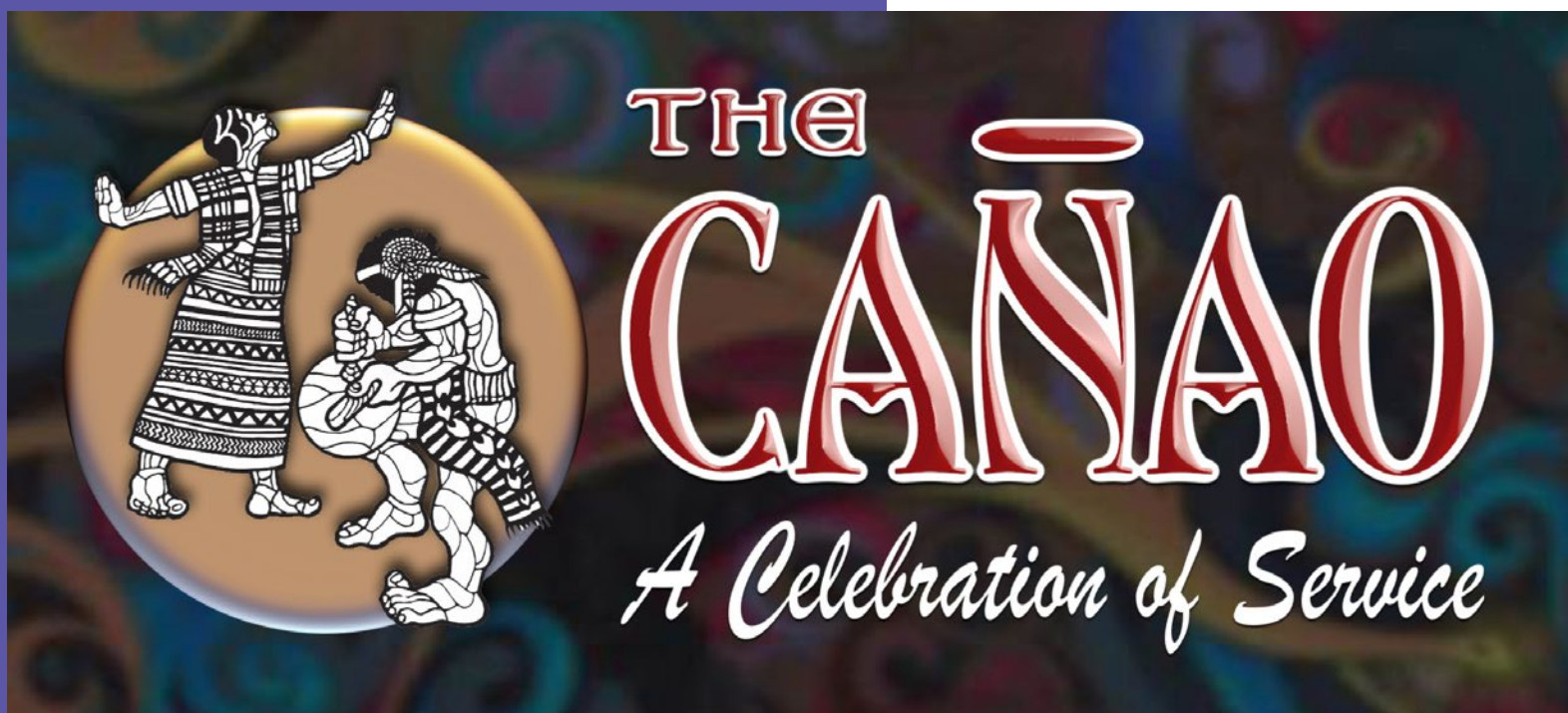


Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 10
Saturday, 20 September 2025

DR. RONALD CABRAL
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

EMPATHY IN ACTION

As we open this edition of *The Cañao*, we pause with gratitude for the many meaningful activities we have already shared together.

Just last September 13, we were deeply inspired by our Guest of Honor and Speaker, Dr. Mary Libeney Sito—an online doctor, a person with disability, and now a fellow Rotarian—who reminded us with conviction that “whatever the mind can conceive, it can achieve, so long as we believe.” Her story of advocacy, perseverance, and unwavering faith in her own capacity is a shining reminder that true service always springs from the heart.

