

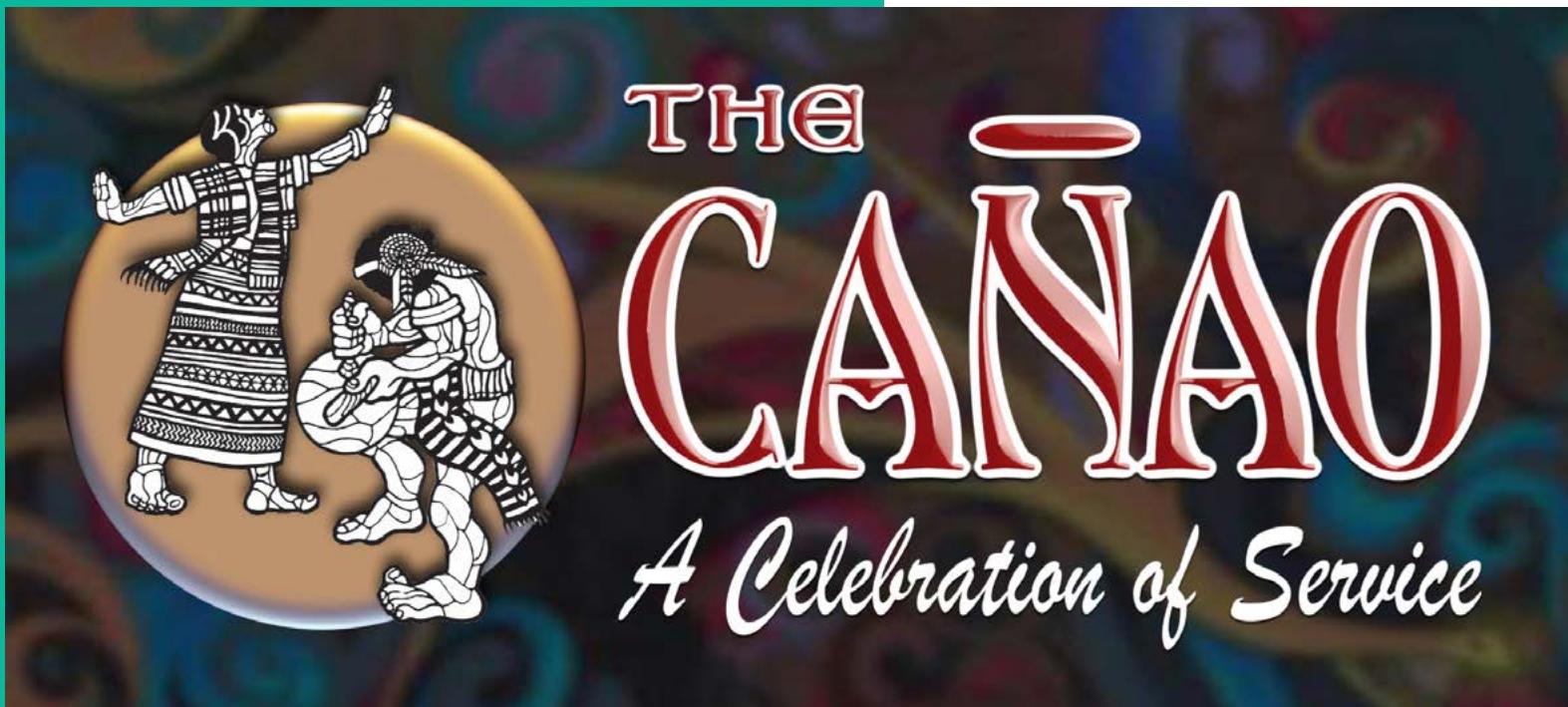
Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 20
Saturday, 13 December 2025



CHRISTMAS ISSUE



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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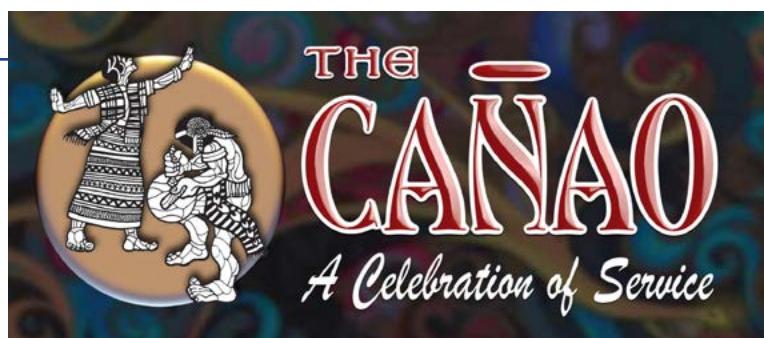
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THE CAÑAO & NEW EMBLEM

