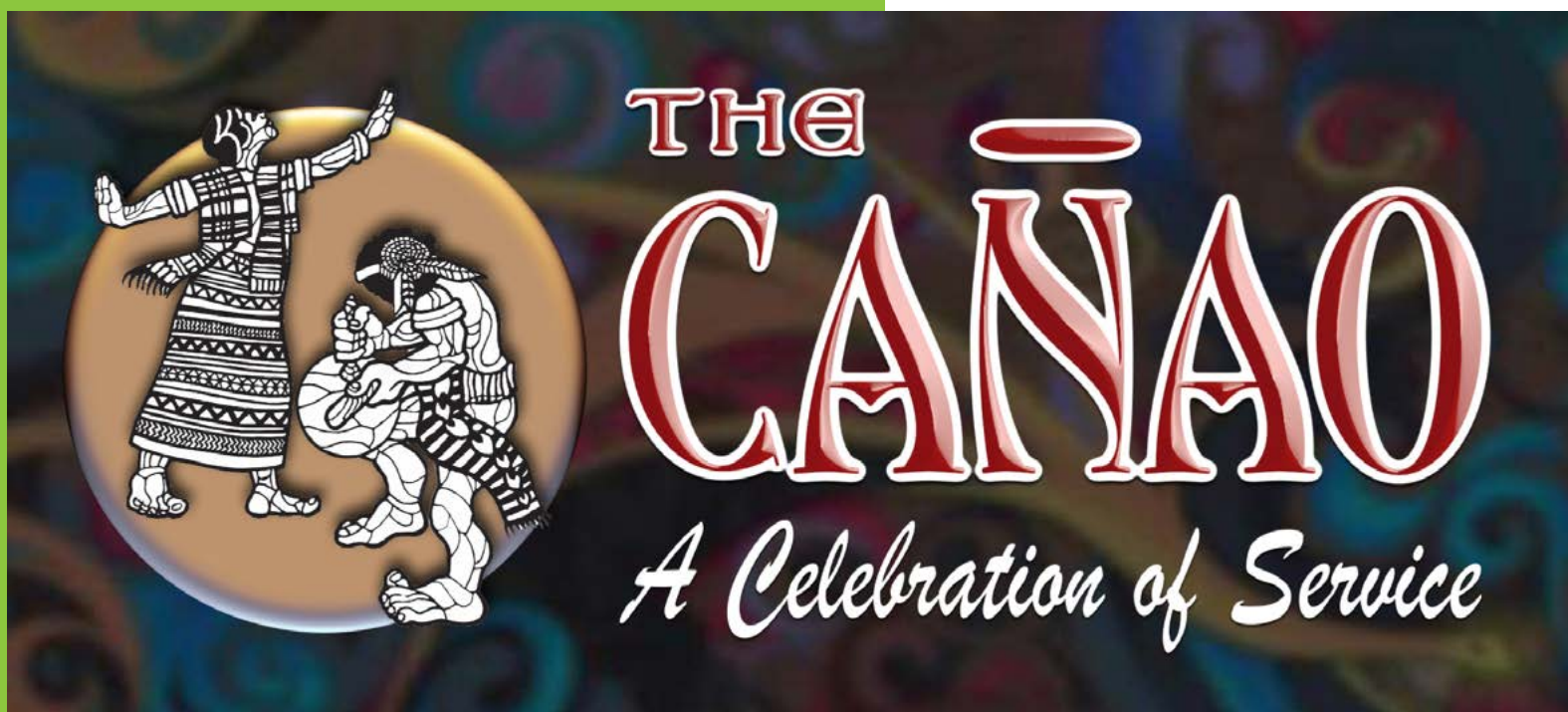


Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 19
Saturday, 06 December 2025

