

## 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 the Rotary  
Club of New Manila Heights on May 3, 2011 held at  
Peñafrancia Hall, Mt. Carmel Shrine Parish Church,  
5<sup>th</sup> St., New Manila, Quezon City.

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**BERNADETTE REDUBLO**  
Secretary

## Rotary Club of New Manila Heights

### Regular Weekly Meeting

7:30 pm, May 3, 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>	PE Alejandro "Alex" Buot
<b>National Anthem</b>	PN Alexander "Alex" Arrojo
<b>Introduction of Visiting Rotarians &amp; Guests / Announcements</b>	Sec. Bernadette "Badette" Redublo
<b>The 4-Way test</b>	Rtn Perfecto "Jun" Quilicot, Jr.
<b>Rotary Information</b>	PP Eduardo "Ed" Aguila
<b>Recognition Time</b>	PP Floro "Jun" San Juan
<b>Community Singing</b>	PP Alfonso "Ponchit" Miranda
<b>President's Time</b>	Pres. Ma. Elisa "Baby" Allado
<b>RCMH Hymn</b>	Rtn Warren "Bong" Domantay
<b>Adjournment</b>	Pres. Ma. Elisa "Baby" Allado

**Night Chair:** Dir. Josefina "Josie" Ang

## President's Corner

Ma. Elisa "Baby" Allado

*Sharing this piece with all of you. Hazelyn is a Grade 6 teacher [of the Ateneo de Manila University]. She wrote this piece for an elocution contest. Annually some teachers compose the pieces in English & Pilipino.*

### ..... Through The Eyes Of A Filipino .....

*Hazelyne M. Elgar*

Listen to me!

You might think we are a poor nation, but when I look around me I do not see just poverty.  
Instead, I see farmers, back bent from sun up till sun down nurturing the land.

I hear fisher folks heaving, as they gamble with their lives  
amidst angry winds & rough water just to nourish their families.

I feel the weary legs of children from far-flung barrios, as they cross rivers & mountains & walk for miles,  
just to get to school because they still dream.

I see determination in the eyes of street children playing tag with cars flying past on a ruthless highway  
in order to augment their parent's meagre earnings. In the face of destitution, the Filipinos are steadfast.  
That is courage.

You rebuke us for the graft & corruption plaguing our government,  
but when my eyes skim the front pages of broadsheets, I do not see hopelessness.  
Instead, I am inspired by stories about pushcart classes & strangers swimming in deep murky flood  
waters to save nameless individuals.

I immerse myself in news about how my countrymen unceasingly believe in the spirit of unity.  
I revel because millions of Filipinos still voted for change. At times when we are at the receiving end of  
the world's censure, I choose to see the noble intentions of fallible men to help.

In tumultuous situations, when the urge to hold others culpable is difficult to resist,  
I hear a leader embracing the liability just like a leader should. In the face of adversity,  
the Filipinos are united.

That is courage.

You chastise millions of my countrymen for leaving our motherland to seek greener pastures.

Answer me this:

have you ever listened to how they whimper at night because they long for home?

When Filipinas, forced to work away from their dear ones, shed silent tears as they lull to sleep infants  
not their own. I begin to understand what unconditional love is.

You lure away our engineers, artists and teachers with a promise of a good life.

The loving hands of our nurses tend the health of your people. Do not dare ask why we need to fill the  
void in your labor force!

The Overseas Filipino worker is intelligent, ingenious, hard working and resilient.

I see that, and in my eyes they are heroes. In the face of obligation, the Filipinos are self-sacrificing.

That is courage.

You are at liberty to express your opinion about my country, but you can never take away my pride,  
for I belong to a people united in faith and love. I am Filipino, & no matter where I go I will always be one.

I do not doubt that the time for change will one day come for the Philippines.

Our flag, cast in the sun's glorious light, will be waving high.

My country men's sacrifices will not be in vain.

We will face the future with courage. As one, we will reach out to the world & the world will embrace us.

Believe me, because I will take the lead.

## Community Song

### The Green Leaves Of Summer

(Performed by Brothers Four )

Wo...wo...

A time to be reaping

A time to be sowing

The green leaves of summer

Are calling me home "

Tw'as so good to be young then

In the season of plenty

When the catfish were jumping

As high as the sky

A time just for planting

A time just for ploughing

A time to be courting

A girl of your own "

Tw'as so good to be young then

To be close to the earth

And to stand by your wife

At the moment of birth, wo...

A time to be reaping

A time to be sowing

A time just for living

A place for to die "

Tw'as so good to be young then

To be close to the earth

Now the green leaves of summer

Are calling me home "

Tw'as so good to be young then

To be close to the earth

Now the green leaves of summer

Are calling me home

## IPP BOONE makes up in CANADA



IPP Boone and RC Richmond Sunrise President Judy May exchanging club bannerettes



IPP Boone with some RC Richmond Sunrise members, including Pres. Judy May to his left, PE Mary Lou Miles to his right, and Fil-Canadian member Elena Agala at the far left

## Donor recognition totals

Rotary International News -- 26 April 2011

With the important contributions of these generous donors, The Rotary Foundation is fulfilling its promise of creating a polio-free world, helping children and families live healthier lives through Rotary's Humanitarian Grants Program, and educating young people about cultures worldwide. Rotary World Peace Fellows are engaging in the study of peace building, which may allow them to participate in resolution efforts in some of the world's most challenging situations. Below are totals as of 31 March 2011.

- Arch C. Klumph Society members -- 304
- Major Donors -- 13,548
- Bequest Society -- 7,522
- Benefactors -- 85,311
- Paul Harris Fellows -- 1,274,780

## Indian philanthropist donates another US\$1.12 million to polio eradication

By Antoinette Tuscano  
Rotary International News -- 29 March 2011



Rajashree Birla has given a combined total of more than \$4.2 million to The Rotary Foundation for polio eradication.

