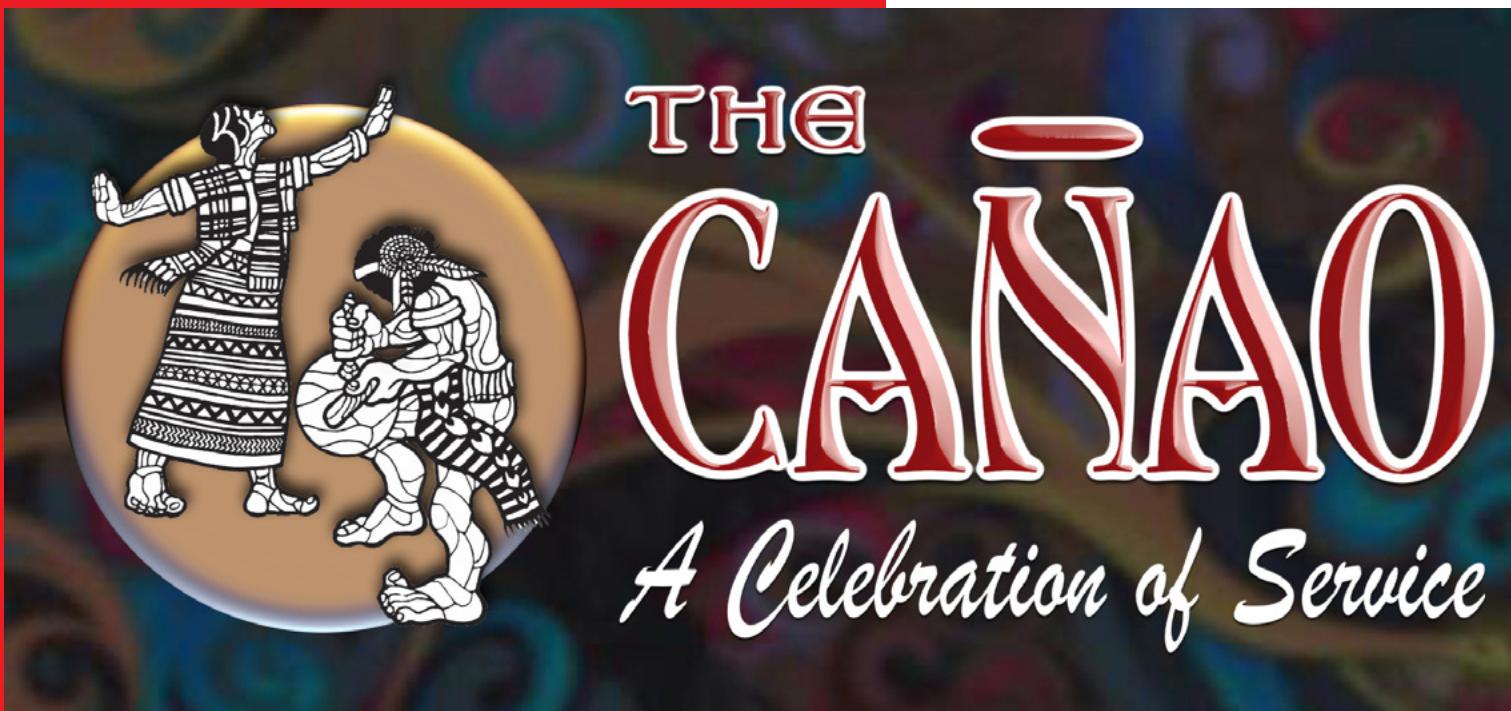


Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 13
Saturday, 11 October 2025

