



Night Program

October 20, 2009

Call to Order	Pres. Daniel A. Ongchoco
Invocation	PP Elsa Unson
National Anthem	Rtn. Rizza Genil
Meals & Fellowship	
Community Singing	Rtn. Janice Adolfo
Introduction of Visiting Rotarians & Guests	PP Rod Lejano
Announcements	Sec. Annie Torres
President's Time	Pres. Daniel A. Ongchoco
Introduction of Guest Speaker	VP Alex Buot
Guest Speaker	Engr. Eli Tadeo Demafelis
Rotary Hymn	Rtn. Benjie Javier
Adjournment	Pres. Daniel A. Ongchoco

Night Chair: Rtn. Glenn Macatiag

Certificate of Attendance

This certifies that Rotarian _____
attended the regular meeting of the Rotary Club of New Manila
Heights held at the Penafrancia Hall of Mt. Carmel Shrine
Parish, October 20, 2009.

Annie Torres

Club Secretary



The President's Corner

by: Pres. Daniel "Boone" Ongchoco

PARTNERS IN SERVICE



Unbeknownst to many, the Rotary International 1st Philippine Project Fair is just a stone's throw away on November 26, 2009, coinciding with the Rotary Zone Institute Manila 2009 on November 27-29. Our club happens to also be one of 22 participating clubs from District 3780. The Project Fair 2009 will allow us to market some of our projects that may be in need of funding. This is extremely crucial given the recent closing of the TRF matching grant window effective September 1 of this year. Among the projects that our Club has lined up for funding are the dental facilities for our Kalusugan Center, the training equipment for our tech-voc courses in the Karunungan at Kabuhayan Center, the toilet and library repair at P. Bernardo Elementary School, the expansion of the e-Library facilities in P. Bernardo High School, among others.

As I was going about doing the exercise of filling out the various forms and exhibit templates, there was this section about "Partners in Service." As I was filling up this entry across our various projects, I couldn't help but be amazed at the numerous service partners we have for our various endeavours. To go through the litany of partners, we have the Barangay Horseshoe Council, Philippine National Red Cross-Quezon City Chapter, Kabisig ng Kalahi, Mead Johnson Nutritionals, Anlene Milk, SM Foundation, Philippine Cancer Society, the Quezon City LGU, Informatics International College-Diliman, TESDA, Alay Buhay Community Development Foundation, Glad News Foundation, Global Quality Education Providers, Manila Water Company, ATRIEV School for the Blind, Nutrition Center of the Philippines, Eco-Life Foundation, our sister club in Seoul Gangnam and many other Rotary Clubs (both within and outside our District and even outside our country).

Indeed, in the same way that no man is an island, no club can also stand alone without the help of these partners in service. It is truly amazing the kind of power and clout the brand name "Rotary" can carry. Just by saying the magic word, donors and partners somehow always find themselves falling in line giving in cash or in kind.

Thus, I find it unforgivable if we fail on our service mandate simply because all it takes sometimes is a matching grant application, an email, a phone call, or simply a letter to move a lot of our projects forward. After which, all our Club has to do is run with the ball so to speak by rallying the membership to allocate and work with whatever donation that comes our way. Yes, a Rotary Club need not be a monied group to succeed. All it needs is to be resourceful enough to reach out to the various willing partners who are more than glad to help out upon recognition of the magic Rotary logo and brand name.



It is my hope that the upcoming Project Fair 2009 can help our Club pursue our service goals further with the arrival of much needed funds from our foreign counterparts. Let it also be a reminder to future Presidents of our Club that there are countless donors out there more than able and willing to share—if only we ask. Onwards to greater heights of service! Mabuhay ang Rotary Club of New Manila Heights!



Happy
Birthday!!!

OCTOBER BIRTHDAY CELEBRANTS

October 9 – PP Raffy Pefianco

October 19 – Rtn. Vic Caccam

October 27 – VP Alex Buot

October 27 – Rtn. Josie Ang



Opening Prayer



Father Almighty, You are great and wonderful. We thank you for the sacrifice of Jesus, Your Son, who generously led us in the example of giving our all so that all may live and have life to the full. We pray that as Rotarians called to serve, we may bring glory to Your Name and bring others to the knowledge and understanding that it is in giving that we receive; in dying that we are born to fullness of life in You. Bless our meeting tonight. Bless our speaker and all of us in attendance. May we be built up by what we listen to and by what our club and district does. Bless our partners in service as well as those we serve so that the hope and love you want us to bring to others will be truly manifest. Amen.

