

## 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

### THOUGHT OF THE DAY

**"The ultimate goal of the world class thinker is to ascend to the highest level of awareness in the shortest amount of time. The more aware you become, the more successful, fulfilled and happy you will be."**

**~Steve Siebold**

From Motivation in a Minute

## Rotary Club of New Manila Heights Regular Weekly Meeting and 3<sup>rd</sup> Quarter Club Assembly

7:30 pm, March 22 2011 (Tuesday)

Peñafrancia Hall, Mt. Carmel Shrine, 5<sup>th</sup> Ave., New Manila , Quezon City

### P R O G R A M

<b>Call to Order</b>	Pres. Ma. Elisa "Baby" Allado
<b>Invocation</b>	Rtn Crispina "Cris" Yenko
<b>National Anthem</b>	PP Rodolfo "Rod" Lejano
<b>Introduction of Visiting Rotarians &amp; Guests /Announcements</b>	Sec. Bernadette "Badette" Redublo
<b>The 4-Way test</b>	PP/PDS Floro "Jun" San Juan
<b>Rotary Information</b>	PP Elsa "Elsa" Unson
<b>Finest Moments</b>	Rtn. Roberto "Bobby" Ang
<b>Classification Talk</b>	Rtn. Warren "Bong" Domantay
<b>Community Singing</b>	PP Rolando "Butch" Pacana, Jr.
<b>Club Assembly</b>	Pres. Ma. Elisa "Baby" Allado
<b>Committee Reports</b>	Club Admin, TRF, Membership, New Generations, PR
<b>Financial Report</b>	PN Alexander "Alex" Arrojo
<b>RCNMH Hymn</b>	Rtn Perfecto "Jun" Quilicot, Jr.
<b>Adjournment</b>	Pres. Ma. Elisa "Baby" Allado

**Night Chair:** PP Rafael "Raffy" Pefianco

**Dinner Host:** PP Jodie Moreno

## President's Corner

Ma. Elisa "Baby" Allado

### FRIENDS

My birthday celebration was a reunion of sorts – of family, of colleagues, of schoolmates and officemates. And for that I am glad my children organized that kind of a party, asking people I have been associated with to prepare numbers in the program.

The first song was sung with my sister and cousins whom I have not seen in a long time. When they agreed to take part in the program, we had to practice once at home. And already they are planning to have dinner together on Thursday and will stay with my sister in New York this coming June.

Practicing for the dance number with my sorority sisters, who have gotten tired of inviting me to get-togethers in the last year, was a good excuse to bond together once more and even rekindled our plans to do ballroom dancing regularly as a form of exercise.

My former officemates at the Board of Investments met twice to practice their "rap" and dance number. It was an opportunity to also do a "project" together with their children who helped conceptualize and teach the steps.

My colleagues at Red Cross, Rotary and Hospice were also there to share in the fun and laughter. They all readily agreed to help out and make the celebration a night to remember.

I have made many friends because of my advocacies. My children saw these friends in person and realized that there is joy in serving others. I also got to know my children's friends who contributed much to the success of the party. They have become my adopted children too.

What would life be . . . without friends?

## Community Song

### TOP OF THE WORLD

(Songwriters: *John Bettis and Richard Carpenter*)

Sung by: *Karen Carpenter*)

Such a feeling's comin' over me  
There is wonder in most everything I see  
Not a cloud in the sky, got the sun in my eyes  
And I won't be surprised if it's a dream

Everything I want the world to be  
Is now coming through especially for me  
And the reason is clear it's because you are here  
You're the nearest thing to heaven that I've seen

Refrain:

I'm on the top of the world lookin' down on creation  
And the only explanation I can find  
Is the love that I've found ever since you've been around  
Your love's put me at the top of the world

Something in the wind has learned my name  
And it's telling me that things are not the same  
In the leaves on the trees and the touch of the breeze  
There's a pleasin' sense of happiness for me

There is only one wish on my mind  
When this day is through I hope that I will find  
That tomorrow will be just the same for you and me  
All I need will be mine if you are here

Repeat Refrain

# Crossroads

PDG Mario R. Nery

## The Tragedy In Japan

How do we, as fellow human beings, look at the disaster that has befallen the Japanese people in the wake of the Earthquake, Tsunami and the Nuclear Fall-out all happening at the same time to them? How do we, as Rotarians, respond to what has been described as a tremendous humanitarian disaster of a neighbor who has been very generous with its resources to Philippine Rotary for so many years? Let me recount what Japanese Rotarians have done in Rotary.

