

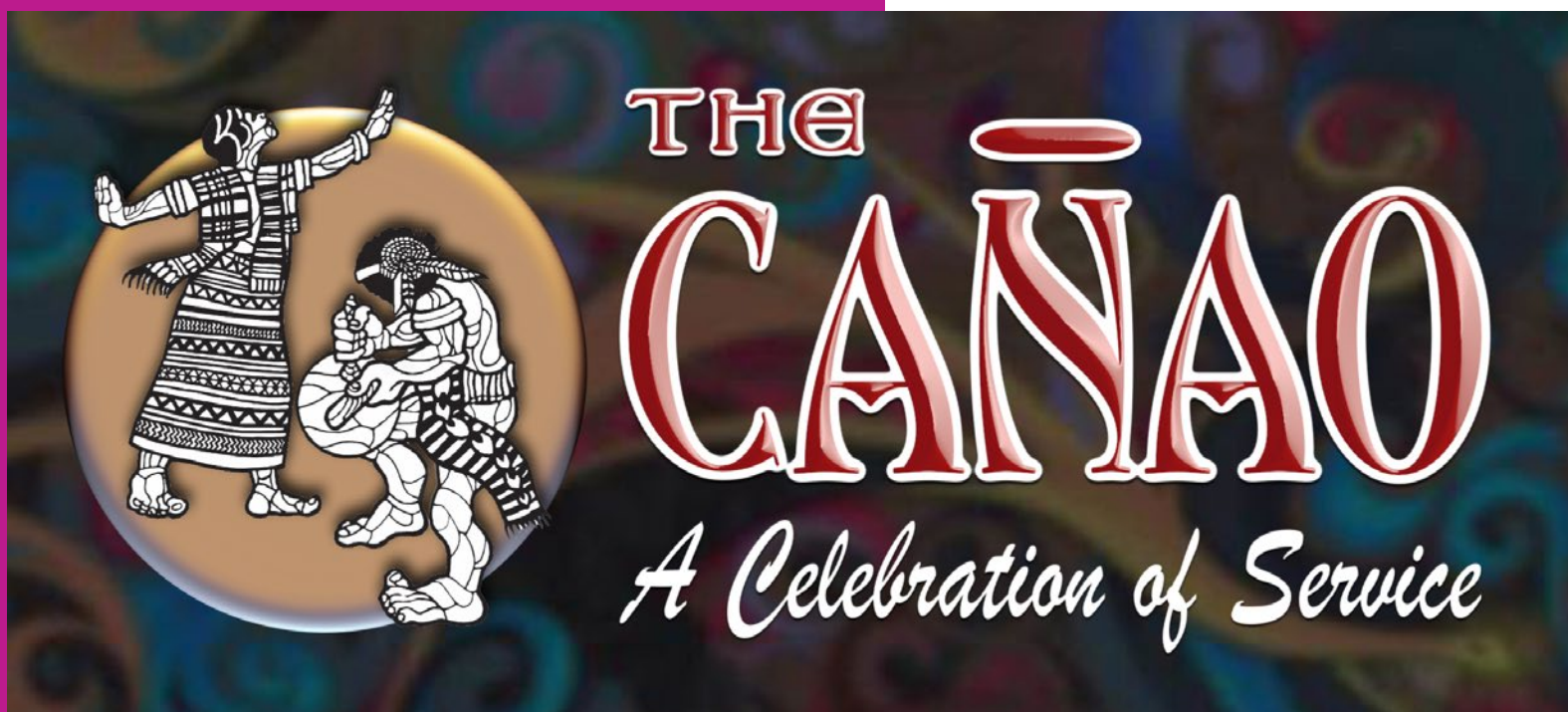
Rotary

Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 12
Saturday, 04 October 2025

DIR. GLAIZA TAN
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

SERVING WITH LOVE, INTEGRITY & COURAGE

If you are president of a great club like the Rotary Club of Baguio, you cannot help but feel a sense of enthusiasm that is never crushed. You are always ready to share, ready to work, and ready to serve—because you owe it to the rich legacy of this club and to the inspiration we must pass on to future Rotarians, who will one day lead with the same fervor and passion. This is exactly how I feel each time I write to you or report on our activities. I do so with great gusto, because I know how much energy and commitment our members pour into their assigned tasks, whether big or small.