ELECTION &
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



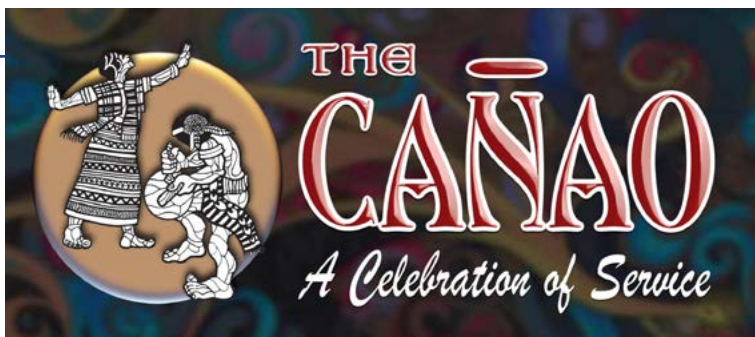
CONTENTS AT A GLANCE

COVER	01	P PRESIDENT'S MESSAGE	03
F FEATURE PAGE	04	S SECRETARY'S UPDATE	05
C CLUB HONORED SPEAKER	06	R IN RETROSPECT	07
R RETROSPECT SCENES	08-09	T TEACHING PROTOCOL	10
E EIC MEDITATIONS	11	PROGRAM FOR TODAY PARTICIPANTS NEXT MEETING	12

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

TOGETHER WE SERVE

Whether you choose to read this message or simply browse through our bulletin is, of course, entirely up to you. But for those who pause for a moment to reflect with us—to listen, to learn, and to share in the life of our club—please know that your presence and attention mean a great deal. As your President of the Rotary Club of Baguio, I assure you that we are doing our very best to bring you a meaningful, engaging, and heartwarming bulletin for this Rotary Year.

Last Saturday's review of our **Club Constitution** was both productive and inspiring. With many thoughtful minds gathered in one room, we moved closer toward much-needed improvements that will guide our club into the future. We look forward to seeing you again at the next session, where we will thoroughly review and update our **By-Laws**. These efforts are not just procedural—they are acts of love for our club, steps that will benefit the next generation of officers and members who will carry our legacy forward.

As we continue our Rotary journey, let us honor the **glorious past** that shaped us, appreciate the meaningful work we do in the **present**, and look with joy toward a **future led by younger leaders**—leaders who will bring new energy, ideas, and dedication to Service Above Self.

Let us always remember to **Unite for Good**, for whenever two or more Rotarians gather, the true spirit of service and fellowship becomes alive and deeply felt.

ANNOUNCEMENTS

1. Livelihood Project – Irisan

Our livelihood project in Irisan, led by Director Lorena, has officially

begun. Thank you to everyone who continues to support this important initiative, which uplifts communities and empowers families.

2. Bloodletting Activity

On **December 09 at 9:00 am**, we will hold a bloodletting activity at BMC in partnership with the **Philippine Red Cross – Benguet Chapter**, headed by Ma'am Kristine Quilala. Donating blood is one of the most meaningful acts of kindness—truly a gift of life and a beautiful expression of Service Above Self.

3. Visit of Our Korean Friends

Our Korean friends, led by PDG Yu, will arrive on **December 11**. Venue details are being arranged by IPP Susan and Past Secretary Levy. Let us warmly welcome them and strengthen our ties of international friendship.

4. Club Elections

December 06 is our election day. Let us vote wisely for the leaders who will steer the Rotary Club of Baguio forward. Your vote is a gift to our club's tomorrow—please do not miss this chance to take part.

5. Christmas Fellowship

Our Christmas fellowship will be held on **December 13**. Let us gather for food, sharing, laughter, and gift-giving. Please do not feel pressured—your presence is what truly matters. Venue to be announced.

As I always say: **Read it or leave it—but sayang naman po, hindi ba?**

Thank you for your time, your kindness, and your unfailing Rotary spirit.



PRES. JOE URSUA

RCB President
RY 2025-2026



DECEMBER: JOY AND GENEROSITY MONTH

Our Rotary Club of Baguio celebrates each month as an opportunity to gather, reflect, and celebrate life's milestones. Yet December, the final month of the year, holds a special place in our hearts. It is the month of Christmas—the season most deeply cherished by Filipinos—and it carries with it a unique blend of joy, generosity, and hope. For our December birthday celebrants, their personal milestones are intertwined with the most festive, faith-filled time of the year, making their special days shine even brighter.