RTN. BONG NAGUIT
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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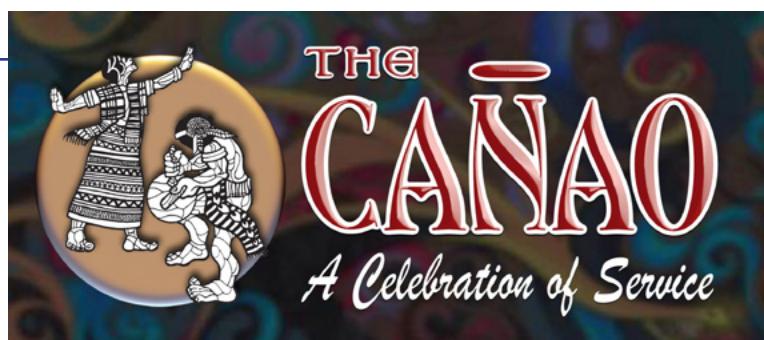
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THE CAÑAO & NEW EMBLEM

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

COMPASSION IN ACTION

The Rotary Club of Baguio continues to stand united in doing good for others—always striving to make each endeavor better than the last.

On 05 October 2025, at the roof deck of Abanao Square, we held a meaningful Medical and Wellness Mission where nearly 200 patients received free consultations, health advice, and starter doses of medicines and vitamins.

Our heartfelt gratitude to the Red Cross of Benguet for collecting 17 units of fresh blood—precious donations that truly save lives.

For the wellness component, Aldritz Pau de Arco, led by Ms. Cynthia Madrid, gave relaxing wellness massages to 55 patients. Ms. Yna Trinidad of Multicare conducted bone scanning for 46 individuals, helping detect risks of osteoporosis or osteopenia among both men and women, especially our senior citizens.

Sincere thanks to the Management and Staff of Abanao Square Mall, headed by Ma'am Melon, for their generosity in providing the venue and meals for everyone.

We deeply appreciate our ever-reliable Rotaractors from SLU School of Medicine (Viva Medicina)—15 young volunteers led by MD3 Beatrice Nicole Choy—and the SLU IE students under the guidance of Sec. PP Cora Ocampo, soon to be inducted as our new Rotaract group. They worked closely with our six dedicated Rotary doctors: PP Chris Peralta, PP Benny Sunga, PP Veeh Balajo, PP Diony Claridad, PP Alfredo Laygo, and myself, serving both as Physician and Pharmacist.

Our thanks also to the Rotarians who extended invaluable help: PP Atom Mendalla, PP Bert Talco, PP Anet Calabias, IPP Susan Villanueva, Rtn. Nancy Alabanza, Dir. Glaiza Tan, Dir. Vell Agayas, and Disease Prevention and

Treatment Director Benedicto Grajo, along with all members who supported and prayed for the project's success.

Special appreciation goes to our generous donors, particularly Director Noel Villanueva and friends from San Carlos, Pangasinan, as well as partner organizations FPOP Baguio and BPI Ayala Technohub. Your support made this project possible. Truly, collaboration brings compassion to life.

On 06 October, our Board of Directors convened at the CJH Golf Club to review first-quarter accomplishments and plan for the months ahead. My gratitude to our dedicated BOD members: VP Lou, Dir. Vell, Dir. Ben, PE Reymund, Dir. Arlene Sumalag, Treas. PP Marilyn, Sec. PP Cora, Dir. Noel (excused), and Adviser PP Chris Faelnar. Your devotion defines the Rotary Club of Baguio—the leading club in Baguio, if not in the entire District 3790.

Let us look forward to our next exciting endeavors:

- **October 18:** Community outreach fulfilling the Seven Areas of Focus at Barangay M. Roxas.
- **October 19:** End Polio Now event in Tarlac—let us give our full support!

This Saturday, October 11, our own Rtn. Bong Naguit will lead a timely discussion on **Anxiety Disorders**—an important topic for everyone's wellness. Don't miss it!

To everyone who continues to serve with passion—thank you! Your presence, effort, and enthusiasm reflect the true spirit of Rotary.

And of course, kudos to our EIC PP Raffy for consistently delivering wonderful weekly issues of *The Cañao*. What a task—and he delivers every time!

Agyamanak Apo. Salamat ken sikayon amin. Malapit na ang Pasko!



