

Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 21
Saturday, 17 January 2026



MS. ZOE NISPEROS
Guest of Honor & 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



**PRESIDENT'S
MESSAGE**

03



**FEATURE
PAGE**

04



**SECRETARY'S
UPDATE**

05



**GUEST OF HONOR
& SPEAKER**

06



**IN
RETROSPECT**

07



**RETROSPECT
SCENES**

08-09



**TEACHING
PROTOCOL**

10



**EIC
MEDITATIONS**

11



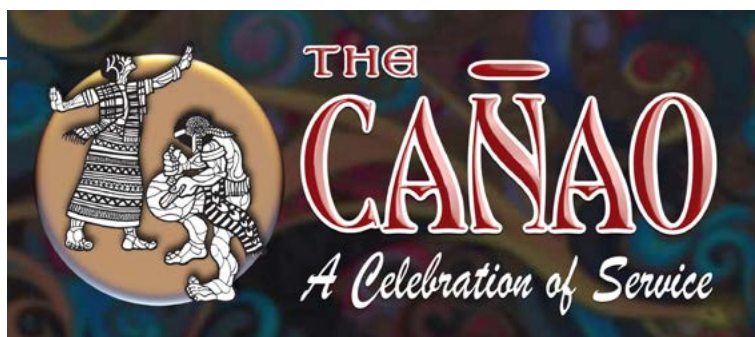
**PROGRAM FOR TODAY
PARTICIPANTS NEXT MEETING**

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

2026 NEW YEAR MESSAGE

It has been nearly a month since we last gathered officially as a club. In that time, we have all moved through the joyful rush of the holidays—family celebrations, moments of rest, and well-earned pauses from our usual routines. Now, it is truly a pleasure to be with you again as we open a new chapter together and begin the **second half of Rotary Year 2025–2026** with renewed energy and purpose.

Before anything else, allow me to express my heartfelt gratitude to everyone who made our **Christmas Fellowship** such a meaningful success. Special recognition goes to our Vice President, **PN Lou de Guzman**, who led the planning of our gathering last December 13 at **Manduto, Pinewoods Golf and Country Club**. To all who joined us—your presence transformed the evening into a true celebration of unity, friendship, and the spirit of Christmas.

Our sincere thanks also go to **PAG Gie Maranan** for her generosity in covering the venue expenses, and to **Director Ed Ramos** for setting up and donating the 360° video experience, which added fun and lasting memories to our celebration of the birth of Christ. These thoughtful gestures reflect the heart of Rotary at its best.

We also congratulate **Director Lorena** and her family for the successful completion of their **15-day livelihood project**, graciously hosted at their home and facility. Thank you to **PN Reymund and Ann Cess, Director Ed Ramos, and Rtn. Ton** for joining me in awarding certificates to the participants. Our warm appreciation as well to Director Lorena for the delicious food she lovingly prepared—an expression of fellowship we all enjoyed.

As we welcome the New Year, we do so with renewed commitment to **Unite**

for Good and to finish this Rotary year strong. The recently concluded **District Midyear Review** was a proud moment for RCB, as we were ranked **Third in Cluster 1C** and recognized as the **Top Club in District 3790 (Top 12 overall)** for **The Rotary Foundation contributions**. For this achievement, we received a **Plaque of Recognition** from District Governor **Dan Torres**—an honor shared by every Rotarian who gave and supported our mission.

Maraming salamat po to all who registered for and attended the Midyear Review held last January 10 at the **Newtown Plaza Convention Hall**. Your presence clearly reflected your dedication and commitment to our club.

We are also proud to announce that **PP Arnel Cabanisas** has been elected to the **District Nomination Committee for Rotary Year 2026–2027**. Special thanks to **PP Secretary Cora** for diligently preparing the necessary documents. Congratulations, PP Arnel—your election places RCB firmly within the circle of district leadership.

Happy Birthday as well to all our **January celebrants**—may the year ahead bring you good health and joy.

This **January 17** marks our first meeting of 2026. Let us aim for strong attendance as we renew fellowship and welcome our **Guest Speaker, Ms. Zoe Nisperos**, who will share insights on **Vocational Service** in celebration of Vocational Service Month.