Next only to the United States, Japan has the largest contribution to the Rotary Foundation. I even feel that on a per capita basis, the Japanese may even be higher than the Americans. Japan holds the record for the most attendance in Rotary International Conventions. They held at least three Conventions with over 30,000 delegates, one exceeding 40,000. The reason for that is that almost every Japanese Rotarian registers for the Convention when it is held in Japan, even if not all of them will attend. All for pride of country. Our club, like many other clubs here, has been the recipient of a Matching Grant from Japan that allowed us to conduct an innovative and very successful project, dubbed "After Polio Plus, What?" It was so innovative that three Japanese doctors came to observe how it was done. The project was simple. Our late member, Dr. Mandy Saguin, would operate on Polio victims so that they can walk again and have a new life, and over the period of the grant, we operated more than 35 beneficiaries, all of them successfully.

It is not only Rotary that has been the recipient of Japan's generosity. In the early years after the war, all the brand new Toyota road vehicles of the Red Cross were donated by Japan Red Cross. Until today, it continues to make donations whenever we have disasters. The country itself has hundreds of kilometers of road and other infrastructure built with the help of the Japanese. These are the same people who now need, at the very least, our sympathy and prayers. Perhaps the Club can pass a resolution of sympathy and one-ness with the Japanese Rotarians in this their hour of need, at the very least.

## NEWSBITS



### **\*March 21 – Pneumonia vaccines for Senior Citizens Part 2**

Monday afternoon, senior citizens of Barangay Horseshoe gathered for pneumonia immunization. A total of 19 persons were served.

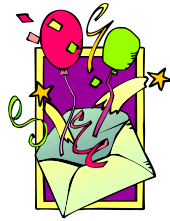
On hand to represent Congresswoman Bernadette Herrera-Dy were LG Suzette Lee and Executive Director of Bagong Henerasyon Foundation Evelyn Paulino. Barangay Captain Josie Ang, Rtn Irma Pizarro and Pres Baby Allado (who administered the vaccines) were also present.

The senior citizens were given identification cards by the Foundation to avail of medical services and other benefits.

### **\*RCNMH to organize community-based Interact Club at Barangay Horseshoe**

At a recent Horseshoe Village Homeowners' Association meeting, it was decided that a community-based Interact Club be organized to complement the activities of the SK in the barangay.

IPP Boone Ongchoco volunteered to be the adviser while his daughter volunteered to lead in the formation of the Club. This early, they are already planning for the service projects during summer.



## Greetings to our Birthday Celebrants!

**March 9 – Dexter Qua & Baby Allado**

**March 11 – Nick Torre**

**March 20 – Jodie Moreno**

## CALENDAR OF ACTIVITIES

### MARCH – LITERACY MONTH

- March 1 -Regular Weekly Meeting – Speaker on Innovative Housing: Engr Ron Yap
- March 4 -Donation of Encyclopedia to PBES
- March 5 -District Team Training Seminar, Manolo Lopez Development Center, Antipolo
- March 6 -Board meeting
- March 7-13 -World Rotaract Week
- March 8 -Cultural Tour of GSE Inbound Team  
-Speaker on Stem Cell Transplants:  
Dr. Florencio Lucero  
-MOA Signing Karunungan at Kabuhayan Branch  
- Deadline for PHF with 50% discount  
-Pneumonia vaccines for PBHS Senior Teachers
- March 15 -Talk on Real Estate Innovation  
-Classification Talk (Jun Quilicot)
- March 18 -Donation of books -Balading Elementary school, Malinao, Albay
- March 19 - Seminar on Public Speaking and e-Bulletin
- March 22 -Classification Talk (Bong Domantay)  
-3<sup>rd</sup> Quarter Club Assembly**
- March 24-26 –DISCON 2011, Subic**
- March 25 -District Leadership Seminar, Subic**
- March 29 -Signing of Sister Club agreement  
-Recognition of Rotaractors**

## Historic Moments: Origins of Group Study Exchange

By Susan Hanf and Lauren Kalal

Rotary International News -- 16 March 2011

Group Study Exchange team members visit a nuclear research project near Geneva, circa 1967. *From the November 1967 issue of The Rotarian.*



In January 1964, the RI Board of Directors & The Rotary Foundation Board of Trustees approved Group Study Exchange as an official Rotary program. Thirty-four teams from 17 pairs of districts participated in the first round of exchanges during the 1965-66 and 1966-67 Rotary years.

But young people had been traveling the globe with support from Rotary clubs well before this decision. In 1950, six young men from England went to New Zealand, led by English Rotarian Geoff Morton and financed by clubs in Yorkshire. They traveled the country, staying with Rotarians along the way.

