of our Board of Directors, and to our tech support, Mr. Marcus Ocampo—every contribution keeps the Rotary wheel turning, a well-oiled machine of Service Above Self.

Let our sacrifices be the reflection

of our unity, a mirror of our strength, ensuring that the Rotary Club of Baguio continues to shine. We honor our past, celebrate the present, and look forward to a future where generations of Rotarians will continue to make a difference.

Special thanks to those who joined our last meeting as we celebrated our First-Quarter Birthday Celebrants. My gratitude also goes to Dir. Velle, Dir. Eduard, Sec. PP Cora, and our supportive advisers PP Alfred and PP Chris, who accompanied me at the Public Image Seminar. Though I missed being home with you at our meeting, representing RCB at the district was equally important.

Tonight, we gather again for a cluster meeting hosted by RC Baguio Summer Capital. They say “it’s lonely at the top,” but in RCB, it is never lonely. We are blessed with dynamic, open-minded members who bring joy and meaning, especially now as the “Ber” months and Christmas season draw near.

Looking ahead, our Board and officers will meet this Friday to plan service projects for our city. On September 13, Dr. Sito will speak on Mental Health Awareness, sharing her inspiring journey. On September 15, I hope to attend the MOA signing with City Hall for our Roxas Park adoption—another milestone for our club.

Indeed, life goes on, and though I wear many hats—as doctor, professor, consultant, and entrepreneur—I remain committed to Rotary. With your cooperation, and with God’s grace, we will persevere.

Thank you, dear Rotarians. Let us continue to reflect, to serve, and to live out Rotary’s noble call.



PRES. JOE URSUA

RCB President
RY 2025-2026



M MEMBERS' ROSTER

ROTARY CLUB OF BAGUIO
PAST PRESIDENTS AND CURRENT PRESIDENT
RY = Rotary Year - Term of Presidency



PP Vicenia BALAJO
RY 1997-1998



PP Marilyn BARREDO
RY 2014-2015



PP Ricardo BONDOC Jr.
RY 2017-2018



PP Arnel CABANISAS
RY 2021-2022



PP Anita CALABIAS
RCBS RY 2011-2012



PP Mia Joy CAWED
RY 2009-2010



PP Rafael CHAN
RY 2007-2008



PP Dionisio CLARIDAD
RY 1988-1989



PP Mary Leilani FABI
RY 2018-2019



PP Chris Fernando FAELNAR
RY 2016-2017



PP Cyrus FAGAR
RY 1992-1993



PP Elizabeth FERNANDEZ
RY 2012-2013



PP Gormito KAUR
RY 2019-2020



PP Ben LADILAD
RY 2010-2011



PP Alfredo LAYGO
RY 2001-2002



PP Evangeline MARANAN
RY 2015-2016



PP Alma Teresa MENDALLA
RY 2020-2021



PP Ali MORALES
RY 2022-2023



PP Maria Corazon OCAMPO
RY 2023-2024



PP Christopher PERALTA
RY 2002-2003



PP Benito SUNGA
RY 1991-1992



PP Alberto TALCO
RY 2008-2009



Pres. Joe URSUA
RY 2025-2026



IPP Jesusa VILLANUEVA
RY 2024-2025



PDG/PP Linda WINTER
RY 2003-2004



SECRETARY'S UPDATE

EVENTS & ACTIVITIES FOR SEPTEMBER

SEPTEMBER BIRTHDAYS:

04 – Rtn Eric de Guzman
17 – PP Jun Bondoc
18 – Rtn Nancy Alabanza
26 – Rtn. Bong Nuguit Jr.
27 – PP/EIC Raffy Chan

SEPTEMBER ANNIVERSARY IN RCB:

10 – Rtn Levy Orcales (3 years)
21 – Dir. Glaiza Tan (1 year)
21 – Rtn. Kacey Padilla (1 year)
21 – Dir. Benedict Grajo (1 year)
24 – Rtn Ailyn Kindipan (3 years)
24 – Rtn. Eric de Guzman (3 years)

MOST RECENT EVENTS & ACTIVITIES FOR SEPTEMBER 2025:

