

COMMUNITY SONG

BRIDGES

I have crossed a thousand bridges
In my search for something real
There were great suspension bridges
Made like spider webs of steel
There were tiny wooden trestles
And there were bridges made of stone
I have always been a stranger
And I've always been alone

There's a bridge to tomorrow
There's a bridge from the past
There's a bridge made of sorrow
They, I pray, will not last
There's a bridge made of colors
In the sky high above
And I think that there must be
Bridges made out of love

I can see you in the distance
On the river's other shore
And your hands reach out in longing
As my own have done before
And I call across to tell you
Where I believe the bridge must lie
And I'll find it, yes, I'll find it
If I search until I die

When the bridge is between us
We'll have nothing to fear
We will run through the sunlight
And I'll meet you halfway
There's a bridge made of colors
In the sky high above
And I'm certain that somewhere
There's a bridge made of love

Governor's Visit and Club Assembly
July 27, 2010
Peñafrancia Hall, Our Lady of Mt. Carmel Shrine
New Manila, Quezon City

PROGRAM

Call to Order	Pres. Ma. Elisa "Baby" Allado
Invocation	Rtn. Irma Pizarro
National Anthem	PP Elsa "Elsa" Unson
The 4-Way test	PP Dennis "Dennis" Arca
Introduction of District Officers & RCNMH Members	IPP Daniel "Boone" Ongchoco
Presentation of Committee Plans & Programs	
Membership	Dir. Aladin "Al" Villacorte
Service Projects	Dir. Josefina "Josie" Ang
The Rotary Foundation	Dir. Francisco "Pangcoy" Saavedra
Public Relations	Dir. Arbie Carlo "Arbie" Jacinto
Club Administration	Dir. Glenn "Glen" Macatiag
Meal and Fellowship	
Inspirational Message	Gov. Pablo "Ambo" Gamcayco
Presentation of contributions –Governor's Fund, DRF, PH &Sustaining	
Community Song	Rtn. Janice "Janice" Adolfo
Announcements	Sec. Bernadette "Badette" Redublo
RCNMH Hymn	PP Rolando "Butch" Pacana
Adjournment	Pres. Ma. Elisa "Baby" Allado

Night Chair : IPP Daniel "Boone" Ongchoco

President's Corner

Ma. Elisa "Baby" Allado

BRIDGING GAPS

This Rotary year's theme is "Building communities, bridging continents". I would like to dwell a bit on the second part which is "bridging continents".

Let me start by getting a few definitions of the word *bridge*. A *bridge* (from Wikipedia) is a structure built to span a valley, road, body of water, or other physical obstacle, for the purpose of providing passage over the obstacle. In social networks, it refers to a relationship that acts as a communication channel between different groups. The idiom "bridge the gap" means to make a connection (bridge) where there is a great difference (gap). Our community song this week mentions a "bridge to tomorrow", a "bridge to the past", and a "bridge made out of love".

What am I trying to point at here? That we, Rotarians in general and RCNMHers in particular, have a role in building bridges within our Club, within our District, within our community and within the world. There is so much misunderstanding, miscommunication & strife around us when all we need is the bridge of our outstretched arms reaching out to: the person beside us in the Club meeting, the neighbor we have not spoken with in a long time, friends we have lost touch with due to separation, relatives we have simply forgotten over time, the underprivileged we have neglected as we busily pursue our personal aspirations. There is so much competition for everything –projects, resources, facilities, recognition and even honor. The obstacles are also mounting. In the process, we tend to lose sight of why we are in the Rotary.

The gaps to be filled in our personal lives, in our Club, in our District and in our community are gaping. We are duty-bound to bridge those gaps not only with service but, most importantly, with love.

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

Certificate of Attendance

This certifies that Rotarian _____ attended the regular weekly meeting of Rotary Club of New Manila Heights held at the Peñafrancia Hall, Our Lady of Mt. Carmel Shrine, New Manila, Quezon City on July 20, 2010.

Bernadette Redublo
Club Secretary

Rotary Mottos:

“SERVICE ABOVE SELF”

“ONE PROFITS MORE WHO SERVES BEST”

Responsibilities of club membership (cont'd.)

The club is the cornerstone of Rotary, where the most meaningful work is carried out. All effective Rotary clubs are responsible for four key elements: sustaining or increasing their membership base, participating in service projects that benefit their own community and those in other countries, supporting The Rotary Foundation of RI financially and through program participation, and developing leaders capable of serving in Rotary beyond the club level.

What Rotarians get out of Rotary depends largely on what they put into it. Many membership requirements are designed to help members more fully participate in and enjoy their Rotary experience.