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

CHRISTMAS MESSAGE 2025

Please allow me to share a few thoughts this Christmas—thoughts offered with a grateful heart, and with deep pride in being part of our **87-year-old Rotary Club of Baguio**

Christmas messages are rare moments when we pause, reflect, and appreciate not only the season, but also the people who make this Rotary journey meaningful. And so, I write today with warmth and affection for each one of you.

The Baby Boy born in a humble manger—the Son of God—brings to us a timeless message of **Hope and Joy**. Our Savior's birth is the very source of inspiration behind our work in Rotary. Just as Christ came to bring light to the world, so do we, in our own modest and human way, share that same light through our service. **We bring hope when we serve. We bring joy when we give.** We reflect His light when we share ourselves—our time, our gifts, our compassion—not only with one another, but especially with the communities we lovingly serve.

One striking message from His humble birth is this: **True giving begins with humility and simplicity.**

And when we give from a place of humility—quietly, sincerely, and without expecting anything in return—we become the Rotarians we aspire to be. It is in these simple, heartfelt acts of kindness that we mirror the life of our Savior: serving not for attention, but for love; not for praise, but for purpose.

This Christmas, may we be reminded of the beautiful camaraderie we share.

Our memories together—whether during meetings, projects, fellowships, or simple conversations—are treasures we carry with us. Someday, when we look back, we will remember not just what we accomplished, but how we stood side by side, trying in our small but earnest ways to be instruments of hope and joy.

And truly, in our mission as Rotarians, **we can be like Jesus personified**—lifting others, comforting the weary, and helping rebuild lives with compassion.

As we celebrate, let us raise our petitions and wish one another the true gifts of the season: **JOY. HOPE. SIMPLICITY. HUMILITY.** These virtues strengthen our service, deepen our fellowship, and allow us to rise above life's challenges with grace and gratitude.

My heartfelt thanks to all of you, dear Rotarians, for bringing us to this beautiful moment where we can celebrate, reflect, and enjoy each other's company in the spirit of Christmas. Your kindness, generosity, and steadfast commitment to Rotary embody the true meaning of this sacred season.

As we welcome the coming year, may our hearts be renewed with dedication, passion, and purpose in everything we do, say, and think as Rotarians.

Maligayang Pasko, Masagana at Tahimik na Bagong 2026! I look forward to seeing you all next year—refreshed, inspired, and ready to continue our shared mission of doing good in the world.



PRES. JOE URСUA

RCB President
RY 2025-2026

THE HEART OF CHRISTMAS

Christmas has always carried with it a certain magic—one that warms even the coldest December mornings in our beloved Baguio. The lights glimmer a bit brighter, the music sounds a bit sweeter, and hearts seem to open just a little wider. It is a season of joy and reunion, and for many of us in Rotary, it is also a season that reminds us of the deeper meaning behind service.

We often speak of Santa Claus as the cheerful bearer of gifts, a timeless symbol of generosity and goodwill. Children wait eagerly for him, believing that good deeds throughout the year bring rewards wrapped in ribbons. But if we look more closely, we will see that Santa's spirit has long been alive in every Rotarian who seeks to serve above self. In many ways, Rotary and Santa share the same mission: to spread joy, uplift communities, and remind others that kindness is a gift that never loses its shine.

Within our club, this spirit is especially evident during the holidays. Our fellowship grows warmer, our smiles broader, and our collective desire to give becomes even more heartfelt. Yet what sets Rotary gift-giving apart is the intention behind it. We do not give merely to celebrate tradition—we give to transform lives. Whether through community feeding programs, scholarship support, medical missions, tree-planting, or simple acts of compassion, each gesture becomes a declaration of hope.