06 – Public Image Seminar held in San Fernando La Union. *PARTICIANTS: Pres Joe, PP Alfred, Dir. Vell, Sec. Cora, PP Chris F, Dir. Eduard*

07- Rotary Leaders Institute held in Laoag Ilocos Norte. *Participant: Sec Cora as faculty*

UPCOMING EVENTS & ACTIVITIES FOR SEPTEMBER 2025:

(none)

06 SEPTEMBER 2025 ATTENDANCE

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

EXCUSED: Rtn Ike, PP Cy, PP Libby, PP Ben, PP Chris P, PP Benny, PDG Linda

MAKE-UP: Dir. Vell, Dir. Lorena, Dir. Benedict, PP Ali, Dir. Eduard, Dir. Glaiza, Dir. Noel, IPP Susan.

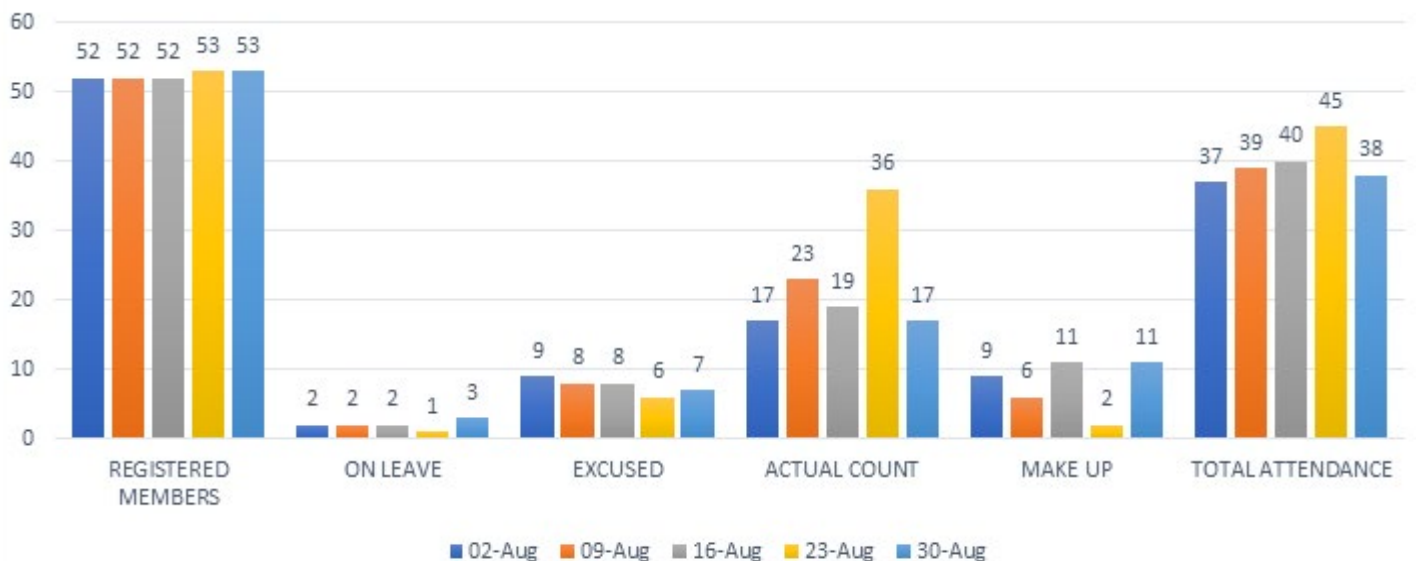
ON-LEAVE: Rtn. Ruth, PP Baby



PP CORA OCAMPO

RCB Secretary
RY 2025-2026

AUGUST ATTENDANCE





GUEST OF HONOR & SPEAKER

DR. MARY LIBENEY SITO

Doctor Mary Libeney Sito is a multi-awarded physician, entrepreneur, author, motivational speaker, and mental health advocate whose life story is a testament to resilience, brilliance, and service.

Graduating Cum Laude in BS Biology and later Meritissimus Cum Laude in Medicine at Saint Louis University, she was recognized early as one of the Top 10 Most Outstanding Students in Northern Luzon and a BPI Science Awardee. Her professional path blends medicine, education, business, and advocacy—reflecting her deep commitment to both healing and uplifting communities.