In the spirit of that message, allow me to share these lines:

***To walk in another's shoes, we say,
Isto feel the burden they bear each day.
Empathy blooms when hearts align,
When your struggle becomes partly mine.***

Indeed, empathy lies at the very core of Rotary service. When we choose to understand, embrace, and share in the journeys of others, we embody “Service Above Self” in its most authentic form. This attitude not only strengthens our bonds within the club but also expands the reach of our collective service. It is empathy that transforms projects into legacies, and encounters into life-changing moments.

This spirit was also alive last September 18 during our CDC Parent-and-Child Art Competition, where stories of life and hope found expression through color, imagination, and creativity. Each stroke of the brush and every vibrant shade reminded us that art is not only a medium of beauty, but also of healing, communication,

and hope. Truly, when families create together, they affirm the power of unity and the joy of shared vision.

In a similar way, we look forward to our upcoming fellowship this September 20 with our distinguished guest speaker from San Carlos City, Pangasinan—an esteemed colleague in medical practice and a versatile educator. His talk, *“Roots of Learning: Literacy Across Early Childhood and Beyond,”* will offer us rich insights into the vital role of literacy. As the founder of a Science Academy devoted to nurturing excellence in science education, he brings a wealth of experience that will surely inspire us as we continue to highlight Education and Literacy Month this September.

At the same meeting, we shall also warmly welcome Dr. Ronald Cabral into our Rotary family, a moment of celebration that affirms the growth of our fellowship and our commitment to expand our circle of service.

Let us continue to gather, to listen, and to learn—not only from our invited speakers, but also from one another. I extend my heartfelt thanks to our guests, to RC La Trinidad, our daughter club, for gracing us with their presence, and most of all, to our dedicated members who continue to show commitment and solidarity in every endeavor.

As we approach the close of the first quarter of this Rotary Year, let us take pride in how far we have come, in the unity that binds us, and in the shared vision that propels us forward—for RCB, for our community, and for the good we are called to do.

Together, let us continue to **Unite for Good.**



PRES. JOE URSUA

RCB President
RY 2025-2026





THE ROTARY HYMN

Words and Music by Rotarian George Canseco

I want to be a Rotarian for the world
Make the Rotary flag be a flag of peace unfurled
I will serve my community
Help to seek international unity
Through Rotary, I will dedicate my all
World understanding shall be my cherished goal

*With the Four Way Test I'll pursue my quest
And if I, in a way help obtain Peace in the world
Then I won't have lived in vain*

(Interlude)

I'll observe service above self
Lend a hand to all who need my help
I'll get my spouse (*Ann*) to involve in Rotary
And in Rotary ways I will train my family

*With the Four Way Test We'll pursue our quest
And if we, in a way help obtain Peace in the world
Then we won't have lived in vain.*

(Interlude)

Build a bridge for tomorrow's youth,
Strengthened by nothing but the truth;
Let's join our hands, there's no reason to divide.
We shall all understand, while the good Lord is our guide.

*With the Four Way Test We'll pursue our quest
And if we, in a way help obtain Peace in the world
Then we won't have lived in vain.*

Peace be achieved,
So we won't have lived in vain.

GEORGE CANSECO (1934-2004)

The Rotary Hymn has become such a familiar part of our weekly routine that perhaps very few of us ever paused to ask: *Who wrote this song? Where did it come from?*

As it turns out, there is an interesting story behind it. I recall learning about it from PDG Jesus "Jess" Tabora of our very own RI District 3790. He once shared that it was he who personally commissioned none other than George Canseco to compose the hymn. This explains why, for the most part, this beautiful piece of music is especially known and cherished among the clubs of our RI District.

But who exactly is George Canseco? For those of us who grew up in his time, the name needs no introduction. He was one of the most celebrated Filipino composers of his generation. I still remember his old 45 rpm records (only us "old foggies" will understand this!) proudly marked with his trademark emblem: "BY GEORGE!" His fame in the 1970s soared with timeless songs that he wrote for some of the country's most beloved singers.

Among his many works is the classic "*Kapantay ay Langit*," originally sung by Amapola as the theme of an award-winning motion picture, later popularized by Pilita Corrales, and eventually embraced as her signature song. Another unforgettable masterpiece is "*Ngayon at Kailanman*," first released in 1977 and immortalized by the golden voice of Basil Valdez. These and many more compositions ensured his place in the hearts of Filipino music lovers.