OCTOBER CALENDAR OF ACTIVITES

Vocational Service Month

(Suggested Speaker Topic: Business Success Stories)

- 6* RCNMH Chinese Mooncake Festival Dice Game Fellowship
 - 13* Classification Talk: Director Alex Arrojo
 - 20* Speaker: Engr. Eliseo Demafelis (*Dinner c/o Josie Ang*)
 - 24 *Karunungan at Kabuhayan Center Student Orientation*
 - 24 *P. Bernardo High School e-Learning Program Orientation (IIC-Diliman)*
 - 24 *Interact DISTAS (Quezon City Science High School)*
 - 27* Halloween Out-of-Venue Party (*Dinner c/o PP Raffy Pefianco & VP Alex Buot*)
 - 30 District Oktoberfest Celebration
- * - Denotes Club Meeting



That's What Friends Are For

by Dionne Warwick

And I never thought I'd feel this way
And as far as I'm concerned
I'm glad I got the chance to say
That I do believe I love you

And if I should ever go away
Well, then close your eyes and try to feel
The way we do today
And then if you can remember

Refrain:
Keep smilin', keep shinin'
Knowin' you can always count on me, for sure
That's what friends are for
For good times and bad times
I'll be on your side forever more
That's what friends are for

Well, you came and opened me
And now there's so much more I see
And so by the way I thank you

Whoa, and then for the times when we're
apart
Well, then close your eyes and know
These words are comin' from my heart
And then if you can remember, oh (Refrain)

Whoa... oh... oh... keep smilin', keep shinin'
Knowin' you can always count on me, for sure
That's what friends are for
For good times and bad times
I'll be on your side forever more
That's what friends are for

Keep smilin', keep shinin'
Knowin' you can always count on me, oh, for
sure
'Cause I tell you that's what friends are for
For good times and for bad times
I'll be on your side forever more

That's what friends are for (That's what
friends are for)

On me, for sure
That's what friends are for
Keep smilin', keep shinin'



That's What Friends Are For
VP Alex B, Rtns. Ian, Jojo and Inday (on
behalf of Rtn. Al) receive their Ondoy
check donations from the Club



CROSSROADS

by: PDG Mario Nery

CROSSROADS

by Mario R. Nery

Momentum Makers and Brakers

According to John Maxwell, there are two kinds of members in most organizations. One is a Momentum Maker and the other is a Momentum Breaker. Makers have Focus, are Strategically Oriented, Have Passion and are Creative. Breakers, on the other hand, tend to be Double-minded, concentrate on the Past, are Tradition-bound and Apathetic. There are other characteristics, but the above are sufficient to make my point. It will be interesting to find out which one are we.

It takes many Makers to build a strong club, and it also takes a lot of time and effort to keep it strong. It takes only one Breaker to destroy what many have built over the years. The sad and ironic thing is that the Breaker's intent may have been to "improve" the Club. I have seen this happen in many Districts. Good intentions improperly done can be very dangerous.

I am reminded of the time when I was made one of the youngest Plant Managers in San Miguel many, many years ago. I asked my boss, who was considered a terror and whose temper could melt the polar ice cap, for advice on how I can succeed in my much bigger job. His answer was very simple. "Be fair to everyone," he said. Shades of the Four-Way Test! We were both not Rotarians then, but he captured the essence of what a Maker is--to be fair, to care for others. Let us all be Makers, not Breakers, and we will all be the better for it.



ABOUT OUR GUEST SPEAKER



Engr. Eliseo Tadeo Demafelis

Address: 23 Tadeo St, Karuhatan, Valenzuela City, Metro Manila

Born: June 14, 1957

Spouse: Raquel Herrera Citco

Children: Kristi Anne (22 yrs old), Karis Anne (21), Kenneth (19) and Karmela (6)

Profession: Licensed Mechanical Engineer, Mapua Institute of Technology (1978)

Memberships & Affiliations:

- Rotary Club of Metro Valenzuela, Dist 3800 (Centennial President)
- Gideons International, Valenzuela Camp (Life Member)
- Philippine Society of Mechanical Engineers
- FusionExcel International- Hongkong Licensee (Presidential Director)
- Former Barangay Chairman of Karuhatan, Valenzuela City
- The Lord's Hand Ministries, Licensed Worker (House Church Pastor)



Following Your True Calling In Life

As our Club prepares to conduct our annual career talk in P. Bernardo High School, the editors of New Horizon deemed it fit to share verbatim the following exchange of emails between our very own PE Baby Allado and Daniel Christopher Carreon, a previously lost soul, who may finally have found his true calling in life with the help of PE Baby. Enjoy...