As we move forward, let our message be simple and sincere: **everybody is welcome**—in our meetings, our programs, and our service. Onward to the New Year, with renewed dedication to **Service Above Self**.



PRES. JOE URSUA

RCB President
RY 2025-2026



JANUARY: A MONTH OF NEW BEGINNINGS

In the Rotary Club of Baguio, every month offers its own reasons to celebrate, but January carries a special spirit. It is the first month of the year, a time when the world feels refreshed, and possibilities seem endless. For our January birthday celebrants, this month of new beginnings mirrors their own milestones—occasions to celebrate life, to embrace fresh opportunities, and to look forward with hope and enthusiasm.

January in the Philippines is marked by cool breezes and clear skies, a lingering gift of the holiday season that has just passed. The festivities of December give way to renewed energy, and families turn toward resolutions and dreams for the months ahead. It is a season of both gratitude and anticipation, when hearts are open to change and spirits are lifted by the promise of growth. For those whose birthdays fall in January, their celebrations are doubly blessed: they begin not just a new year of life but also a new year of hope.

Studies on birth seasons note that January-born individuals are often characterized by resilience and ambition. They are said to have a natural determination, strengthened by their ability to set goals and follow them through. While science offers its observations, experience affirms it—many January celebrants bring with them a sense of direction, perseverance, and quiet strength. Like the month itself, they are symbols of fresh possibilities and new horizons.

Within our Rotary family, these traits shine in meaningful ways. January celebrants remind us of the

importance of renewal in service. They inspire us to reexamine our goals, to find fresh energy for our commitments, and to embrace innovation in our projects. Their lives are testimonies that beginnings, no matter how small, can grow into powerful acts of service when nurtured with dedication. In celebrating their birthdays, we are reminded that Rotary thrives not only on tradition but also on the courage to look forward and begin anew.

Throughout history, many leaders, thinkers, and trailblazers have shared January birthdays, further affirming the month's reputation as one of vision and purpose. Our own January-born members, in their unique ways, embody this legacy. Whether in leadership, in fellowship, or in quiet but steady acts of kindness, they contribute to the continuing story of our club—proof that beginnings are not just dates on a calendar but ongoing opportunities to make a difference.

As we honor our January celebrants, let us do so with warm hearts and renewed commitment. May their special month bring them health, joy, and countless blessings. And may their journeys remind us all that each year—and each life—holds boundless possibilities when embraced with faith, courage, and service above self.

Indeed, January is a month of new beginnings—and our celebrants show us how each new beginning can be a gift of hope to others.



OUR JANUARY-BORN MEMBERS



PP Libby Fernandez
January 03



Rtn. Lily Landayan
January 05



Rtn. Ruth Rillera
January 08



PP Mia Cawed
January 12



Rtn. Annie Viernes
January 14



Rtn. Peter Wasing
January 20



Rtn. Harly Wasing
January 23



EVENTS & ACTIVITIES FOR JANUARY

JANUARY BIRTHDAYS:

03 – PP Libby Fernandez
05 – Rtn. Lily Landayan
08 – Rtn. Ruth Rillera
12 – PP Mia Cawed
14 – Rtn. Annie Viernes
20 – Rtn. Peter Wasing
23 – Rtn. Harly Wasing

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 – KAHILAKAD 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 & SPEAKER

MS. ZOE ROSH NISPEROS

Zoe Rosh Nisperos, RPh, is a young yet highly grounded professional whose journey into pharmacy reflects both academic excellence and a sincere commitment to patient-centered care. A resident of Baguio City, Zoe represents a new generation of healthcare practitioners—technically competent, ethically grounded, and deeply aware of the human dimension of healing.

Zoe earned her **Bachelor of Science in Pharmacy** from **Saint Louis University, Baguio City**, completing her degree from 2021 to 2025. Her early academic foundation was shaped at the **Saint Louis University Laboratory Senior High School**, where she pursued the **STEM track**, preparing her for the rigor and discipline required in the health sciences. This strong educational grounding has translated into a thoughtful and methodical approach to professional practice.