Attendance

Attending weekly club meetings allows members to enjoy their club's fellowship, enrich their professional and personal knowledge, and meet other business leaders in their community. Many larger communities offer clubs with different meeting times, including early morning, the lunch hour, after work, and evening.

If members miss their own club's meeting, they're encouraged to expand their Rotary horizons by attending make-up meetings at any Rotary club in the world — a practice that guarantees Rotarians a warm welcome in communities around the globe. Find meeting places and times in the *Official Directory* or through the [Club Locator](#).

In some cases, Rotarians can make up meetings by participating in a club service project or attending a club board meeting or a Rotaract or Interact club meeting. Members can also make up online at one of several [Rotary e-clubs](#).

Service

All Rotary clubs share a key mission: to serve their community and those in need throughout the world. By participating in club service projects, members learn about their club's involvement in local and international projects and can volunteer their time and talents where they are most needed.

Finding and keeping members

To keep clubs strong, every Rotarian must share the responsibility of bringing new people into Rotary. Even new members can bring guests to meetings or invite them to participate in a service project. The value of Rotary speaks for itself, and the best way to spark the interest of potential members is by letting them experience fellowship and service firsthand.

Keeping members interested in Rotary is another responsibility. Good club fellowship and early involvement in service projects are two of the best ways to sustain the club's membership.

The ideal composition of a Rotary club reflects the community's demographics, including professions, gender, age, and ethnicity. Such diversity enriches every aspect of the club's fellowship and service.

From [Rotary Basics](#)

Prayer



Tonight, we are blessed with the presence of our District Governor and his team. We thank You for the anointing You have given them as well as the leaders in our club. We lift them all up to You and ask that as You empower them in the tasks they do, they open themselves up so they can receive in full measure, the guidance, grace and blessings being bestowed on them. Enable them to use their gifts fully for the greater honor and glory of Your kingdom through the work done in Rotary.

We pray likewise for our club members. You know each and everyone of them by name. You know their concerns as well. Nurture each one of us in this Club so that we may all bear fruit that will endure for You as we work collaboratively with each other, with our partners, with our families and friends in serving others above ourselves.

To You, O Lord, we give honor, glory and praise in the unity and by the power of the Holy Spirit. All Glory Be to the Father, to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be, world without end. Amen.

QUOTE OF THE DAY

"Obstacles are those frightful things you see when you take your eyes off the goal." – HANNAH MOORE

THOUGHT OF THE DAY

"If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." – MICHAEL JORDAN

- From Motivation in a Minute

CROSSROADS

PDG Mario "Mar" R. Nery

The Real Test of Club Strength

The strength of a Rotary Club is derived from the combined strength of its individual members. How that strength is gathered depends on the club leadership and the quality of the Club's programs. Absent any of the two, the Club is bound to be an embarrassment for its members. You of course need the requisite number of members to be able to undertake large and meaningful projects, but more than numbers, it is how the Club has developed its members into knowledgeable and dedicated Rotarians that really matter.

We will not be able to win 33 awards every year. It is a good wish, but one that does not come true. What is more desirable is for us to be able to develop every member into someone who can stand toe to toe with any Rotarian from any District in so far as knowledge and dedication to Rotary ideals is concerned.

Speaking of awards, I owe PP Boone this belated expression of gratitude for the award he gave me at the end of his term. While it may not be fully deserved, I, and my family, are nevertheless very thankful for the honor. I have been in Rotary since April 1969, and in all those years, I have received numerous awards from Rotary, but this one, and the Service Above Self award from the R.I. Board, are the most valuable and memorable for me. Thanks Boone.

Please pay your dues promptly. We have the following financial obligations which are due already :

- 1. Governor's Fund – Php 400.00 per member**
- 2. Disaster Relief Fund – Php 100.00 per member**
- 3. Semi-annual Revenues (SAR) –US\$ 25.00 or Php 1,125.00 (@P45:\$1) per member**
- 4. The Rotary Magazine – Php 54.00 per member**

Benefits and Responsibilities of membership in Rotary

There are many reasons to join a local Rotary club:

Networking

An original goal of Rotary was to allow club members to meet periodically and enlarge their circle of business and professional acquaintances. As members of the oldest service club in the world, Rotarians represent a cross-section of their community's business owners, executives, managers, political leaders, and professionals – people who make decisions and influence policy.

Service

Club members have many opportunities for humanitarian service, both locally and internationally. Service programs address concerns such as health care, hunger, poverty, illiteracy, and the environment. Rotarians regularly experience the fulfillment that comes from giving back to the community.

Friendship

Rotary was founded on fellowship, a cornerstone that continues to attract members today. Rotarians enjoy camaraderie with like-minded professionals, and club projects provide opportunities to develop enduring friendships. Club members who travel have friendly contacts in almost every city of the world.