In the Philippines, Christmas is not just a day but a season that begins as early as September and reaches its glorious peak in December. Streets are aglow with parols, families prepare their holiday feasts, and carols fill the air with cheer. It is the season of reunions, of gift-giving, and of celebrating the birth of Christ. To be born in December is to share in this collective joy—a blessing of celebrating one's birthday in the very month when an entire nation is united in hope, love, and thanksgiving.

Science and cultural studies alike have taken note of December-born individuals. Some suggest they are especially resilient, with cheerful temperaments and a knack for bringing people together. Whether or not statistics bear this out, one thing is certain: our December celebrants embody the generous and joyful spirit that characterizes this month. They are natural gatherers, warm in fellowship, and inspiring in their ability to share happiness with those around them.

Within our Rotary family, these qualities make our December

celebrants a source of inspiration and strength. Their presence is a reminder that service above self is never more meaningful than when it flows from a heart full of joy. Their birthdays call us not only to celebrate their lives but also to reflect on the blessings we have received as a club—the friendships, the opportunities to serve, and the chance to make a difference together. Truly, their milestones are a fitting highlight as we close the Rotary year's first half and prepare for the new opportunities that lie ahead.

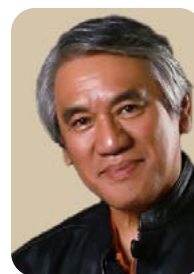
History also reminds us of many extraordinary individuals born in December—leaders, creators, and humanitarians who have lit the way for others. In the same way, our own celebrants shine as beacons within our circle. Through their laughter, generosity, and dedication, they embody the spirit of the season and the essence of Rotary's mission. They remind us that joy is magnified when shared, and that generosity is most powerful when it uplifts those in need.

As we honor our December celebrants, let us do so with festive gratitude and joyful hearts. May their days be filled with love and laughter, may their health and happiness be abundant, and may their journey with Rotary continue to bring light and hope to many.

Indeed, December is the season of joy and generosity—and for our celebrants, it is a month that beautifully mirrors the very essence of who they are.



OUR DECEMBER-BORN MEMBERS



PP Cy Fagar
December 01



PP Chris Faelnar
December 04



PP Arnel Cabnisas
December 10



IPP Susan Villanueva
December 25



EVENTS & ACTIVITIES FOR DECEMBER

DECEMBER BIRTHDAYS:

01 – PP Cy Fagar
04 – PP Chris Faelnar
10 – PP Arnel Cabanisas
25 – iPP Susan Villanueva

MOST RECENT EVENTS & ACTIVITIES:

28 Nov – MOA signing of RCB, represented by Rtn. Bong and the following organizations: Baguio City Justice Zone, BJMP (male and female) – free medical services for Persons Deprived of Liberty.

UPCOMING EVENTS & ACTIVITIES:

01-15 – Livelihood Training and Basic Electrical Building Wiring and Welding, at Purok 7 IRISAN Luna Street from 8 AM to 5PM.

06 Dec – RCB election day for RY 2026-2027

11 Dec – distribution of clothes with RC Wonju

13 Dec – RCB Christmas Party

29 NOV 25 ATTENDANCE

WE MISSED YOU: Dir. Vell, Rtn. Nancy, Dir. Reymund, PP Jun, Rtn. Kat, PP Arnel, Rtn. Vangie, PP Anet, PP Lani, Rtn. Glen, Dir. Benedict, Rtn. Jeff, Rtn. Levy, Rtn. Kacey, Dir. Ed, Rtn. Jojo, Dir. Arlene, Dir. Glaiza, Rtn Tonton, Dir. Noel, Rtn Annie, IPP Susan, Rtn Harly