Now a **Registered Pharmacist**, Zoe describes herself as friendly, conscientious, and committed to lifelong learning. Her training as an intern pharmacist exposed her to a wide spectrum of pharmaceutical practice, allowing her to develop both technical proficiency and interpersonal sensitivity. Across community, hospital, manufacturing, and regulatory settings, she demonstrated adaptability, teamwork, and a keen attention to detail—qualities essential in ensuring medication safety and patient trust.

Zoe completed extensive internship hours across respected institutions. At **The Generics Pharmacy in Baguio City**, she gained hands-on experience in community and institutional pharmacy practice. There, she assisted in accurate dispensing of medications, counseled patients on proper use of prescription and over-the-counter drugs, and supported inventory management and proper drug storage. Working in a fast-paced environment strengthened her precision, time management, and sense of responsibility to patients.

Her exposure to the hospital setting at **Saint Louis University Sacred Heart Medical Center** further deepened her understanding of pharmaceutical care. Under supervision, Zoe assisted in evaluating prescriptions, dispensing medications, and counseling patients on adherence and safe medication use. She also became proficient in using computerized systems for outpatient medication orders and learned to function effectively during rotating shifts, reinforcing the importance of vigilance, flexibility, and patient safety.

Zoe's professional formation was further enriched by her **manufacturing internship at Leonie Agricultural Corporation in Nueva Ecija**, where she observed and assisted in documentation, labeling, and compliance with safety protocols and standard operating procedures. This experience enhanced her understanding of quality assurance and regulatory compliance—critical components of safe and ethical pharmaceutical practice. In addition, her **regulatory internship at ColleenCare Pharma and Distribution in Baguio City** allowed her to collaborate with diverse teams, sharpening her adaptability and appreciation for varied work cultures and perspectives.

Fluent in **Tagalog, English, and Ilocano**, Zoe communicates with ease across diverse communities. She combines core pharmacy skills—medication review, prescription evaluation, dispensing accuracy, and patient counseling—with strong interpersonal values grounded in empathy, ethical practice, and collaboration.

As she begins her professional journey, **Zoe Rosh Nisperos, RPh**, stands ready to serve with competence and compassion. Her dedication to patient safety, continuous improvement, and respectful engagement reflects not only her training, but her genuine calling to the profession of pharmacy.



ZOE ROSH NISPEROS
SERVING WITH CARE, SCIENCE,
AND COMPASSION



CHRISTMAS CELEBRATION OF FELLOWSHIP

The Rotary Club of Baguio celebrated its Christmas Fellowship on 13 December 2025 at the Conference Hall of Manduto Café and Restaurant at the Pinewoods Golf Club—an afternoon filled with warmth, laughter, and cherished Rotary camaraderie. The hall gradually came alive beginning at 11:00 AM as members, spouses, and Rotary Kids arrived dressed in festive hues of red, filling the venue with color, joy, and the spirit of the season. Conversations flowed easily, smiles were exchanged warmly, and the unmistakable sense of fellowship was felt even before the formal program began.

At 12:00 noon, President-Elect Reymund Barrios led a heartfelt invocation that grounded the celebration in gratitude and shared blessings. President Joe Ursua officially opened the gathering, welcoming everyone to a Christmas celebration that honored friendship, service, and Rotary family spirit. Director Lou De Guzman smoothly facilitated the program, ensuring a lively yet well-paced flow that blended organization, spontaneity, and genuine fellowship.

The highlight of the celebration came through a series of interactive games facilitated by PP Lani Fabi, who brought out playful competition and laughter from everyone present. The first challenge—the RCB Boys vs. Girls Cup Game—immediately energized the room, followed by the Guess-the-Colored-Juice game, where keen observation and teamwork led the girls to victory. The most entertaining of all was the cheese-ring relay using straws, drawing cheers, friendly rivalry, and another triumphant win for the ladies. Prizes added excitement to every round, making each activity even more delightful.

Beyond the games, thoughtful gestures made the celebration especially meaningful. Rotary spouses and Rotary Kids received charming plush toys,

bringing smiles and joy, particularly to the younger guests. A touching moment followed when the daughter of one Rotarian performed a K-Pop “Demon Hunters” number, earning warm applause and heartfelt appreciation from everyone in attendance.