Last Saturday, we owe much gratitude to Rtn. Kat for inviting a wonderful speaker, Mr. Melchor Pablico, who shared insightful lessons on parenting and leadership—drawing wisdom from something as simple as the behavior of a humble hen. It was, indeed, an afternoon of reflection, reminding us that leadership can be learned from the simplest symbols and everyday examples. My thanks also go to our ever-reliable Program Coordinator, Director Ben Grajo, to PP Ali for being such a lively and gracious fine master, and to all who participated in making the meeting both meaningful and enjoyable. I encourage everyone to stay updated through our Cañao Club Bulletin for more inspiration, news, and fellowship.

As your president, I cannot help but express my gratitude—not only for the big projects that make headlines but also for the little things each of you do for Rotary. These actions, though sometimes unseen, matter greatly because they are done out of love. When love is at the center of our service—whether in helping, sharing, or

giving—nobody loses. In fact, everyone wins.

We also extend our thanks to those who joined our environmental project at the Kennon Road Zigzag View Deck, where we planted around 300 bamboo poles. This is a significant contribution to both our community and our environment. Special appreciation goes to the Canine Group of Baguio, led by Capt. Binwag and his team, for their wholehearted support in making this endeavor a resounding success.

This October, we look forward to more opportunities for service and fellowship:

Oct 04–05: Cluster Kickoff for End Polio Month. Please register and participate in the Amazing Race event on Oct 19 in Tarlac.

Oct 05 (Sunday): Join us at Abanao Square for our collaboration with the Rotaractors of SLU-School of Medicine and SLU IE students. This is an important project—let us support it fully.

October (date to be announced): Our Garage Decluttering project, with proceeds benefiting our CDCs.

On Oct 06, I have also been invited by the Development Bank of the Philippines as an observer in their transparency initiative. At a time when our nation is tested by corruption and dishonesty, I believe Rotary's Four-Way Test remains a clear guidepost. If only its first principle—"Is it the truth?"—were faithfully applied, much of what we see would not exist.

So let us remain vigilant, inspired, and united. Dear friends, let us continue to serve with love, with integrity, and with courage.



PRES. JOE URSUA

RCB President
RY 2025-2026



OCTOBER: BALANCE AND BRIGHTNESS SEASON

Monthly birthday celebrations in our Rotary Club of Baguio, is an occasion to pause and honor the gift of life and friendship among our members. October, the tenth month of the year, stands out with its own charm. It is a time when the year begins to show maturity—past the halfway mark, yet not quite at its close. For our October birthday celebrants, this unique season reflects qualities of steadiness, clarity, and an ability to shine amidst change.

October in our Philippine setting continues the joyful rhythm of the “Ber” months. The air grows cooler, the days grow shorter, and the hint of Christmas becomes stronger with each passing week. There is a balance between work and festivity, reflection and anticipation. For those who celebrate their birthdays in October, it is as though their special day is touched by this equilibrium of life—a reminder that joy can be found not only in celebration but also in harmony with the world around us.

Science, too, adds its own perspective. Research indicates that those born in October may often enjoy advantages in longevity and resilience, with studies linking their birth season to favorable health outcomes later in life. While such findings are but general tendencies, many will agree that October celebrants carry an aura of vitality. They often exude confidence and creativity, grounded by patience and thoughtfulness. Just as October strikes a balance between light and shadow, so too do these individuals often blend energy with wisdom, action with reflection.

Among our Rotarians, these qualities find meaningful expression.