Family

Rotary sponsors some of the world's largest exchange and educational programs. Rotary clubs provide innovative training opportunities and mentoring for young leaders, and they involve family members in a wide range of social and service activities.

Ethics

Encouraging high ethical standards and respect for all worthy vocations has been a hallmark of Rotary from its earliest days. In their business and professional lives, Rotarians abide by The 4-Way Test:

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Leadership

Rotary is an organization of successful professionals. Team-building, fundraising, public speaking, planning, organization, and communication are just some of the leadership skills that club members can exercise and enhance. Being a Rotary leader provides further experience in motivating, inspiring, and guiding others.

(continuation on next page)

TRF: Making Rotary a Cut Above the Rest

Dir. Francisco "Pangcoy" Saavedra

For some Rotarians, the primary reason for joining Rotary is the immeasurable opportunity to widen their network of friends & acquaintances to do business with. For others, & there are a lot of them, to have a conduit to channel their altruistic desire to serve mankind. And for most, it is a combination of both.

All these reasons for joining Rotary are also true for people who join other organizations offering the same opportunities. Hence, Rotary has no monopoly over egoistic & philanthropic attractions to magnetize would-be members.

So, if other organizations offer the same "fringe benefits" to their members, why is it that Rotary draws more applicants than them? What makes Rotary different?

The obvious answer: The Rotary Foundation (TRF) Programs. TRF programs give prestige & sense of fulfillment to Rotarians who participate in them. Through this involvement, a member is able to actualize his ideals and at the same time learn a new skill, adopt an added vocation or simply expand one's circle of acquaintances.

TRF programs are designed to enable Rotarians to advance world understanding, goodwill & peace through the improvement of health, support of education & alleviation of poverty. These activities are focused, well-studied, carefully-planned, timely & globally-relevant, serving the whole society. These characteristics make TRF programs prestigious. Being able to help the underprivileged who are in dire need of assistance & making a great and positive impact on their lives, undoubtedly, are the egalitarian ideals that each Rotarian aspires to achieve.

Just think of TRF's Polio eradication program, Polio Plus, started in 1985. It has mobilized & continues to mobilize hundreds of thousands of Rotarians all over the world. RI, which spearheaded efforts joined in by governments, businesses organizations & other non-government organizations has already resulted in having more than two billion children worldwide receiving oral polio, dropping the reported polio cases by 99.8% and leaving only four (4) countries (India, Pakistan, Nigeria, & Afghanistan) still polio endemic. This tremendous progress & singular achievement is unparalleled in the world, making every Rotarian very proud.

It is therefore imperative for every Rotarian, regardless of the reason for joining, to actively participate in TRF programs by financially contributing to the fund and/or actively participating in the implementation of different TRF programs. Through these contributions, the prestige that TRF programs impart on their participants will be sustained. More importantly, the benevolence that these programs will inculcate in the hearts of every Rotarian will be real!



JULY MILESTONES

BIRTHDAY

July 2 – PP Butch Pacana

July 5 – Rod Lejano

July 20 – Dir. Annie Torres

July 21 – Rtn. Alex Torres

July 29 – Rtn. Howell Mabalot

July 30 – Dir. Al Villacorte

WEDDING ANNIVERSARY

July 4 – PP Ed Aguila and Sps Connie

TRIP TO AUSTRALIA

July 18 – Nikki /Noemi & Franz Alfonso

July 25 – PP Boyet Alfonso

- Rtn. Lea Laforteza

Cheers! Best Wishes! Good luck! God bless!

Sana lumigaya tayong lahat !!!

CALENDAR OF ACTIVITIES

July 27 – Governor's Visit & Club Assembly

5:30 pm - Peñafrancia Hall, Mt. Carmel Shrine

Attire: Black coat/Formal

July 31 – TRF Seminar

10:00am – 5:00pm Camp Crame MPH

Attire: Smart Casual

August 7 - Rotary Academy Orientation Course

8am Rotary Center

August 7 – Club Admin Training Seminar

8am Dolce Latte, Quezon Ave.

August 14 – Interact DISTAS

8am Rotary Center

August 19 – Rotary in Action: Go Green Project

9:30am QC Memorial Circle

August 26 – Guest Speaker: Phivolcs Director Renato Solidum

(possible Intercity meeting)

7pm, Venue to be announced

DON'T WORRY, BE HAPPY

(Author unknown)

Being happy is a decision.

Living a happy, resilient and optimistic life is also good for your health. The killers: **stress**, **tension** and **anxiety** are linked to top causes of death such as **heart disease**, **cancer** and **stroke**. And when you are hit by it, you will realize the uselessness of having to go through all the negative stuff when you had the opportunity to positively deal with it.

To be happy is relatively easy; it **begins with a decision**. Simply decide to be a happy person.