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

MAKE-UP: Dir. Lorena, Rtn. Bong, PP Sec Cora and Rtn. Kat

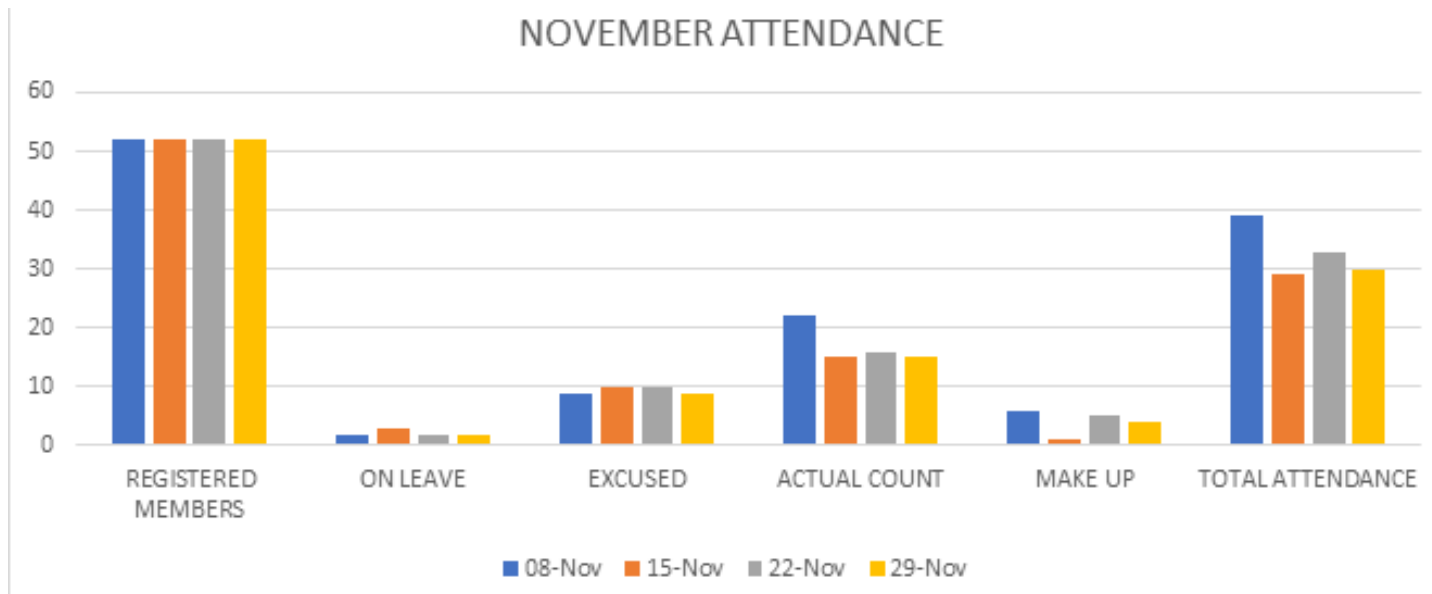
ON-LEAVE: Rtn. Ruth and Rtn. Ailyn



PP CORA OCAMPO

RCB Secretary
RY 2025-2026

NOVEMBER ATTENDANCE





CLUB HONORED SPEAKER

RTN. CORNELIO “BONG” NAGUIT

Rtn. Cornelio “Bong” Naguit brings to our club a life story shaped by service, perseverance, and a deep affection for the places and people who helped form him. Born on 26 September, he grew up never imagining a medical career, yet destiny slowly opened doors that would lead him toward a remarkable vocation in healing.

Baguio, a city that always held a special draw in his life, became an early anchor when he stayed with the family of PP Atom, his cousin-in-law, while reviewing for his Physical Therapy board exams during a formative period that strengthened his resolve and shaped his aspirations deeply.

His academic journey began at the University of the Philippines, where he first enrolled in Los Baños before realizing that agriculture was not his calling. He transferred to UP Diliman and later completed his Physical Therapy degree at the UP School of Allied Medical Professions. Although Medicine had never been part of his high-school plans, he eventually pursued his medical degree at De La Salle University–Emilio Aguinaldo College of Medicine. He graduated Number Five in a class of 155 and later placed Number Seven in the 1990 Medical Board Exam, affirming his dedication and discipline through achievements that reflected his character and steady determination.

That same pivotal year, 1990, he married, with PP Atom and her family warmly present at the celebration. His son, born later that November, would eventually become a practicing lawyer in Chicago, specializing in Data Privacy for TransUnion. Bong’s medical training continued in the United States, where he completed his internship and residency at Flower Hospital in Sylvania, Ohio, eventually serving as Chief Resident.