What makes Christmas in Rotary so meaningful is that our giving is not confined to wrapped presents or holiday baskets. It is found in time offered freely, hands extended willingly, and

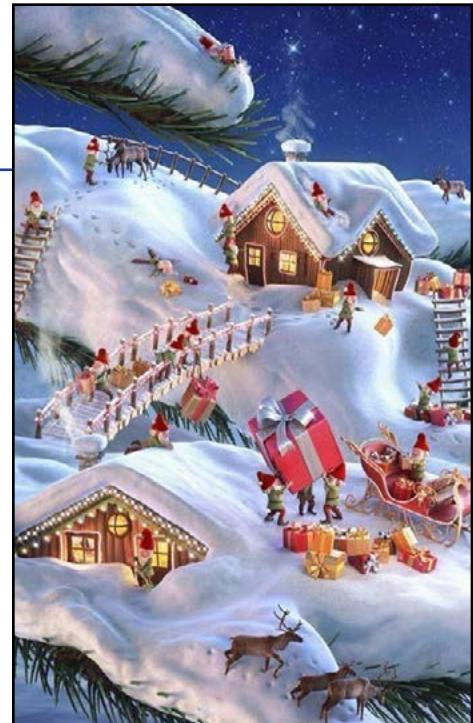
talents shared generously. A Rotarian spending hours mentoring a student, helping a community build resilience, or simply bringing comfort to someone in distress becomes, in effect, Santa himself—quietly delivering joy where it is most needed.

And just like Santa, we do our work not for recognition but out of love for humanity. We know that the greatest gifts are often invisible: dignity restored, confidence rekindled, opportunities opened. These are the gifts that endure long after the carols fade and the decorations come down.

Christmas also offers us a moment to pause and appreciate the gift of fellowship. Our club is a family bound not by blood but by a shared purpose. Each laugh shared at a meeting, each conversation over coffee, and each collaboration on service projects strengthens the ties that keep us moving forward together. In this fellowship, we find encouragement, inspiration, and the reassuring reminder that none of us serves alone.

So as we celebrate this Christmas season, may we continue to embody the generous spirit that has always defined Rotary. Let us give cheerfully, serve wholeheartedly, and share kindness wherever we go. And may we remember that every thoughtful act—no matter how small—adds a bit more light to our world.

In the end, Christmas is not merely a date on the calendar. It is a feeling, a commitment, and a calling. For us Rotarians, it is yet another beautiful opportunity to live out the true meaning of service. And that, perhaps, is the greatest gift of all.



SECRETARY'S UPDATE

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:

01-03 – Mental Health Help Desk in Baguio City Jail (male and female dorms)
PARTICIPANTS: Rtn Bong (lead), Rtn. Kat and PP Mia

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.- ON GOING

01-15 – Mental Health Help Desk in Baguio City Jail (male and female dorms)- ON GOING

11 – distribution of clothes with RC Wonju

12 – KAHEL LAKAD para sa lahat, 9 AM upper session to Malcom Square

13 Dec – RCB Christmas Party

ATTENDANCE

06 DECEMBER 2025

WE MISSED YOU LAST MEETING: PP Jun, Rtn Vangie, PP Anet, Rtn Eric, Rtn Glenn, Rtn Jeff, PP Atom, PP Ali, Rtn Kacey, Rtn Jojo, Dir Arlene, Dir. Glaiza, Rtn Tonton, Dir. Noel, Rtn Annie, Rtn Harly,

EXCUSED: PP Mia, Rtn. Ike, PP Libby, PP Cy, PP Ben, Rtn. Lily, PP Benny, PDG Linda

MAKE-UP: Dir. Lorena, PP Sec Cora and Rtn. Kat, IPP Susan, PP Lani, Dir. Benedict, Dir. Eduard

ON-LEAVE: Rtn. Ruth and Rtn Ailyn



PP CORA OCAMPO

RCB Secretary
RY 2025-2026



GUEST OF HONOR FOR TODAY

SANTA CLAUS, ANYONE?

The story of Santa Claus is one of the most enduring legends of Christmas, woven through centuries of storytelling, faith, and tradition. Long before he was the jolly, red-suited bearer of gifts from the North Pole, Santa began as **Saint Nicholas**, a humble bishop from Myra in the 4th century. Known for his quiet generosity, Saint Nicholas became beloved for secretly helping the poor, protecting children, and offering kindness without expecting anything in return. His habit of slipping gifts into the shoes and stockings of those in need planted the earliest seeds of the Santa we know today.

As generations passed, the stories of Saint Nicholas traveled from Europe to the rest of the world, changing shape with each culture that embraced them. The Dutch brought "Sinterklaas" to America, where his name eventually softened into "Santa Claus." Illustrators imagined him living far away in the snow-capped North Pole, surrounded by industrious elves and accompanied by magical reindeer. Writers and storytellers added warmth, humor, and wonder, creating a figure who embodied the joy of giving and the belief that kindness has the power to change lives.