Dear Daniel,

Thank you for your letter. I have always believed that a person is never too old to learn as long as the desire is present. I also believe that as long as we continue to dream, there is no limit to what we can do. When I pursued a course in business, got married and bore children, I never imagined that I would be back in school again, much less become a doctor. But God touches us in strange ways. At first, He gave me a crisis in my marriage that got me out of a state of complacency and got me to thinking about ME. After years of raising 4 kids and taking care of my family I certainly got lost in the process and completely neglected my own needs. The separation from my husband “woke me up” so to speak and emboldened me to pursue a childhood dream. Of course, this was made possible with the support of my siblings. When I was in medical school, I really struggled because I was out of school and work for at least 15 years before. I could not memorize, it took me 3 readings before I could absorb all the technical terms, I could not fit in with my classmates who were half my age. But prayers, persistence and focus (in that order) helped me through.

At one point I really wanted to give up already so I asked a doctor cousin of mine to help me. (Our Dean had said that there was a certain style of studying in Medical school and just intelligence would not be enough). My cousin taught me a technique - she said, make a story out of what you are studying and try to visualize the parts of the body and how they work together as a system. For example, imagine how your digestive system works from the time you put the food inside your mouth. The taste buds are stimulated, the enzymes start working, the teeth start chewing, the sphincters from the esophagus to the stomach and to the intestines open and close automatically, the stomach and intestines start a kind of “carwash” process breaking down the food particles, the nutrients are absorbed and the waste products transported out to the rectum. Beautiful, isn't? And the same thing happens when you drink water all the way to urination, having menstruation to becoming pregnant to delivering the baby and to breastfeeding. But of course, it was not as easy to think that way as it was in the beginning. I still had to memorize the different muscles (where they originate and where they insert), nerves (what they innervate and what happens when they are damaged) and blood vessels (to and from the heart) of the body.

I can go on and on with the travails of a medicine course. But Daniel, you are



not yet 30 years old. I was 45 when I got into Medical school. Certainly, your memory is still intact. My College degree was Business Administration, you had Biology. I was starting to have arthritis and even had TAHBSO (total abdominal hysterectomy and bilateral salphingo-oophorectomy-that is, they removed my uterus and ovaries and Fallopian tubes!) in the middle of my second year. How can you lose? Well, that's my story. Hope it helps rather than discourages you to finish your medical course. I will pray for you.

Dr. Allado

From: Daniel Christopher Carreon
To: babyallado@yahoo.com
Sent: Tuesday, September 22, 2009 5:57:57 PM
Subject: I was very touched by your life story.

Dear Dr. Allado,

When I was searching online for articles on medical students who took the nontraditional path to the MD, your name suddenly popped up. True enough, I read your touching life story in Inquirer online, narrating how you took care of your father and pursued medicine at a late age. To be impressed at that is an understatement! After a more than a year of soul-searching, I've decided to give medicine another try. I left the vocation prematurely 7 years ago for personal reasons, and ended up trying all sorts of things reinventing myself completely in a different career as a corporate trainer & process administrator. That all went well until my conscience started to bother me again.

Although my life now goes pretty well (good business, nice job, language classes on the side), I somehow feel unfulfilled going through life. Financially I am stable and single but deep inside it feels empty not realizing your true original dream in spite of achieving something in an unrelated field. Self-fulfillment versus financial gain? Is it worth it?

I am almost 30 years old, currently working as Spanish/French process administrator. Trained in BS BIO/EMT, I will also be starting my part-time pre-hospital duty this October to boost my basic medical skills. I'm also trying to review old medical books to familiarize myself with the material once more.

Would you be kind enough to share me some of your experiences as a medical student & resident? Your becoming a doctor story really touched me because I had a 26-week premature nephew who survived 4 months in the incubator last year. I also lost my dad to nasopharyngeal CA years ago. Those were some of the reasons that pushed me to go for the MD again.

Sometimes I tell myself that medicine is a waste of time & money, like what your father used to say. Did you have moments when you seriously doubted if medicine was the right thing, to give up all your time and foregone income for 5 years just to pursue the MD? How did you struggle with all those moments of self-doubt?

By the way, I got your e-mail address from the PAFP office. After reading your article, I couldn't help it but contact you.

Keep the fire burning!
Daniel (lost in transition)



GETTING TO KNOW OUR CLUB VICE PRESIDENT



ALEJANDRO "ALEX" BUOT, JR. Y CARPENTER
(in his own words)

My Cebuano father, Alejandro "AL" Buot y Libato, was one of the pioneer salesmen of Colgate-Palmolive Phil., Inc. in the 50s and was married to my mother, Rosalia Carpentero y Petiluna of Baybay, Ormoc City, Leyte, during the Japanese occupation in WWII. I was born in Urgello Pvt. Rd., Cebu City on October 27, 1947, as the 2nd of four siblings.