He further honed his expertise through a Geriatric Fellowship at Metro Health Medical Center in Cleveland, Ohio—training that deepened his commitment to compassionate, patient-centered care across all stages of life and strengthened his belief in serving with humility and purpose daily.

After twenty-five years of medical practice in the United States, Bong felt a strong desire to return home. He resettled in Baguio, a place that had long felt like a sanctuary. His return did not mark retirement but rather a renewed devotion to service. He now volunteers at Bale Lugud (House of Love) in Pampanga, a home caring for twelve elderly abandoned women, and also extends his time to the Baguio City Jail. These roles allow him to bring comfort, dignity, and kindness to individuals who often receive too little of each, while reminding him that compassion, presence, and genuine listening can transform lives meaningfully.

Rtn. Bong continues to embrace life with gratitude and curiosity. His most memorable journey this year was walking the Camino de Santiago in Spain, covering 108 kilometers over six days—a pilgrimage that offered reflection and renewed appreciation for simplicity. More recently, he traveled through Abruzzo, Italy, and revisited Rome and Florence, observing how travel deepens one’s understanding of culture and humanity. Today, as he joins our Rotary family, we welcome him with warmth and admiration. His story reminds us that service can be lived anywhere, at any stage, and always with heart, reflecting the very spirit of fellowship, purpose, and collective goodwill that defines Rotary.



RTN. BONG NAGUIT
New RCB Member



IN RETROSPECT

29 NOV 25: RCB CONSTITUTION & BY-LAWS REVIEW

The Club Assembly was convened promptly at 12:30 pm at the BCC Training Center to focus on the review of the RCB Constitution & By-laws. Given the specialized agenda, the usual Entertainment, Finest Moments, and Raffle segments were skipped.

ATTENDANCE AND PROGRAM

Early birds were PP Raffy, PP/PAG Gigi, and PP Libby. PP Veeh served as the Program Coordinator, filling in for the indisposed PP Benny.

The assembly began with the Invocation by Rtn Peter Wasing, followed by the National Anthem, the Rotary Hymn, and the recitation of the Four-Way Test.

MEMBERS' TIME:

Rtn Bong Naguit's Service: PP Mia commended Rtn Bong Naguit for volunteering to visit the City Jail twice a week.

RCB Christmas Party: VP Lou announced the RCB Christmas Party will be held on December 13th at 11:00 am.

Potential Venues: PP Mia's house, Abong (courtesy of PP Arnel), or Baguio Palace Avenue.

Budget: P1,000 per member, allocated as P750 for meals and P250 for game prizes and tokens.

Club Annual Elections: PP Diony announced the Club's Annual Elections will be held on December 6th.

Online voting will be open from December 1st until 12:00 pm on December 5th.

Online votes must be submitted to PP Alfred via Messenger, Viber, or email at azlaygo@yahoo.com.

IMPORTANT NOTE ON ELECTIONS

It was underscored that, per the RCB Constitution & By-laws, only members in good standing may vote and be voted upon. Good standing requires, full payment of first-semester membership dues.

PRESIDENT'S TIME (PRES. JOE)

President Joe acknowledged, thanked, and recognized the following members:

Attendees to the TRF Banquet : PP

Chris F., PP Ali, PP Libby, PP Alfred, PP Anet, IPP Susan, Rtn Eric, Rtn Bong, Rtn Vangie, and VP Lou.

Participants in the Itogon Medical Mission - PP Alfred and PP Diony.

TRF AWARDEES AND DONORS

RCB: Recognized as an EREY Club.

Rtn Bong Naguit: Paul Harris Fellow (PHF) recipient, who made a \$1,000 donation during the banquet.

PP Libby: Paul Harris Society member.

PHF +1: Rtn Glen, PP Diony, Pres Joe.

PHF +2: PP Anet & PP Mia.

PHF +3: VP Lou.

PHF +5: Rtn Ruth.

PHF +8: PP/PAG Gigi, PP Ali (who also joined the PHS).

Donors: PP Cora and PP Ben, who each contributed \$100.

Following the generous donations, PP and PHF Chair Ali proposed setting the Club's new Paul Harris Fellow (PHF) target at \$12,000.