October celebrants enrich the fabric of our fellowship with their quiet strength and uplifting spirit. They inspire us to remain steady in our service while also embracing opportunities for growth and innovation. Their presence is a constant reminder that Rotary is not only about programs and projects but also about people—individuals who bring their unique light to illuminate the lives of others. Birthdays in our club are more than markers of age; they are affirmations of belonging, gratitude, and shared purpose.

History likewise tells us of many remarkable figures born in October—leaders, thinkers, and artists whose contributions have shaped societies and cultures. While not all of us may leave such global footprints, our October celebrants demonstrate in their own lives how service above self creates lasting impact. Whether in small acts of kindness or in leadership within our club, they prove that significance comes not from grand gestures alone but from living with heart and integrity.

As we celebrate our October-born members, we do so with admiration, gratitude, and warm affection. Their birthdays are more than personal milestones; they are occasions for us to gather as a family of friends and servants of humanity. May this season bring them renewed health, unending joy, and abundant opportunities to touch lives with their goodness.

Indeed, October is a month of brightness and balance—and for our celebrants, it is a month that beautifully reflects who they are and what they mean to all of us in Rotary



OUR OCTOBER-BORN MEMBERS



PP Benny Sunga
October 06



PP Diony Claridad
October 21



VP Lou de Guzman
October 22



Dir. Ed Ramos
October 29



EVENTS & ACTIVITIES FOR OCTOBER

OCTOBER BIRTHDAYS:

06- PP Benny Sunga
21 – PP Diony Claridad
22 – Dir. Emylou de Guzman
29 – Dir. Eduardo Ramos

OCTOBER ANNIVERSARY IN RCB:

09 – Dir. Vell Agayas (15 years)
09 – PP Jun Bondoc (15 years)
23 – Dir. Emylou de Guzman (4 years)
30 – PP Atom Mendalla (15 years)

MOST RECENT EVENTS & ACTIVITIES:

28 SEPTEMBER – Pole BAMBOO Planting,
07:30 am, View Deck, Kennon Road
*PARTICIPANTS: Dir Reymund, RA Cecille,
Rtn. Nancy, Dir. Benedict, PP Arnel, Pres
Joe, Sec Cora and the Canine Unit Baguio
led by PCPT Michael Binwag (OIC City
EOD)*

UPCOMING EVENTS & ACTIVITIES:

05 OCTOBER – Unity in Service: Medical
Mission, 10:00 am – 03:00 pm, Abanao
Square Roof Deck
05 OCTOBER – CLUSTER 1C END POLIO in
Melvin Jones , 6:00 am
18 OCTOBER – GARAGE SALE and TRADE
FAIR (fund raising activity), 9:00 am – 4:00
pm, Barangay M. Roxas Covered Court

27 SEPTEMBER 2025 ATTENDANCE

WE MISSED YOU LAST MEETING:

Dir. Vell, Rtn. Modz, PP Jun, Rtn. Vangie,
Dir Lorena, PP Lani, Rtn Glen, Rtn. Jeff,
PP Atom, Rtn. Levy, Rtn. Kacey, Rtn. Jojo,
Rtn. Ton, Dir. Noel, IPP Susan, Rtn.Peter,
Rtn. Harly

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

MAKE-UP: Dir. Vell, Dir. Reymund, Dir.
Lorena, PP Anet, Dir. Lou, Dir. Benedict, PP
Ali, Dir. Eduard, Dir. Glaiza, Dir. Noel, IPP
Susan, Rtn. Harley.

ON-LEAVE: Rtn. Ailyn, Rtn. Ruth, PP Baby

GUESTS: GHS Mr. Alejandro Pablico,
Sheila B. (guests of Dir. Glaiza), Rotakids:
Pio Santi Sonny and Nathalia

