

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

20 very easy tips for lowering your daily stress level

1. [Go to bed thirty minutes earlier than usual.](#)
2. 2. Get up twenty minutes earlier than usual.
3. Before you go to sleep, prepare for the morning. 4. Bring a hat and an umbrella.
5. Don't wear tight clothes or uncomfortable shoes. 6. Make a list.
7. Listen to a favorite song. 8. Keep extra cash and stamps in the house.
9. Be polite and be fair. 10. Laugh out loud.
11. Have a good book to read. 12. Keep an extra set of keys.
13. Exercise. 14 Always keep your passport in the same place.
15. Throw something away.
3. 16. [Don't say mean things about other people.](#)
17. Put a Bandaid in your wallet. 18. Keep gas in the car.
19. Pay attention to someone else. 20. Make your bed.

Rotary Club of New Manila Heights Regular Weekly Meeting & Valentine Fellowship 7:30 pm, February 15, 2011 (Tuesday)

Peñafrancia Hall, Mt. Carmel Shrine, 5th Avenue, New Manila , Quezon City

P R O G R A M

Call to Order	Pres. Ma. Elisa "Baby" Allado
Invocation	Rtn. Warren "Rong" Domantay
National Anthem	Rtn. Perfecto "Jun" Quilicot, Jr.
Introduction of Visiting Rotarians & Guests /Announcements	Sec. Bernadette "Badette" Redublo
The 4-Way test	Sgt-at-Arms Edward "Dward" Aquino
Community Singing	Rtn. Mark "Boggs" Marquez
Finest Moments	Rtn. Nick "Kap" Torre
Rotary Information	IPP Daniel "Boone" Ongchoco
President's Time	Pres. Ma. Elisa "Baby" Allado
RCNMH Hymn	Sgt-at-Arms Edward "Dward" Aquino
Adjournment	Pres. Ma. Elisa "Baby" Allado

VALENTINE FELLOWSHIP WITH SPOUSES
Dinner & Games

Night Chair: Dir. Josefina "Josie" Ang

Dinner Host: PP Dennis "Denis" Arca

President's Corner

Ma. Elisa "Baby" Allado

"DEPTH" MORALITY

In this LOVE month, I would like to share with you these reflections from Fr. Celestino Say, Texas, USA on the gospel last Sunday. Many times, we are preoccupied with the external observance of God's laws but Jesus introduces us to a "depth" morality that affects us to the depths of our being.

According to the Law, murder is wrong: yes, says Jesus, but so too is anger, which so easily flares into violence; it is better not to come to worship if you harbor hatred for a sister or brother. According to the Law, adultery is wrong: yes, says Jesus, but so too is looking lustfully at another human being for that, at least in intent, is a violation of the other. According to the Law, lying under oath is wrong: yes, says Jesus, but the fact that oaths are taken at all is a sign of lack of trust and openness; for Jesus, between two Christians, a "Yes" or a "No" should be all that needs to be said.

Jesus is saying, when we murder someone with anger, or lust after someone, or break our marriage commitment, we have already failed to give to another the compassion and unconditional love that God placed in our hearts. We have failed to rush out and meet our brother's or sister's need first.

What an incredible world this would be if everyone would live as Jesus commanded us to. We all feel anger, hurt feelings, or lack of love at times. But what if we didn't focus on our feelings, or on what's being done to us? What if we used our compassion to anticipate what words would be kindest and least judgmental when we're talking to our parents, or our kids? What would make my wife or husband or friend feel most secure, happy and loved? What decisions on my part would bring peace, and not vengeance or pain, to another?

This is how Jesus wants us to fulfill the law. We still need to fulfill the requirements of the law, until we learn to embrace the cross and the passion, and the glory of Jesus' love every day of our lives.

Hope you all had a loving observance of Valentine's day!

Community Song

ENDLESS LOVE

(Diana Ross and Lionel Ritchie)

My love, there's only you in my life,
The only thing that's right.
My first love, you're every breath that I take,
You're every step I make.
And I, I want to share, all my love with you,
No one else will do.
And your eyes, they tell me how much you care.
Oh yes, you will always be, my endless love.