Here are the following things you need to do in order to be happy:

1. Develop an attitude of gratitude
2. Be in the company of happy people
3. Learn to give a hearty laugh
4. Look for Inspiration
5. Manage and organize your tasks, schedule and energy
6. Do regular exercise – it produces happy hormones
7. Be honest at all times
8. Continue learning
9. Let go of the bitter pains inflicted upon you by people you love and trust
10. Let go of those layers and layers of negative emotions
11. Do what you want to do and never mind the losers who want to put you down
12. Forgive and accept forgiveness
13. Befriend death – it's part of life
14. Share whatever blessings God has given you
15. Make everyday a day to make somebody happy

No one has the right or the power to make you unhappy. **Being happy is a choice.**

More on the EEPD... (cont'd)



Pres. Baby w/ EEPD students & Facilitators



Learn English, gain confidence, have fun



Learning to pose for pictures



Receiving instructions from the Facilitators

More on the English Enhancement & Personality Development Program at P. Bernardo High School

PP Francisco "Boyet" Alfonso



From a handful when it started 3 years ago, now there are 60 students in the program



Nikki Alfonso & some volunteer facilitators



Drama Acting



Pres. Baby and students watching a group's presentation

ROTARY SEMINARS

PE Alejandro "Alex" Buot

If it is any indication, I believe RI, at the very least D-3780 (and Club-21939 of course), is now on high gears because of the many "early" and "first" in only its first month of administration.

May 29 – Matching Grant Seminar, Rotary Center, QC

- The seminar was conducted early despite the suspension of Grants to D-3780 until internal problems are ironed out.

June 30 – 26th Charter Anniversary, 27th Induction of Officers & New Members, Recognition Night and Thanksgiving Celebration, St. Francis Shangri-La Place, Tower 2 Clubhouse, Ortigas Center, Mandaluyong City

- A case of optimization of funds, time and energy without sacrificing its significance and spirit.

July 6 – Inauguration & Blessing of the 1st RCNMH Office -Brgy Horseshoe

- RCNMH's first official office since its Charter in 1984

July 12 – 1st PNTS (President Nominees Training Seminar),

TechPortal, U.P.-Ayala Land TechnoHub, Commonwealth Ave., QC

- A first among the Districts - DGE Jess Cifra is committed to transition his PEs as early as now to prepare the group for a "Bigger, Better, Bolder Rotary" in RY 2011-12.

June 13 – 1st Inter-City Meeting led by RCNMH (2nd in the District), Rotary Center, QC (Guest Speaker: Sen. Dick Gordon, Topic: Volunteerism)

- Coming from a high standard set by IPP Boone Ongchoco last RY, PBaby Allado is calling on the challenge to equal, if not surpass, the Club's achievements during his term.

July 24 – 1st Pre-PETS (President-Elect Training Seminar), Seameo, Innotech, Commonwealth Ave., QC

- We were told that this is the first 1st Pre-PETS conducted among all Districts and that with the monthly schedules set by DGE Jess Cifra and his team, D-3780 will likely be the first in its PETS also.

July 31 – TRF Seminar

- Even before this seminar, PBaby already announced during her induction the achievement of the Club's TRF goals this year with 5 committed Paul Harris Fellows & 6 Sustaining Members.

AT THE RATE PBABY IS DOING, IT WILL BE EVEN MORE CHALLENGING FOR THE RCNMH OFFICERS OF 2011-12.

OPLAN Linis Kontra Dengue – Rotary in Action



EPWMD Special Cleaning Section



EPWMD Sagip Batis



Before...



After



Before...



After



RCNew Mla.Hts., QC Red Cross, Interact&Brgy.Horseshoe Council at Matangtubig



Christmas in July Feeding and Gift-giving

Despite the heavy downpour and flash floods, it was all systems go for the feeding & gift-giving at the Horseshoe barangay hall last Sunday, July 25. 33 families were treated to hot soup, juice and gift bags. RCNMHers Edith Tapnio, Elsa Unson, Josie Ang, Bobby Ang, Janice Adolfo & Irma Pizarro, Interactors Jalline, Leila, Angelica & Jimuel lent support to President Baby & her children Joem, Erica & JR that afternoon. Dir. Annie Torres sent Red Cross volunteers & bags of biscuits. The pictures tell the rest of the story.



Janice teaches proper handwashing

Interactors help prepare gift bags



1 Red Cross volunteers packing biscuits 2 Soup kitchen w/ Pres. Baby, her children Joem & JR, Elsa & Irma 3 Distributing gifts –Pres.Baby, Edith, Elsa, Janice & Irma



Gift-giving –Edith, Josie & Bobby Ang, Irma



Posing with Interactors