UPCOMING SERVICE PROJECT

The Bloodletting activity with Red Cross Benguet is scheduled for December 9th at the Baguio Medical Center.

DISCUSSION OF THE RCB CONSTITUTION & BY-LAWS

The discussion was facilitated by PP Mia and PP Libby.

Major topics were covered, with the next step being a recap of the proposed amendments to the RCB By-laws.

Subsequent meetings will be scheduled to finalize this activity.

A surprise birthday celebration was held for PP/PAG Gigi, complete with a cake and a 'beso' line to greet her.

Rtn. Eric commented that the assembly was a valuable learning and review session for both new and seasoned members, suggesting it be held more regularly.

The meeting concluded with the singing of the RCB Hymn and "Pilipinas Kong Mahal."

President Joe adjourned the fruitful assembly at 3:46 pm.



PP ATOM MENDALLA
RCB Member since 2010







BASIC ETIQUETTE & THE CALL TO ORDER

BASIC ETIQUETTE

At every Rotary gathering, our conduct reflects not only on ourselves but on the fellowship we share. **Proper attire is expected of Rotarians and guests during official functions.** Always remember that **denims and tattered clothes are taboo** during official Rotary meetings. This is not a matter of formality for its own sake but a gesture of respect for the occasion and the people we meet. For the men, wearing a necktie—is recommended, as way of remembering our earliest Rotary forefathers.

Hospitality is equally important. Those invited to our meetings or functions should never be asked to pay for their meals. In RCB, the traditional decorum is for **Rotarians to always pay for the meal of their personal guests.** Extending such courtesy is a way of saying that their presence is already valued and appreciated, and that generosity is part of our Rotary spirit.

Basic etiquette also asks us to be mindful of distractions. Cell phones should be set to silent mode so the flow of the meeting remains undisturbed and the program receives the attention it deserves. Timeliness, too, is a mark of respect; **arriving before the official start allows us to greet one another and enjoy the fellowship that is as vital to Rotary life as the meeting itself.**

If circumstances require leaving early, it is only proper to **remain for at least sixty percent of the program**, and preferably until after the guest speaker has finished. This ensures that we honor both the speaker's effort and the fellowship of the occasion.

Together, these small practices—how we dress, how we welcome, how we give attention, and how we value time—are the courtesies that uphold the dignity of Rotary. They remind us that etiquette is not about rigid rules, but about respect, consideration, and fellowship in action.

THE CALL TO ORDER

Every Rotary meeting begins with a sense of order and respect. Before the program starts, **the Program Coordinator should take the thoughtful courtesy to escort distinguished guests or VIPs to their assigned seats**, rather than using the microphone to ask them to join the head table. This small gesture sets a tone of dignity and hospitality, ensuring that everyone feels properly welcomed.

True to tradition, **RCB meetings MUST always be started on time.** Punctuality is not only practical, it is also a mark of respect for every member's time and for the importance of the gathering itself. By beginning promptly, we honor our own discipline as Rotarians. Always remember: "Punctuality is the Politeness of Kings."

The responsibility of presiding rests with the club president, as provided in the By-Laws. The president leads all meetings unless an unavoidable personal or higher Rotary commitment requires their absence. This role is carried with both privilege and duty, as the president represents the collective voice of the club.

Foremost, it is important to note that **no one, regardless of rank or intention, should ever instruct the president to call a meeting to order or to adjourn it.** These decisions are the prerogative of the presiding officer alone. The most courteous way to indicate readiness is with a simple endorsement, such as: **"Mister (or Madame) President, the assembly is now ready to proceed."**

These practices remind us that order is not about formality for its own sake, but about respect—for leadership, for tradition, and for the fellowship that begins the moment a meeting is called to order.



NIKSEN AND JUAN TAMAD

Every Filipino grows up hearing the familiar tale of **Juan Tamad** — the fellow who preferred to lie under a guava tree, waiting for the fruit to drop into his mouth instead of reaching for it himself. For generations, he has stood as our **symbol of sloth**, the cautionary figure often mentioned when warning against idleness.

But lately, I find myself smiling at that story and wondering — what if poor Juan was simply practicing an early form of **Niksen**?

Before you laugh, hear me out.