Two hearts, two hearts that beat as one.
Our lives have just begun.
Forever, I'll hold you close in my arms,
I can't resist your charm.
My love, I'll be a fool, for you I'm sure,
You know I don't mind.
Cause you, you mean the world to me.
Oh, I know I've found in you, my endless love.
(Instrumental)

And love, I'll be that fool, for you, I'm sure.
You know I don't mind.
And yes, you'll be the only one.
Cause no one can deny,
This love I have its fine.
I'll give it all to you,
My love, my love, my endless love.

What is Love?

. . . . from the movie *Captain Corelli's Mandolin*:

"Love is a temporary madness. It erupts like an earthquake and then subsides. And when it subsides you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is. Love is not breathlessness, it is not excitement, it is not the promulgation of promises of eternal passion. That is just being "in love" which any of us can convince ourselves we are. Love itself is what is left over when being in love has burned away, and this is both an art and a fortunate accident. Your mother and I had it, we had roots that grew towards each other underground, and when all the pretty blossoms had fallen from our branches we found that we were one tree and not two." - *St. Augustine*

Favorite Love Quotes...

Love quotes inspire people to have a reason to go through life despite of its hardships. Here are some famous love quotes by famous people:

"Love never claims, it ever gives. Love ever suffers, never resents never revenges itself." --**Mahatma Ghandi**

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." --**Corinthians**

"Love is that condition in which the happiness of another person is essential to your own." --**Robert A. Heinlein**

"My heart to you is given: Oh, do give yours to me; Well lock them up together, And throw away the key." --**Frederick Saunders**

"Inside the heart of each and every one of us there is a longing to be understood by someone who really cares. When a person is understood, he or she can put up with almost anything in the world." --**Ed Hird**

"Come live in my heart, and pay no rent." --**Samuel Lover**
Men always want to be a woman's first love. Women have a more subtle instinct: What they like is to be a man's last romance. --**Oscar Wilde**
"You don't love a woman because she is beautiful, but she is beautiful because you love her." --**Anonymous**

"Love will always be a part of our lives. It is the emotion that God has given us to use for him and to other people."



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 PBHS candidates for Scholarship
- February 5 - Alay ng Rotary sa Araw ng Kabataan, Amoranto
- February 8 - Talk by Rtn. Nick "Kap" Torre
 - Meeting with PBHS Values Education teachers for implementation of anti-violence workshops
- February 12 - Interact DISCON, Rotcen 8am-5pm
 - Graduation EEPD PBHS 2pm
- February 15 - Valentine's party with Spouses**
- February 18 - Vegetable Gardening & Composting at PBHS 10am**
- February 20 – Minor surgical mission at Rotary Center, 9am**
- February 22 – Medical-Dental Mission, Brgy. Horseshoe Barangay Hall, 7:30am to 3pm**
 - Polio Immunization Day, Brgy. Tatalon, QC 8:30am
 - TB screening and Summit, Rot Cen 3:00 pm
- February 23 – International Night in celebration of World Peace & Understanding, Camp Crame MPH, 6pm**
- February 26 – Youth Leadership Seminar at QC Session Hall by Rtn. Howell Mabalot**
 - District Legislative Assembly (Rot Cen), 9am
- February 28 – Launching of Community-based Supplementary Feeding Program, Brgy E. Rodriguez, QC 10 am**

Crossroads

PDG Mario R. Nery



ROTARY'S BIRTHDAY

Next week the entire world of Rotary will conduct a wide variety of activities to commemorate the founding of Rotary International 106 years ago in Chicago, Illinois, U.S.A. As is other celebrations of anniversaries, specially among those who have dedicated themselves towards serving others, there will be festivities, fun, fellowships, and a general feeling of goodwill. For Rotary, it is an occasion to proudly share a rich history of service to the needy unmatched by any other civic organization, a tradition of service that has changed hundreds of thousands of lives for the better in every corner of our universe. And well we should, for that is what keeps us going - the reality that we have not spent our time, talent and treasure in frivolous undertakings.

