

WHERE TO MAKE-UP

Monday	RC Metro Sta Mesa	7pm Rotary Center
	RC Tomas Morato	7pm Sulo Hotel
	RC Ayala Heights	7:30pm Rotary Center
	RC Roxas	8pm Rotary Center
Wednesday	RC Cubao EDSA	7pm Rotary Center
	RC New Manila	7:30pm Rotary Center
	RC Mega EDSA	7:30 pm Rotary Center
	RC Tandang Sora	7:30pm Rotary Center
	RC Bagong Silangan	8pm Rotary Center
Thursday	RC Capitol Hills	7pm Serye (QC Circle)
	RC Commonwealth	7pm Heat EDSA Shangri-la
	RC Kagitingang Cubao	7:30pm Camp Aguinaldo
	RC Pag-asa	8pm Jollibee East Ave/V Luna
	RC Paraiso	8pm Rotary Center
Friday	RC Cubao East	7pm Tang Kang Resto, Roces Ave
	RC Cosmopolitan Cubao	8pm Rotary Center
	RC Metro Diliman	8pm Rotary Center
	RC Kamuning West	8pm Rotary Center
	RC QC Circle	7pm DAR FAPSO
	RC SFDM Central	8pm Rotary Center
Saturday 1-3pm	English Enhancement & Personality Development sessions at the P. Bernardo High School grounds (Note: Last session for this year is on Feb. 12, 2011)	

Certificate of Attendance

This certifies that Rotarian _____
attended the regular weekly meeting of Rotary Club of New Manila
Heights held at Peñafrancia Hall, Mt Carmel Shrine, Quezon City on
February 1, 2011.

Bernadette Redublo
Club Secretary

Rotary Club of New Manila Heights
Regular Weekly Meeting
7:30 pm, February 1, 2011 (Tuesday)
Peñafrancia Hall, Mt. Carmel Shrine, Quezon City

PROGRAM

Call to Order	Pres. Ma. Elisa "Baby" Allado
Invocation	Dir. Josie Ang
National Anthem	Dir. Francisco "Boyjet" Alfonso
The 4-Way test	PP Elsa "Els" Unson
Introduction of Visiting Rotarians & Guests /Announcements	Sec. Bernadette "Badette" Redublo
Finest Moments	PN Alexander "Alex" Arrojo
Presentation of Candidates for Induction	Director Al "Amba" Villacorte
Charging of Inductees	DS Mar Cancio
Induction of New Members	DGN Rufino "Penny" Policarpio
Club Welcome	RCNMHers
Induction of New Officers	PDG Mario "Mar" Nery
Community Singing	PP Roman "Boy" Escueta
President's Time	Pres. Ma. Elisa "Baby" Allado
RCNMH Hymn	PP Alfonso "Ponchit" Miranda
Adjournment	Pres. Ma. Elisa "Baby" Allado

Night Chair: Dir. Francisco "Pangkoy" Saavedra
Dinner Host: Sec. Badette Redublo

President's Corner

Ma. Elisa "Baby" Allado

HOW TIME FLIES!

The year 2010 seemed to have just breezed by and already the first month of the year 2011 has gone too!

It has been a very busy 7 months for me not only in Rotary but also in the family, in business and in my various commitments, yet there is still a lot of work ahead. I remain focused on my goals, personal or otherwise, and have no complaints. The blessings have been a-plenty, the challenges manageable. I have met a lot of people during this period and made new friends in the process. It has been quite an experience working with people and through people – who have different characters, different sensitivities, different responses, different levels of commitment and sense of responsibility, different agenda – but they have helped me grow as a person. I have learned to become selfless and tolerant of others.

In an organization with the noblest of goals and aspirations, there will be many situations when a person's character will be put to a test. There will be occasions of disappointment or even dismay at how your colleagues act. There will be an equal mix of hypocrites and sincere ones. Sometimes you reach a point of disillusionment especially when the person involved is someone you admire and respect or holds a position of authority. Many times you will be tempted to give up and opt for a quiet, uncomplicated life. But such is the essence of volunteer work – there is a job to be done, a goal to achieve. It is not a popularity game where you please everyone and seek recognition in everything you do. It is for a higher purpose – it is for Service above Self. This must be what Paul Harris had in mind when he founded Rotary hence it should continue to guide us always despite the odds. When I feel down, this motto lifts me up. I hope it works for you the same way.