VISITING ROTARIANS from RC Health

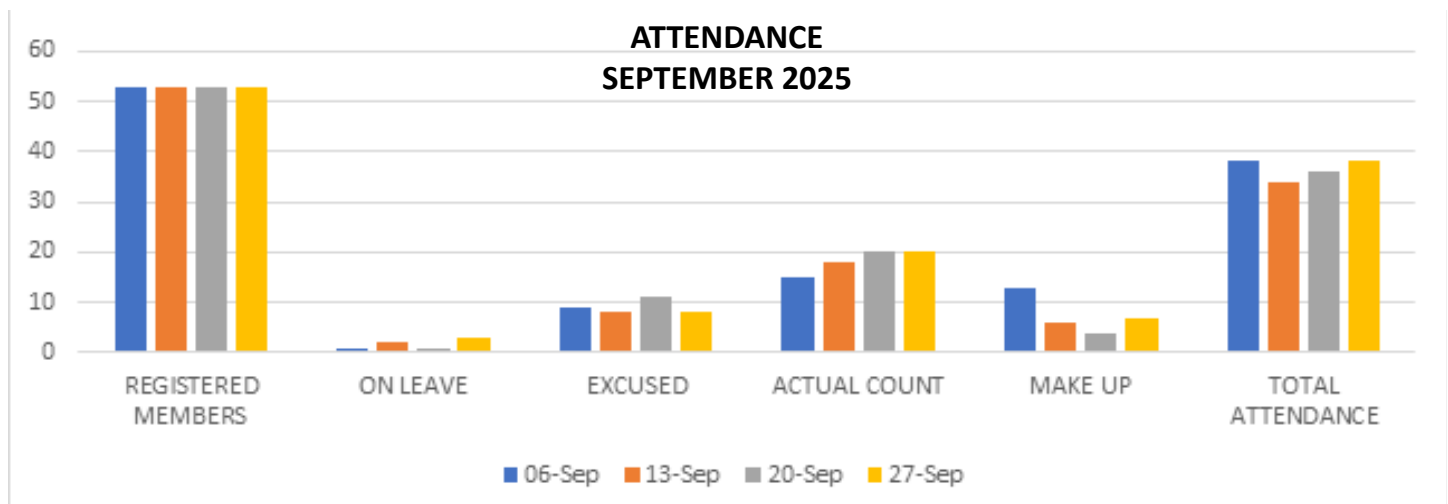
Keepers: DS Mary Jane Noble, Sec Vynna
Medrano, Pres. Freia Mae Macabitos



PP CORA OCAMPO

RCB Secretary
RY 2025-2026

ATTENDANCE SEPTEMBER 2025





CLUB HONORED SPEAKER

DIR. GLAIZAZETTE Q. TAN

GLAIZAZETTE Q. TAN

School Nurse, Spa Owner &
Entrepreneur

EDUCATION

Bachelor of Science in Nursing
Pines City Colleges
Graduated in 2009

SKILLS HIGHLIGHT

- Patient Care, Emergency Response & First Aid
- Pediatric & Adolescent Health Care
- Medication Administration & Chronic Condition Management
- Health and Wellness Education
- Clinical and School Nursing Services
- Care Planning & Health Record Documentation
- Marketing & Client Relations
- Business & Operations Management
- Staff Leadership and Development

PROFESSIONAL SUMMARY

Compassionate and dynamic Registered Nurse with thirteen years of combined experience in school health services, clinical care, and wellness management. Skilled in emergency response, chronic condition management, health education, and patient-centered care. Currently serving as a School Nurse, promoting student well-being through direct care, health screenings, and wellness initiatives. Strong foundation in hospital-based nursing provides advanced clinical judgment, adaptability, and excellent collaboration with multidisciplinary teams. Proven entrepreneur and spa franchise owner, managing multiple branches with expertise in business operations, staff development, and customer service. Known for leadership, adaptability, and the ability to balance healthcare professionalism with business success.

WORK EXPERIENCE

**NUAT THAI FOOT AND BODY MASSAGE-
Baguio & La Union- Proprietor/ Managing
Director:** 2017- present

- Owns and currently manages several spa franchise branches, overseeing daily operations, staffing, and services.
- Responsible for financial management, marketing, and business growth strategies.
- Successfully expanded operations, demonstrating strong leadership and business acumen.