Anniversaries also make us look back and see how far we have gone, and how far we need to go further. This always becomes an interesting exercise because we know deep down, as Rotarians, that there is really no end to the need to serve others. As long as there is one person who has no shelter over his head; no food to eat; no access to medical service and to education, we will continue to serve in the best possible way. Most of all, as long as there is someone who is unloved, we cannot stop, because that is what Service Above Self is all about.



Prayer



Blessed are You, Lord God Almighty, who created the universe and all that dwell in it. You initiated a plan of order that we, Your children whom You made in Your image and likeness, may participate in. We thank You for making us a part of that plan. So now, Lord, we ask that You pour Your blessings upon us so that we may always be Your steadfast and true disciples. Use us as we work together in Rotary, to build a better world where true peace, harmony, honesty and integrity reign. Make us pliable like clay in Your hands so that we may become the beautiful creation You want us to be in order for us to realize our full potential. We want to wear Your stamp of approval, Lord.

We pray in a special way for all those who serve the nation and the less fortunate. Imbue them with a true sense of justice, fairness, integrity and love that comes only from You. Give them wisdom and compassion as well. We pray that our lawmakers and other leaders realize that they are not called to grandstand or amass wealth or use others. Make them realize without a doubt that they are called to serve as You Yourself served. We entrust our fate and theirs to You, Lord who desires only the good and loving things for us. Amen.

QUOTE OF THE DAY

"It's all about people. People matter most. Everybody counts."

~Dr. Joe Stowell

THOUGHT OF THE DAY

"While it may take two to tango, it only takes you to commit to creating a relationship with the people in your life. Take full responsibility for your relationships and consciously choose to suspend judgment of people."

~Al Ritter

6 flirty workouts for couples

By Jennipher Walters, DietsInReview.com

- If you're looking for a good date idea for Valentine's Day, why not forgo the busy restaurants and the decadent dishes and work out together instead?

1. **Go for a jog.** One of the **best cardio activities** you can do is run, so why not get with your honey & go for a jog? Pick a pretty area to run in and be sure to wear your cutest running gear. Try alternating 3 minutes of slow jogging with 1 minute at a faster pace. If you're the competitive type, you can even race during the faster intervals!

2. **Have a private dance party.** There can be nothing sexier than dancing. So pop in some of your shared favorite tunes and get your dance on. If you don't feel comfortable dancing or want to improve your moves, why not hire a private instructor for the evening and then practice what you learned later?

3. **Schedule a personal training session together.** Doing exercises in tandem or spotting one another can provide lots of opportunity for closeness. Head to a local gym and **find a trainer** who is experienced in training more than one person at a time. Have him or her put both of you through the paces. After, go out for a **healthy smoothie** to refuel!

4. **Play laser tag.** If you & your date are more competitive, why not schedule a game of laser tag? Chasing each other around can sure work up a sweat -& the thrill of "the hunt" can make things pretty exciting during -- & after -- the date.

5. **Create your own partner boot camp.** If you're on a budget, set up your own partner workout! Inside or out, set up cones to run around and stations where you can do a different move at every spot. Try to do moves that encourage you to work together, like push-ups where you both reach up and clap hands or sit-ups where the other person counts and provides encouragement. You can even take turns doing relays where you carry your date piggy-back style!

6. **Reconnect during yoga.** Most yoga classes are co-ed, so it would be no big deal to bring along your date. Find out if any studios are holding classes the Monday night of Valentine's Day. The stretching and mind-body connecting will help the two of you focus on one another afterward and let your stressors melt away. In **Yoga for Couples**, our resident yogi Heather Ashare explains how this shared practice can foster intimacy.