If you search "George Canseco" on Wikipedia, you will discover even more about his life and career. But today, my hope is simpler: that by remembering him here, we can gain a deeper appreciation of the gifted Rotarian who gave us our hymn. The next time we sing it together, perhaps we will do so with renewed gratitude—for both the music and the man behind it.



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:

18 – Parent and Child Art Competition,
08:00 am in Beneco Pedro Dumo Hall

*Participant: 6 Rotarians, 2 Anns and 2
Rotakids*

UPCOMING EVENTS & ACTIVITIES FOR SEPTEMBER 2025:

28 SEPTEMBER – Pole BAMBOO
Planting, 07:30 am, View Deck,
Kennon Road

05 OCTOBER – Unity in Service:
Medical Mission, 10:00 am – 03:00
pm, Abanao Square Roof Deck

18 OCTOBER – GARAGE SALE and
TRADE FAIR (fund raising activity),
9:00 am – 4:00 pm, Barangay M.Roxas
Covered Court

13 SEPTEMBER 2025 ATTENDANCE

We missed you last meeting: Dir. Vell,
Rtn. Nancy, Rtn. Modz, PP Jun, Rtn.
Kat, PP Arnel, Dir. Lorena. Rtn. Vangie,
Rtn. Eric, PP Lani, Rtn Glen, Rtn. Jeff,
PP Atom, Rtn. Levy, Rtn. Kacey, Rtn.
Jojo, Rtn. Arlene, IPP Susan, Rtn.Peter

EXCUSED: PP Raffy, Rtn. Ike, PP Cy
Fagar, PP Libby, PP Ben, PP Benny, PP
Alfred, PDG Linda

MAKE-UP: Dir. Benedict, PP Ali, Rtn.
Bong, Sec Cora, Dir. Eduard, Dir. Glai-
za, Dir. Noel.

ON-LEAVE: Rtn. Ruth, PP Baby



PP CORA OCAMPO

RCB Secretary
RY 2025-2026



GUEST OF HONOR & SPEAKER

DR. RONALD CABRAL

Doctor Ronald P. Cabral is not only a distinguished physician but also an inspiring educator, community servant, and advocate of compassionate healthcare. A proud graduate of the Pontifical University of Santo Tomas, where he earned his Doctor of Medicine degree, Dr. Cabral went on to pursue and achieve board certifications as a Diplomate of both the Philippine Pediatric Society and the Philippine College of Hospital Administrators. This rare combination highlights his deep commitment to both the practice of clinical pediatrics and the broader responsibilities of healthcare leadership and management.

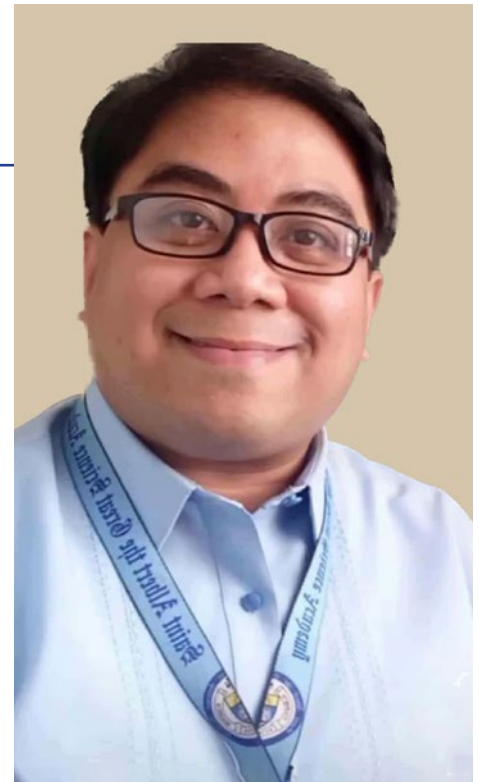
Currently, he serves as Associate Professor III at the College of Medicine and Dentistry of Lyceum Northwestern University. For more than a decade, he has been shaping the minds of future doctors and healthcare professionals, not only by imparting medical knowledge but also by nurturing values of service, ethics, and humanity. His role as Chairman of the University Research Ethics Board further reflects his dedication to maintaining integrity in research and protecting the welfare of participants in medical studies.

Beyond his academic contributions, Dr. Cabral is also an institution builder. In 2005, he established the Saint Albert the Great Science Academy, a Basic Education Institution recognized by both PEAC and SEAMEO. As its founding president, he envisioned and continues to sustain a school that upholds excellence in science education, preparing young learners to meet the challenges of a rapidly changing world with confidence, curiosity, and a strong moral foundation.

Equally impressive is his long-standing commitment to clinical service. With over fifteen years of practice in ambulatory pediatrics, Dr. Cabral has provided accessible and community-centered healthcare to countless children and families. His approach to pediatrics is rooted in compassion, viewing every child not just as a patient but as a precious individual deserving of holistic care.

His advocacy work further amplifies his impact. A staunch believer in public health and harm reduction, Dr. Cabral has consistently used his voice and scholarship to promote equitable, evidence-based practices in medicine. His research and published works mirror his values: compassion for the vulnerable, fairness in access to healthcare, and the pursuit of science that uplifts rather than excludes.

At heart, Dr. Cabral is a man driven by purpose. Whether in the classroom, the clinic, or the community, his guiding principle has always been to serve with empathy and integrity. His story is one of lifelong dedication—not only to healing but also to teaching, inspiring, and leading the next generation.



DR. RONALD CABRAL

Associate Professor
Lyceum Northwestern University



IN RETROSPECT

THE MEETING THAT WAS: 13 SEPTEMBER 2025

The weekly meeting of the Rotary Club of Baguio opened promptly at 12:30 pm, with **President Joe Ursua** setting the tone of punctuality and purpose. Assisting him was Program Coordinator **PP Chris Faelnar**, whose steady presence ensured a smooth program. What followed was more than just another meeting—it was a refreshing reminder of the spirit that binds Rotarians together.

The Entertainment segment brought delight and energy. **Rtn. Harly Wasing** treated everyone to a nostalgic performance that carried the audience back to “The Rotary Way.” His heartfelt presentation struck a chord, reminding all present that music conveys what words often cannot. The mood continued with the Raffle segment, spiritedly handled by **PP Chris Peralta** and this writer. Exciting prizes, generously donated by **Rtn. Nancy Alabanza**, added a touch of fun and anticipation that left smiles all around.

Members’ Time highlighted upcoming activities, and it was clear the days ahead would be both meaningful and busy. First on the calendar is the **Parent and Child Competition** on September 18 at Beneco Dumol Hall, promising to strengthen family ties through camaraderie. On September 28, members will gather at the Kennon Road View Deck for a **Bamboo Planting** activity, reflecting Rotary’s commitment to the environment. October will open with a **Medical Mission** at Abanao Center on the 5th, a clear expression of the club’s dedication to health and humanitarian service. A **Trade Fair and Garage Sale** on October 18 will combine fundraising with the Rotary spirit of shared effort.

The heart of the afternoon belonged to the special Guest of Honor and

Speaker for the day. **Dr. Mary Libeney Sito** delivered a moving talk on Mental Health Awareness. With eloquence and openness, she shared her personal journey, recounting stories that informed everyone about her hidden struggles. Her words carried a powerful reminder: each of us is beautiful, each of us is loved, and our mental health deserves the same care as our physical well-being. Her message lingered long after the applause.

The Open Forum that followed brought the conversation closer to home. **Rtn. Ailyn** and **PP Veeh** courageously spoke of their own health battles, offering testimonies that turned the room into a circle of compassion and solidarity. Their openness transformed the gathering from a lecture into a shared experience of healing. **PP Diony Claridad’s** heartfelt Club Response sealed the moment with a reminder that caring for one another embraces body, mind, and spirit.

Adding to the spirit of wellness, guest **Inah** offered complimentary bone scans to attendees—an act of kindness that embodied Rotary’s mission to touch lives in tangible ways.

At 2:43 pm **President Joe Ursua** adjourned the meeting. Yet the 28 attendees, including guests, did not simply leave after the program completion—they left with lighter hearts, fuller minds, and a renewed sense of belonging to the Rotary family. The afternoon had been more than a Saturday gathering. It was a tapestry of service, fellowship, and inspiration that will sustain the club through the purposeful weeks ahead.