In Dutch culture, *Niksen* means “**doing nothing**” — but it’s not the same as laziness. It is the deliberate art of slowing down, of giving the mind and body a chance to rest, wander, and recover. It’s **purposeful stillness**, not neglect. And in our modern world that glorifies constant busyness, *Niksen* offers a refreshing act of balance and self-preservation.

Now, we **Filipinos** are not naturally lazy. In fact, we are **among the most hardworking people anywhere** — often working far beyond our years, both at home and abroad. But we also live in a culture that equates motion with worth. To be idle is to feel guilty; to sit still is to be labeled *walang ginagawa*. Even in retirement, many of us — myself included — struggle with the simple act of pausing.

So when I discovered *Niksen*, I thought: perhaps there’s a lesson here we can reclaim — not to imitate Juan Tamad’s lethargy, but to **redeem his image** as someone who might have understood the value of rest.

Because there is a vast difference between **laziness** and **rest**.

Laziness avoids effort altogether. It is stagnation — a refusal to move. *Niksen*, however, allows rest so that energy, imagination, and purpose can flow again. It is a pause that nourishes movement.

Even nature honors this rhythm. The soil rests between harvests; the tides recede before they rise again. Architects, too, understand this well — a blank space is not wasted space. It is where proportion, harmony, and beauty take shape. The rooms of a house — the voids themselves — are where life unfolds. Without space, no structure could truly serve its purpose.

If Juan Tamad had used his waiting time to imagine, reflect, or plan, perhaps we would have called him **Juan Marunong Magpahinga — Juan Who Knows How to Rest Wisely**. In today’s terms, that would make him a quiet practitioner of *Niksen*, not a sluggard.

Viewed this way, *Niksen* gives us a new and kinder lens for understanding stillness. It teaches that pausing does not mean giving up; it means recognizing our need for calm — to restore clarity, creativity, and inner joy.

So the next time someone teases you for “doing nothing,” smile gently and say, “I’m practicing *Niksen* — resting my mind so it can work better later.”

We can all learn from that — not to lie endlessly under a guava tree, but to rest beneath it just long enough to appreciate its shade, its quiet beauty, and its message.

Because sometimes, the wisest thing we can do is **nothing at all — just for a while**.



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

PROGRAM FOR TODAY

ELECTION & REGULAR MEETING at the BCC Training Center

Saturday, 06 December 2025

TIME	PORTION	IN CHARGE
11:30 nn	Registration and Filling Up of Ballots	
12:30 pm	Call to Order-----	Pres. Joe Ursua
	Invocation-----	Rtn. Annie Viernes
	Pambansang Awit-----	(Everyone)
	Rotary Hymn-----	(Everyone)
	Four-Way-Test-----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG)-----	PP Baby Kaur
	Entertainment-----	Dir. Mariver Agayas
	Finest Moments-----	PP Chris Peralta
	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 Marilyn Barredo
	Club Honored Speaker (CHS)-----	Rtn. Bong Naguit
	Topic: Classification Talk	
	ANNOUNCEMENT OF ELECTION RESULTS-----	RCB COMELEC
	Election of Club President for RY 2027-2028	
2:30	RCB Hymn-----	(Everyone)
	Pilipinas Kong Mahal-----	(Everyone)
	Adjournment-----	Pres. Joe Ursua
	RCB COMELEC:-----	PP Alfred/PP Diony, PP Bert, PP Raffy
	Program Coordinator-----	PP Arnel Cabanisas
	Retrospect-----	Rtn. Levy Orcales
	Imager-----	Rtn. Peter Wasing

PARTICIPANTS FOR NEXT MEETING

CHRISTMAS FELLOWSHIP

at Manduto Restaurant, Pinewoods Golf and Country Club

Saturday, 13 December 2025

Time:----- 11:30am to 3:00 pm

Bring a GIFT:-----worth not less than P500

Attire:----- Anything RED in color

Registration

Guests - P750

Kids below 12 yo - P375

Program Coordinator----- VP Lou de Guzman

Invocation----- PE Reymund Barrios

Games, Performances, Singing

LUNCH

Exchange Gifts

Closing Remarks----- Pres. Joe Ursua

DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH

