

COMMUNITY SONG

MEMORY

(Lyrics : Trevor Nunn, Music: Andrew Lloyd Webber)

Midnight, not a sound from the pavement,
Has the moon lost her memory? She is smiling alone.
In the lamplight the withered leaves collect at my feet
And the wind begins to moan

Memory, all alone in the moonlight
I can dream of the old days, life was beautiful then
I remember the time I knew what happiness was.
Let the memory live again.

Every streetlamp seems to beat
A fatalistic warning
Someone mutters, and the streetlamp sputters,
And soon it will be morning

Daylight, I must wait for the sunrise,
I must think of a new life, and I mustn't give in.
When the dawn comes, tonight will be a memory too,
And a new day will begin

Burnt-out ends of smoky days
The stale cold smell of morning
A streetlamp dies, another night is over,
Another day is dawning

Touch me, it's so easy to leave me
All alone with the memory of my days in the sun
If you touch me, you'll understand what happiness is
Look, a new day has begun

Regular Weekly Meeting

7:30 pm, September 7, 2010

Peñafrancia Hall, Mt. Carmel Shrine, New Manila, Quezon City

PROGRAM

Call to Order	Pres. Ma. Elisa "Baby" Allado
Invocation	Rtn. Annabelle "Annabel" Jereza
National Anthem	PP Dennis "Dennis" Arca
The 4-Way test	PP Edith "Edith" Tapnio
Introduction of Visiting Rotarians & Guests	PP Alfonso "Ponchit" Miranda
Finest Moments	PP Elsa "Els" Unson
Introduction of Guest Speaker	PDG Mario "Mar" Nery
Guest Speaker	Major Gen. Ramon Farolan (ret.)
Open Forum	PP Hector "Jodie" Moreno
Presentation of Plaque of Appreciation	
Community Song	IPP Daniel "Boone" Ongchoco
President's Time	Pres. Ma. Elisa "Baby" Allado
RCNMH Hymn	PP Roman "Boy" Escueta
Adjournment	Pres. Ma. Elisa "Baby" Allado

Night Chair : VP/Treas Alexander "Alex" Arrojo

President's Corner

Ma. Elisa "Baby" Allado

HEALTH IS WEALTH

Presently, there is an increase in the number of cases of dengue with Quezon City having the highest number of reported cases. This is also the season of sore eyes and respiratory cases from the mildest cough and colds to the more complicated pneumonia. There is also an increase in cardiovascular (hypertension and heart attacks) and cerebrovascular (stroke) incidents.

There are many ways we can prepare ourselves and our family members for these illnesses. First, is to keep our immune system strong with proper diet, proper hydration, proper hygiene, exercise and enough sleep. Proper diet includes a daily intake of carbohydrates (55%), fats (30%) and proteins (15%), at least 5 servings of fruits and vegetables to get the recommended fiber, vitamins and minerals. Proper hydration means drinking at least 8 glasses of fluids (water, juice, milk, tea, coffee, etc.) a day. During hot and humid days we can increase this to 10 glasses to replace losses through perspiration and evaporation. Proper hygiene is simply washing hands always, brushing teeth and taking a bath regularly. Exercise does not have to be strenuous. Walking and simple calisthenics will suffice. The important thing is to keep moving around instead of sitting all day. Recommended sleep is at least 6 hours so the body can restore itself. Nocturnal sleep is important because the major body organs (brain, lungs, stomach, liver, heart, kidneys) re-energize during this period.

Second, there are immunizations available such as pneumovaccine (once every 5 years), fluvaccine (yearly) specially for senior citizens. Children have recommended immunizations at certain age groups. The important thing is to go for regular 'well-patient' consults for prevention and early detection. Those who have maintenance medications should take them regularly.

Third, is to lead a healthy lifestyle, *i.e.*, no smoking, limited alcohol ingestion, and manageable stress levels. Taking time out to relax, meditation and spending quiet time are some ways to deal with stress. Deep breathing exercises are simple enough and can be done unlimitedly and for free. The key word is MODERATION in everything we do.

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
Wednesday	RC Roxas	8pm Rotary Center
	RC Cubao EDSA	7pm Rotary Center
	RC New Manila	7:30pm Rotary Center
Thursday	RC Mega EDSA	7:30 pm Rotary Center
	RC Tandang Sora	7:30pm Rotary Center
	RC Bagong Silangan	8pm Rotary Center
	RC Capitol Hills	7pm Serye (QC Circle)
	RC Commonwealth	7pm Heat EDSA Shangri-la
	RC Kagitingang Cubao	7:30pm Camp Aguinaldo
Friday	RC Pag-asa	8pm Jollibee East Ave/V Luna
	RC Paraiso	8pm Rotary Center
	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
Saturday	RC QC Circle	7pm DAR FAPSO
	RC SFDM Central	8pm Rotary Center
	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 the Peñafrancia Hall, Mt. Carmel Shrine, New Manila, Quezon City on
September 7, 2010.

Bernadette Redublo
Club Secretary



Tonight's Guest Speaker:

RAMON J. FAROLAN

Major General AFP (Ret)

Wife – Sylvia Farolan

Children – Dr. Miguel, Atty. Francisco, Ms. Carmela

Major General Ramon J. Farolan graduated from the Philippine Military Academy (1956) and the Philippine Air Force Flying School (1957). Later he obtained a Masters in Management degree from the Asian Institute of Management (1975).

He served in 4 Departments of the Philippine government. President Ferdinand Marcos appointed him Commissioner of Customs (Dept. of Finance) becoming the longest serving head of the Bureau. After the EDSA Revolution, Pres. Cory Aquino designated him Commanding General of the Philippine Air Force (Dept. of National Defense) and after retirement, appointed him Ambassador to the Republic of Indonesia (Dept. of Foreign Affairs) which, incidentally, was the last posting of his father in the Philippine foreign service. He also served as Administrator of the Export Processing Zone Authority (EPZA), the forerunner of today's Philippine Export Zone Authority (Dept. of Trade & Industry).

Upon leaving government service, Gen. Farolan served as a member of the Board of various Metrobank subsidiaries including First Metro Investment Corporation. He currently writes a column for the Philippine Daily Inquirer and devotes much of his time and effort toward advancing the cause of senior citizens throughout the country as well as promoting the development of a professional officer corps in the Armed Forces of the Philippines.

Prayer



We come together tonight knowing that You have called us by Name to belong to this Club in Rotary. Be our shining light so that like the Magi from the East, we are guided by Your wisdom in all that we set out to do.

You have shown us in so many ways how much You love and care for us. We thank You for the blessing of our family, our livelihood, the protection from harm that we enjoy, the health we have, the healing people we know, the air we breathe, the food we have on our table, the homes we have, the opportunities that You send our way, the success we enjoy, the love lavished on us by our families and friends...Truly Lord, Your blessings are too many to count. Help us to value these blessings and to share these also with others.

Use us mightily, Lord, for Your purposes. We, Your servants in this Club only seek to say, think and do what is from You. Bless tonight's program and be an active part of tonight's meeting. Amen..

QUOTE OF THE DAY

"Don't just pursue your goal...inhabit it. Wear it, act it, live it, taste it! Get committed—take action!"

~Gary Ryan Blair

THOUGHT OF THE DAY

"Expect to get dinged here and there as you pursue your goal, but like wine that gets better with age, you get better when you have failed a time or two and learned from the experience."

~Gary Ryan Blair

-From Motivation in a Minute

CROSSROADS

PDG Mario "Mar" R. Nery

The Board and Committee Chairs

There is a very good reason why Rotary Clubs elect board members and committee chairmen. That is because a club cannot be successfully run by one person, even if that person happens to be an excellent president. In recognition of this fact, Rotary conducts numerous trainings for all officers and committee chairs, precisely to ensure that every one of them will know what their responsibilities are and how those responsibilities can best be handled. The president should expect, nay even demand from the officers that they fulfill their duties and responsibilities. If for one reason or another any one does not, or cannot deliver, the Rotary way is either to seek help or ask to be replaced. Then the club will not suffer, and the member will not be embarrassed.

If everybody performs as expected, the club will hum with useful activity, nobody will be stressed and we will all be proud of our accomplishments. In my many years in various organizations, I have learned that one failure will very likely diminish the whole. This is especially true in volunteer groups like Rotary. It is very sensitive to failure because to a large extent it depends for its life on a very good image. A good image, we all know, invites good members, brings in donations and the cooperation and understanding of the community. Do not let yourself be that one failure. It is not fair to yourself, to the other members, to the club, and to the community.



September Birthday Celebrants

September 1 – Vernie See Diet

September 10 – Vic Chua

September 11 – Edith Tapnio

Cheers to the Celebrants ! More blessings to all!

CALENDAR OF ACTIVITIES

Sept 4 – Opening of Basketball Tournament
Camp Crame

Sept 5 – Opening of Rotabowl 2010
Green Valley Bowling Lanes

Sept 7 – Regular Weekly Meeting (dinner hosted by PDG Mar Nery)
Guest Speaker – Gen. Ramon Farolan
Topic – Military: What's behind the scene and its Role Today
- **Deadline: 4-way test essay contest for High School students**
(RC Midtown Cubao lead club; RCNMH co-host)

September 14 – Launching of PEP (Pasiglahin ang Estudyanteng Pilipino) school-based supplementary feeding
P. Tuason Elementary School – 10:00 am
- **Launching of Propagating the 4-Way test Essay writing Contest – Through Posting in the District Website & Global Presidents' e-group**
- **Induction of New members**

September 21 – Spouses Night (Males)

September 28 – Club Assembly



Message from the chair

September 2010

Youth programs help enhance Rotary's public image

Rotary has many youth programs. The programs for younger participants, such as Interact and Rotary Youth Exchange, are not funded by The Rotary Foundation, but they all give Rotary a very positive public image, which The Rotary Foundation benefits from. They are also very important to The Rotary Foundation, as the participants get their first contact with Rotary, which can lead to future membership in a Rotary club and, hopefully, becoming a contributor to The Rotary Foundation.

The programs for older participants, such as Ambassadorial Scholarships, Group Study Exchange, and Rotary Peace Fellowships, are funded by The Rotary Foundation. Of special interest to me is the Rotary Centers for International Studies in peace and conflict resolution – a program that one day might become the jewel in the Rotary programs crown. We have a fundraising effort running for this program – the USD95 million campaign – which must not be forgotten in our ambition to increase contributions to the Annual Programs Fund and Permanent Fund and to meet Rotary's USD200 Million Challenge.

All our youth programs are peace programs. In particular, our Youth Exchange participants act as ambassadors of peace when going to a totally new environment. We ask a lot from them, and we can be very proud of them.

All our students – younger or somewhat older, at home or abroad – participate in local projects, thus *Building Communities – Bridging Continents* through Service Above Self.

Carl-Wilhelm Stenhammar
Foundation Trustee Chair

RCNMH JOINS ROTABOWL 2010

by PP Boyet Alfonso

After a third place finish last year, RCNMH opened its bid for gold in the Team C category last Sunday, 5 September 2010, with the launching of RI District 3780 Rotabowl 2010 at the Green Valley Bowling Lanes. Hosted by the Rotary Club of Cubao East, this year's bowling tournament has more than 40 participants, a little more than last year.

The usual opening ceremonies started at around 9:00 am. After the parade of participants (RCNMH was represented by its captain, Alex Arrojo) and the best uniform and best Muse competitions, Governor Ambo Gancayco rolled the ceremonial first ball to open the competition.

Playing day is Sunday, morning (9:00 to 12 noon) for RCNMH, with 3 games on each playing day. Each team can have as many players as it wants but can field in only 5 players per game. Only the 4 highest scores are counted, the lowest is dropped from the total. The scores last Sunday and this coming Sunday will be the basis for determining the handicap of each player. The tournament proper will actually start on 19 September 2010.

While each team is paired with another team during the competition, the two teams do not actually compete with each other. The scores of all the teams in each category are compiled at the end of the elimination round and only the top 4 teams (in accumulated scores, including handicap) make it to the next round, all the way to the finals.

Nevertheless, in the opening round, the RCNMH team was paired with last year's Category C champion, the Rotary Club of Sto. Domingo. We lost the first game but won the next two. The outcomes are not yet indicative for obviously, the two teams are not yet playing on full strength and a complete line-up.

The RCNMH players who participated were Boyet Alfonso, Alex Arrojo, Joy Arrojo, Alex Buot, Annabelle Jereza, Ponchit Miranda, and guest player, Ding Villafuerte, a member of the Rotary Club of Metro Diliman which is not putting up a team.

While the RCNMH team is not yet into high gear, notable performances have already been registered – 3 straight strikes each by Alex and Joy Arrojo, 4 straight by Ding Villafuerte. High scores were notched by Ding (222, 179) and Alex Arrojo (177, 169).

ROTARY AND PBA JOIN HANDS IN PROMOTING LOVE FOR READING AND LEARNING

by IPP Boone Ongchoco

In a landmark MOA signing held at the EDSA Shangri-La Hotel on August 23, 2011, the



Philippine Basketball Association pledged to support the literacy projects of Rotary International District 3780 and other Philippine Rotary

districts in a joint undertaking dubbed the “Read to Lead, Learn to Earn” Campaign. Present during the landmark signing were both incoming and outgoing PBA Commissioners Chito Salud and Sonny Barrios, respectively, and R.I. District 3780 Governor Pablo “Ambo” Gancayco and our very own IPP and R.I. District 3780 Literacy Committee Chairman Daniel “Boone” Ongchoco.



Primary objective of the “Read to Lead, Learn to Earn” campaign is to promote love for reading and learning with the end goal of creating the future leaders and entrepreneurs of our country. With PBA players largely viewed

as role models by the youth, it is hoped that their active participation will make a sizable impact in this campaign.

Specifically, the PBA commits to promote the literacy advocacy of R.I. District 3780 and other Philippine Rotary districts through guest appearances and active participation of PBA players in various literacy projects like the PBA’s own “Read to Lead” campaign and R.I. District 3780 literacy projects like the “Tanglaw ng Isipan” Book and Computer Donation Project, the Karunungan at Kabuhayan Center Project, English Enhancement and Personality Development Program, Student Leadership Summit, College Scholarship Grants, and other literacy projects still in the pipeline.



On a best effort basis, the PBA will purchase products emanating from Rotary livelihood education projects, conduct basketball clinics side-by-side with select literacy projects, and also make guest appearances in other non-literacy community service projects of Rotary. In addition, a possible benefit fashion show is being worked out, proceeds of which will partly go The Rotary Foundation.

On the other hand, Rotary International District 3780 will ensure the steady stream of various quality literacy projects for the underprivileged sector of society and ensure the broad participation of other Philippine Rotary districts in this joint undertaking. As a further extension of this joint literacy campaign, free basic computer literacy classes will be made open to PBA players and personnel in select locations in Metro Manila through Rotary partner in service, Informatics.

By default, on account of IPP Boone’s role as District Literacy Chair, RC New Manila Heights will be the primary D-3780 club that will take charge in promoting this partnership.