When you do something good, burn yourself completely like a good bonfire, leaving no trace of yourself
(*Shunryu Susuki*)

Community Song

FLY ME TO THE MOON

(By Frank Sinatra)

Fly me to the moon
Let me play among the stars
Let me see what spring is like
On a-Jupiter and Mars
In other words, hold my hand
In other words, baby , kiss me

Fill my heart with song
And let me sing for ever more
You are all I long for
All I worship and adore
In other words, please be true
In other words, I love you

(Repeat 2nd stanza)

Happy Birthday Golden Girl!



Crossroads

PDG Mario R. Nery

The Practice of Mentoring in Rotary

Today we induct new members into the Club, and I guess the most fitting topic to discuss in this issue would be the practice of mentoring in Rotary. In Rotary, the responsibility to mentor a new member rests on the new member's sponsor. What does this responsibility entail? Very simply, it is to see to it that the new member receives the necessary Rotary Information regularly, that he/she is involved in club projects, pays dues, attends meetings conscientiously, becomes comfortable in his/her role as a Rotarian and receives training for future leadership.

This is a fairly new practice, considering the age of Rotary. It was triggered by the testimonies of many Rotarians who have stayed long in Rotary and who invariably attributed their faithfulness to Rotary to the good example shown by their sponsors. If you think about it, it is really part of the stewardship role that sponsors have, the role to ensure that their recruits grow into being excellent Rotarians, who themselves will also in time bring in new members who will also be mentored by them, and the cycle goes on. Welcome to the new Rotarians!

**Please pay your dues promptly.
We will post the names of those
who have not paid in the Bulletin
next week.**

Getting to know John Hewko

By Joseph Derr

Rotary International News -- 24 January 2011



Within days of the announcement of your being hired, you met Rotary leaders in Ukraine & addressed incoming district governors in San Diego at the International Assembly. What did you tell them?

I expressed to them how honored & delighted I am to have been chosen as Rotary's next general secretary. I also explained my motivation & interest in the position & assured them that my top priority will be to make sure that the Secretariat remains an effective & useful resource for the clubs, so that they are able to grow & are better able to carry out the mission of Rotary. I was particularly moved by the fact that the 1st Rotarians I addressed after the announcement were in Ukraine, where I had been a member of Kyiv club in the early 1990s.

When did you first hear about Rotary?

My father has been an active Rotarian for almost 30 years in Clarkston, Michigan north of Detroit. Seeing my father's enthusiasm for Rotary & the impact that his club's service projects had on the local community made me appreciate the beauty of Rotary – grassroots people pulling together on their own initiative, trying to do good in their communities. When I would visit my parents while living abroad, my dad would occasionally invite me to speak at his club. I was always impressed by the quality of the members & their passion & dedication to the organization & its principles.

Why were you interested in the job of RI general secretary?

As I mentioned during my address to the International Assembly, 1st & foremost, the Rotary mottoes of Service Above Self & Doing Good in the World, The 4-Way Test, the focus on integrity, & the promotion of goodwill, peace, & understanding through the fellowship of business, professional, & community leaders – these are all ideas & concepts that I believe in & strongly support. For me, this will not be so much a job as a passion. Second, there is no organization in the world that is better positioned to carry out that mission. Of course, my dad's involvement in Rotary sparked a keen interest. This is also an exciting time to be joining the Rotary family, as the organization tries

to move to the next level through the implementation of RI's Strategic Plan & The Rotary Foundation's Future Vision Plan. Finally, the fact nongovernmental organizations' development activities should be to create the conditions for sustainable, private-sector-led economic growth. If you add up all of the official development assistance in the world, it pales in comparison to the resources available in the private sector. This is where Rotary, with its enormous network of private-sector leaders, can play a very important role.

What is the greatest lesson you learned from your international development experience that might be applied at Rotary International?

The biggest challenge is sustainability. The world is littered with humanitarian & development projects that ultimately failed because they were not sustainable. Putting a water pump in a village is only half the battle. Equally important is providing the village with the training & the financial means to operate, repair, & maintain the pump once the donor has left. If a project is not sustainable, if it can't survive on its own without ongoing outside financial or technical support, then you may want to re-evaluate its design. I would urge Rotarians to look at a potential project thru 2 important lenses: Will it lead to economic growth? ...Is it sustainable?

What are Rotary's greatest strengths?

I think the greatest strength of the organization is its membership. You have 1.2 million professionals & businesspeople around the world, all with influence, connections, and a deep grassroots presence in their communities. There are very few NGOs in the world with that kind of global reach and global presence.

