

## 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 OUT-OF-VENUE meeting of the Rotary  
Club of New Manila Heights on May 24, 2011 held at  
Stronghand, Inc, 1660 E. Rodriguez Sr. Ave., Quezon  
City.

\_\_\_\_\_  
**BERNADETTE REDUBLO**  
Secretary

Rotary Club of New Manila Heights  
Out-of-Venue Meeting  
6:00 pm, May 24, 2011 (Tuesday)  
Stronghand, Inc, 1660 E. Rodriguez Sr. Ave. , Quezon City

## PROGRAM

<b>Call to Order</b>	Pres. Ma. Elisa "Baby" Allado
<b>Invocation</b>	PP Rolando "Butch" Pacana
<b>National Anthem</b>	PE Alejandro "Alex" Buot
<b>Introduction of Visiting Rotarians &amp; Guests / Announcements</b>	Sec. Bernadette "Badette" Redublo
<b>The 4-Way test</b>	IPP Daniel "Boone" Ongchoco
<b>Rotary Information</b>	PP Roman "Boy" Escueta
<b>Short Introduction to Target Shooting</b>	Rtn. Nicolas "Nick" Torre III
<b>Community Singing</b>	Sec Bernadette "Badette" Redublo
<b>RCNMH Hymn</b>	PP Eduardo "Ed" Aguila
<b>Adjournment</b>	Pres. Ma. Elisa "Baby" Allado

**Night Chair:** Rtn. Nicolas "Nick" Torre III

## President's Corner

Ma. Elisa "Baby" Allado

### Trying New Things



Last Saturday, May 21, I (2<sup>nd</sup> from right, front row) was inducted as Trustee of the UP College of Business Administration Alumni Association at the UP Executive House. Two other prominent Rotarians are with me : RI 3780 PDG Bimbo Salazar (2<sup>nd</sup> from left, back row) who is the Treasurer and RI 3830 DGE Robert Kuan (center, front row) who is the President. Our class (1971) are Ruby Jubilarians this year.

Yes, I was a business graduate before I became a doctor. When I graduated from College, little did I know that I would be a physician (my childhood dream) some day. After attending a seminar on "Passages...Never too late to change Careers", I decided to pursue a second career in Medicine despite all odds – age (45), failing memory, physical limitations. With lots of prayers, experience and resolve, I made it without failing any subject and passing the Board exams in one take. Divine Providence had a lot to do with it. Otherwise, it would not have been possible.

I have always been adventurous. I went to Pagsanjan to shoot the rapids way back in College, climbed the rice terraces in Banawe and traversed 3 mountains on foot with fellow doctors 7 years ago, went white water rafting in Davao 3 years ago.

Tonight, we try a field only Col. Nick is familiar with. He will share with us this experience not only to equip us with self-defense skills but also to introduce us to target shooting. Most of us question its relevance to Rotary work. I would view it as an opportunity to learn something new.

## Community Song

### Bonggahan

Artist: Sampaguita  
(G. Perez)

Panahon na para magsaya  
Forget mo na ang problema  
Pa-dance dance, para sumigla  
Rock 'n' roll hanggang umaga  
Wa ko type ang magpa-cry cry  
Type ko ay todo bigay  
Kaya join na lang kayo  
Let's all have a good time.

(Ad lib)

Refrain

Di ko say na magwala ka  
Ang say ko lang ay magpabongga ka  
Stop ka na sa pagdurusa  
Ride ka lang sa problema.

Di ko trip ang magpasabog  
Hate na hate ko ang matulog  
Trip ko lang na umiksena  
Heto ay sobrang pilya  
Wag ka say na lang, kumadre  
Bow ka lang ng bow  
Pa-sing sing ka lang  
Para ikaw ay sumaya.

Repeat Ad lib, Refrain & 1st verse

Kaya join na lang kayo  
Let's all have a good time  
Kaya join na lang kayo  
Let's all have a good time

## **Crossroads**

Mario Nery

### The Challenges of the New Team

I am informed that we have filled up the vacant slots in the Club Board for RY 2011-2012. Here are some unsolicited recommendations:

1. Realize that it is later than you think. You only have one month to do what probably is your most important job - crafting your program for the whole year. A well crafted plan is the necessary pre-condition if any organization is to become successful. You fail in your planning(if it is haphazardly done), you will find yourself putting out small fires the rest of the year. Invest all the time available these last 5 weeks to meet and meet until you are sure you have covered all courts. Set your standards high. That is what a Most Outstanding Club does.
2. Consult the members as often as possible if you want them to own the programs as well. If you don't, you will find by your lonely self implementing the programs that everyone should. It takes a large dose of humility to do this, but it never fails. After all, the programs are club programs, not board programs.
3. It is not a question of having the most number of small programs. To quote the bible, that is what Martha was doing when Jesus told her she was doing so many unimportant things instead of doing the one thing most important of all - to listen to the word of life. Let us have a good mix of big and small things. That is what makes a club exciting and strong.
4. Getting involved in the District is fine, but when it is overdone, it can be at the expense of the Club. The primary responsibility of club officers is clearly spelled out, and only one of the many refers to building capacity for beyond the club service. The rest is for building the capacity of the club.
5. Ask anyone in the club for help. Only those who ask receives.

## **RECOGNIZING A STROKE**

***Thank God for the sense to remember the '3' steps, STR. Read and Learn!***

***Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.***

***Now doctors say a bystander can recognize a stroke by asking three simple questions:***

***S*** \*Ask the individual to SMILE.

***T*** \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE  
(Coherently)

*(i.e. It is sunny out today.)*

***R*** \*Ask him or her to RAISE BOTH ARMS.

***If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.***

***New Sign of a Stroke ----- Stick out Your Tongue***

***NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.***



### Greetings to our Birthday Celebrants!

- May 1 – Elsa Unson**
- May 13 – Robert Ang**
- May 15 – Inday Nery**
- May 18 – Annabelle Jereza**
- May 19 – Janice Adolfo**
- May 24 – Rhose Montreal**

### CALENDAR OF ACTIVITIES MAY

- May 2 - - EEPD Orientation for RID 3780, Rotary Center
- May 7 - - Operation Tule (Circumcision)
- May 14 - - DISTAS, Valle Verde, Pasig City
- May 17 - - Club Assembly
- May 21 - - Rotaract DISCON, Philips Sanctuary, Antipolo
- May 21-25 - - RI Convention, New Orleans, USA
- May 24 - - Out-of-Venue Meeting
- May 29 - - Start of ROBOT bowling tournament
- May 31 - - Orientation and Induction of New Members



### PRAYER

Dear Lord, as we gather once again as a Club, let us recall your words, “Do not let your hearts be troubled”. We know You are always with us and that we are assured of Your care and protection.

As we prepare to hand over the leadership of our Club to a new team, instill in each and every incoming Officer a fervent commitment to serve others above self. May all our members continue to support the Club projects as a team to ensure success. Amen.

#### THOUGHT OF THE DAY

**"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."**

**~Albert Einstein**

#### QUOTE OF THE DAY

**"The only question in life is whether or not you are going to answer a hearty 'Yes!' to your adventure."**

**~Joseph Campbell**