

Rotary Club of Baguio



OFFICIAL CLUB BULLETIN
Volume LXXVIII - Issue 22
Saturday, 24 January 2026

VOCATIONAL SERVICE
AWARDS



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



**HAPPENING
PAGE**

04



**SECRETARY'S
UPDATE**

05



**FEATURE
ON HISTORY**

06



**IN
RETROSPECT**

07



**RETROSPECT
SCENES**

08-09



**TEACHING
PROTOCOL**

10



**EIC
MEDITATIONS**

11



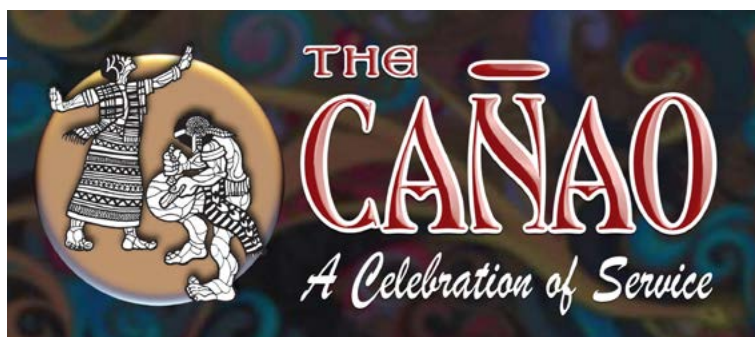
**PROGRAM FOR TODAY
PARTICIPANTS NEXT MEETING**

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

SERVICE THROUGH VOCATION

May I take a few precious moments of your time to share a reflection on vocation—its meaning in the context of being a Rotarian, and more deeply, of being a proud member of the Rotary Club of Baguio.

The Rotary Club of Baguio stands as the leading club north of Manila, a club steeped in tradition, well organized, and composed of outstanding citizens who quietly and consistently give their best to our beloved city. Each of us comes from different backgrounds, disciplines, and professions, yet we are united by one enduring principle that guides our actions and decisions: **Service Above Self.**

In Rotary, vocation is far more than a profession or a means of livelihood. It is a calling—an invitation to serve others through our skills, experience, ethical standards, and sense of responsibility. Whatever fields we come from, we honor Rotary when we practice our vocations with integrity, compassion, and a sincere desire to uplift others and improve lives.

This January 24, as we confer our Vocational Service Awards, let us also pause to recognize and celebrate every vocation represented in our club. Every honest and useful occupation has dignity. Every profession strengthens our fellowship and expands the reach of our service. Together, our diverse vocations form a powerful force for good within our community.

We are reminded that when Rotarians unite, backgrounds and titles fade away. What remains is a shared commitment to do good, to spread goodwill, and to foster fellowship—not

only among ourselves, but with those we are called to serve beyond our club.

A meaningful example of this spirit was seen in our guest speaker last week, who later wrote a heartfelt letter expressing her deep gratitude. Through our collective support for her studies and her journey to becoming a Registered Pharmacist, we may have touched one life—but the ripple effect of that simple act of service can reach many more. One opportunity extended today can inspire service, generosity, and excellence for years to come.

May this Vocational Service Month remind us that our daily work, when guided by Rotary values, becomes a powerful instrument for positive change. In our offices, classrooms, clinics, workshops, and places of business, we carry the Rotary ideal wherever we go.

Let this season also strengthen our friendships within the club, reminding us that Rotary is not only about service projects, but about people who care for one another. In laughter, shared meals, honest conversations, and quiet support during difficult days, we build bonds that sustain our service. These relationships are our foundation, giving us strength, perspective, and joy as we continue serving with humility and purpose. Together, we grow as individuals and as Rotarians, carrying this spirit forward into every project and vocation we embrace gratefully.

Thank you, Rotary Club of Baguio, for your dedication, your professionalism, and your quiet generosity. Through your vocations, you make the world a better place—one act of service, one profession, and one life at a time.



