

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
Saturday	English Enhancement & Personality Development Program 1-3pm at P. Bernardo High School, P. Tuason Blvd. QC	

Certificate of Attendance

This certifies that Rotarian _____
attended the regular weekly meeting of Rotary Club of New Manila
Heights held at Peñafrancia Hall, Mt. Carmel Shrine, Quezon City on
November 16, 2010.

Bernadette Redublo
Club Secretary

Rotary Club of New Manila Heights
REGULAR WEEKLY MEETING
7:30 pm, November 16, 2010 (Tuesday)
Mt. Carmel Shrine Parish, Peñafrancia Hall, 5th St., Quezon City

P R O G R A M

Call to Order	Pres. Ma. Elisa "Baby" Allado
Invocation	PE Alejandro "Alex" Buot
National Anthem	Dir. Aladin "Al" Villacorte
The 4-Way test	Rtn. Alejandro "Alex" Torres
Rotary Information	PDG Mario "Mar" Nery
Introduction of Visiting Rotarians & Guests / Announcements	Sec. Bernadette "Badette" Redublo
INTERACT PRESENTATION	
Club Activities for the Year	Pres. Jalline Pebres
Benefits of Interact in PBHS	Adviser Magdalena Medrano
Entertainment Number	PBHS Interactors
Open Forum	
President's Time	Pres. Ma. Elisa "Baby" Allado
RCNMH Hymn	Dir. Francisco "Pancoy" Saavedra
Adjournment	Pres. Ma. Elisa "Baby" Allado

Night Chair: PP Rolando "Butch" Pacana

President's Corner

Ma. Elisa "Baby" Allado

PERSEVERANCE

In one of my readings, it is said that "If you looked for a word to describe success, it would have to be **perseverance**. There have been a lot of potholes and detours along the road to success, but perseverance always makes a way!"

A book written by BJ Gallagher entitled "The Best Way Out is Always Through (Staying the Course)" captures the essence of perseverance.

Gallagher says that "our journey of life is **progress, not perfection**". Hence it is not a matter of doing one thing 100% better but doing 100 things 1% better each day. We tend to measure success in terms of leaps and bounds (in miles) such that success takes a long time to achieve. On the other hand, counting the little successes (in inches) is better because it builds up to bigger successes and progress evolves.

He advises us to think of two or three little things that we can do today that will move us forward. The distance covered can be far and wide when taken in small increments. They add up more specially when we join together and contribute our share like pearls that make up a strand.

Another example is a bead bag which starts with small beads which are slowly joined together. Before we know it, we have made a bracelet, a wallet, a bag.

In Rotary, each member of the Club is an important contributor to the success of our projects. Using our respective vocations to serve others, recruiting members to our Club, attending Club meetings and activities, paying our dues promptly - all add up to a vibrant, growing and successful Club!

PHOTO GALLERY



Nov 12 meeting: From top

- ✚ IPP Boone Ongchoco & Pres Baby Allado receiving their plaques as Paul Harris Fellows from TRF Dir. Pancoy Saavedra
- ✚ PP Boy Escueta acknowledging Rtn Rhose Montreal during Finest Moments
- ✚ RCNMHers standing to recite 4-way Test led by Rtn Bobby Ang
- ✚ PDG Mar Nery gives Rotary Information on Membership
- ✚ Baby Rtn Rhose Montreal is Night Chair for the evening

Grant beneficiaries express their thanks for the generosity of Rotarians

Rotary International News -- 15 October 2010

Five-year-old Mulambuzi Joshuah is thankful for the surgery that repaired a congenital defect in his heart. The procedure, one of 20 performed on Ugandan children in January, was made possible by a Rotary Foundation Matching Grant through the Gift of Life India program.

Former Rotary Peace Fellow Jeanette Kroes is grateful for the generosity of donors in supporting the Foundation's work in peace and conflict resolution. "I am particularly thankful to the Rotarians from all over the world, for the endless opportunities to see so many peacemakers in action," she says. "Truly, you Rotarians make up a United Nations of another kind."

Mariana Ponce is thankful for the loan she received through a microcredit program operated by Rotarians in Honduras, which allowed her to set up a small business out of her home near Tegucigalpa. She is now selling soy products to supplement the income she earns from washing laundry at a local hospital.