*Rotary Images*

Rajashree Birla, of Mumbai, Maharashtra, India, has donated another US\$1.12 million to The Rotary Foundation in support of Rotary's US\$200 Million Challenge.

Including this contribution, Birla has given a combined total of more than \$4.2 million to the Foundation for polio eradication. Foundation Trustee Ashok M. Mahajan says that Birla's extraordinary generosity stems from her belief that giving to others is the best way to make a lasting change in the world. As a mother, she has compassion for the young victims of polio and wants to help Rotary achieve its goal of eradicating the disease, he says.

The Aditya Birla Centre has helped immunize about three million children against polio in 3,200 villages in India, one of the four remaining polio-endemic countries.



### 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 21 - - Rotaract DISCON, Philips Sanctuary, Antipolo
- May 21-25 - - RI Convention, New Orleans, USA
- May 28- - - RCNMH Family Summer Outing



April 12 – PP Boy Escueta’s birthday treat



April 26 – CP Oyie Valarao’s birthday treat



## PRAYER

Father in heaven, we are grateful for the many blessings we have received as individuals and as a Club in District 3780. Thank you for the opportunities you have given us and for the grace to rise up to Your invitation to serve above and beyond ourselves. May we continue to bless others in the days and years ahead so that we may bring honor to Your Name, hope to those in despair, inspiration to those who are in need of direction and guidance, love to those who feel that no one is there for them.

Thank You also for raising up holy men and women like Blessed John Paul II. He has touched so many by his example and love for others. May we want to follow a man such as him who gave his all to be like You.

Be glorified, O Risen Lord, in our lives. We are a people of hope; we are an Easter People and Hallelujah is our song. Amen.

### THOUGHT OF THE DAY

**"A can-do attitude makes the impossible, possible."  
~Scott Beare**

### QUOTE OF THE DAY

**"Our dreams form our vision, our vision establishes our beliefs, and our beliefs determine the actions needed to accomplish our dreams. This chain of events allows us to take charge of our destiny."  
~Scott Beare**

From Motivation in a Minute

7. Enlightened selfishness: All of us are basically selfish. Whatever we do, we expect something in return. We should definitely be grateful to those who stood by us. But our focus should be on the internal satisfaction and happiness we derive by doing good to others, without expecting anything in return.

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8. Forget and forgive: Don't be bothered too much about others' mistakes. We are not spiritual enough to show our other cheek when we are slapped in one. But for the sake of our own health and happiness, let us forgive and forget them. Otherwise, we will be only increasing our BP.

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9. Everything has a purpose: Take life as it comes. Accept yourself as you are and also accept others for what they are. Everybody is unique and right in his own way.

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10. Overcome the fear of death: We all know that one day we have to leave this world. Still we are afraid of death. We think that our spouse and children will be unable to withstand our loss. But the truth is no one is going to die for you; they may be depressed for some time.

everything  
carry on.....



Time heals  
and they will

**RCNMH receives 2 Awards at the RI3780 District  
Awards Night:  
Best in Literacy  
Best in International Service**

RCNMHers who attended were: PP Raffy Pefianco (with spouse Chili and son), Pres Baby, PN Alex Arrojo, Rtns Jeff Briones, Irma Pizarro, Annabelle Jereza and Cris Yenko. Sec Badette Redublo was on her way to the event but developed stomach trouble and decided to go home instead

**Life can begin at 60, it is all in your hands!**

S. Ramachandran -

Many people feel unhappy, health-wise and security-wise, after 60 years of age owing to the diminishing importance given to them and their opinion. But it need not be so, if only we understand the basic principles of life and follow them scrupulously. Here are ten mantras to age gracefully and make life after retirement pleasant:

1. Never say 'I am aged': There are three ages, chronological, biological, and psychological. The first is calculated based on our date of birth; the second is determined by the health conditions and the third is how old you feel you are. While we don't have control over the first, we can take care of our health with good diet, exercise and a cheerful attitude. A positive attitude and optimistic thinking can reverse the third age.

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2. Health is wealth: If you really love your kith and kin, taking care of your health should be your priority. Thus, you will not be a burden to them. Have an annual health check-up and take the prescribed medicines regularly. Do take health insurance cover.

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3. Money is important: Money is essential for meeting the basic necessities of life, keeping good health and earning family respect and security. Don't spend beyond your means even for your children. You have lived for them all through and it is time you enjoyed a harmonious life with your spouse. If your children are grateful and they take care of you, you are blessed. But never take it for granted.

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4. Relaxation and recreation: The most relaxing and recreating forces are a healthy religious attitude, good sleep, music and laughter. Have faith in God, learn to sleep well, love good music and see the funny side of life.

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5. Time is precious: It is almost like holding a horse's reins. When they are in your hands, you can control them. Imagine that everyday you are born again. Yesterday is a cancelled cheque. Tomorrow is a promissory note. Today is ready cash, use it profitably... Live this moment...

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6. Change is the only permanent thing: We should accept change. It is inevitable. The only way to make sense out of change is to join the dance. Change has brought about many pleasant things. We should be happy that our children are blessed.

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April 26 -Recognition Awards to Summer Linguistics Institute Philippines for youth development & community building



**PHOTO GALLERY**



April 26 – Awarding of Winner of Propagation of the 4-way Test essay competition among Rotarians -PP Homer Cu of RC Midtown QC



Trophy won by PN Alex Arrojo



April 12 – Charging & Induction of new members – Vivian and Lilia

May 1- Final Vaccines for Senior Citizens



April 16 – Urban Vegetable gardening at Barangay Horseshoe