As a Pediatrician and Occupational Medicine Specialist, Dr. Sito has been at the forefront of healthcare innovation. She is the Founder and CEO of L'care and OnlineDOC, providing free online consultations even before the pandemic. Her entrepreneurial and medical contributions earned her the Golden Globe Annual Awards for Outstanding Achievers (2019 & 2020), the Gawad Filipino Award (2022), the DepEd Diwa ng Bayanihan National Award (2022), and the Exemplary Service Award in the Field of Medicine as the Most Inspiring Online Doctor of the Year.

Her leadership and advocacy extend beyond clinical practice. She innovated TeacherDOCTV and Etulay Ni Doc, and was nominated as Outstanding Citizen of Baguio in 2023 and 2025, where she also won as Outstanding Employee of the Semester (2023). In 2025, she received the Scholastic Excellence Award in Professional Practice during the centennial celebration of St.

Scholastica's Academy.

Dr. Sito is also a Certified Emotional Resetter, Certified Mental Health Coach, and active volunteer of Alpas Mental Health Community Inc.. She is a member of the Baguio Mental Health Council, where she helped craft the Baguio Mental Health Ordinance. As Founder and President of the Takayasus Arteritis Group Inc., she embodies the advocacy that being a PWD is never a disability.

Her influence has reached national and international platforms—featured on major TV networks, newspapers, and serving as a resource person on GMA 7 News and GNN TV 44 Pampanga. She is also the author of the book *#ChronicallyPositivelyBeautiful*, a model, artist, social media influencer, and educational vlogger.

Recognized as the “Adopted Daughter of Kalinga” and Wang-Od’s doctor, she continues to touch lives with medical missions, gift-giving projects, and motivational talks. The media has hailed her as *#NayDaRnA*, a modern-day heroine in a white coat whose beauty shines not only outwardly but also in her unwavering dedication to serve.

She sums up her journey with faith and grace:

“I came to an epiphany that I need not waste my suffering because there is beauty in suffering.”

Indeed, Dr. Mary Libeney Sito is *#ChronicallyPositivelyBeautiful*—an inspiring reminder that true strength, service, and heroism come from the heart



DR. MARY L. SITO
Mental Health Advocate
Motivational Speaker



IN RETROSPECT

THE MEETING THAT WAS: 06 SEPTEMBER 2025

Our First Quarter Birthday Celebration was a joyful and memorable occasion, filled with laughter, music, and the warmth of fellowship that makes our Rotary Club of Baguio family so special.

The gathering began promptly at 12:30 pm, with Vice President Lou de Guzman presiding. Baby Rotarian Bong Naguit led the invocation, followed by the singing of the National Anthem, the Rotary Hymn, and the Four-Way Test. These traditions set a tone of unity, dignity, and pride for the afternoon.

Rtn. Levy Orcales then introduced visiting Rotarians and guests. Of special note was the return of Rtn. Ailyn Kindipan, who had been away for over a year due to health reasons. Her presence was warmly celebrated, with hopes of seeing her more often in future gatherings. Her story is also a gentle reminder of the support, concern, and encouragement we extend to one another as part of our Rotary family.

At 12:50 pm, Program Coordinator PP Anet Calabias invited our talented Rotakids, Joshua and Jacob Cachola, to serenade us with two classic songs. Their performance delighted everyone and reminded us of the bright promise of our youth. Adding to the merriment, PP Anet encouraged some members to sing. PP Diony Claridad, Rtn. Levy Orcales, PP Raffy Chan, and VP Lou willingly obliged, filling the hall with cheer.

During Members' Time, PP Raffy shared exciting news that our *Cañao* now features a section dedicated to RCB History, inviting all to read and rediscover our legacy. At President's Time, VP Lou updated members on recent and upcoming activities: attendance at the installation of sister club RC Bukit Bintang in Kuala Lumpur, the September

18 art activity for children in our adopted CDCs, and the October 18 Trade Fair and Garage Sale at Barangay M. Roxas. Members were encouraged to donate items, with proceeds going to the community fund. VP Lou also confirmed that the Abanao Square Medical Mission will proceed on 05 October.