PRES. JOE URSUA

RCB President
RY 2025-2026





RI DISTRICT 3790 MID-YEAR REVIEW

Saturday Evening of
10 January 2026
Newtown Plaza Hotel,
Baguio City



Photos by:
PP ALFRED LAYGO



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:

Weekly – Mental Health Help Desk in
Baguio City Jail (male and female dorms)
Participants: Rtn Bong (lead)

21 – Rain Water Harvesting Project ocular
inspection and measurement activity in
Fort Del Pilar CDC
Participants: PP Chris F and Dir. Benedict

UPCOMING EVENTS & ACTIVITIES:

24 – RYLA in Calasiao Sports Complex
Pangasinan, 7:30 AM to 5:00 PM
*Attending: Sec Cora with the RCB Rotaract
Club*

ATTENDANCE

07 JANUARY 2026

WE MISSED YOU LAST MEETING: Dir.
Vell, Rtn. Nancy, PN Reymund, PP Jun,
Rtn. Kat, PP Arnel, Rtn Vangie, Dir. Lorena,
PP Anet, Rtn Eric, PN Lou, PP Lani, Rtn Jeff,
PP Baby, PP Atom, PP Ali, Rtn. Levy, Rtn
Kacey, Dir. Eduard, Rtn Jojo, Dir Arlene,
Dir. Glaiza, Dir. Noel, IPP Susan, Rtn Harly,
Rtn. Peter

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

MAKE-UP: Rtn. Bong, Sec Cora

ON-LEAVE: Rtn. Ruth and Rtn Ailyn

GUEST: Ms Zoe Nisperos (GHS)



PP CORA OCAMPO

RCB Secretary
RY 2025-2026

TRADITION IN RCBAGUIO

Tradition is often described as the anchor that keeps a community steady as it moves through the changing tides of time. In the 1971 film *Fiddler on the Roof*, the song “Tradition” opens with a simple yet profound question: “How do we keep our balance?” The answer, sung with conviction, explains how the customs of their ancestors provided direction, identity, and meaning. That same sentiment rings true today for us in the Rotary Club of Baguio. As your Editor-in-Chief, I firmly believe that one of our greatest strengths—something that sets us apart from many Rotary clubs across our district and beyond—is our remarkable ability to remain rooted in the values handed down by our early members while continually adapting them to the realities of the present.

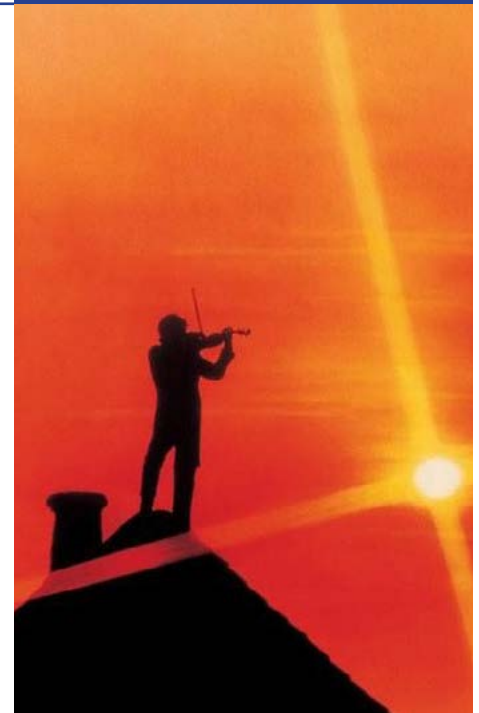
Now entering nearly nine decades of service, RCBaguio stands as a living testament to how tradition can be both preserved and transformed. Our long history is not merely a collection of milestones; it is a tapestry woven with acts of service, fellowship, resilience, and generosity. These are the touchstones that our founders instilled in the club, and over the years, generation after generation of Rotarians has embraced, refined, and expanded them.

What makes our tradition truly meaningful is that it is not rigid. Instead, it grows with us. We honor the practices that built the club—classic rituals, fellowship events, signature projects, and the culture of warm camaraderie—but we also reinterpret them so that they remain relevant to the challenges and opportunities of our evolving times. This dynamic balancing act is something we continue to do naturally and gracefully.

Think of how our fellow Rotarians extend service beyond club meetings, reaching out to the underserved with compassion. Think of the way we welcome new members, not simply as additions to our roster, but as family to be nurtured, mentored, and celebrated. Think of how we respond to crises, whether in our city or beyond, with the same spirit of unity that characterized the earliest years of the club. These are not just habits; they are expressions of a living tradition—one that keeps its heart in the past but its hands firmly engaged in the present.