**SCHOOL NURSE - Brent International
School Baguio :** August 2012 – present

- Provides nursing care to students including first aid, emergency management, and monitoring of chronic conditions (e.g. asthma, diabetes, epilepsy).
- Provides health services, medical assessments, and health education to students and staff to ensure a safe and healthy learning development. Conducts regular screenings for vision, hearing, and other health issues.
- Educates students, parents, and staff on nutrition, hygiene, mental health, and preventive health practices.
- Acts as a liaison between the school, families, and healthcare providers.
- Promotes a healthy school environment through regular inspections,
- Identifying potential hazards and recommending corrective actions.

**CLINIC NURSE - Baguio Medical Center
(Dr. Louella Claridad):** 2010-2012

- Assessed patients' vital signs (blood pressure, Temperature, pulse, etc.)
- Assisted with medical examinations and procedures.
- Administered medications, performed IV therapy, and vaccinations as prescribed.
- Supported clinic operations and maintained accurate patient records.
- Educated patients on medication adherence, lifestyle modifications, and preventive care.



DIR. GLAIZA TAN
RCB Member since 2024



IN RETROSPECT

27 SEP 2025: A SATURDAY TO REMEMBER

For the Rotary Club of Baguio, Saturdays are always special. No two Saturdays are ever quite the same. Each gathering brings fresh opportunities to celebrate friendship, welcome guests, and live out our Rotary values.

This particular Saturday was made more memorable by the presence of our friends from the Rotary Club of Health Keepers: PP Mary Jane Noble, Pres. Vynna Medrano, and Secretary Freia Mae Macabitos. Their visit carried added significance as our two clubs signed a Sisterhood Agreement, a pledge of cooperation and friendship that we trust will grow into lasting collaborations in the years ahead.

The meeting opened with a thoughtful invocation led by Rtn. Nancy Alabanza, followed by PP Gie Maranan warmly introducing the visiting Rotarians and guests. To start on a lighter note, PP Diony, PP Chris F., and PP Cora treated everyone to a cheerful trio performance. Their music lifted spirits and set the stage for an afternoon filled with both laughter and inspiration.

The *Finest Moments*, ably led by PP Ali, provided a mix of humor and purpose. Special fines were playfully given—PP Chris F. for his new appointment as Assistant Governor, PE Reymund for assigning PP Ali, PP Cora for her impressive Secretary's Report, and PAG Gie for her generosity. But the real highlight was yet to come. Living up to his title as the "Budol King," PP Ali encouraged members to contribute to Rotary causes. Through his spirited appeal, an impressive ₱30,500 was raised for the TRF Annual Fund, alongside ₱2,600 and \$200 for the Polio Fund. Inspired by the moment, other members pledged even more, bringing the total commitments to \$1,100 for

the Annual Fund and \$800 for Polio. It was a proud moment of generosity that reflected the big hearts of our RCB family.

During Members' Time, updates on our active calendar of projects were shared. PE Reymund reminded everyone of the bamboo tree planting scheduled for the next day. PP Chris spoke about the Rainwater Harvesting Project at Happy Hollow CDC on 09 October, while Rtn. Benedict announced the Anti-Dengue Seminar on 16 October. Each initiative showed once more how Rotary's service continues to touch lives in meaningful ways.

In President's Time, Pres. Joe reviewed recent activities and thanked everyone for their involvement. He encouraged participation in the upcoming End Polio Event and the Abanao Square Medical Mission, both of which promise lasting impact. With Rtn. Jojo stepping down as Director of Environment, your author humbly accepted the role and invited ideas from fellow members to help enrich future projects.

The highlight of the afternoon came with our Guest of Honor and Speaker, Mr. Alejandro Pablico, introduced by Rtn. Kat. Speaking on *Parenting*, Mr. Pablico drew inspiration from nature itself, likening good parenting to the way a hen carefully raises her chicks. His message resonated deeply: parenting is not limited to family life but also extends to leadership and service. PP Bert, in his Club Response, affirmed how these lessons mirror the roles Rotarians play in guiding and supporting communities.