Every year, The Rotary Foundation funds thousands of projects like these, in the six areas of focus:

- Peace and conflict prevention/resolution
- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development

Your generous support through the Every Rotarian, Every Year initiative is making a difference by *Building Communities -- Bridging Continents*. Contribute today.

On 27 October 2010, **Dan Maxham** wrote: Rotary has proven it can get the most bang for the buck as evidenced by Bill and Melissa Gates confidence in letting us administer their donation.

On 15 October 2010, **PDG John Rasmussen, Past RRFC** wrote: That fact is, our Foundation saves lives every day and improves lives every day. For years, I have given myself a present: on my birthday: I send in my PHS gift. Give yourself a great gift by making a difference. Do it today!

Prayer



Nearly half the Rotary Year is over and yet so many opportunities exist so that our cups can be filled to overflowing through the service we give others. Continue to guide our footsteps so that we can bring the good news of hope to others You lead us to.

May our service bring You delight and pleasure, Lord for it is not our will but Yours that matters.

This November, we ask You also to remember those in our club who have gone ahead of us as with those we love who also have entered the new life You have called them to. We pray also for those who are ill and in distress that You may comfort and heal them by Your love and power.

We pray all these in Your Mighty and Glorious Name. Amen.

QUOTE OF THE DAY

"A person who never made a mistake never tried anything new."

~Albert Einstein

THOUGHT OF THE DAY

"Life is a series of experiences, each of which makes us bigger, even though it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and griefs which we endure help us in our marching onward."

~Henry Ford

From Motivation in a Minute

Crossroads

PDG Mario R. Nery

The New Generation

Continuing our series on the thoughts of Paul Harris on various aspects of Rotary, we present today, on the occasion of the presence of our Interactors, his thoughts on the new generation:

Some folks go to the mountains for inspiration, some for the rest. Learned men write of the mountains, poets sing of them, artists paint them. The boy takes them in stride. Why should he not? Were mountains made for his restless feet to climb? High though they be, his spirit is higher. They are his to triumph over.

From the Foreword to *My Journey to Rotary*

If there were within my power to live again my boyhood days, and if I could shape things to suit myself, one of the first things I would do would be to bring about a better understanding between myself and the grown-ups around me. There would be little trouble between people if everyone understood everything else; and every man certainly ought to get the boy viewpoint as far as he possibly can in order to be of real help to the boy.

*Message to a boy's group in
Huntington Park, California, U.S.A.*

According to the World Health Organization, 1.8 million children die of diarrhea every year, making it the second leading cause of death among children under five. Proper sanitation can reduce the rate of child mortality in many communities by up to a third. Water and sanitation is the third area of focus.

3. Promoting peace and conflict resolution

Watching civil war tear apart his homeland of Côte d'Ivoire instilled in Rotary Peace Fellow Kouame Remi Oussou a passion to resolve conflict. He is now working for the United Nations Development Programme in the Central African Republic, a country that weathered periodic internal fighting before a comprehensive peace accord took effect in 2007. [Read more about Oussou](#).

Rotary Peace Fellows are leaders in promoting national and international cooperation, peace, and conflict resolution. [Help support the Rotary Peace Centers](#). Peace and conflict prevention/resolution is the first area of focus. [Read about four Rotary Peace Fellows and their visions for peace](#).

2. Basic education and literacy

Education helps rebuild lives, whether it's in small rural towns or in war-torn countries. For example, a literacy project sponsored by U.S. Rotarians in conjunction with the International Reading Association (IRA) is helping Sudanese refugees rebuild their communities by equipping them to teach future generations.

The Southern Sudan Teacher Training Initiative provides refugees of the country's decades-long civil war, who are known as the Lost Boys and Girls of Sudan, with teacher training materials, guidance, and support to help them teach students in kindergarten through eighth grade. "People returning from refugee camps to rebuild their lives in Duk County are hungry for books and school supplies," says John Dau, a Lost Boy, humanitarian, and founder of the John Dau Foundation.

1. Eradicating polio

Around the world, Rotarians are taking millions of steps in walkathons, diving into icy ocean waters, and participating in other [fundraisers](#) to help Rotary fulfill its promise to rid the world of polio. Si Burgher, of the Rotary Club of Bloomfield, Indiana, USA, raised almost \$1,600 by having his shaggy eyebrows shaved.

