



RCST BULLETIN



The Official Newsletter of the Rotary Club of South Triangle
R.I. District 3780, Quezon City, Philippines

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Redwood Restaurant

RCST off to a flying start!

The club's first regular meeting for this Rotary year was an indication that the members would like to address club and district activities properly so as to be better prepared.

Pres. Manny Guballa during his president's time, had to put the meeting into 2 recesses for the much needed break because of the many things being taken up.

There is the upcoming tree planting project dubbed as "Reaching Communities by Saving Trees" at the La Mesa Forest on Aug. 4. IPP BH Herrera-Dy reminded all members about their pledges of 10 tickets.

Next are two district activities which RCST is hosting. The Jobs Fair on Oct. 2 being chaired by PP Willy Chi and the Barangay Summit on Oct. 7 being chaired by IPP BH and PP Xyrus Lanot.

In November, aside from our Charter Anniversary Celebration, we have the 2nd BH Cup Shoot Fest slated later part of November. This event might be elevated to a district event and this is chaired by VP Roy Rivero. There is also a shooting practice for RCST this Saturday, July 22.



IPP BH Herrera-Dy proudly displays her Outstanding Leadership Award given by Pres. Manny Guballa for steering the club to a very productive "Service Above Self" Rotary year.

The golf tournament schedule was also calendared for Feb. 2007.

The DISCON 2007 co-hosting with RC Metro West Triangle was brought up by PP Frank Abueva. RCST is honored by the invitation but Pres. Manny request PP Frank to know more about he co-hosting before the club commits.

And lastly, the District Awards Night which we are co-host to RC Cubao Central. This is sometime in June 2007 yet but

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President's Column

by: Pres. Manny Guballa

Now that the dust of our induction settles, we now look forward to another busy Rotary Year. It is no secret that when Gov. Dan and I met during our one-on-one, it was Membership Growth, Development and Retention that we aptly discussed. It is essential that we strengthen our "House Keeping" or Club Administration practices to be able to recruit and retain our members. Most of our activities this year will be "club based" since most of our Community, Service to the Generation and Vocational Service projects have been so well laid by our past presidents that there is little to do but continue them. It is also equally important that we bring our friends and past Rotarians to these activities for them to experience Rotary.

First of these activities is the RCST Shooter's Club which will meet this Saturday (July 22) for a basic lecture on gun safety and competition rules. We have, no less than, our Vice-President Roy (one of the most qualified in the district) who will lecture and teach us these basics. The venue will be Camp Karingal or a private gun range at 59 Samar Avenue here at South Triangle.

The second activity is our "Reaching Communities by Saving Trees" Project aimed at conserving our potable water supply in the community. This is a three-pronged project aimed at reforestation of our watershed area, helping the Philippine National Red Cross and our various community service projects. August 4, this year is our "red-letter day".¹

I would like to congratulate and thank our Rotaract IPP Tricia and Rotaractor Pooch for attending the Rotaract DISTAS last Saturday. They truly made an impression on the District.

1 – Please submit your stubs to IPP BH, Sec. Cynthia, Diane or yours truly.

Food for Thought

by: Sec. Cynthia Sotooka

Myths About Falling In Love

Falling in love happens to everyone, fat, thin, tall short, intelligent, uneducated... it doesn't really matter... and we got stuck in myths that drives us absolutely crazy.

Myth 1: "Love will conquer all"- as defined by the Bible- Love will conquer all, but as defined by glazed- eyed lovers- it will not. The truth is, you need more than feelings of love to make a relationship work. You need mature character, total commitment and minimum level of compatibility. Because if you're in love, you overlook major obstacles in your relationship...that's why there are songs entitled "You and me against the world"...the wedding doesn't transform anyone... in fact, the marriage makes the hidden more obvious. You tend to overstay in toxic relationship believing that your love will change your partner.

Myth 2: "When it's true love you will know it the moment you meet the person." The truth is, it takes moment to experience infatuation but true love takes a lifetime. You don't need a magical first moment to meet your better half. The important things are mature character, financial responsibility, ability for commitment, compatible mission and values.

Myth 3: "If it's true love, you will feel this way for each other forever." Here are the consequences for believing this myth.

3.1. You panic when the feelings wane and wonder whether the marriage is over and whether you really loved one another in the first place.

3.2. You start blaming your partner for the loss of love. Falling in love isn't love, got this from best selling book, "The Road

less traveled” by Scott Peck, here’s why?

a. No decision is required, falling in love just happen.

b. No effort is required, falling in love is like...falling.

c. No hard work is required, falling in love is being bitten by the love bug. On the other hand, true love requires all three- decision, effort and lots of hard work. In the Bible, Love is a command. You make it happen. So true love can only happen after you’ve

fallen out of love. When you begin choosing to love, even if you don’t feel like doing it- that’s true love and that’s the foundation of a lasting marriage.

Myth 4: “Your partner will fulfill you completely.” The truth is, the right partner will fulfill many of your needs but not all of them. There are some things your partner can’t give you... your self worth, your spirituality... your inner happiness, lots of people think they’re dissatisfied and bored with their marriages. In reality, they’re dissatisfied with themselves and they complain how boring their husband or wife is- when in truth, they are really bored with life. Meet your own needs. Find your happiness in God. Find your niche, your calling, your destiny and then share with your spouse.

Myth 5: “If it’s true love, you won’t be attracted to anyone else.” Being attracted to someone else is normal- even if you have a happy marriage...But being attracted doesn’t mean falling into adultery. Always discipline your heart because if you feed your attraction with fantasies, it grows, but if you starve your attraction... it dies a natural death.

PROGRAMME

Night Chairperson - PP Ben Roxas

7:00 PM	Fellowship & Dinner	
7:30 PM	Invocation	VP Roy Rivero
	National Anthem	Dir. Art Tarnate
	Call to Order	Pres. Manny Guballa
	Intro. of Visiting Rotarians & Guests	Rtn. Bimbo Baldo
	Celebrity Time	PP Frank Abueva
	Announcements & Correspondence	Sec. Cynthia Sotooka
	President’s Time	Pres. Manny Guballa
	Adjournment	Pres. Manny Guballa
	A Rotarian’s Hymn	All

RCST family celebrants

Roa-Yu	Sonny	21-Jul
Ofreco	Vincent	22-Jul
Lagman	Edcel Greco	24-Jul
Pineda	Jose	28-Jul

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RCST off ... (from page 1)

preparations had to be early. VP Roy Rivero was named chairman for RCST.

In between the activities discussed and calendared, there are still the traditional club projects and activities.

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Rotarians ... (from page 4)

RI is aware of these schemes and encourages Rotarians to be vigilant about deleting any e-mail that appears suspicious. Rotary International does not solicit funds via e-mail, nor does it request that personal information be updated via e-mail or other electronic means.

Now Hear This ...

by: PP Willy Chi

The years of the Snake

Feb 10, 1929 to Jan 29, 1930

Jan 27, 1941 to Feb 14, 1942

Feb 14, 1953 to Feb 2, 1954

Feb 2, 1965 to Jan 20, 1966

Feb 18, 1977 to Feb 6, 1978

Feb 6, 1989 to Jan 26, 1990

The Snake

Snakes correspond to the western sign of Taurus. This sign rules the hours of 9 AM to 11 AM. Governed by Venus, the direction of the sign is south-southeast. Spring and summer Snakes are deadly, but Snake born in the cooler months are generally docile and calm.

Snakes combine the sensual intrigue of a Mata Hari with the wisdom of Confucius. Snakes are often psychically inclined, deeply religious, or even downright mystical. They are not, however, ascetics. The Snake has a wide and potent hedonistic streak that expresses itself in love of luxury and beauty. You will never find a Snake living on a diet of brown rice and raw vegetables; they love good food and wine. If you can't come up with the best, they would prefer to do without, thank you.

The power and beauty of the Snake is exceeded only by his cool charisma and wily intelligence. Interestingly enough, Snake people often have some difficulty communicating with others. Like its preceding sign, the Dragon, the Snake is very good at attracting and making money. But unlike the Dragon, the Rabbit, or the Monkey, the Snake should avoid gambling and speculation. Snakes are suspicious by nature, and have a curious, deadly-accurate intuition about the motives of others. But rest assured this will never express itself in wild accusation or mere paranoia. The Snake always chooses the

Rotarians encouraged to delete scam e-mails

As the Internet continues to grow, unfortunately so do e-mail scams and other forms of Internet fraud targeting Rotarians or abusing Rotary information.

The latest wave of e-mail scams, brought to RI's attention by Rotarians who received messages, includes an e-mailed letter that bogusly claims to be from Euromillion Loteria Español or the UK National Lottery. The scam is especially confusing because it uses the likeness and apparent signature of 2005-06 RI President Carl-Wilhelm Stenhammar, though it is signed as "Mr. Brian Hunt" or "Mrs. Emily Simon." The message text usually congratulates the recipient for winning and prize and also might mention that an agent will "facilitate the release of funds" after recipients respond to the e-mail. Visit [FraudWatch International Web site](#) to learn more about this type of lottery frauds.

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most precise, advantageous moment to strike.

Snake natives frequently harbor their share of dark secrets, but these rarely as interesting as the kind of speculation they can generate in others. Mysterious and even remote at times, the Snake is not one to tip his hand.

We are proud to announce the attendance of

of the Rotary Club of

held at the Redwood Restaurant pursuant to the
Attendance Rules of the Club Constitution and
By-Laws.

Club Secretary