PRES. JOE URСUA

RCB President
RY 2025-2026

THE MEANING OF THE ROTARY WHEEL

The Rotary Wheel is one of the most recognized symbols in the world, representing the universality of Rotary and its far-reaching presence across nations. More than just an emblem, every element of the wheel carries a meaning that reflects the spirit and purpose of Rotary.

THE NOTCH OR SLOT (KEYWAY)

The small slot within the wheel represents the Club President. Just as the notch locks a wheel securely onto its axle, the President provides leadership and direction, keeping the club firmly connected and in motion.

THE CENTRAL AXLE

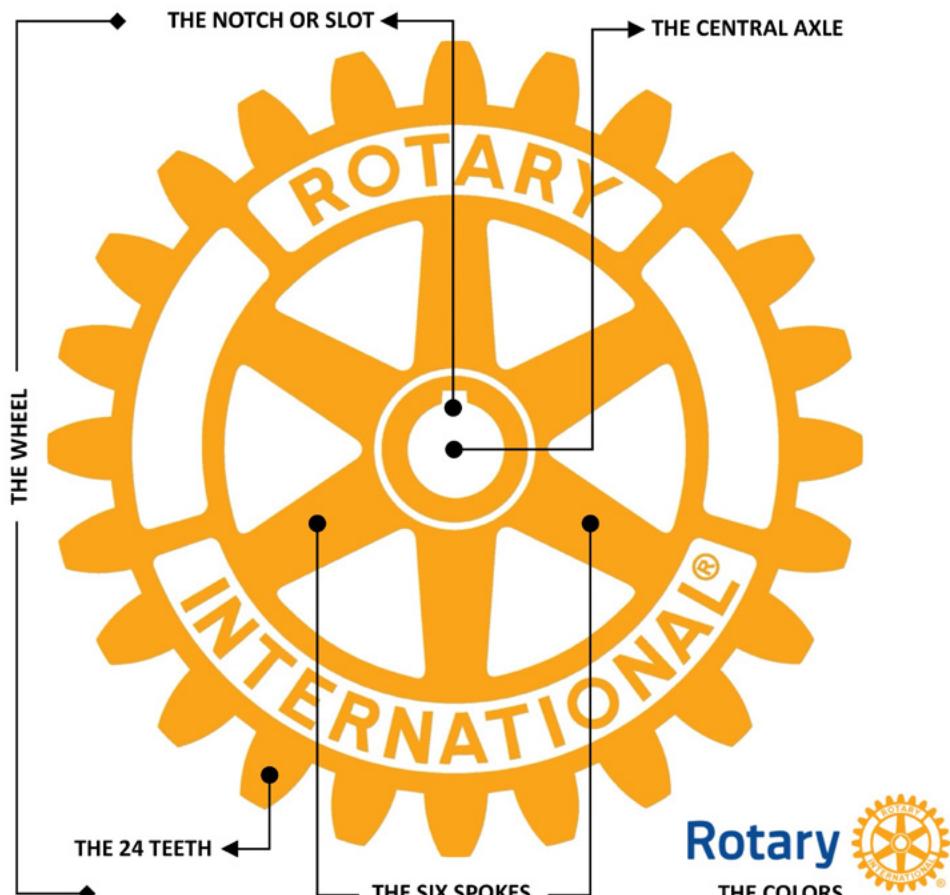
At the heart of the wheel lies the central axle, symbolizing the members of each Rotary club. Together with the notch, which stands for the President, members are the true driving force that generates the energy necessary to set Rotary's service in motion.

THE WHEEL

The wheel itself symbolizes Rotary's universality—its international character and worldwide outreach—demonstrating that the ideals of Service Above Self transcend borders and cultures.

THE 24 TEETH

Around the wheel are 24 teeth, representing the 24 hours of each day. They remind Rotarians that every hour is an opportunity to enjoy life, to share fellowship, and to live the Rotary ideal of service.