PHOTO GALLERY



Rtn Nick Torre delivers a talk on the Peace and (dis)Order situation in the Philippines and gives RCNMHers tips on home and personal security during out-of-venue meeting at the Rotary Center 4th floor Social Hall last Feb. 8, 2011



Pres Baby donates 100 anti-tetanus injections to DG Ambo Gancayco AG Irene Santos & GP John Simon of RC SFDM for use in the District mobile surgical mission on Feb 20, 2011



AG Raffy Pefianco giving members of his home Club Rotary Information

Historic Moments: The first four Rotarians

By Susan Hanf

Rotary International News – 10 February 2011



First 4 Rotarians -- Gustavus Loehr, Silvester Schiele, Hiram E. Shorey, Paul P. Harris

On 23 February 1905, Paul P. Harris, Gustavus Loehr, Silvester Schiele, and Hiram E. Shorey gathered in Loehr's office for what would become known as the first Rotary club meeting.

Harris's desire for camaraderie among business associates brought together these four men and eventually led to an international organization of service and fellowship.

Read about each of the first four Rotarians below, and about Harry L. Ruggles, who is often called the "fifth Rotarian."

Rotary's founder, **Harris**, was born in Wisconsin, USA, on 19 April 1868. He was raised by his paternal grandparents in Vermont & attended the University of Vermont, Princeton, & the University of Iowa. He was Rotary president from 1910 to 1912 and a member of the Rotary Club of Chicago until his death on 27 January 1947. Learn more about the founder of Rotary in "[The Life and Times of Paul Harris.](#)"

Loehr, a mining engineer, was born on 18 October 1864 in Carlinville, Illinois. He was a Rotarian for only a few years, never holding office at the club or international level. But that first Rotary meeting was held in his office, Room 711 of the Unity Building in downtown Chicago. He died in Chicago on 23 May 1918.

A Rotarian for only a few years also, **Shorey** served as recording secretary during the club's first year. He was born in Maine in August 1862 and died in March 1944.

Schiele, a coal dealer, served as the Chicago club's first president in 1905 and Rotary International's third treasurer in 1945. Born in Terre Haute, Indiana, in 1870, Schiele attended Terre Haute Business College & served in the U.S. Army during the Spanish-American War. He was president of the Schiele Coal Company from 1902 until his retirement in 1939. He & Harris became lifelong friends & lived near each other on the South Side of Chicago. Schiele died on 17 December 1945 & is buried near Harris at Mount Hope Cemetery.

Originally from Michigan, **Ruggles** was a graduate of Northwestern University in Evanston, Illinois, and joined Rotary at its second meeting. He was treasurer of the Chicago club during its first year, president from 1908 to 1910, and a Rotary director from 1912 to 1913. He is known for having introduced singing to Rotary club meetings. His printing company, H.L. Ruggles & Co., printed the first issue of *The National Rotarian* and the first Rotary songbook. He died on 26 October 1959, an honorary member of seven clubs in addition to his home club, the Rotary Club of Chicago.

A DIVORCE SOLUTION?

A married couple is driving along a highway doing a steady 40 miles per hour. The wife is behind the wheel.

Her husband suddenly looks across at her and speaks in a clear voice. "I know we've been married for 20 years, but I want a divorce." The wife says nothing, keeps looking at the road ahead but slowly increases her speed to 45mph.

The husband speaks again. "I don't want you to try and talk me out of it," He says, "because I've been having an affair with your best friend, and she's a far better lover than you are."

Again the wife stays quiet, but grips the steering wheel more tightly and slowly increases the speed to 55. He pushes his luck. "I want the house," he says insistently. Up to 60. "I want the car, too," he continues. 65 mph. "And," he says, "I'll have the bank accounts, all the credit cards and the boat!"

The car slowly starts veering towards a massive concrete bridge. This makes him nervous, so he asks her, "Isn't there anything you want?"

The wife at last replies in a quiet and controlled voice. "No, I've got everything I need," she says.

"Oh, really," he inquires, "so what have you got?"
Just before they slam into the wall at 65 mph, The wife turns to him and smiles.

"The airbag."

Moral of the Story: Women are clever!!! Don't mess with them!!