Rotary launched its PolioPlus program in 1985. Since then, eradicating polio has been the organization's top priority. [End Polio Now](#) and help fulfill its promise.

Top five reasons to support The Rotary Foundation

By Antoinette Tuscano

Rotary International News -- 30 September 2010



By contributing to the Foundation, you advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. There are as many reasons to support The Rotary Foundation as there are ways to do good in the world.

By contributing to the Foundation, you help support the Foundation's six areas of focus, which help to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. By giving US\$100 a year through the Every Rotarian, Every Year (EREY) initiative, you become a Rotary Foundation Sustaining Member. Contributions to EREY are the primary source of funding for Foundation programs.

Here are a few ways your contributions are making change possible.

5. Fighting hunger

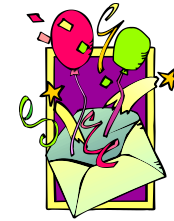
In Romania, orphans and sick children have eggs, milk, and meat because of a Foundation grant that benefits local farmers. The farmers are able to buy everything from animal feed to packaging materials. There is one stipulation: They must donate a portion of their products to children's hospitals, schools, and orphanages.

In Alaska, USA, the Rotary Club of Anchorage East is also fighting hunger by distributing food to low-income families through a mobile food pantry.

Projects such as these help address the areas of focus of maternal and child health as well as economic and community development.

4. Reducing child mortality

The Rotary clubs of Jaela-Kandana, Western Province, Sri Lanka, and Madras Northwest, Tamil Nadu, India, are helping to reduce child mortality by providing improved sanitation facilities for 15 families in a small community in Sri Lanka. With a Rotary Foundation Matching Grant, the clubs have built 14 toilets, helping to prevent diarrhea and other diseases related to poor sanitation.



A Toast to our Birthday Celebrants!

November 12 – Alex Arrojo

November 18 – Lea Laforteza

November 19 – Boyet Alfonso

November 23 – Ponchit Miranda

CALENDAR OF ACTIVITIES

NOVEMBER – ROTARY FOUNDATION MONTH

November 2 – Start of World Interact Week

Classification Talk – Rtn. Rhose Montreal

November 4 – Vocational Awards night

6:30 pm Tejeros Hall, AFPCOC, Camp Aguinaldo

November 6 – Ballroom Dancing Fundraiser

6:30pm 4th floor, Rotary Center

November 9 – RCNMH Paul Harris Recognition Night

Distribution of Nomination Forms

November 13 – MOA Signing “Every Reader a Leader”

Program (RID 3780, RID 3830 & Asia Pacific College)

November 14 – Pacquiao- Margarito fight Fundraiser

8:00am Mark Horan Hall, Mt Carmel Shrine

November 16 – Interact Night

November 17 – Rotaract Orientation, Informatics Marikina

November 19 – Livelihood –How to prepare Pickled

Vegetables- 2-5pm -Brgy Horseshoe MPH

November 23 – Classification Talk – Edward Aquino

November 25 – ‘Magsimula Ka’ Fundraiser

Music Museum

November 26 – RID 3780 “Araw ng Pagbasa” Project

PBHS students at PBA Games, Araneta

November 30 – Induction of New Members

FROM ROTARACT OF INFORMATICS DILIMAN

By Dir. Glenn Macatiag

Please see below our schedule of activities:

1. November 8, 2010 - (Cake raffle to raise funds for the upcoming activities, done through the collaborative efforts of NSTP classes of M'Jane (Overall Coordinator), M'Eunice, and M'Tess together with the Rotaract Club of Informatics Diliman)
2. November 13, 2010 - (Visitation with Gift-giving (NSTP Classes and Rotaract Club of Informatics Diliman) and Medical Mission (c/o Philippine Red Cross QC Chapter)
3. November 19, 2010 - (Educating Nursery Level Proper Hygiene Program (ROGEMSON to sponsor alcohol)- joint project of PRCQC and Rotaract Club of Informatics Diliman)
4. November 21, 2010 - (I-SHARE - Bahay Ampunan Visitation and Gift-giving Project (NSTP Classes and Rotaract Club of Informatics Diliman)
5. November 27, 2010 - (MAAGANG PAMASKO - School Supplies donation for the fire victims of SAUYO) (we still need to confirm availability of the recipients) - Rotaract Club of Informatics Diliman)

Hoping for your support to our up-coming projects. Your monetary assistance and donations will be deeply appreciated.