Congratulations to the new Officers of the Club who will serve for the 2nd semester of RY 2010-2011:

Chair, PR Committee – Rosalie “Rhose” Montreal

Co-chair, New Generations Committee – Francisco “Boyet” Alfonso

Chair, Sunshine Committee - Isidra “Inday” Nery

2nd Assistant Treasurer – Irma “Irms” Pizarro

Sergeant-at-Arms – Edward “Dward” Aquino

Updates from ROTARACT Brick Road

By Shirly Valdez

TSINELAS TUNGO SA PANGARAP II

- The Rotaract Brick Road together with Tau Gamma Phi and NCO Marikina joined forces to gathered 200 pieces of slippers for the grade 1 students of their adopted school, Muntindilaw Elementary School Antipolo City last January 27, 2011.

The activity started with a prayer followed by a short program and games for the children. They also gave some snacks for the children with the help of Mr. Howell Mabalot, Vice-President for Academics and IPP Daniel A. Ongchoco, IIC President.



COLLEGE WEEK

- Informatics brick road will celebrate their college week this coming February 15-19, 2011 entitled: FALLING in LOVE with the NOUNS (TRUE LOVE WAITS). In line with this there will be different activities such as a seminar on new programs in i.t, blood letting, a free training and livelihood program, a dean's listers' assembly and an acquaintance party. We are inviting the Rotary Club of New Manila Heights to be part of all these activities.

Prayer



Lord of our lives, we are grateful that You have once again blessed our club with another opportunity to expand our horizon of service. Thank You for the governor's fund release that has enabled us to provide vaccinations to senior citizens in the community we serve. Truly, Lord, You open up Your hand and provide for all our needs. May there be more opportunities to serve other people in need of vaccines and who have no funds for this purpose.

Thank You also for the fruitful Mid year conference, the success of last week's talk and many other blessings You have given us in the Club.

We pray for each and every member who will be inducted tonight and who will also be brought into our club in the near future. We ask Your blessing upon them so that they may learn to love and value the organization for the good that it brings to the world. Thank You for bringing them to us. To You, Lord, be all the praise, all the honor and all the glory, in the unity and by the power of the Holy Spirit. Amen.

QUOTE OF THE DAY

"Always be on the lookout for new ways to do old things, and keep your mind open to using alternative methods and plans of action."

~Amy Jones

THOUGHT OF THE DAY

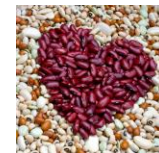
"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you."

~Barbara Sher

From Motivation in a Minute

The 10 best foods for your heart

by Health.com



Take heart with berries, beans, & other healthy fare.

Oatmeal

Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate, & potassium. This fiber-rich superfood can lower levels of LDL (or bad) cholesterol & help keep arteries clear.

Opt for coarse or steel-cut oats over instant varieties—which contain more fiber—and top your bowl off with a banana for another 4 grams of fiber.

Salmon

Super-rich in omega-3 fatty acids, salmon can effectively reduce blood pressure & keep clotting at bay. Aim for 2 servings/week, which may reduce your risk of dying of a heart attack by up to one-third.

"Salmon contains the carotenoid astaxanthin, which is a very powerful antioxidant," says cardiologist Stephen T. Sinatra, MD. But be sure to choose wild salmon over farm-raised fish, which can be packed with insecticides, pesticides, and heavy metals.

Not a fan of salmon? Other oily fish like mackerel, tuna, herring, & sardines will give your heart the same boost.

Avocado

Add a bit of avocado to a sandwich or spinach salad to up the amount of heart-healthy fats in your diet. Packed with monounsaturated fat, avocados can help lower LDL levels while raising the amount of HDL cholesterol in your body.

"Avocados ...," says Dr. Sinatra. "allow for the absorption of other carotenoids—especially beta-carotene and lycopene—which are essential for heart health."

Olive oil

Full of monounsaturated fats, olive oil lowers bad LDL cholesterol & reduces your risk of developing heart disease. Look for extra-virgin or virgin varieties—they're the least processed—and use them instead of butter when cooking.

Nuts

Walnuts are full of omega-3 fatty acids &, along with almonds & macadamia nuts, are loaded with mono- & polyunsaturated fat.

Berries

Blueberries, raspberries, strawberries—whatever berry you like best—are full of anti-inflammatories, which reduce your risk of heart disease & cancer.



Legumes

Fill up on fiber with lentils, chickpeas, and black and kidney beans. They're packed with omega-3 fatty acids, calcium, & soluble fiber.