As we move further into 2026, the question “How do we keep our balance?” continues to guide us. And like the characters in *Fiddler on the Roof*, we know the answer. We keep our balance by holding on to the values that shaped us, by understanding the deeper meaning behind our customs, and by allowing tradition to shine not only as memory but as inspiration. RCBaguio remains strong because its tradition is not a relic; it is a compass. And as long as we maintain that compass—with gratitude for our forebears and hope for those who will follow—we will continue to find purpose, meaning, and joy in our service.

In this spirit, we look ahead with enthusiasm. Each meeting, each project, and each shared moment of fellowship becomes another thread in the fabric of our heritage. Let us continue strengthening what makes RCBaguio unique: a tradition that lives, breathes, and inspires Rotarians to serve fully.



IN RETROSPECT

FELLOWSHIP, GRATITUDE, & ROTARY SPIRIT

The Rotary Club of Baguio gathered for its first New Year meeting on 17 January 2026, at the BCC Pinewood Training Room, beginning at 11:30 a.m. Although only fifteen members were present, it was one of those gatherings that gently reminded everyone that Rotary fellowship is not measured by numbers alone, but by the quality of connection, friendship, and shared purpose.

Even before the formal program began, conversations flowed freely as members caught up with one another, exchanged stories, and enjoyed the comfort of familiar company. The atmosphere felt relaxed and welcoming—proof that even a small gathering can still carry the full spirit of Rotary.

At exactly 12:30 pm, the program was officially called to order by Pres. Joe. PAG Gie Maranan graciously took on the task as replacement Program Coordinator. Promptly after the usual singing of the National Anthem, Rotary Hymn and Four-Way Test, PP Marilyn graciously obliged as replacement in introducing those in attendance. Thence, the Entertainment was provided by PP Dionie, joined by PP Raffy, and President Joe. Their performance added cheer to the afternoon and set a joyful tone for the meeting.

One of the most meaningful segments for the day, was the *Finest Moments*, facilitated by PP Raffy. Rather than focusing solely on fines, this activity centered on personal connection. Members were introduced one by one and invited to share brief personal details about themselves. This simple yet thoughtful exercise allowed everyone to know one another better, strengthening bonds and deepening friendships within the group. A

lighthearted fine of ₱100 added fun to the activity without dampening its warmth. The segment was followed by the much awaited Raffle Draw, with Rtn. Annie obliging as raffle master, warmly assisted by Rtn. Lily.

The celebration continued with the acknowledgment of birthday celebrants, made even sweeter by the generous sharing of cakes and ice cream. The club expressed heartfelt gratitude to those who contributed to the treats, turning the moment into a simple yet touching celebration of life and fellowship.

The highlight of the afternoon was the inspiring testimony of the Guest of Honor and Speaker, Ms. Zoe Rosh. Her story deeply moved everyone present as she shared her journey towards becoming a Licensed Pharmacist. Speaking with sincerity and gratitude, Ms. Rosh acknowledged the Rotary Club of Baguio for the support she received—support that helped turn what was once only a dream into a reality. She described the assistance not merely as financial help, but as a true blessing that came at a crucial time in her life. Her heartfelt message served as a powerful reminder of the lasting impact of Rotary's commitment to education and youth development.

PP Alfred obliged with a warm Club Response, in behalf of our members.

As the fellowship drew to a close, members took the time with our usual attendance photo shoot.

The afternoon was not only enjoyable, but deeply meaningful—an affirmation of why Rotary gatherings matter. They remind us that beyond projects and programs, Rotary is about people, shared journeys, and the hope we help build together.



DIR. BENEDICT GRAJO
RCB Member since 2022





ADDRESSING & INTRODUCTION

ADDRESSING ROTARIANS AND GUESTS

In Rotary, the way we address one another is more than just a matter of courtesy—it is an expression of the values of equality, respect, and fellowship that bind us together. A long-standing practice in our club is to call members by their Rotary nickname, always preceded by the appropriate designation such as Rotarian, Past President (PP), Immediate Past President (IPP), or Past District Governor (PDG). These titles honor service and leadership within Rotary while keeping communication friendly and respectful.