THE SIX SPOKES

The six spokes each carry a special meaning, reminding us of the foundation of Rotary values:

1. Family
2. Action
3. Friendship
4. Professional ethics and the principle of classification
5. Religion (freedom of worship)
6. Institutional integrity (dedicated to preserving Rotary unity)

THE COLORS

The Rotary wheel shines in two distinctive colors. Gold evokes the nobility of purpose that inspires every Rotarian, while Azure/Blue represents the vastness of the sky, symbolizing the universal and elevated goals of our movement.

A SYMBOL THROUGH TIME

From its first designs in 1905 to the present day, the Rotary wheel has evolved, yet its essence has remained constant: a dynamic emblem of service, leadership, and fellowship that continues to move communities forward around the globe.

SECRETARY'S UPDATE

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

04 OCTOBER 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. Harley

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 Publico, 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



CLUB HONORED SPEAKER

RTN. CORNELIO "BONG" NAGUIT

CORNELIO LOPEZ NAGUIT JR., M.D.

U.S. OFFICE ADDRESS:

Family Medical Center
130 Medical Center Drive
Carleton, MI 48117
1-(734)-654-2169

U.S. HOME ADDRESS:

413 West Caneel Drive
Tecumseh, MI 49286
1-(517)-424-4038

PERSONAL:

Date of Birth: 26 September 1961
Citizenship: Naturalized
SSN#: 465-77-0473
Health: Good

EDUCATION:

Fellowship:
Geriatric Fellowship, Department of
Medicine
Metro Health Medical Center,
Cleveland, OH

Residency:
Flower Hospital, Family Practice
Association
Sylvania, OH, July 1994-June 30, 1996
Chief Resident PGY-3

Internship:
Flower Hospital, Sylvania, OH
July 1993-June 1994

Medical School:
Emilio Aguinaldo College of Medicine
De La Salle University
1986 Graduated Number Five in a
class of 155

Undergraduate:
Bachelor of Science in Physical
Therapy 1982
University of the Philippines, Manila,
Philippines

LICENSURE:

State: Michigan 1995, #4301066-757

CERTIFICATIONS:

*Educational Commission For Foreign
Medical Graduates (ECFMG):* March
24, 1992, #0-416-402-6

Federation Licensing Examination:
June 1992, #610926010

*Diplomatic American Board of Family
Practitioners:*
July 1996

Recertification: July 2002
Certificate of Added-Qualifications:
1998-2008

In Geriatric Medicine: ID: 85043

MEDICAL AND PROFESSIONAL SOCIETIES:

American Academy of Family
Physicians

American Medical Association

AWARD:

Resident Teacher's Award

VOLUNTEER EXPERIENCE:

Medical Director for Hospice of
Lenawee



RTN. BONG NAGUIT

New RCB Member



MEMBERS' ROSTER

rotary club of Baguio

HONORARY MEMBERS

PP Angelina Palma
PP Loreto Panglinan
PDG Seiichi Morita
PDG Dai Bong Yu
PDG Teo Kwan Swee
PDG Chul Min Choi

