



# RCST BULLETIN



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

Website: <http://www.rcsouthtriangle.org>

E-mail: [info@rcsouthtriangle.org](mailto:info@rcsouthtriangle.org)

VOL. XIII, No. 5

August 3, 2006

Redwood Restaurant

## 2-man band boosts meeting

The regular meeting last Thursday was the liveliest so far this Rotary year. Hosted by group 3 composed of VP Bernie Cruz, IPP BH Herrera-Dy, PP Ray Achocoso, PP Edcel Lagman and Rtn. Ed Moreno. Even with the absence of PP Edcel who was in Albay to attend to the needs of his constituents due to the impending eruption of Mt. Mayon and Rtn. Ed, group 3 still whoop it up!

Before the meeting proper, Cherry, a very beautiful singer and Jess, a keyboard specialist entertained us with beautiful favorite songs.

The business part of the meeting centered on the payment of dues this semester and the "Reaching Communities by Saving Trees" tree planting project. All were reminded to settle their 1st sem dues and also turnover the proceeds on the tree planting project.

We also welcome the return of PSec. Kiko Gutierrez and Rtn. Mike Santos to RCST. A very good start for membership growth and development.

After the meeting, an upbeat RCST stayed on for the fellowship. VP Bernie, PP Xyrus Lanot, PP Willy Chi, PP Frank Abueva,



VP-External Roy Rivero and PP Ben Roxas during the practice session of the RCST gun enthusiasts. VP Roy is coach/trainer and the chairman of the shoot fest that the club is planning this November 2006.

PP Ray Achocoso, Pres. Manny Guballa, Rtn. Sonny Roa-Yu, took turns in jamming with our guest entertainers.

Thanks to PN Cynthia Sotooka who provided the entertainers upon the request of VP Bernie.

The others like IPP BH, PP Ricky Rios, PP Ben Roxas, VP Roy Rivero, Rtn. Ella Pineda, Rtn. Bimbo Baldo, PP Butch Arroyo, Rtn. Mike and PSec. Kiko just stayed on to enjoy the beautiful music and camaraderie.

-- PP Ricky Rios

## Bill's message

August 2006

*The Rotarian*

Dear fellow Rotarians,

So much has been said about membership in Rotary. We talk about attracting new members and recruiting them. We talk about membership retention. And we talk about membership loss. We talk so much about membership that sometimes, when a speaker begins to discuss it, you can see all the eyes in the audience begin to glaze over. We've all heard it before.

Building membership is, of course, crucial to building Rotary. Rotary is nothing without its members and its clubs, and as members age, we must find new ones to take their places. More than that, we must always be growing in order to meet the many new needs that arise in our communities every day.

But I believe the best way to strengthen our numbers isn't by focusing on our numbers – it's by focusing on our clubs. A truly strong club is tremendously attractive. A strong club offers opportunities for friendship, fellowship, and meaningful service. It offers new connections within a community and a chance to meet like-minded friends, the kinds of friends who will still be close decades from now.

Again and again, we find that successful clubs have certain features in common. Together, you might think of them as a "to-do" list for clubs that need a boost:

**1. Assess.** Listen to each other, and find out what members want.

**2. Emphasize.** Accent the social aspects of Rotary. They are the glue that binds us.

**3. Market.** Don't sell your club as a

**Bill's message / p 4**

## President's Corner

by: Pres. Manny Guballa

Last Saturday, despite of increment weather, we held the second meeting of the RCST's Shooter Group. Present were, PP Ben, PP Xyrus, PP Ricky, VP Roy, Sec. Cynthia, VP Bernie, Nonie Unson, executive Secretary Diane and myself. It was very informative as we had a short safety session with VP Roy. Everyone showed intense enthusiasm as the practice session went on. Even Diane and PP Ricky got involved in the practice. This was followed by a hefty lunch at PP Xyrus's place. I hope that more can attend this coming Saturday with friends who can be potential members.

Last night I watched PP Xyrus appeared on national TV. He represented the city mayor at PTV 4's "The Final Say" program. It was an intense discussion on "Charter Change". It was a well balanced programs as pro and anti-CHA CHA groups were given equal time. This weekend we are conducting our RCST's tree planting program at La Mesa Dam. This is still an ongoing project of the club as we seek more sponsors for our trees. We will continue to accept payments during this semester. You can still avail of tree planting tickets from Diane.

### **RCST Bulletin RY 2006-2007**

IPP BH Herrera-Dy , Publisher  
PP Ricky Rios, Editor

Pres. Manny Guballa, Regular Contributor  
Sec. Cynthia Sotooka, Regular Contributor  
PP Willy Chi, Regular Contributor  
Rtn. Bimbo Baldo, Regular Contributor  
PP Ray Achaocso, Contributor  
Rtn. Ella Pineda, Contributor  
VP Bernie Cruz, Contributor

## Announcements & Correspondence

- RCST tree planting project at the La Mesa Forest on Aug. 5, 2006.

### Birthday celebrants ...

Roa-Yu Rose Diane 2-Aug  
Abueva Myra 3-Aug  
Lazo Marika 8-Aug  
Lazo Augusto 13-Aug  
Guballa Francisco Sariel 17-Aug  
Tarnate Armando 17-Aug  
Lanot Amiel Rita 19-Aug  
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## PROGRAMME

Night Chairperson - PP Willy Chi

7:00 PM	Fellowship & Dinner	
7:30 PM	Invocation	Rtn. Ella Pineda
	National Anthem	Rtn. Bimbo Baldo
	Call to Order	Pres. Manny Guballa
	Intro. of Visiting Rotarians & Guests	PSec. Alvin Montano
	Celebrity Time	Dir. Sylvia Lazo
	Announcements & Correspondence	Sec. Cynthia Sotooka
	President's Time	Pres. Manny Guballa
	Adjournment	Pres. Manny Guballa
	A Rotarian's Hymn	All

### Now hear this ... (from p 6)

people to be around when their friends are in trouble. Warm-hearted and sympathetic, a Sheep will listen and sympathize and often come up with good advice, if not actual nuts and bolts solutions to concrete problems. Sheep are tranquil sorts, good people to have around in between battles with the world at large.

#### *Emotions and Relationships*

Sheep are hopeless romantics. They are deeply tied to home and family, and remain close to parents and siblings. No Sheep can ever manage to forget a birthday or anniversary. It is difficult for Sheep to cut apron strings once they have been securely tied. Because they are moody, emotional and sensitive, Sheep get little satisfaction out of being blunt. They can give friends the silent treatment, lapse into prolonged pouts, and indulge in theatrics. Humor them or leave them alone; Sheep do quite well on their own. They also respond well to heavy doses of sympathy and can always be coaxed back into good humor with promises and rewards. Conversely, Sheep are unimpressed with display of anger and temperament; besides

seeing right through them, Sheep are docile creatures and prefer tranquil associates. Quiet strength, patience, and a winning smile are sure ways to win the heart of a Sheep.

#### *Compatibility*

The Sheep does best surrounded with those who are stronger, more direct, and even more bad tempered than he. Sheep partners must compliment these shy creatures rather than resemble them. The extroverted, optimistic Horse is the perfect foil to the sensitive Sheep. Rabbits and Sheep are highly compatible and make the best of friends. They understand each other on a deep intuitive level. The versatile Monkey, the fiery Dragon, and the eccentric Rooster all make satisfactory associations. Oxen lack sensitivity to fully appreciate the sentimental Sheep. Thrifty Rats will fight with Sheep over money, much to the Sheep's surprise. Dogs have no patience with seemingly endless Sheep woes and moodiness. Oddly, two Sheep can sometimes combine their apparent weakness into a strong united front.

## **TREE PLANTING ACTIVITY LA MESA WATERSHED PROJECT**

**August 5, 2006, Saturday, 9:00 am to 1:00 pm**

**Assembly:** We have to be at the La Mesa Watershed Amparo Gate at 9am. The La Mesa will wait for us at the gate. (see map)

**Recommended Transportation:** bus, coasters, mini bus, 4X4, SUVs

### **9:00 am: ETA, Amparo Site**

- Arrival at Amparo gate. Meet the La Mesa team who will accompany us to the activity.
- Drive until the UNDP Signage. Park then Hike to the briefing area. (10-15 minutes). We will hike leisurely through medium-density and rehabilitated forest areas.

### **10:00 am: Briefing / Orientation**

- Meet our La Mesa Team! A forester will brief us on what the La Mesa Watershed Project is and the activity to be done for the day.
- Demonstration on how to plant a tree.

### **10:30 am: Tree planting**

- Hike to the tree planting site (20 minutes)
- Actual treeplanting (30 minutes)
- Hike back to the briefing area (20 minutes)
- Rest (5-10 minutes)

### **11:50 am: Closing**

- Volunteers will have a sharing of volunteer's day experience. (20 minutes)

### **12:10 pm: Rest**

- Picnic under the trees (please bring your own lunch) (30 minutes)

### **12:45 pm: Hike back to Parking Area**

### **1:00 pm: Departure**

### **What to Wear:**

Shirts, Pants, Rubber shoes or rubber boots, cap, Sunscreen / off lotion. **It was strongly suggested that you use a small backpack for your stuff.**

### **What to Bring:**

Bottled water, packed lunch, face or hand towel, extra shirt, umbrella / reaingear (optional), trash bags for non-biodegradable rubbish

### **Reminders:**

1. Please don't bring cars. Remember its a forest with no pave road
2. There will be walking / hiking
3. We don't allow pregnant woman, people with health problems and elders, considering the terrain at La Mesa.

## **Bill's message (from p 2)**

product – market it. Find out what people want, and do your best to give it to them.

**4. Induct.** Bring new members into your club with dignity and class.

**5. Involve.** Make the whole family part of Rotary. Don't let it be another commitment that takes members from their spouses and children.

**6. Mentor.** Make sure that a seasoned Rotarian helps new members get started and stays involved for at least a year. Newcomers can get lost easily.

**7. Educate.** Provide education continuously, but give a little at a time. There's a lot to learn about Rotary, and it can be overwhelming.

**8. Enthuse.** Show enthusiasm openly! Rotary should be fun.

Membership comes down to one simple statement: Strong clubs lead to a strong Rotary. Without strong clubs, no amount of recruitment and retention efforts will help Rotary grow. With strong clubs, Rotary will flourish and provide another 100 years of service to humanity.

### **William B. Boyd**

President, Rotary International

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### **Tidbits ... Inserts ... Fillers ...**

*Did you know that ...*

*when you search "south triangle" in the web using yahoo search our website comes out number 1 out of 10,400,000 hits and msn search number 1 out of 2,100,000 hits.*

*when you search "rcst" using yahoo search our website comes out number 2 out of 10,500 hits and msn search number 20 out of 36,000 hits.*

## Food for Thought

by: PN Cynthia Sotooka

### Have a heart of compassion:

Remember the words of our **Lord Jesus**, How he said, "It is more blessed to give than to receive." Acts 20:35

Giving is a spiritual principle. What you make it happen for others, God will make it happen to you. Lot of people says, "God, when are you going to bless me?", but it depends on your attitude. Maybe we'd hear God saying, "When are you going to start being a blessing?" You maybe thinking, well, if I had more money, I would give more. No, that's where you miss it. You may not have a lot of extra money to give, but you can give somebody a kind word; pray for those in need; it maybe your time, your listening ear, your arms to encourage, your smile to uplift or a rescuing hug... just be a comforting friend.

Everywhere you look these days you can see people who are hurting, discouraged; many have broken dreams. You need somebody to bring hope, healing, really they're looking for a friend, somebody who will be there to encourage them, who will take some time to listen to their story and genuinely care. We're all too busy, we have our own priorities and important plans and agenda, and we don't want to be inconvenienced. "Don't bother me with your problems. I've got enough problems of my own." When **God** puts love and compassion in your heart toward someone, **He's** offering you an opportunity to make a difference in that person's life. God has placed in you the potential to have a kind, caring, gentle, loving spirit.

Many people are unhappy and are not experiencing life to its fullest because they've closed their hearts to compassion. They are

motivated by only what they want and what they think they need. They rarely do anything for anybody else unless they have an ulterior goal in mind. They are self- involved and self-centered.