Yet at the heart of Santa's legend remains a simple truth: **his story is not about receiving gifts, but about giving them.** He is a symbol of generosity—pure, cheerful, unconditional generosity. And this is where his story beautifully intersects with the spirit of Rotary.

For us Rotarians, Santa Claus is more than a mythical figure; he is a timeless reminder of what it means to serve humanity with open hands and

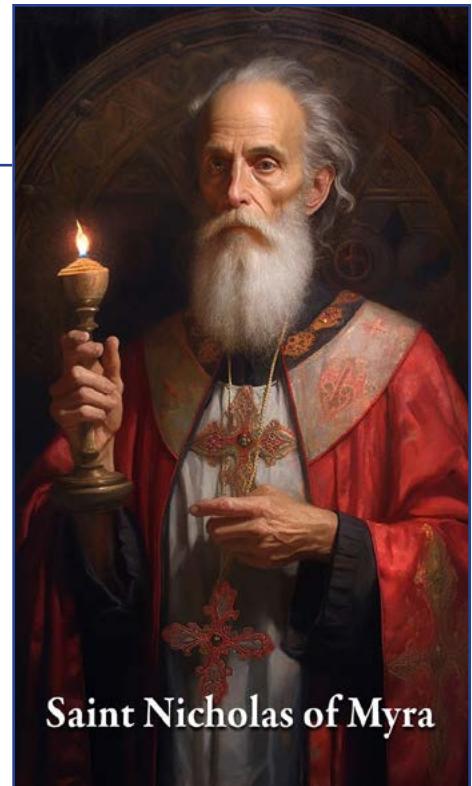
compassionate hearts. We may not ride a sleigh or climb down chimneys, but we, too, believe in uplifting others quietly and consistently. We believe in easing burdens, opening opportunities, and offering hope—especially to those who need it most.

In our club, the spirit of Santa is alive not only during the holiday season but throughout the entire year. Each project we organize, each outreach we join, each meal we help serve, each scholarship we support—these are our gifts to the community. They are not wrapped in paper and ribbons, but in sincerity, goodwill, and a deep desire to make lives better.

What makes our giving even more meaningful is that it is never done out of obligation. It comes from a place of fulfillment, a joy that only service can bring. We see it in the smiles of children welcomed into our programs, in families who feel seen and supported, in individuals who find a new sense of hope because Rotary cared. These quiet moments of joy—these reminders that our efforts bring comfort and possibility—are our greatest rewards.

So today, as we welcome our Guest of Honor in the symbolic form of *Santa Claus*, let us also recognize the everyday Santas among us. Every Rotarian who gives time, shares resources, or extends kindness carries forward the legacy of Saint Nicholas. We are the givers who keep giving, the bringers of hope long after the holiday lights fade.

Because for us, the season of giving never truly ends—and that, indeed, is the real magic of Rotary.



Saint Nicholas of Myra



EVERY ROTARIAN
IS A SANTA CLAUS

R IN RETROSPECT

ELECTIONS & FELLOWSHIP

Our 06 December 2025 meeting was an Election cum Fellowship episode. Program Coordinator PP Arnel guided the flow, while President Joe Ursua officially called the meeting to order. After a brief recess to settle logistical matters, the meeting formally began at 1:00 pm, with members ready to engage in another meaningful Rotary afternoon.

The invocation by Rtn. Annie, followed by the National Anthem, Rotary Hymn, and Four-Way Test, grounded the gathering in reflection and unity. PP Baby then welcomed visiting Rotarians and guests, setting a warm and collegial tone that carried throughout the meeting.

A lively entertainment game led by Dir. Vell energized the room, drawing laughter and friendly competition. PP Chris Peralta continued the fun with the Finest Moments, encouraging fellowship through a minimum fine of ₱100. The raffle, facilitated by Rtn. Arlene, delighted attendees with fresh fruit prizes—a wholesome treat that added cheer to the day.

During Members' Time, Dir. Lorena proudly reported on the successful welding training conducted in Irisan. Rtn. Nancy invited support for upcoming yuletide events at the St. John Paul II Center, while VP Lou shared updates on Project 1: School Supply Distribution, thanking generous benefactors and encouraging participation in the BGH Geriatric Department's year-end adult day care activity. These reports highlighted the club's steady involvement in meaningful community efforts.