NAME	CLASSIFICATION
Dir. Mariver Agayas -----	COMMUNCTN/MEDIA- Correspondent
Rtn. Nancy Alabanza-----	FOOD INDUSTRY- Meat Processing
PP Vicenia Balajo -----	HEALTH CARE- Obstetrics & Gynecology
PP Marilyn Barredo -----	BANKING/MONEY- Information Technology
PE/Dir. Reymund Barrios -----	MKTG/SALES- Animal Feeds
PP Ricardo Bondoc Jr.-----	SOCIAL SERVICE- Entrepreneurship Dev
Rtn. Katrina Busantog -----	LEGAL- Public Defence
PP Arnel Cabanisas-----	MGMT/ADMIN- Executive Mgmt
Rtn. Evangeline Cacho-----	FOOD INDUSTRY- Catering
Dir. Lorena Cachola -----	SERVICES- Personal Care
PP Anita Calabias -----	INSURANCE- Entrepreneurship
PP Mia Joy Cawed -----	LEGAL – Judiciary
PP/EIC Rafael Chan-----	ARCHITECTURE- Green Building
PP Dionisio Claridad -----	HEALTH CARE- Administration
Dir. Benedicto Grajo -----	SERVICES- Incognito Pest Control
Dir. Emlyou De Guzman-----	FOOD INDUSTRY- Finance Manager
Rtn. Ericson De Guzman -----	PUBLIC RELATIONS- Consumer Welfare
Rtn. Dwight Dulnoan -----	MINING- Exploration
PP Mary Leilani Fabi -----	COMMUNCTN/MEDIA- Telecom
PP Chris Fernando Faelnar -----	ENGINEERING- Electrical Engineering
PP Cyrus Fagar-----	ENGINEERING- Civil Engineering
PP Elizabeth Fernandez -----	LEGAL- Criminal Law
Rtn. Gleniel Flores -----	CONSTRUCTION- Comm'l/Resid'l Contracting
Rtn. Jeffrey Isip-----	INSURANCE- Risk Management
PP Gormito Kaur -----	MARKETING/SALES- Retail Sales
Rtn. Ailyn Kindipan-----	EDUCATION-Art
PP Ben Ladilad-----	AGRI/FORESTRY- Research & Development
Rtn. Estela Landayan-----	EDUCATION- Secondary
PP Alfredo Laygo-----	EDUCATION- Medical
PP Evangeline Maranan-----	MGMT/ADMIN- Special Events
PP/Aud. Alma Teresa Mendalla-----	BANKING/MONEY- Regional Operations
PP Ali Morales-----	BANKING/MONEY- Bank Manager
Rtn. Cornelio Naguit Jr. -----	HEALTH CARE- Geriatrics
PP/Sec. Ma. Corazon Ocampo-----	EDUCATION- Consultancy/Entrepreneurship
Rtn. Levy Lloyd Orcales -----	GOVERNMENT- City Legislation
Rtn. Krashemae Padilla -----	COMMUNCTN/MEDIA- Videography
PP Christopher Peralta -----	HEALTH CARE- Diabetology
Dir. Eduardo Ramos -----	SERVICES- Memorial Admin
Rtn. Ruth Rillera -----	HEALTH CARE- Nurse
Dir. Julius Solis-----	CLERGY/RELIGIOUS- Pastor
Rtn. Arlene Joy Sumalag-----	ART & DESIGN- Handicrafts
PP Benito Sunga-----	HEALTH CARE- Urology
PP Alberto Talco -----	ENGINEERING- Civil Engineering
Dir. Glaizazette Tan -----	SERVICES- Dorm Administration
Rtn. Ronald Carlton Tan-----	REAL ESTATE- General Practice
Pres. Jose Ursua-----	SCIENCE/TECH- OBGyne Sonology
Dir. Emmanuel Velasquez -----	MKTG/SALES- Management
Rtn. Anecita Viernes -----	FOOD INDUSTRY- Preserved Items
IPP Jesusa Villanueva -----	GOVERNMENT- Deeds Examination
Rtn. Harley Wasing -----	ENTERTAINMENT- Announcer
Rtn. Peter Wasing -----	ENTERTAINMENT- Journalist
PDG/PP Linda Winter-----	HEALTH CARE- Dentistry

R RETROSPECT SCENES

SCENES WE LIKE TO SEE :



Retrospect Photos By:
Rtn. Peter Wasing

04 OCTOBER 2025 MEETING



RCB HISTORY: FIFTH DECADE (1978-1988)

The 41st year of the club, RY 1978–1979, was led by **Dr. Sabino “Ben” Macaltao**. His presidency focused on community service, especially through scholarships. About fifteen students pursued college education under the Sixto Gaerlan and Juan P. Garcia Programs, which continued until 1987. He also advanced medical outreach, providing free operations for children with polio, cleft lip, and cleft palate, reflecting his concern for both education and health.