We should get up each morning with an attitude that says, "I'm going to make somebody else happy today. I'm going to help meet somebody else's need." Don't go through life as a taker; become a giver.

We need to look for opportunities to share **God's** love, **His** goodness with others. The truth is, the more you help others, the more **God** will make you sure that you are helped. You can do this in many practical ways. If you have things lying around your house or storage that you are never going to use again, why not give those things away to someone who could use them? Human nature wants to hold on to everything... but you probably have some clothes you haven't worn in years, books, baby clothes and all sorts of other things that you haven't use in ages. Give it away to the less fortunate in life. Develop a lifestyle of giving: living to give instead of living to get.

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### RCST gun enthusiasts update ...

Again last Saturday, the RCST gun enthusiasts held their 2 practice session at the private firing range of Mr. Abet Yu. VP Roy Rivero mentored the group.

Present were PP Ben Roxas, Pres. Manny Guballa, PP Ricky Rios, PP Xyrus Lanot, VP Bernie Cruz, PN Cynthia Sotooka, Rtn. Nonie Unson and office secretary Diane Tungpalan.

Thanks to spouse Vangie Lanot for hosting the group to a sumptuous lunch.

## Now Hear This ...

by: PP Willy Chi

The years of the Sheep

Feb 17, 1931 to Feb. 5, 1932

Feb. 5, 1943 to Jan. 24, 1944

Jan. 24, 1955 to Feb.11, 1956

Feb. 9, 1967 to Jan. 29, 1968

Jan. 28, 1979 to Feb.15, 1980

Feb.15, 1991 to Feb. 3, 1992

The sign of the Sheep corresponds to the Western sign of Cancer, and its planetary ruler is the Moon. It rules the hours of 1 pm to 3 pm., and its direction is south-southwest. Winter sheep are thought to have a harder time in life than summer sheep. Sheep are the most altruistic sign of the Chinese cycle. Truly good Samaritans, Sheep are easily recognized by their gentle and compassionate ways. Shy and sincere, the Sheep gives the impression of being very mild mannered. His sympathy for the troubles of the less fortunate can be exploited by those less scrupulous than the worthy sheep. Supersensitive, Sheep can react quite badly to any form of personal criticism, and the mildest rebuke can send them into a positive orgy of self-doubt and hopeless pessimism. For this reason, the Sheep can give the impression of being moody and withdrawn, though this is not usually the case at all. As easy as he is to hurt, the gentle Sheep is just as quick to forgive. The moody side of the Sheep is not so much pessimism as it is worry. Sheep worry about everything – themselves, their friends, world problems; the term bleeding heart must have been originally coined with the Sheep in mind. Yet it is a mistake to think that the Sheep is just another pushover. Like the Rabbit, the Sheep's approach to getting what he wants out of life is more oblique than some of the other signs, but not necessarily less effective. The Sheep is a survivor – he has an infallible instinct for

Read the RCST Bulletin in the internet at  
[http://www.rcsouthtriangle.org/Club\\_bulletin.html](http://www.rcsouthtriangle.org/Club_bulletin.html)

knowing how to placate his enemies. Watch the Sheep in action sometime; he has a great, nearly magical talent for turning his apparent weakness to his own advantage. Never underestimate the beguiling Sheep; he is quite capable of manipulating others through insinuation and subtlety and can be extremely patient. This is a sign of long suffering and capable of great passive endurance, but you will never know just how strong the Sheep can be until you try to break him. Though he hates a fight, when attacked he can respond passionately. When actually angered – truly a rare event – he can turn into a crazed warrior. Considered one of the more fortunate signs, the Sheep, it is said, will never have to work very hard – perhaps because the Sheep can be so good at getting others to take care of him. Nevertheless, they have a great appreciation of not only creature comforts but the finer things, and within the Sheep is the soul of an aristocrat. Never selfish, he is as generous with others as he expects others to be with him and has a refreshing, easygoing approach to grittier financial matters. Career wise, it is not so important what the Sheep does as who surrounds him when he does it. Sheep can benefit greatly from the influence of strong associates. Sheep are comforting

**Now hear this ... / p 3**

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