Fellowship continued through another fun tradition—the Best Dancer voting—which recognized PP Alfred and PP Atom for their entertaining and well-loved performances. The White Elephant Exchange Gift, also facilitated by PP Lani, added humor, surprise, and playful exchanges as gifts changed hands amid laughter and good-natured reactions. As a final gesture of gratitude, President Joe distributed Christmas gifts including umbrellas and calendars, giving each member a meaningful token of appreciation and remembrance.

No Christmas gathering would be complete without a festive meal, and the abundant spread—highlighted by a savory lechon and a generous selection of dishes—reflected the bounty of the season and the spirit of sharing among friends. Over lunch, members and families enjoyed conversations, renewed bonds, and created new Rotary memories to treasure.

The Christmas Fellowship of the Rotary Club of Baguio was more than a holiday gathering—it was a celebration of unity, friendship, gratitude, and Rotary love. It strengthened connections among members, embraced families as part of the Rotary circle, and reminded everyone that the true heart of Christmas lies in togetherness, generosity, and joyful fellowship.

Indeed, it was an afternoon filled with meaning and celebration—one that will carry forward into the coming year, inspiring renewed commitment to service, friendship, and the enduring spirit of Rotary.



RTN. TONTAN TAN
RCB Member since 2015





DECORUM ON FLAGS

PHILIPPINE FLAG DECORUM

The Philippine flag is the highest symbol of national identity and sovereignty. Whenever it is displayed in Rotary functions or in any public gathering, it must always be treated with utmost reverence. Its placement, orientation, and handling are not matters of convenience but of respect, carefully prescribed to honor the ideals it represents.

When displayed on a speaker's platform, the flag should be positioned flat against the wall, directly above and behind the presiding officer or speaker. This prominent location ensures that it is visible to all and serves as a reminder that every word spoken is under the guiding presence of the nation's colors.

If the flag is displayed vertically, the proper orientation must be observed: the blue field should be to the flag's own right, which corresponds to the observer's left. This small but significant detail preserves the dignity of the emblem and avoids any unintentional sign of disrespect.

When the flag is displayed in a horizontal position, the blue field must always be uppermost. This placement symbolizes peace and unity as the prevailing national aspiration. In contrast, the red field on top is reserved exclusively for times of war, and should never be used casually.

If the flag is mounted on a staff within the speaker's area, it must always occupy the position of honor. This means that it should be placed to the right side of the speaker, the area of precedence in formal protocol. Such positioning underscores the primacy of the national symbol over any other decorative or ceremonial element on stage.

By following these rules of decorum, Rotarians and guests alike demonstrate not only their patriotism but also their collective respect for the values that the Philippine flag embodies—unity, courage, and love of country.

OTHER FLAG PRACTICES

Beyond the proper placement of the Philippine flag itself, there are additional practices that help maintain dignity and order whenever multiple flags are displayed.

When foreign flags are displayed alongside the Philippine flag, they should be arranged in alphabetical order of their respective countries, always to the left of the Philippine flag. This ensures fairness in representation while still upholding the precedence of the national emblem. To emphasize equality among nations, all flags displayed together should be of approximately the same size, and when mounted on poles, those poles should also be of equal height.

One important exception to precedence is the display of a church pennant, which may be placed above the Philippine flag. This practice symbolizes the principle of "God above Country," acknowledging the spiritual dimension of service and life.

No object should ever cover or decorate the surface of a flag, nor should a flag be allowed to touch anything beneath it such as the floor or ground. Such acts are considered disrespectful and diminish the flag's dignity.

In Rotary gatherings, when the Rotary flag is displayed, it should stand alone on the left side of the stage as viewed by the audience. Similarly, if a Rotary banner is used, it must always be smaller than the Philippine flag, to avoid overshadowing the national symbol.

Finally, flags must always be kept in good condition. Tattered, faded, or worn-out flags should be promptly replaced. When a flag is retired, it must be destroyed in a private and dignified manner, traditionally by burning, to show reverence even in its final disposal.