Within the Rotary Club of Baguio, we also recognize cultural nuances. The use of traditional terms such as *manong* or *manang*, when addressing members who are older, is permitted as an added mark of respect. This practice reflects our Filipino heritage of reverence for age and experience, harmonizing local customs with Rotary protocol.

One important rule is to avoid professional or societal titles among fellow Rotarians. In our meetings and fellowship, we do not say “Doctor,” “Architect,” “Attorney,” or “Congressman” when speaking to one another, even if such designations apply outside Rotary. This is because **within Rotary, all members stand on equal footing**. Whatever one’s profession or social stature, everyone is first and foremost a Rotarian. Correct usage also extends to how we refer to club officers. For example, it is appropriate to say “our Secretary” rather than “my Secretary.” Similarly, a director should speak of “our committee” and not “my committee.” **Using possessive language can unintentionally suggest ownership or superiority**, which contradicts the spirit of shared responsibility in Rotary.

By following these simple guidelines, we cultivate an atmosphere of mutual respect and inclusiveness. In doing so, we not only honor the dignity of each member but also reinforce the true essence of Rotary fellowship.

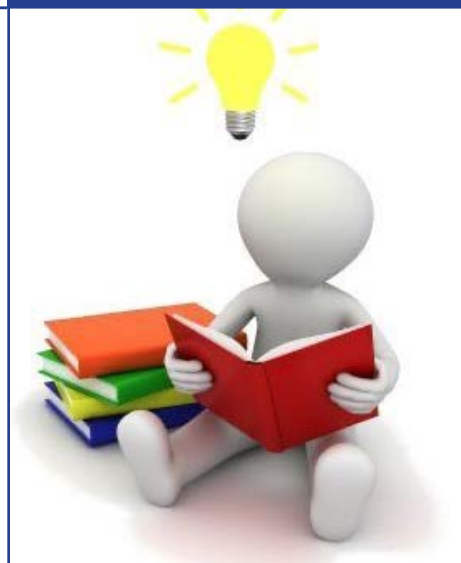
INTRODUCTION OF GUESTS AND VISITING ROTARIANS

One of the most important courtesies in any Rotary gathering is the proper introduction of guests and visiting Rotarians. To carry this out gracefully, preparation is essential. The Rotarian assigned to perform this task should carefully review the guest list well before the program begins. If any details are incomplete, it is **best to discreetly secure the needed information by speaking directly with the concerned individuals**. Such effort prevents embarrassment and demonstrates attentiveness.

It is never appropriate for the introducer to struggle on the rostrum, attempting to decipher cryptic handwriting or guessing at the proper pronunciation of names and affiliations. Instead, **introductions should be made with clarity, confidence, and care**. When presenting a visiting Rotarian, mention their home club, position, and classification. If the guest has joined us previously, it is also fitting to acknowledge that familiarity, which strengthens ties across clubs.

Protocol also demands that all individuals seated at the head table be acknowledged. It is important to remember that this is **referred to simply as the “head table,” and not the “presidential table.”** Should there be more than one, no table is subordinate to another. In such cases, the additional one should be respectfully referred to as the “other head table.”

As for the order of introductions, tradition provides guidance: when the number of chairs at the head table is odd, begin with the farthest left, followed by the farthest right, alternating inward. When the number of chairs is even, introductions begin from the right. Visiting Rotarians from the audience should be acknowledged in descending order of rank.



A SUNLIT BOOST FOR BODY AND SPIRIT

There is something quietly wondrous about the way the body responds to morning sunlight. While my daily ritual of greeting the early sun began as a simple practice to honor my circadian rhythm, it gradually revealed another gift—one that science affirms with consistent clarity. Sunlight, especially in the morning, helps our bodies produce Vitamin D, a nutrient often called the “sunshine vitamin.” My memory from the seventies remain, on how TV host Ariel Ureta, endorsed it because it is “Di-binabayaran”—not paid, and can be enjoyed in pro bono abundance.

Vitamin D is not actually a vitamin in the usual sense; it functions more like a hormone. When sunlight touches the skin, our bodies begin a quiet biochemical dance that transforms cholesterol in the cells into active Vitamin D. No needles, no pills—just the simple grace of light meeting skin.