Spinach

Spinach can help keep your ticker in top shape thanks to its stores of lutein, folate, potassium, and fiber.

But upping your servings of any veggies is sure to give your heart a boost. The Physicians' Health Study examined more than 15,000 men without heart disease for a period of 12 years. Those who ate at least 2 1/2 servings of vegetables/day cut their risk of heart disease by about 25%, compared with those who didn't eat the veggies. Each additional serving reduced risk by another 17%.

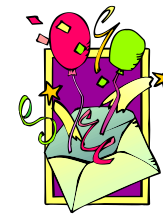
Flaxseed

Full of fiber & omega-3 & omega-6 fatty acids, a little sprinkling of flaxseed can go a long way for your heart. Top a bowl of oatmeal or whole-grain cereal with a smidgen of ground flaxseed for the ultimate heart-healthy breakfast.

Soy

Soy may lower cholesterol, & since it is low in saturated fat, it's still a great source of lean protein in a heart-healthy diet.

Look for natural sources of soy, like edamame, tempeh, or organic silken tofu. And soy milk is a great addition to a bowl of oatmeal or whole-grain cereal. But watch the amount of salt in your soy: some processed varieties like soy dogs can contain added sodium, which boosts blood pressure.



Greetings to our Birthday Celebrants!

February 2 - Badette Redublo

February 9 - Dennis Arca

CALENDAR OF ACTIVITIES

FEBRUARY – WORLD UNDERSTANDING MONTH

February 1 - Induction of new Members and Officers

February 4 - Interview of candidayes for Scholarship

February 5 - Alay ng Rotary sa Araw ng Kabataan

February 8 - Talk by Rtn. Nick “Kap”Torre

- Meeting with PBHS Values Education teachers for implementation of anti-violence workshops

February 12 - District Legislative Assembly (RotCen)

February 15 - Valentine’s party with Spouses

February 18 - Vegetable Gardening & Composting at PBHS

February 20-26 ROTARY WEEK

**February 22 - Medical Dental Mission (Service Projects day)
National Immunization day –Polio – Tatalon Village**

**February 23 - World Peace and Understanding Program/
International Party – (MPH Camp Crame)**

PHOTO GALLERY



A chat between two PDGs



PDG Bimbo Salazar giving update on TRF



PP Raffy Pefianco asked his family to lead the Community Singing (Christmas carols) for him during the RCNMH regular weekly meeting

President Baby Allado donates medicines to Principal Zenaida Arao for use in the P. Bernardo High School clinic



PDG Mar Nery conducts Rotary Orientation to prospective members over merienda



PLDT-SME PRESENTS PRODUCTS TO RCNMH



Last week, PLDT-SME Community Consultant Nicolò Reyes was Guest Speaker at a well-attended meeting
Below are members of his team



RCNMH members pose with Guest Speaker after the meeting ↓

↑ Badette, Edward (Night Chair) and Pres Baby pose with Speaker after presenting token & letter of appreciation



Pres Baby hands over to VP/Treasurer Alex Arrojo a Php 50,000.00 check from the Governor's Special Grant for free pneumonia vaccines to Senior citizens



RCNMH GIVES FREE VACCINES TO SENIOR CITIZENS OF BARANGAY HORSESHOE

January 30, 2011, a Sunday afternoon, during the monthly meeting of the Senior Citizens association in Brgy. Horseshoe, QC, RCNMH gave free pneumonia vaccines from a Governor's Special Grant funded by



Congresswoman Bernadette Herrera-Dy (Bagong Henerasyon Party List). The program, emceed by Rtn. Rhose Montreal, started with an Invocation led by

Association President Joy followed by the Welcome remarks of



Punong Barangay Josie Ang. Red Crosser Rtn. Janice Adolfo then delivered a health information talk on the

care of the elderly after which the representative of



Congresswoman BH, LG Suzette Lee informed the Senior Citizens of the various programs of the Congresswoman.

On hand to administer the vaccines were Rtn

Alice Arcano, MD, Rtn Janice Adolfo, Pres Baby and Rtn spouse Jane Torre. Also present were Rtn. Irma Pizarro, who took care of recording the beneficiaries present, PP Boy Escueta who sought comfort after



being vaccinated, Rtn Bobby Ang, IPP Boone Ongchoco, PP Boyet Alfonso & Spouse Noemi and Rtn Nick Torre.

A total of 46 of the 65 patients expected were served. A Part 2 will be scheduled for those who were not present.