Please invite your prospective members to attend our weekly meetings and/or projects for possible induction on November 30, 2010. Please submit names to Membership Director Al Villacorte for proper evaluation and endorsement to the Board.

PHOTO GALLERY

Nov 13 – MOA Signing on Every Reader a Leader (ERAL) Program



Partners: RID 3780 (RC New Manila Heights, RC Batasan Hills, RC Commonwealth), RID 3830 (RC Makati-Paseo De Roxas) & Asia Pacific College



Nov 9 - Recognizing RCNMH Paul Harris Fellows (IPP Boone Ongchoco & GP Baby Allado) & Sustaining Members (PP Elsa Unson, Assistant Treasurer/Dir. Annie Torres x 2 & Rtn Alex Torres)

DAVAO GETAWAY



Mt Apo peak



Tasting Durian ice candy at Lola Abon's



Jetty going to Chema's resort



Chema's swimming pool



Jade plant at Eden Nature Park



Banca ride back from Samal island



Peacock at Eden Nature Park



RCNMH OUT-OF-TOWN MINI FELLOWSHIP

By PP Boyet Alfonso



Pres. Baby Allado hosted a group of RCNMHers in her hometown in Davao City for a 3-day trip of sightseeing, sumptuous food, shopping, fun and, of course, fellowship.

The group, composed of spouses Boyet and Noemi Alfonso and Alex and Joy Arrojo, sisters Josie Ang and Beth Perez, and Irma Pizarro, left

Manila last November 10 at the ungodly hour of 4 am. After storing their baggage at Pres. Baby's condo, the early birds were immediately off to the Eden Nature Park at the mountainous area of Davao City. This 80-hectare private property is a man-made forest of lush foliage and



beautiful flowers, a plantation of various vegetables and spices, an area for outdoor sportsmen with Zip-Line facilities (Pres. Baby & Josie were banned from this area), & a pond. The farm also has cottages strewn about the



area and facilities for weddings, banquets, and seminars.

Lunch was served at Pres. Baby's ancestral home at the heart of the city – limitless rounds of alimango, sugpo, samaral fish, pusit (so who's dieting?). Afternoon was reserved for early shopping and



dinner at one of Davao City's famous ihawan eateries (Harana). Back in the condo, we treated ourselves (at least those who could) with durian, marang, and lanzones.



Early the next day, we were off to Samal Island, just off the coast of Davao City for the beach and swimming. Samal Island is home to the famous Pearl Farm



but we preferred to go to the nearer Chema's Resort, which also has white sand beaches and clear clean waters.

Lunch was biik and lumpia ubod and delicious eggplant & onion salad.

By the afternoon, we were at the Philippine Eagle Reserve, a sanctuary for the endangered Monkey-eating eagle, home to the well-known eagle-in-captivity, Pag-asa, who is being bred to increase the



population. There were various other types of eagles and hawks in the sanctuary, which also contains an area for monkeys (we were really quite curious if these monkeys were being fed to the eagles; maybe not).



In the evening we decided to be un-Davaweño - we ate in a Japanese restaurant, owned by a Filipina married to a Japanese, with a

kitchen run by a Japanese chef, but the Japanese food was lousy (we learned that when in Davao, eat as the Davaweños do; so avoid Japanese restaurants).



The morning of our last day was spent at the Sul Orchid Farm, a 5-hectare property containing rows and rows of orchids of all varieties. On display at the entrance were the farm's award-winning entries to competitions,



really amazing and so beautiful!

For lunch, we just had to try Davao famed restaurant by the sea (at Times beach) which serves barbecue, kinilaw, lato (seaweeds), Tuna panga and rice cooked in nipa leaves.

By the afternoon it was back to reality when we knew our trip was at an end and we had to spend hours trying to balance the weight of our check-in luggage and our hand-carried bags (it is easy to get carried away with shopping because everything is really cheap in Davao but, then again, there is the overweight charges imposed by Cebu Pacific for promo fares).

As we left the city, we realized just how big Davao is and why it is the biggest city in the world in terms of land area - except for Samal Island, all the places we visited were



within the city limits.



And as we touched down at NAIA 3, we were all wondering where the next mini-fellowship would be and how many more RCNMH members will join. Bohol or Palawan, anyone?