At 1:30 pm, an AVP presentation honored the 13 birthday celebrants for the First Quarter. Though only four were present—Rtn. Levy Orcales, Rtn. Ailyn Kindipan, PP Raffy Chan, and Rtn. Bong Naguit—they were warmly greeted and received birthday tokens from the program committee. PP Atom then led a touching toast, inviting everyone to raise their glasses in honor of the celebrants.

The celebration continued with another lively sing-along led by PP Anet, bringing more music, joy, and laughter to the afternoon. Indeed, the fellowship was lighthearted yet deeply meaningful, reflecting the spirit of Rotary beyond service—sharing life's blessings with friends.

At 2:00 pm, PP Raffy gave heartfelt closing remarks, thanking everyone for honoring the birthday celebrants. The gathering concluded with the singing of the RCB Hymn and *Pilipinas Kong Mahal*, before the meeting was formally adjourned at 2:15 pm.

It was truly a delightful afternoon of fellowship, music, and Rotary spirit—an occasion that reminded us not only of the joy of celebrating milestones together, but also of the strong bonds that unite us as one Rotary family.



PP GIGI MARANAN
RCB Member since 2008





RCB HISTORY: FIRST DECADE (1938-1948)

The first ten years of the Rotary Club of Baguio tell a story not only of service and fellowship, but also of courage, resilience, and rebirth. These formative years were marked by great promise, interrupted by war, yet ultimately crowned with the triumph of renewal.

Our journey began in **1938–1939**, with our Charter President, **Colonel Louis “Louie” Van Schaick**, leading the way. Under his steady guidance, the Rotary Club of Baguio quickly rose to prominence, recognized as the most active civic organization in the city. Already, the club’s character was evident: a willingness to step forward, to engage the community, and to live out the Rotary ideal of “Service Above Self.”

In **1939–1940**, with **Baguio Mayor Sergio “Serg” Bayan** serving as President, the club expanded its projects across the various fields of Rotary service. Membership grew, the scope of activities broadened, and RCB proudly hosted its first **District Conference**. These years were vibrant and full of promise, setting the rhythm for what was to become decades of service.

Continuing with President **Eugene “Gene” Stafford** in RY **1940 to 1941**, the club not only sustained its rhythm but likewise built a strong foundation for lasting impact in the community.

But then history cast its long shadow. With the outbreak of the **Second World War** in 1941, normal life in Baguio was shattered. The war years from **1941 to 1945** tested the courage and conviction of RCB members. At great personal risk, then President **Dr. Fernando “Nanding” Manalo**, together with other Filipino Rotarians, secretly raised funds and extended aid to Americans interned at **Camp Holmes** (now Camp Dangwa). In those dark times, Rotary service took on its most dangerous and profound form:

quiet acts of humanity in the face of danger, carried out with compassion and unwavering moral courage. Many risked not only their lives but also the safety of their families to serve others.

When the war finally ended, Baguio lay devastated, and the Rotary Club, like so much of the city, was left in disarray. Yet from the ruins came determination. On **13 July 1946**, **Dr. Nanding Manalo**—the very same man who had led with bravery during the war—took on the immense task of **reorganizing the Rotary Club of Baguio**. It was a moment of renewal, a reaffirmation of fellowship, and a declaration that service would not be silenced by conflict. On that day, **Rotary International officially restored the Charter of RCBaguio**, with Dr. Manalo re-elected as President. He remains to this day the only club president honored to serve twice in that capacity, a recognition of his extraordinary leadership.

Ending with President **Bienvenido “Bien” Yandoc** in RY **1947-1948**, the first decade of RCB’s history was one of **great contrasts**: the energy of beginnings, the turmoil of war, and the resilience of rebirth. Through it all, the spirit of Rotary endured. Our first ten years remind us that even in the most difficult times, service and fellowship can light the path forward.

It is a legacy that continues to inspire us—proof that the Rotary Club of Baguio was born not only in celebration but also tested in adversity, and from both emerged stronger than ever.



Louis Van Schaick
1938-1939



Sergio Bayan
1939-1940



Eugene Stafford
1940-1941



Fernando Manalo
1941-1947



Bienvedido Yandoc
1947-1948



RCB DRESS CODE: DRESSING WITH DIGNITY

One of the unique hallmarks of the Rotary Club of Baguio is not only the service we render to the community but also the dignity with which we conduct ourselves.