Rotarian Ralph Vernon proposed a similar endeavor in 1955 to clubs in northern New Zealand, who wanted to commemorate Rotary's golden anniversary with a districtwide effort. District 39 (now districts 9910, 9920, 9930, and 9940) created the Rotary Overseas Travel Award program, and John Ledgerwood, of the Rotary Club of Hamilton, led the first team on a trip to Great Britain.

The program was so successful that district leaders in New Zealand decided to continue it after the anniversary celebrations had ended. Over the next few years, teams from New Zealand traveled to Canada, India, Japan, Sri Lanka, and the United States. New Zealand Rotarians welcomed visitors from these countries as well as from Pakistan.

In the early 1960s, the Trustees began considering programs for non-Rotarians that would promote international goodwill and understanding. One plan was for small groups of young business and professional men to travel from one Rotary district to a district in another country.

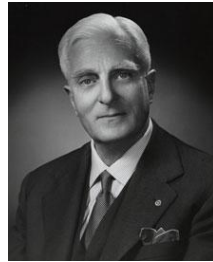
Harold T. Thomas, a New Zealand Rotarian who served as RI president in 1959-60, shared information about the Rotary Overseas Travel Award with the Trustees. Soon after the Board and Trustees approved Group Study Exchange, Vernon and other Rotarians with experience in group exchanges and vocational training were invited to finalize the details of the new Foundation program.

In the nearly five decades since, more than 70,000 young men and women have traveled the globe as part of Group Study Exchange teams.

## Quote of the Month: Understand and be understood

*Rotary International News -- 17 February 2011*

Gian Paolo Lang, 1956-57 RI president



### Each month, we highlight a piece of Rotary history and share an inspirational quote from past Rotary leaders. February's quote:

"The spirit of Rotary is not exclusive; it expands. It is not local, it is universal. And so the wish to understand and to be understood, the wish to see the virtues rather than the faults in others, the longing to find out what we have in common rather than what divides us — these can be widely shared."

— Gian Paolo Lang, 1956-57 RI president, address to 1957 convention

## Rotarians celebrate Rotary's birthday by giving generously

*Rotary International News -- 11 March 2011*

Because of Rotarians' generosity, The Rotary Foundation raised about US\$ 4.1 million through the double Paul Harris Fellow recognition incentive. These donations will make a difference in the lives of the thousands of people who benefit every year from humanitarian projects funded by the Foundation.

In honor of Rotary's birthday on 23 February, online contributions of \$100 or more to the [Annual Programs Fund](#) received double recognition credit. Given the enthusiastic support of Rotarians, the Foundation extended the double recognition points incentive to 24 February.

## PRAYER

Lord, I just want to say **THANK YOU**, Because today I woke up and knew where my children were.

Because today my home was still standing,  
Because today I am not crying  
Because my spouse, my child, my brother or sister, my parent does not need to be buried or to be pulled out from underneath a pile of concrete,  
Because today I was able to drink a glass of water,  
Because today I was able to turn on the light,  
Because today I was able to take a shower,  
Because today I was not planning a funeral,



But most of all I thank you today because I still have life and a voice to cry out for the people of Japan.  
Lord I cry out to you, the One that makes the impossible, possible,  
The One that turns darkness in to light,  
I cry out that You give those mothers strength,

That You give them peace that surpasses all understanding,  
That You may open the streets so that help can come,  
That You may provide doctors, nurses, food, water, and all that they need in a blink of an eye.

For all those that have lost family members, give them peace, give them hope, give them courage to continue to go on!  
Protect the children and shield them with your power.  
I pray all this in the name of Jesus!!!

THIS WONDERFUL PRAYER WAS PASSED ON TO US  
SO WE ARE PASSING IT ON. EVERY LITTLE BIT HELPS!

### QUOTE OF THE DAY

**"You will never be the person you can be if pressure, tension and discipline are taken out of your life."**

~James G. Bilkey

From Motivation in a Minute

## PHOTO

## GALLERY



1-PP Boy -Rotary Information



2-Jun Quilicot – Classification Talk



3-Sinful Chicharon



4-Rtn Amba Al -4-Way Test sharing



Pres Baby handing over Php 5,000 received during her birthday as donation to RCNMH



Plaque of appreciation to Speaker from Alveo Land and his group



2<sup>nd</sup> place Trophy for RCNMH in Class B of Rotabowl 2011



Book donation to Principal Ferdinand Canicula and teachers by President Baby & Rtn Irma at the Balading Elementary School (in Malinao, Albay)