The meeting ended in awe as we realized what we can learn from observing a chicken.



DIR. ARLENE SUMALAG
RCB Member since 2023





27 SEPTEMBER 2025 MEETING

Retrospect Photos By:
Rtn. Ed Ramos and PE Reymund Barrios



RCB HISTORY: FOURTH DECADE (1968-1978)

Rotary Year **1968–1969** brought **William “Bill” Keller** to the presidency. His leadership was marked by a calm but steady hand, ensuring the continuity of projects and strengthening fellowship among members. He guided the club with dedication, helping sustain the positive momentum and leaving a legacy of stability.

Following him in **1969–1970**, **Antonio “Tony” Romero** directed the club’s attention toward education. He carried forward the scholarship grants that provided hope to deserving students and also initiated the adoption of a preschool class in Irisan, a community on the outskirts of Baguio. These efforts brought Rotary closer to the children and families who most needed its care.

When **Gelacio “Moon” Munsayac** assumed the presidency in **1970–1971**, the club once again earned distinction by hosting the District Conference. This event not only re-affirmed RCB’s reputation as a gracious host club but also strengthened ties among Rotarians throughout the district.

Atty. Teopisto “Teop” Rondez presided over Rotary Year **1971–1972**. His thoughtful stewardship provided consistency, ensuring that ongoing projects were maintained with vigor. He encouraged cooperation and camaraderie within the club, keeping the fellowship alive during a time of steady progress.

The year **1972–1973** was led by **Jack “Jack” Gesner**, remembered as a period of resilience. With the country suffering severe floods and later adjusting to the declaration of martial law, his presidency faced daunting challenges. Yet the club pressed forward—sponsoring the reclamation of City Camp Lagoon, opening a preschool class at the Department of Social Welfare, and continuing the Irisan program. His leadership showed Rotary’s courage in adversity.

Under **Juan “Johnny” Zarate Jr.**, who served in **1973–1974**, the scholarship program expanded even further. More students of limited means found opportunities for education through the club’s generosity. That year, the Diocesan Adult Center also benefited from RCB’s support, demonstrating the club’s broad concern for learning at every stage of life.

The focus in **1974–1975** was shaped by **Fiscal Angel “Angel” Sangalang**. His heartfelt concern centered on the city’s out-of-school youth. By extending programs of assistance and learning opportunities, he gave many young people hope for brighter futures. His initiatives reflected Rotary’s spirit of inclusion and care.

The following year, **1975–1976**, **Atty. Galo “Galo” Reyes** took office. He not only sustained the scholarship program but also introduced a new project—the Special Education Center, created for handicapped children. His efforts expanded Rotary’s vision of service, while additional support was again extended to the City Camp Lagoon community.

Architect Rosendo “Silver” Silvestre then guided the club during **1976–1977**. His leadership emphasized consistency and continuity. By carrying forward projects started earlier, he ensured their stability and long-term impact, showing that Rotary service thrives through perseverance.

Finally, in **1977–1978**, **Dr. Jesus “Jerry” Salvosa**, an educator, assumed the helm. His presidency coincided with the club’s 40th anniversary, celebrated by establishing a Trust Fund whose interest would finance civic projects for years to come. He also guided the club’s return to its old home at the Pines Hotel, where fellowship flourished until 1984. His year closed the decade with foresight and pride.



William Keller
1968-1969



Antonio Romero
1969-1970



Gelacio Munsayac
1970-1971



Teopisto Rondez
1971-1972



Jack Gesner
1972-1973



Juan Zarate Jr.
1973-1974



Angel Sangalang
1974-1975



Galo Reyes
1975-1976



Rosendo Silvestre
1976-1977



Jesus Salvosa
1977-1978



HOW RESPONSIBLE ARE YOU?

How responsible are you, really? It is a question that often lurks in the background of our daily lives, but one we seldom pause to examine.