While I am a gold bloodied Thomasian (Elementary, Hi-School to College), my elementary years were somewhat colorful as it was in an "International" school setting (Cebu Normal School, University of San Carlos-Cebu, Silliman University-Dumaguete City, Zamboanga Normal School, and University of Santo Tomas-Manila) owing to my father's frequent transfers in territorial assignment and, therefore, the relocation of the family.

I enjoyed my good old days also while playing as a Bass Guitarist for a combo (band nowadays) from 2nd year high to 3rd year college. I had a two year stint in UST Engineering (as an obedient child / my father's dream) before finally shifting to UST Commerce-Marketing under threat from Engineering Dean/Father Rector Cabezon of expulsion if I fail in Chemistry again (no Chemistry subject in Commerce - see the point?).

Happily married to a pure Manilena, Maria Nieves "MARNIE" Lectura y Ruiz for 41 years now, we have 5 kids (2 girls, 3 boys) and 12 grand children from the 5.

My eldest, Tabee, is an International FA of PAL and is married to a native of Oroquieta, Bobby Varela, who is an A320 Captain of Indigo Air of India. They have 3 girls and 1 boy.

Judd is in the buy & sell business of cars and is married to Kate Pen, a Caviteña, who is a Real Estate Broker. They have a 3-month baby boy.

Thomas is in Sales also working as Distributor Manager for ACS Manufacturing, Inc., and is married to Alma, a Leyteña, and a beauty products (glutha) business person. They have a girl and a boy.

Joyce works with Kimberly Clark as Key Accounts and GenTrade Manager and is married to a Bulakeno, Marvin G. Mendoza, who is also in Sales as Area Manager for Wrigleys Phils., Inc. They are blessed with 3 boys and 1 girl.



District 3780 Participates in the 1st QC International Marathon

The first Quezon City International Marathon was held this past Sunday, October 18, 2009. As how international marathons should be conducted, the race began promptly at 5:50 a.m. starting off with the 5K runners, then the 10K, followed by the 21K and lastly, the full marathon 42K participants. Our very own District 3780, led by Governor Dulce Coyuki and DS Joe Baradi, was well represented in this prestigious race cum fund raising event. Most Rotarians participated in the 5K event that began in front of QC Hall, going towards U.P. and back to QC Hall going around the QC Memorial Circle. RCNMH President, Boone Ongchoco, and his son, David, together with PP Edith Tapnio, also registered for the 5K run.

Kenyans Hillary Kimutai Kipchumba and Doreen Kitaka were the big winners as they dominated their respective divisions in the event which drew over 6,000 runners. Running his first full marathon, the 22-year-old Kipchumba paced himself well majority of the 42-km race then poured it all out in the last three kilometers to nip pre-race favorite and compatriot Daniel Koringo for the crown. He clocked two hours, 30 minutes, eight seconds and took the top purse of P300,000. Female compatriot Doreen clocked 2:58.55 and also won P300,000.

Filipino Cresenciano Sabal, fresh from his Milo Marathon triumph a week ago, tried to put up a fight as he stuck it out with the visiting runners majority of the way. But he lost steam in the last five kilometers, settling for a fifth-place finish in 2:36.58. He took home P150,000. On the other hand, Aileen Tolentino emerged as the best Filipina finisher in the 42K by placing fourth overall in 3:23.57. She also received P150,000.



President Boone and Hands On Presidents Wrap Up Governor Dulce Basketball Cup Campaign

President Boone and the undermanned Hands On Presidents Basketball Team completed their Governor Dulce Cup Basketball Cup campaign on a losing note last October 10, 2009, bowing to the RC Mix team, 86-71. With two of their starting five indisposed due to injury and a club project, President Boone was left alone to carry the fight for the Hands On Presidents. Despite constant double and triple teaming by the opposing team, President Boone still managed to score a tourney-high 46 points on a mixture of 3-point shots and inside forays.

This was the worst defeat of the Hands On team after losing three other games by an average of just 3 points. Though the team ended up in 5th place, a few bounces here and there could have easily pushed their record to at least 3rd place. President Boone managed to distinguish himself though by leading the tournament in scoring with an average of 36 points per game. Vowing to come back with a vengeance next year, the Hands On players are already planning to practice as soon as their term as Club Presidents end by June 2010.