VP LOU DE GUZMAN
Director for RY 2025-2026





13 SEPTEMBER 2025 MEETING

Retrospect Photos By:
Rtn. Harly Wasing



RCB HISTORY: SECOND DECADE (1948-1958)

The second decade of the Rotary Club of Baguio was a time of renewal, growth, and service. Beginning with President **Elmer "EW" Herold** in RY **1948 to 1958**, the club not only regained its rhythm after the difficult war years but also built a strong foundation for lasting impact in the community. These were years when projects flourished, fellowship deepened, and the presence of Rotary in the City of Pines became both visible and respected.

In **1949–1950**, under President **Benjamin "Ben" Salvosa**, the club embarked on a distinctive initiative—the creation of a **goat farm**. It was practical, imaginative, and aimed at improving livelihood opportunities for the local community. More than just an experiment, it showed how Rotarians could think beyond traditional service by promoting sustainability and self-reliance. The project earned the **Governor's Citation for Community Service**, a recognition that underscored the innovative spirit of RCB.

In **1951–1952**, with President **Francisco "Ikong" Reyes** leading, the club turned attention to the youth. That year, RCB donated **playground equipment** to several Baguio elementary schools and to **Burnham Park**, gifts that gave countless children a chance to play and grow in safe spaces. The joyful sound of children at play became a living testament to the club's compassion. For this achievement, RCB received the **Youth Service Award**, honoring its contribution to the city's young people.

By **1954–1955**, service took on a quieter but enduring form. Under President **Feliciano "Ciano" Belmonte**, the club installed **cement benches in Burnham Park**. These benches offered comfort to residents and visitors alike. Though modest in scale, they represented Rotary's belief that even

simple projects can leave a lasting mark on daily life in the city.

In **1955–1956**, President **Ernesto "Abe" Abellera** guided the club into health and education initiatives. A **citywide blood typing campaign** was conducted to prepare a roster of potential donors for emergencies. At the same time, RCB donated **books to the Baguio City High School Library**, enhancing educational resources for students and teachers. Both projects addressed essential needs and demonstrated the breadth of Rotary service.

The following year, **1956–1957**, under President **Ireneo "Santy" Santos**, the club made one of its most visible contributions. It erected the **Rotary Pylon** at the entrance of Baguio, fronting Baguio General Hospital. The pylon stood as a symbol of Rotary's ideals, greeting all who entered the city and reminding residents of the club's enduring presence.

Finally, in **1957–1958**, President **Justo "JR" Rosales** led the donation of a **basketball court and equipment**, a project that fostered health, teamwork, and recreation for the youth of Baguio.

Beyond local service, RCB also strengthened its role in the wider Rotary movement. The club hosted the **District Conference in 1951 and 1954**. Most significantly, **Past President Fernando "Nanding" Manalo** served as **District Governor in RY 1950–1951**, when the entire Philippines still belonged to one district.

Thus, the second decade of RCB was rich in accomplishment, creativity, and pride. From farms to playgrounds, libraries to landmarks, the Rotary Club of Baguio left enduring imprints on the city while nurturing the fellowship that would sustain its legacy for generations.



Elmer Herold
1948-1949



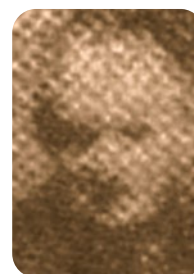
Benjamin Salvosa
1949-1950



Delfin Sian
1950-1951



Francisco Reyes
1951-1952



Joseph Peterson
1952-1953



Victor de Guia
1953-1954



Feliciano Belmonte
1954-1955



Ernesto Abellera
1955-1956



Ireneo Santos
1956-1957



Justo Rosales
1957-1958

PRESIDENTIAL RECKONING - PREPAREDNESS

Here's a question that may tickle both curiosity and debate: *How long does it take before a new Rotarian becomes "presidentiable"? Or, asked differently, how many years does it usually take before our members feel comfortable entrusting the gavel of leadership to one of their own?* There is no official term for this, so allow me to call it "Presidential Reckoning" for purposes of this article.

My personal categorizations are as follows: **SHORT** (just 3 years), **MEDIUM** (5 to 8 years), and **LONG** (10 years or more). Just how many years it took, from entry into the club before becoming RCB President, among our leaders?