Responsibility, after all, is not just about paying bills on time or showing up for work. It is about the weight we give to our words, the seriousness with which we treat our commitments, and the trust others can place in us.

Consider this simple scenario: when you say “yes,” do you mean it as a promise written in stone, something you will honor regardless of the inconvenience? Or do you treat it as a casual nod, mere words tossed out with no intention of follow-through? The difference is profound. One builds trust and respect, while the other slowly chips away at credibility and integrity.

In Rotary, responsibility is the lifeblood of our fellowship. Every project, every service initiative, every Saturday meeting depends not on a single leader but on the collective reliability of many. When a Rotarian says “yes” to a role—be it leading a committee, attending a fellowship, or helping in a service project—that “yes” sets expectations. Even the simple act of committing to writing the Retrospect for a club meeting. Others begin to rely on it, to weave it into the fabric of plans. If that promise is broken, however casually, it is not just an individual lapse—it disrupts the rhythm of the whole.

But responsibility is not meant to be a burden. It is, rather, a badge of honor. To be known as a person of your word is one of the highest compliments

anyone can receive. When people can say of you, “If he promised it, it will be done,” or “If she said yes, she will surely follow through,” then you have already earned a quiet kind of leadership that no title can bestow.

Of course, we live in a world of competing priorities. Unexpected events arise; emergencies demand our attention. The measure of responsibility, then, is not perfection but sincerity. It is about communicating honestly when circumstances change, about valuing the trust others place in us enough to keep them informed. Silence in the face of broken promises is what wounds relationships. Candor, even when it admits failure, can preserve respect.

As Rotarians, we are called to a higher standard. Our Four-Way Test begins with “Is it the truth?” and follows with “Is it fair to all concerned?” Responsibility sits quietly between those lines. To honor our commitments is to live the truth of our words. To keep faith with one another is to practice fairness in its purest form.

So, how responsible are you? Perhaps the next time you are about to say “yes,” pause and weigh the promise it carries. And if you do give your word, let it be as good as stone—firm, dependable, and worthy of the trust that defines true fellowship.

In the end, responsibility is not just about doing tasks. It is about shaping character. And in Rotary, it is also about ensuring that our collective “yes” to service above self continues to ring strong and true.



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

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Wolfson Room

Saturday, 04 October 2025

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order -----	Pres. Joe Ursua
	Invocation -----	PP Veeh Balajo
	Pambansang Awit -----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test -----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG) -----	PP Chris Peralta
	Entertainment -----	Dir. Noel Velasquez
	Finest Moments -----	VP Lou De Guzman
	Raffle -----	Dir. Arlene Sumalag
1:40	Members' Time -----	(Anyone)
1:50	President's Time -----	Pres. Joe Ursua
1:55	Introduction of Club Honored Speaker -----	PP Chris Faelnar
	Club Honored Speaker (CHS) -----	Dir. Glaiza Tan
	Topic: Classification Talk	
	Open Forum	
2:30	RCB Hymn -----	(Everyone)
	Pilipinas Kong Mahal -----	(Everyone)
	Adjournment -----	Pres. Joe Ursua

Program Coordinator ----- PP Benny Sunga
 Retrospect ----- Rtn. Harly Wasing
 Imager ----- Rtn. Peter Wasing

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 11 October 2025

Program Coordinator ----- PP Raffy Chan
 Invocation ----- PP Lani Fabi
 Introduction of VRG ----- IPP Susan Villanueva
 Entertainment ----- Rtn. Kat Bosantog
 Raffle ----- PP Baby Kaur
 Finest Moments ----- Dir. Benedict Grajo

Introduction of CHS ----- PP Atom Mendalla
 CHS ----- Rtn. Bong Naguit
 Topic: Anxiety Disorder
 Club Response ----- PE Reymund Barrios
 Retrospect ----- PP Veeh Balajo
 Imager ----- Rtn. Peter Wasing

OCTOBER IS COMMUNITY ECONOMIC DEVELOPMENT MONTH