Our Saturday noon meetings are more than weekly gatherings; they are **moments of fellowship, respect, and continuity of a tradition** that has carried our club through generations. Central to this tradition is our Club Dress Code.

In the 1980s, when we were new members in the club, we noticed that a certain decorum defined the way Rotarians presented themselves during meetings. Back then, a necktie was considered an essential part of proper attire. So important was this symbol of formality that our Club Sergeant-at-Arms was tasked with providing a tie to any gentleman who happened to attend without one. This simple act served as a reminder that **respect for the occasion was also expressed in how we dressed.**

Over the years, Rotary evolved to embrace diversity and inclusivity, and our Club warmly welcomed women into our ranks. Their presence enriched our meetings with new perspectives and leadership. Understandably, the concept of the dress code has also grown broader—shifting from a singular emphasis on neckties to **a more general principle of dressing with dignity, propriety, and respect for the Rotary tradition.**

Today, while we no longer insist on ties for every gentleman, we continue to uphold the principle that our attire reflects our esteem for the Club and for one another. In this spirit, we must stress one important reminder: **denims and tattered (including variants called ripped and distressed) clothes have no place in our Saturday meetings.** This is not a matter of fashion preference but of propriety.

To contextualize, think of the long-established decorum in golf. Golf courses worldwide maintain a strict rule that players must not wear denims while on the course. It is not that jeans are inherently disrespectful, but rather that they do not meet the standard of formality and decorum that the game requires. Similarly, **our Club meetings are occasions where we honor tradition, conduct formal proceedings, and celebrate fellowship.** The way we dress should align with that spirit.

By observing our dress code, we do more than simply follow a rule—we **affirm the values of respect, decorum, and continuity.** Just as Rotarians before us upheld the tie as a sign of propriety, we now carry forward a standard that balances tradition with modernity.

We encourage all members—both men and women—to attend our Saturday noon meetings in attire that reflects the dignity of the occasion. While creativity and personal style are always welcome, **let us avoid the casualness of denims and the informality of tattered clothing.** Instead, let us present ourselves in a way that embodies the pride we take in being Rotarians and members of the Rotary Club of Baguio.

In doing so, we **not only honor the traditions of our past but also set the tone for future generations of Rotarians,** showing them that service, fellowship, and dignity are expressed not only in words and deeds, but also in the way we carry ourselves.



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

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Wolfson Room

Saturday, 13 September 2025

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order -----	Pres. Joe Ursua
	Invocation -----	Rtn. Ailyn Kindipan
	Pambansang Awit -----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test -----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG) -----	Rtn. Lily Landayan
	Entertainment -----	Rtn. Harly Wasing
	Finest Moments -----	Rtn. Tonton Tan
	Raffle -----	Rtn. Nancy Alabanza
1:40	Members' Time -----	(Anyone)
1:50	President's Time -----	Pres. Joe Ursua
1:55	Introduction of Guest of Honor & Speaker -----	PP Chris Peralta
	Guest of Honor & Speaker (GHS) -----	Dr. Mary Libeney Sito
	Topic: Mental Health Awareness	
	Open Forum	
	Club Response -----	PP Diony Claridad
2:30	RCB Hymn -----	(Everyone)
	Pilipinas Kong Mahal -----	(Everyone)
	Adjournment -----	Pres. Joe Ursua
	Program Coordinator -----	PP Chris Faelnar
	Retrospect -----	VP Lou de Guzman
	Imager -----	Rtn. Harly Wasing

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 20 September 2025

Program Coordinator ----- PP Arnel Cabanisas
 Invocation ----- Dir. Glaiza Tan
 Introduction of VRG ----- PP Atom Mendalla
 Entertainment ----- Dir. Lorena Cachola
 Raffle ----- Dir. Vell Agayas
 Finest Moments ----- Dir. Noel Velasquez

Introduction of GHS ----- PP Alfred Laygo
 GHS ----- Dr. Ronald Cabral
 Topic: Roots of Learning
 Club Response ----- PP Libby Fernandez
 Retrospect ----- Rtn. Levy Orcales
 Imager ----- Rtn. Peter Wasing

SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