SHORT. On this special list are PP Benny Sunga and PP Teop Rondez, who both became presidents in just three short years. My take is that they must have been regarded by our members as "presidential material" from the very beginning. Sadly, since this was before most of us joined the club, we will never really know how they pulled it off so smoothly—or how good they truly were in action.

MEDIUM. The bulk of our Past Presidents fall here. Curiously, my notes show no one who became president after exactly 4 or 9 years, which leaves the Medium range nicely rounded. After 8 years, we have PP Diony Claridad, PP Baby Kaur, and PP Uwe Koeller. At 7 years: PP Doming Valencia, PP Mike Pearson, PP Bert Talco, PP Gigi, PP Jun Bondoc, and PP Lani. Those who made it after 6 years include PP Chris Peralta, PP Jack Gesner, PP Mia Cawed, and PP Ben Ladilad. And after 5 years, we find PP Veeh Balajo, PP Lito Pangilinan, PP Helmuth Schlaaff, and PP Gerard Audineau.

LONG. Now we come to those whose presidential reckoning took a decade or more. This proud group includes: PDG/

PP Linda Winter, PP Raffy Chan, PP Atom Mendalla, PP Florence Bayquen, PP Roger Naz, PP Cora Ocampo, PP Johnny Zarate, and PP Libby Fernandez, among others. Special mention goes to our current President, Joe Ursua, who patiently waited 17 years before being handed the gavel. Our record holder as "president-in-waiting" is undeniably PP Chris Faelnar, whom we "forced" into the presidency after 20 long years as member.

Now, before I get carried away, let me offer a gentle disclaimer: this list is drawn from memory and a bit of record-digging. Errors and omissions are likely, and to those I have unintentionally left out, I extend my apologies.

But beyond the numbers, what does this all mean? Such reckonings inevitably stir quiet questions among Rotarians, whether whispered over coffee or mulled in private:

- Why did she or he become president earlier than I did?
- Am I not yet good enough to be considered for the Presidency?
- Should I resign myself to the idea that I may never be President of RCB?

Perhaps it is unfair of me to put such thoughts into words, but as your Cañao Editor-in-Chief, thinking aloud—and sometimes playing **Devil's Advocate**—is now part of my prerogative.

Some may argue that this topic need not even be raised at all. But if you'll humor me, I'd say there's value in reflecting on it.

Because maybe, just maybe, in talking about Presidential Reckoning, we also discover something about ourselves: our patience, our perseverance, and the way we see leadership within our beloved Rotary Club of Baguio. And that, I think, is worth the reckoning.



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

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Training Center

Saturday, 20 September 2025

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order -----	Pres. Joe Ursua
	Invocation -----	Dir. Glaiza Tan
	Pambansang Awit -----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test -----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG) -----	PP Atom Mendalla
	Entertainment -----	Dir. Lorena Cachola
	Finest Moments -----	Dir. Noel Velasquez
	Raffle -----	Dir. Vell Agayas
1:40	Members' Time -----	(Anyone)
1:50	President's Time -----	Pres. Joe Ursua
1:55	Introduction of Guest of Honor & Speaker -----	PP Alfred Laygo
	Guest of Honor & Speaker (GHS) -----	Dr. Ronald Cabral
	Topic: Roots of Learning	
	Open Forum	
	Club Response -----	PP Libby Fernandez
2:30	RCB Hymn -----	(Everyone)
	Pilipinas Kong Mahal -----	(Everyone)
	Adjournment -----	Pres. Joe Ursua
	Program Coordinator -----	PP Arnel Cabanisas
	Retrospect -----	Rtn. Levy Orcales
	Imager -----	Rtn. Peter Wasing

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 27 September 2025

Program Coordinator ----- Dir. Benedict Grajo
 Invocation ----- Rtn. Nancy Alabanza
 Introduction of VRG ----- PP Raffy Chan
 Entertainment ----- Rtn. Peter Wasing
 Raffle ----- Rtn. Annie Viernes
 Finest Moments ----- PP Ali Morales

Introduction of GHS ----- Rtn. Kat Bosantog
 GHS ----- Mr. Alejandro Pablico
 Topic: Parenting and Leadership
 Club Response ----- PP Bert Talco
 Retrospect ----- Rtn. Arlene Sumalag
 Imager ----- Rtn. Harly Wasing

SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