Most of us know that Vitamin D is essential for strong bones. It helps the body absorb calcium, protecting us from fractures and maintaining stability. But its benefits reach far beyond the skeleton. Adequate Vitamin D supports the immune system, helps regulate mood, improves muscle strength, and even contributes to heart health. For many adults, especially seniors, deficiency can lead to fatigue, aches, low mood, and a weakened immune response. So this small daily act of stepping out into the light becomes more than ritual—it becomes nourishment.

What I appreciate most is that the science, though complex beneath the surface, can be appreciated through simple observations. On days when the sun greets me and I spend those quiet

minutes outdoors, I feel a noticeable lift—a subtle clarity, a sense of steadier energy. My body seems to say, “Thank you.” On mornings when storms or obligations keep me indoors, I feel a slight difference as the day goes on. Nothing dramatic, but a reminder that sunlight, in its unassuming way, truly supports our well-being.

For seniors, this becomes especially meaningful. As we age, our skin becomes less efficient at producing Vitamin D. Many of us also spend more time indoors—working, resting, or simply avoiding harsh weather. This makes intentional sunlight exposure not just pleasant, but genuinely beneficial. Of course, caution is part of wisdom: we avoid the harsh midday heat, protect ourselves from overexposure, and keep our routine within gentle, healthy limits. Yet within these boundaries lies a simple, natural form of self-care.

And just like our Rotary service, the beauty of this practice lies in its consistency. One moment of sun may not change much, but the daily habit—quiet, faithful, intentional—creates meaningful effects over time. It is a reminder that small decisions shape our health, our mood, and our outlook far more than we often realize.

So, as you enjoy your mornings—whether with coffee, prayer, a walk, or a peaceful pause—I encourage you to step into the sunlight, even briefly. Feel its warmth. Let it nourish your body while lifting your spirit. The sunshine vitamin is a gift freely given, waiting only for us to welcome it.

May your days be brightened not just by the light you see, but by the life it brings within you.



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

PROGRAM FOR TODAY

REGULAR MEETING at the BCC Wolfson Room

Saturday, 24 January 2026

TIME	PORTION	IN CHARGE
12:00 nn	Fellowship	
12:30 pm	Call to Order-----	Pres. Joe Ursua
	Invocation-----	PP Diony Claridad
	Pambansang Awit-----	(Everyone)
	Rotary Hymn -----	(Everyone)
	Four-Way-Test-----	(Everyone)
1:20	Introduction of Visiting Rotarians & Guests (VRG)-----	PN Reymund Barrios
	Entertainment -----	IPP Susan Villanueva
	Finest Moments -----	PP Cora Ocampo
	Raffle -----	Rtn. Nancy Alabanza
1:40	Members' Time-----	(Anyone)
1:50	President's Time-----	Pres. Joe Ursua
1:55	Introduction of Awardees -----	Dir. Lorena Cachola
	Topic: VOCATIONAL SERVICE AWARDS	
	Open Forum	
	Response -----	from Awardees
2:30	RCB Hymn-----	(Everyone)
	Pilipinas Kong Mahal-----	(Everyone)
	Adjournment-----	Pres. Joe Ursua
	Program Coordinator -----	PP Chris Peralta
	Retrospect -----	PP Libby Fernandez
	Imager -----	Rtn. Peter Wasing

PARTICIPANTS FOR NEXT MEETING

REGULAR MEETING at the BCC Wolfson Room

Saturday, 31 January 2026

Program Coordinator ----- PP Benny Sunga
 Invocation ----- Dir. Noel Velasquez
 Introduction of VRG----- PP Veeh Balajo
 Entertainment----- Dir. Mariver Agayas
 Raffle----- Rtn. Annie Viernes
 Finest Moments----- PP Arnel Cabanisas

Introduction of GHS-----PN Reymund Barrios
 GHS----- (TBA)
 Topic:
 Club Response----- PP Atom Mendalla
 Retrospect ----- Rtn. Levy Orcales
 Imager ----- Rtn. Peter Wasing

JANUARY IS VOCATIONAL SERVICE MONTH