In RY 1979–1980, **Wayne “Wayne” Gresham**, an American Baptist minister, guided the club. His leadership brought vigor in sports and fellowship, with the club winning major prizes in the District 380 Mini-Olympics in Tarlac. His term highlighted teamwork and camaraderie, sustaining enthusiasm among members.

The youngest president, **Engineer Freddie “Freddie” Gonzalez**, assumed office in 1980–1981. His dynamic leadership enabled the hosting of the District Assembly while prioritizing programs for Baguio’s youth, including seminars on crime prevention and juvenile delinquency. A key milestone was the establishment of the Baguio Scholarship Foundation, supported by Japanese Rotary Clubs, which has since provided education to needy students.

For RY 1981–1982, mining executive **Lawrence “Larry” Martin** presided. His year was marked by increased activity in the Four Avenues of Service. Cultural life also flourished with the December 1981 concert of Russian violinist Vladimir Spivakov at the Baguio Convention Center. He further nurtured international goodwill by leading a club exchange visit to Tokyo.

In 1982–1983, educational store executive **Marcos “Ben” Cid** served as president. He is remembered for wider civic participation, notably chairing the annual Alay Lakad of the Department of Social Services and Development. His term also prepared the way for the election of Dr. Carlos Santiago as District Governor for

RY 1984–1985, a huge honor for the club.

Banker **Roberto “Bobby” Santos** led in 1983–1984. His term coincided with political and economic unrest following the assassination of Senator Benigno Aquino Jr. Despite these difficulties, he kept projects on track. His good humor and optimism helped sustain fellowship and stability during a challenging national climate.

Ernesto “Ernie” Dy-Liaco, a mining executive, was president in 1984–1985. His term witnessed the incumbency of **District Governor Carlos “Carling” Santiago Jr.**, a proud moment for the club. He also co-hosted, with RC Pasig South, the joint District 380–379 Conference in Baguio, which became his major focus alongside service projects.

In 1985–1986, **Atty. Emiliano “Emil” Gayo** steered the club amid political upheaval and peso devaluation. Some projects slowed, but he successfully implemented key activities. To augment funds, he strengthened the club bulletin’s Friends of Rotary advertising section, ensuring steady support for community programs.

Architect-educator Rogelio “Roger” Naz led in 1986–1987. His enthusiasm inspired members, and projects flourished across service avenues. The Friends of Rotary section was further expanded, gaining new advertisers and additional resources. His leadership emphasized teamwork and strong member participation.

Finally, in 1987–1988, public relations specialist **Josefino “Noli” Balatero** presided during our Golden Jubilee Year. With the membership, he directed preparations for the Fiftieth Charter Anniversary on 21 February 1988. The celebration culminated in a Thanksgiving Dinner and Fellowship Night held exactly fifty years from the club’s charter, closing the decade with gratitude and pride.



Sabino Macaltao
1978-1979



Wayne Gresham
1979-1980



Freddie Gonzales
1980-1981



Laurence Martin
1981-1982



Marcos Cid
1982-1983



Roberto Santos
1983-1984



Ernesto Dy-Liaco
1984-1985



Emiliano Gayo
1985-1986



Rogelio Naz
1986-1987



Josefino Balatero
1987-1988

ROTARY AS TOASTMASTER TRAINING GROUND

It has often been said that Rotary is many things to many people—a fellowship, a network, a platform for service, even a second family. But to those who have stood behind the lectern at a Rotary meeting, it also becomes something else entirely: an invaluable training ground for public speaking. In fact, one could argue that Rotary is as good as, if not better than, any Toastmasters program when it comes to developing confidence, clarity, and character in communication.

Consider how almost every Rotary gathering offers opportunities to speak. From delivering the Invocation, giving a short committee report, introducing a guest speaker, or offering the Closing Remarks, each role requires a member to address an audience with sincerity and poise. These are not rehearsed speeches prepared over months—they are living moments, often spontaneous, shaped by the needs of the meeting and the pulse of the fellowship. This constant exposure to speaking before peers gently but surely builds one's courage. Over time, even the most hesitant member learns to overcome stage fright and speak with ease.