MORNING LIGHT, MORNING LIFE

There is a quiet blessing that greets me each day—one that asks for no more than fifteen minutes of stillness, presence, and gratitude. It is my simple ritual of stepping outside to welcome the early morning sun.

As a senior, I have learned to treasure routines that nourish both body and spirit, and this daily communion with sunlight has become one of the most meaningful anchors of my mornings. Except during stormy weather—when nature insists on its own schedule—I make it a point to stand where the sun touches my face, allowing its warmth to usher me gently into the rhythm of a new day.

The science behind sunlight is widely known, yet often underappreciated. Exposure to morning light tells our body clocks—our circadian rhythm—that the day has begun. These first rays signal every cell, every organ, and every hormone to adjust, balance, and harmonize. In essence, morning sunlight resets our internal clock. And for seniors like us, that reset is not just helpful; it is essential for clarity, steadiness, and overall wellness.

I have noticed something interesting through the years. On mornings when a storm keeps me from meeting the sun—or when I simply fail to step outside—my entire system feels a little out of tune. My energy declines early. My thoughts become fuzzy. And by evening, the challenge to promptly go to sleep often occurs. It is as though missing the morning ritual throws the whole day off balance, and my body rushes to compensate by sending me late to bed with surprising insistence. On the other hand, when I start the day with sunlight, I feel aligned—

more awake, more hopeful, and more connected with the natural rhythm that guides all living things.

This small practice has also taught me a valuable truth: wellness is often found not in grand interventions, but in simple, faithful habits.

The morning sun does not promise miracles. What it gives is something gentler and far more enduring—a sense of grounding, a natural boost in mood, and a quiet reassurance that we are part of the world's timeless rhythm.

In many ways, it reminds me of Rotary service. We often think that only the big projects matter, the ones that make headlines or transform communities. Yet our strength as Rotarians lies in the steady, everyday moments—the weekly meetings, the shared laughter, the silent commitments honored year after year. It is these regular, dependable acts that keep our Club's heartbeat steady, just as morning sunlight keeps my own rhythm in balance.

So today, I invite you to discover or rediscover a small ritual that nourishes your own well-being. It might be sunlight, or a short walk, or moments of personal meditation. What matters is that it aligns you with the day ahead and gives you a chance to begin with intention and gentle clarity.

Morning light has become my personal blessing. May you find yours—and may it brighten not just your day, but your life.



PP RAFFY CHAN

Cañao Editor-in-Chief
RY 2025-2026

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Pine Room (Training Center)

Saturday, 17 January 2026

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order-----	Pres. Joe Ursua
	Invocation-----	Rtn. Estela Landayan
	Pambansang Awit-----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test-----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG)-----	Dir. Glaiza Tan
	Entertainment -----	Rtn. Harly Wasing
	Finest Moments -----	PP Raffy Chan
	Raffle -----	PN Reymund Barrios
1:40	Members' Time-----	(Anyone)
1:50	President's Time-----	Pres. Joe Ursua
1:55	Introduction of Guest of Honor & Speaker-----	Dir. Benedict Grajo
	Guest of Honor & Speaker (GHS) -----	Ms. Zoe Nisperos
	Topic: My Journey as an RCB Scholar	
	Open Forum	
	Club Response -----	PP Mia Cawed
2:30	RCB Hymn-----	(Everyone)
	Pilipinas Kong Mahal-----	(Everyone)
	Adjournment-----	Pres. Joe Ursua
	Program Coordinator -----	PP Baby Kaur
	Retrospect -----	Dir. Arlene Sumalag
	Imager -----	Rtn. Peter Wasing

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 24 January 2026

Program Coordinator ----- PP Chris Peralta
Invocation -----PP Diony Claridad
Introduction of VRG-----Dir. Lorena Cachola
Entertainment-----iPP Susan Villanueva
Raffle-----Rtn. Nancy Alabanza
Finest Moments----- PP Cora Ocampo

VOCATIONAL
SERVICE AWARDS
C/O: -----Dir. Lorena Cachola
Club Response-----from Awardees
Retrospect----- PP Libby Fernandez
Imager ----- Rtn. Peter Wasing

JANUARY IS VOCATIONAL SERVICE MONTH