In President's Time, Pres. Joe expressed gratitude for the membership's unwavering support and praised participation in recent projects. He emphasized preparations for the annual outreach program with RC Wonju, South Korea, and acknowledged PDG

Yu Dai Bong's generosity in sending 10 boxes of Korean clothing for distribution on December 11. He also encouraged attendance at the December 9 bloodletting with the Philippine Red Cross – Benguet Chapter. December celebrants PP Arnel and PP Chris Faelnar were warmly greeted and treated to ice cream, adding a festive touch.

The guest segment opened with PP Marilyn introducing Rtn. Bong Naguit Jr., who delivered an inspiring classification talk. He shared his advocacy for geriatric care through Bale Lugud in Pampanga, as well as his outreach in BJMP facilities. His reflections during the Q&A highlighted the heart behind his work and invited possibilities for future collaboration. Pres. Joe later presented him with a token of appreciation for his meaningful message.

The highlight of the afternoon came with the announcement of election results by PP Diony on behalf of the Election Committee. After resolving a declination, addressing a tie through a coin toss, and validating absentee ballots, the COMELEC—PP Diony/PP Alfred, PP Bert, PP Raffy —declared the incoming Board for RY 2026–2027: De Guzman, Emylou (31 votes), Cachola, Lorena (30), Grajo, Benedicto (29), Ramos, Eduard (28), Bosantog, Katrina (27), Orcales, Levy (25), Tan, Glaiza (19), Velasquez, Emmanuel (15), Sumalag, Arlene (14).

VP Lou was unanimously elected President Nominee and delivered a heartfelt acceptance speech, expressing her gratitude and promising dedicated service, with hope for the continued encouragement of all members.

After the RCB Hymn and *Pilipinas Kong Mahal*, Pres. Joe formally adjourned the meeting. Rtn. Peter then gathered everyone for a posterity photo—capturing the unity, pride, and forward-looking spirit of the club.



RTN. LEVY ORCALES

RCB Member since 2010

R RETROSPECT SCENES

SCENES WE LIKE TO SEE :



Retrospect Photos By:
Rtn. Peter Wasing

06 DECEMBER 2025 MEETING



INVOCATION & NATIONAL ANTHEM

INVOCATION

An invocation, **sometimes referred to as a doxology**, is much more than a formality at the start of a Rotary meeting. It is an act of setting the tone and spirit for the gathering, a way of pausing from the busyness of daily life to seek wisdom, strength, and guidance for what lies ahead. By offering an invocation, we acknowledge that the work we do together is not just a matter of procedure or projects, but also of **purpose and higher meaning**.

In Rotary, the **invocation must always be ecumenical in nature**. This means that while it is an expression of reverence, it should **never be tied to one specific religious denomination or persuasion**. Our membership is made up of individuals from many different faith traditions, as well as those who may hold deeply personal beliefs outside of formal religion. To honor that diversity, the invocation should be crafted in such a way that all can feel included and respected. **The goal is not to prescribe belief but to invite everyone present to center themselves in gratitude, reflection, and openness to service**.

The spirit of the invocation should be **concise and sincere**. A prayer or reflection that drones on endlessly risks losing the attention of the assembly and, rather than inspiring, may distract or even bore those present. A **well-composed invocation is brief yet meaningful, offering a moment of stillness that refreshes the mind and strengthens the heart**. What matters is not eloquence or length but authenticity—the heartfelt wish that the meeting and all who take part in it may be guided toward wisdom, compassion, and fellowship.

Lastly, it is important to note that the invocation, unlike other parts of the program, is **not meant to be applauded**. It is not a performance but a sacred pause, a solemn offering received in silence. The measure of its value is not in clapping hands but in the quiet agreement of spirit among those gathered.

NATIONAL ANTHEM

The singing or playing of the Philippine National Anthem, *Lupang Hinirang*, is **one of the most solemn moments of any Rotary gathering or public assembly**. It is more than a musical prelude—it is a declaration of unity and love of country, a reminder that as citizens we share a common heritage and a common duty to our nation.

By law and tradition, the anthem must always be performed in accordance with the arrangement and composition of its author, Julian Felipe. It should be rendered at the proper tempo, without unnecessary improvisations or creative alterations. The *Lupang Hinirang* is a march in four-four time and should be sung briskly, **lasting no more than 62 seconds**. This discipline ensures that the anthem remains dignified, stirring, and instantly recognizable to all Filipinos.