Beyond courage, Rotary hones the vital art of clarity. Because our meetings run on a timed agenda, a member must learn to express thoughts briefly, without losing warmth or substance. There is little room for rambling. Much like in Toastmasters, where a timer's light reminds you to wrap up, in Rotary you feel the gentle pressure of your fellow Rotarians' attentive gazes. In this way, you sharpen not just what you say but how you say it—learning to strike that balance between brevity and meaning.

Equally important, Rotary teaches us to speak with purpose. Unlike a generic speech exercise, every word in a Rotary meeting is meant to serve. A prayer is meant to uplift. A committee report is meant to inform. An introduction is meant to honor. A project presentation is meant to inspire. With each task, a Rotarian discovers that good speaking is not about personal eloquence but about serving the needs of others—uplifting, clarifying, and motivating those who listen.

And then there is the matter of character. Toastmasters often emphasizes evaluation—how gestures are made, how posture is held, how filler words are avoided. Rotary, by contrast, emphasizes sincerity. Your fellow members do not grade you on grammar or diction. What they look for instead is authenticity, respect, and the spirit of service that underpins your words. This difference is subtle yet profound: in Rotary, you learn that a good speech is not a performance but an act of genuine communication.

In truth, both Toastmasters and Rotary share the same noble goal: to bring out the best in people through speaking and leadership. But for a Rotarian, the club itself becomes the classroom. Every Saturday meeting, every committee gathering, every fellowship event is an opportunity to practice, improve, and grow.

So yes, Rotary is arguably an excellent Toastmaster Training Replacement. Yet it is more than that. It is a space where words meet service, where speech is inseparable from action, and where the voice we develop is not just for ourselves but for the good of others.



PP RAFFY CHAN

Cañao Editor-in-Chief

RY 2025-2026

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Par Seven

Saturday, 11 October 2025

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order	Pres. Joe Ursua
	Invocation	PP Lani Fabi
	Pambansang Awit	(Everyone)
	Rotary Hymn	(Everyone)
	Four-Way-Test	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG)	IPP Susan Villanueva
	Entertainment	Rtn. Kat Bosantog
	Finest Moments	Dir. Benedict Grajo
	Raffle	Dir. Ed Ramos
1:40	Members' Time	(Anyone)
1:50	President's Time	Pres. Joe Ursua
1:55	Introduction of Club Honored Speaker	PP Marilyn Barredo
	Club Honored Speaker (CHS)	Rtn. Bong Naguit
	Topic: Anxiety Disorder	
	Open Forum	
2:30	RCB Hymn	(Everyone)
	Pilipinas Kong Mahal	(Everyone)
	Adjournment	Pres. Joe Ursua
	Program Coordinator	PP Raffy Chan
	Retrospect	PP Lani Fabi
	Imager	Rtn. Peter Wasing

NOTE: NO MEETING NEXT SATURDAY, 18 October 2025

INSTEAD: GARAGE SALE & TRADE FAIR, FUND RAISING ACTIVITY
9:00 am to 4:00 pm at Barangay M. Roxas Covered Court

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 25 October 2025

Program Coordinator	PP Gigi Maranan	Introduction of GHS	PP/Sec. Cora Ocampo
Invocation	Rtn. Levy Orcales	GHS	Mr. Ferdie Balanag
Introduction of VRG	PP Baby Kaur	Topic: Role of Cinema in Shaping Communities	
Entertainment	PP Chris Faelnar	Club Response	PE Libby Fernandez
Raffle	Dir. Vell Agayas	Retrospect	PP Marilyn Barredo
Finest Moments	Dir. Benedict Grajo	Imager	Rtn. Peter Wasing

OCTOBER IS COMMUNITY ECONOMIC DEVELOPMENT MONTH