As a sign of respect, everyone present is enjoined to stand at attention when the anthem is played. All should **face the Philippine flag if it is displayed, remove any hats or headgear, and place the right hand over the heart**. If no flag is visible, the assembly should instead face toward the music source or singer, maintaining the same reverence as though the flag were present. **The flag itself should never be touched**, spread, or waved during the singing or playing of the anthem; it is not an ornament but a sacred symbol of national sovereignty.

On occasions when the national anthem of a visiting foreign dignitary must also be played, long-standing international courtesy dictates that the **guest's anthem be rendered first, followed by *Lupang Hinirang***. After the performance, the moment should close in silence—**applause is not appropriate**, as respect for the anthem is expressed through reverence, not clapping.



NIKSEN VARIANTS

This article marks your EIC's third and final reflection on *Niksen*.

Today, we explore its global variants — not just to highlight the *universality* of the idea, but to invite our Cañao readers to find quiet time for themselves, and truly savor life's blessings.

It began with a word: *Niksen*. The Dutch call it *the art of doing nothing*. But before anyone mistakes it for idleness, let me assure you — it is far from that. *Niksen* is deliberate rest. It is granting yourself permission to *be*, without the compulsion to *do*. For those of us who have lived most of our years in motion — Rotarian professionals of every stripe — that may sound like an alien concept. Yet perhaps, precisely because of this, we need it most.

In architectural design (pardon my professional bias), we always consider the *void* — the unfilled spaces that give form and beauty to a structure. The rooms within any plan — the so-called *voids* — are what make the design come alive. Life, too, needs its own open spaces: intervals of silence between tasks, pauses that allow the soul to recover its rhythm.

Interestingly, *Niksen* is not alone in this wisdom. Across cultures, people have discovered their own versions — quiet philosophies that dignify rest rather than dismiss it.

The Japanese have *Yutori*, which means “spaciousness,” a calm margin between tasks — a breath before motion. The Danes celebrate *Hygge*, the warm coziness of shared contentment. The Swedes embrace *Lagom* — “just enough” — the grace of balance between excess and want. Italians cherish *Dolce far Niente*, the

sweetness of doing nothing, enjoyed not as waste but as pleasure. In Spain, the **Siesta** remains a gentle affirmation that rest is part of work, not its rival.

And of course, there is our own Filipino **Pahinga** — a simple word, often spoken but seldom practiced in full depth. Our elders once viewed rest as part of life's rhythm: a pause under the mango tree, a quiet hour after lunch, a slow talk as dusk settled. Somewhere along the way, as modern life quickened, *pahinga* became a guilty indulgence.

We learned to measure worth by motion — believing the more we do, the more we live. Yet as the years unfold, I realize that life's richest meanings often emerge in stillness. The mind, freed from constant doing, turns inward — finding clarity, gratitude, and peace.

In Rotary, too, there is room for this lesson. **Service Above Self** does not demand endless motion. True service includes renewal — of heart, mind, and spirit — so that our giving springs not from fatigue, but from joy. The pause, then, is not escape but **preparation**.

It is said that music exists not in the notes, but in the silence between them. Life, too, finds meaning in those pauses — moments that deepen our service, grace our labor, and clarify our purpose.

So let us not fear the quiet. Let us welcome it as the next design challenge: to shape the unseen essence of rest, balance, and being. For in the deliberate art of doing nothing, we may yet rediscover everything that makes life — and service — truly worthwhile.



PP RAFFY CHAN

Cañao Editor-in-Chief

RY 2025-2026

PROGRAM FOR TODAY

CHRISTMAS FELLOWSHIP at the Pinewoods Manduto Restaurant

Saturday, 13 December 2025

TIME	PORTION	IN CHARGE
11:30 nn	Registration Guests - P750 Kids below 12 yo - P375	
12:30 pm	Call to Order Invocation Pambansang Awit Rotary Hymn Four-Way-Test	Pres. Joe Ursua Desiderata (Everyone) (Everyone) (Everyone)
1:20	CHRISTMAS FELLOWSHIP FUN GAMES SURPRISES	
	GROUP LUNCH	
2:30	RCB Hymn Pilipinas Kong Mahal Adjournment	(Everyone) (Everyone) Pres. Joe Ursua
	ATTIRE: ----- EXCHANGE GIFTS: -----	Anything RED in color worth at least P500
	Program Coordinator Retrospect Imager	Rtn. Levy Orcales PN Reymund Barrios Rtn. Peter Wasing

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 03 January 2026

TO BE ANNOUNCED LATER

DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH