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HOME GARDENING SEMINAR

The Rotaract Club of Los Baños continued on of its core projects which is the Home Gardening Seminar. The said seminar was on its third implementation, targeting community households in Brgy. Bambang, Los Baños, Laguna.

The event was visited and assisted as well, by Rotarian Bobby Bautista. Rotaractors present were ASP Glesly Vasquez, PE Angelica Obrador, ASS Micaela Vega, Community Service Director Faith Torres, International Understanding Director Cristina Dimaano, Club Service Director Julius Galang, Rotaractor Dannielle Zalameda and Rotaractor Maila Tejano that served as one of the speakers in the said event. The said ractors together with Hon. Delos Santos, baranggay kagawad of Brgy. Bambang, assisted the 36 attendees, who actively participated in every part of the program.

To be continued on page 2

RUMMAGE

The Rotaract Club of Los Baños held the second rummage sale last November 12, 2016 at the town proper of Los Baños. The sale in particular serves as a fundraising activity for the club's upcoming community service project – the Home Gardening Seminar. This will now more likely be a continuing project of the club due to its current success.

To be continued on page 2

**Do all the good you can,
 By all the means that you can,
 In all the ways you can,
 In all the places you can,
 At all the times you can,
 To all the people you can,
 As long as ever you can.”**

- John Wesley

HOME GARDENING SEMINAR 2016



Continued from page 1

ASP Glesly opened the seminar by giving a brief message on the purpose of the activity. Rotaractor Maila Tezano, graduate of BSA major in Horticulture at UPLB, started the talk on the Introduction on Home Gardening followed by Mr. Jay Bukid, also a graduate of BSA major in Horticulture at UPLB, talking on the basics and dos and don'ts in gardening. The participants were then given ample amount of time to relax and stretch while eating the prepared snacks of the club and also while Rotarian Bobby Bautista gives a short message. After the short break, the participants were divided into two groups headed by the speakers. Hands-on experience of preparing pots, containers and putting soil the right way was demonstrated, the participants were also able to freely interact with the speakers and Rotaractors while the demo is going on.

The seminar was concluded by a short message from the project head and community service di-

rector, Faith Torres, thanking all the attendees as well as all the project proponent of the Home Gardening Seminar. The attendees were given a 'mini graduation' by handing each one a Certificate of Participation with starter kits (with seeds from the Municipal Agriculture Office of Los Baños) and flyers that may come handy once they start on planting at home.

Overall, the seminar was a success for the Rotaractors were able to see the interest of the participants towards agriculture specifically home gardening. The club may start on viewing the possibility of wide-scale training of household members of the vast Municipality of Los Baños on the RY 2017-2018.

RUMMAGE



Continued from page 1

Preparation for the said rummage (i.e. sorting and pricing of items) was done a week before the activity. On the day of the rummage sale, five (5) members of the club met up at around 4am and went to the venue. Items sold include t-shirts, pants and some footwear. The club packed up at around 7:30 am with total sales amounting to ₱ 770 which was considerably lower than the sales of the first one. This was mainly attributed to the light rain during the sale which discouraged most passersby from stopping at the rummage sale. Still, the money generated was a big help for the next activity of the club.

DISTRICT 3820

“Munting Regalo Ngayong Pasko”

It was a rainy afternoon of December 3, 2016 when the Rotaractors from RI District 3820 conducted a gift giving entitled “Munting Regalo Ngayong Pasko” at Dr. Jose P. Rizal Memorial Hospital, Brgy. Bucal, Calamba, Laguna. The group visited the children confined in the pedia ward of the said hospital. Twenty-three (23) clubs joined the said activity with about thirty-eight (38) Rotaract volunteers.

The program started with a quick group introduction to the on-duty hospital staffs and then followed by room visit activity where volunteers were grouped so they can go around the area. Fifty string bags full of gifts such as school supplies, towel, teddy bear, wet wipes, foldable fan, coloring book, color pencil, string bag and cookies were given to the kids. Only 34 children are present in the ward so the group decided to distribute the remaining string bags to the street children outside the hospital. Some of the kids' recorded medical cases were Dengue, Diarrhea, Flu, Asthma, etc. Rotaractors had a small bonding with the kids and then distributed the gift packs. After this, Jollibee mascot arrived in the area and performed a heart-warming dance presentation while handing over the Jollibee meals to their beneficiaries. Kids had their photo-ops with Jollibee before they ended the program. Jollibee mascot was sponsored by Jollibee Halang, Calamba. After the event, some of the Rotaractors went home but some stayed for the District Christmas party held at Park Merced, Lalakay, Los Baños, Laguna.



Clark Mardon Obmerga as the next District Rotaract Representative during the District 3820's Christmas Party

District 3820 held their Christmas party last December 3, 2016 at Villa Fides Amor Resort, Park Merced Village, Lalakay, Los Baños, Laguna. RACLB's ASP Glesly Vasquez, PE Angelica Obrador, IPP Cristina Dimaano, Community Service Director Faith Torres, Rotaractor Renmar Delos Santos and Rotaractor Dannielle Zalameda were able to join the event.

Before the party proper, election for DRRE was prioritized. As the only nominee, Rotaractor Clark Obmerga from RAC Tayabas, was thoroughly examined and assessed by the panel which was consisted by the All Star Presidents along with DRR Christian.

Hence after, the fellowship commenced. Rotaractors with the Rotex and three Rotarians enjoyed the amenities of the venue. Some Rotaractors played games in the pool, some sang in the videoke and some did fellowship the Rotaract way. Over all, everyone enjoyed and was able to mingle with other Rotaractors from different clubs.

FRIENDSHIP CLUB SIGNING WITH ROTARACT CLUB OF STI LUCENA

Rotaractors from the Rotaract Club of Los Baños and Rotaract Club of STI Lucena met at the Palaro-act held last September 2016. The friendship gained from the sports event immediately followed by the Christmas gift giving activity entitled “Munting Regalo Ngayong Pasko” last December 3, 2016. Right after the gift giving activity, all the participants proceeded to Villa Fides Amor Resort, Park Merced Village, Lalakay Los Baños, Laguna for District 3820's Christmas Party. There, representatives from the Rotaract Clubs of Los Baños and STI Lucena formalized the friendship club agreement. Respectively headed by ASP Glesly Vasquez and ASP Audrey Silvino, the two clubs signed their agreements. Also present in the signing was International Service Director Cristina Dimaano and PE Angelica Obrador from the Rotaract Club of Los Baños. For RAC STI Lucena, International Service Director J-Rhen Mania and Secretary Mary Grace Atentar were present also for the signing. The signing was witnessed by RID 3820 DRR Christian Castillo.

DISTRICT FUNDRAISING

In support of Rotary International's "End Polio Campaign", Rotaract District 3820 annually holds a fundraising activity. For this year, it was through a block screening of the latest installment of the "Star Wars Movie Series" entitled "Rogue One" held last December 16, 2016 at the SM Lucena Movie theatre in Lucena, Quezon. Despite the problem regarding the accessibility of the venue, the Rotaract Club of Los Baños was able to show support to the district by sending two of its members to participate in the event. Before the start of the showing a raffle draw was conducted where one of the members of RAC LB won a Star Wars shirt also with a caption "Save Lives from Polio". The show started at around 7:30pm and ended before 10pm.

MEDICAL MISSION



Rotary



A merry medical mission Christmas started at 8 am at the Old Municipal Hall covered court and Municipal Health Office of Los Baños, Laguna. The volunteer physicians and medical professionals geared up and assessed the health conditions of patients and provided free medical consultations, hypertension/blood pressure screening, diabetes/ blood sugar screenings, psychiatry diagnosis and treatment, and minor dental and surgical procedures. The screenings/assessment was conducted through OHANA Medical Mission Inc., health volunteers from Hawaii, USA, TRACE College nursing students, Makiling Medical Society and Los Banos Doctor's volunteers while the surgery and dental area/cases was held at the Rural Health Unit (RHU) of Los Banos.

A lot of patients came and they were all provided well with the services they needed. The Rotary Club of Los Baños volunteers provided food for all the participants. The Rotarians also provided assistance in organizing for a smooth conduct of the aforementioned activity. Rotaractor Arianne assisted Rtn Donald De Padua and the other surgeons in RHU during the minor surgeries. The activity was concluded by a group photo and snacks and ended exactly at around 3:00 PM as the OMM will be heading for another medical mission in Liliw Laguna by 4pm.

RCLB Christmas Party



The Rotary Club of Los Baños, together with the Rotaract Club of Los Baños and other guests held a blissful Christmas party as they celebrated the yuletide season last December 15, 2016 at 7 o'clock in the evening at PP Gus Molina's Residence in Sacay, Los Baños. The party started with a festive potluck dinner from each members. This was proceeded by fun games headed by PP Bert which brought additional laughter and enhanced the affinity within members of RCLB and RACLB. Rotaractors Angelica and Arianne won the "Hep! Hep! Hurray!" game and got a red wine as their prize. The second game was Family Feud wherein each question tested everyone on how well they know their club and their fellow members. Next was the awarding ceremony.

The emcees, PP Bobby and PP Bert, gave a creative yet humorous awards to the members such as "Early Bird" Award to

PP Romy Huelgas since he comes to meetings very early but leaves early as well, "Best Speaker" award to PP Ruben Villareal since he is usually requested to give inspirational messages/speech, "Dancer of the Year" award to PP Bert Tagalog since he's always captured on videos while dancing, "DIY" award to PP Bobby Bautista since he does project by himself, "Traveler of the Year" award to PP Gus Molina since he travels a lot, "Best Actor" award to PP Donald de Padua since he looks like Dingdong Dantes and Sir Chief and "Selfie of the Year" award to Rtn. Arnel Palmes since he take selfies a lot. Rotaractors Cristina, Angelica and Arianne were given "Digna's Angels" award, since they came early during the program. A fun exchange gift concluded the program proper and fellowship commenced afterwards.



December 15, 2016 Fellowship

RACLB members decided to have few drinks and many videoke moments after attending the Rotary Club of Los Baños' Christmas Party. The fellowship happened at Dondhie's Bar and Resto located at the famous "LB Square" along Lopez Avenue in Los Baños, Laguna. Members opted to relaxed and have fun singing and drinking one of the best selling mixed drink, the 'tequila sunrise'. There was catching up especially with Rotaractor Geoffrey Delos Reyes since he was not able to attend the club lately due to his work. Taking a time off and having fellowship with the RACLB family is a good way to end the night.

Rotaractor as an Efficient Member



PROUD MEMBER



I have been with Rotaract Club of Los Baños for more than four years. I never thought I would become part of this club. Ever since I was a child, my only dream was to always do something good to other people and lend a helping hand to those who needed them. I thought in my own little ways, I can somehow make a difference. I was in college when I first learned about rotaract. I don't have any organizations that time and I am not planning to join any of those organizations either. It was my high school friend who introduced RACLB to me. During that time when she talked about the club, all in my mind was that I needed to join this club no matter what. I've realized that if I would join this club, I can extend my help to more people.

Sure it was easy to become a member of the club. All you have to do is just attend three consecutive meetings and one major event and be inducted. VOILA! You are now part of the club, a Rotaractor. However, we should not always aim to just be a member who regularly attend meetings when we want to or be present during activities and fellowships only. We should aim to be an efficient member, a member that a club could count on to every single time. Being efficient is all about doing things right. Being efficient is having GRACE, which stands for acronym: Giving, Reliable, Adaptable, Commitment and Enthusiasm.

GIVING. "To find yourself, lose yourself in the service of others." (Mahatma Gandhi). To be an efficient member of the club, I realized that I should have a generous heart. The more you give of yourself, the more you will find yourself. Giving something that comes from the heart fills our lives with joy and gives us an intrinsic reward that is far more valuable than those material gifts. It is only in giving that we receive. No matter what your circumstances in life, we should always have the ability to give. Being a member of this club taught me that the true joy lies in the act of giving without an expectation of receiving something in return. It is easy to initiate an activity and participate in every meeting if our heart is willing to do it. If all our actions come from our heart, things seem so easy to do. If each member of the club give just a little more – of their time, skills, knowledge, compassion, wealth and love, the club would be more successful.

RELIABLE. Being reliable is an important building block

during your journey as a Rotaractor. Being reliable builds that trust where members of the club know that they can count on you to keep your word, be there when you say you'll be and do what you say you'll do. You should learn to keep your promises and obligations to the clubs but do not overpromise. You, of all people know your limitations. You must use great discretion when you make promises to the club. We work as a team so we count on each other. If you do not fulfill your part, you jeopardize the club's success and unethically increase the club's burden. Have the effort to show up. Show up to meeting on time and be there consistently, as much as possible. Show up at the activity you promised to attend. When your co-members and other Rotarians see that you can be relied upon, they will give you more challenging tasks and responsibilities that will allow you to grow, learn and become a leader eventually.

ADAPTABLE. "The wise adapt themselves to circumstances, as water molds itself to the pitcher." (Chinese Proverb) Having the ability to adapt to changes is very important in the club. You should always be open to new ideas and does not need to do things just because "that is how they've always been done." Changes happen every now and then, especially during activities. You should learn to anticipate changes and do not panic when things don't go according to plan. You should be resourceful. Rather than getting stuck on one solution to solve a problem, you should have a contingency plan in place when Plan A doesn't work. You should learn how to make quick decisions about whether or not to change the course. If you are not able to pivot quickly, your actions could upset other members of the club and the club as a whole. Being adaptable means being resilient. You should not let bad things destroy you because it may affect the club as well. If you don't adapt, you stagnate.

COMMITMENT. When you join the club, you join and remain committed. Achieving something, even it is just a simple thing, requires us to learn how to be committed. For the past years I have been in the club, I have realized that without committing, you cannot achieve anything. I have seen how RACLB struggled for a moment. But look at where it is now. The club is much more successful now than before. This is because of the members who are committed to the club, who are still here despite the challenges and hardships they encounter in their life. As you look at them now, they are being acknowledged by our Rotarians and receive various awards, not only from the club but also from

the district. Their commitment attracts success. When you think about it, everything you ever achieved sprouted from a commitment you made; where it's your position on the club, your studies or your job. It is not simply about making commitments but it is about keeping those commitments in the face of anticipated and unanticipated hurdles. If you want a certain project or activity to succeed, you and the members of the club should invest fully in it. No one can work on several things at the same time and expect excellent results. You should do one thing and invest all you've got in it.

ENTHUSIASM. Enthusiasm transforms problems into solutions and positive attitudes into tangible results. You have to be passionate in what you are doing to be enthusiastic. Love what you do and enthusiasm will follow. In everything you do for the club, or in life, you have to put some life and enthusiasm in it. If you are enthusiastic, you'll be more confident and more productive. All you need is an attitude of gratitude. If you find yourself feeling unhappy, try making someone else happy. If you are feeling empty and unfulfilled, try to do something meaningful and worthwhile. If you find yourself feeling lost in the club and wanted to give up, spend more time with the club. RACLB has many enthusiastic people. Spend more time with them and for sure, you'll be inspired and be a better member to the club.

Most of my weekends are allotted to doing something good in the community. But as the years passed, I have realized that it is so much more than that. In order to change the world, I have realized that I need to develop my leadership skills and abilities as well. You can't be a forever member in this club. Time will come that you need to step up and be one of the officers or maybe a president of this club soon. I need connect to other people from other clubs and gain new ideas and fresh perspectives. With the status of the clubs, I also need to inspire other members to stay in the club. We need to take action and encourage other people to act to make things happen. Working towards something and then having something rewarding at the end. It is not always easy – but the most rewarding things are not always the easiest. There are many challenges and (minor) problems I have encountered for the past four years. There are ups and downs. I have been inactive for few months as well due to personal issues! However, here I am. Through thick and thin, I am here to stay. Because that is what family is all about. And I consider RACLB as family!

Pamaskong Handog ng Rotary Club of Los Baños



In lieu of the Christmas Season, Rotary Club of Los Baños (RCLB) held their annual gift giving event to approximately 300 individuals from Sitio Bagong Nayon, Anos, Los Baños, Laguna last December 16, 2016. The gift giving was conducted at the Covered Court of Maquiling Subdivision.

RCLB was able to raise their fund for the said event through their annual Christmas Caroling to various individuals and establishments around the community. This year, they were able to raise at least Php 30,000 in just a week.

The Rotaract Club of Los Baños' ASP Glesly Vasquez and IPP Cristina Dimaano participated in the event along

with eight (8) present Rotarians. They provided assistance to the event while enjoying the Christmas atmosphere and playful environment brought by the children.

The children were able to enjoy games and performances from Saint Anthony School. The event was even more brightened up when PP Ding Navasero came out dressed as Santa Claus. They were thrilled with the gifts he had at hand. They were given a hot cup of arozcald and crispy chicharon for their snacks. It was accompanied by an ice cream which was a blockbuster to everyone. The event ended with each families receiving three (3) kilos of rice as well as other giveaways as the children sung Christmas carols to the organizers.

TELEVISION DONATION

Bahay ni Maria is a sanctuary for abandoned elderly and some adults with special needs. It is located in Brgy. Sampiruhan, Calamba City, Laguna. The Rotaract Club of Los Baños (RACLB) together with other clubs visited Bahay ni Maria last Laguna Area Induction and noticed that the elderlies there do not have anything to do when there are no visitors. The RACLB thought of giving something that can be a source of recreation for the el-

derlies everyday. RACLB raised funds to be able to purchase a secondhand television for the elders. ASP Glesly Vasquez and IPP Cristina Dimaano canvassed for local appliance stands in Los Baños to find an affordable television.

On December 17, 2016, PE Angelica Obrador, PP Julius Galang, Rotaractor Kate Orlina and Rotaractor Dannielle Zalameda brought the television to Bahay ni Maria. One of the nuns welcomed the members and gracefully thanked

them for the humble donation. The members briefly visited the elderlies before the program of another group of donor started. Elderlies have endured a lot in life that is why they deserve to be pampered. How saddening it is to find elderlies abandoned by their own family or elderlies that do not have someone to take care of them.

RACLB Christmas Party



LOS BAÑOS LODGE—Christmas season is the busiest time of the year with all the gift giving and Christmas parties. The Philippines being dominated by Christians make this event well celebrated. The Rotaract Club of Los Baños

(RACLB) held its Christmas party in Los Baños Lodge, Timugan, Los Baños. The party had children's party as its theme. There were table of candies and goodies. The members bonded together through a series of games including the classic "pabitin" which is very popular and common on children's parties. Chocolate fondue was especially arranged for club members celebrating their birthday during the month of December. Grilled foods, just like in usual overnight swimming parties, were also served.

Election of officers was the last part of the program. Present members nominated, deliberated and elected the next set of officers for the incoming Rotary Year. The Christmas Party was attended by twelve (12) club members and one (1) prospect member. The members together with the prospect chatted and got acquainted with each other for the rest of the evening. The activity was fun and successful. Indeed, Christmas season is that time of the year.

PROJECT HIRO



MAKILING, LOS BAÑOS, LAGUNA (December 30, 2016) - The Rotaractors from Japan and District 3820 woke up early to arrive at 7am at the entrance of Mt. Makiling, Los Baños, Laguna to hike. They paid 10 pesos for the entrance fee and started of their climb.

At first, the group was very excited to make it to the top of Mt. Makiling. However, the road was slippery since it rained all night until morning before the climb. At the middle of the trek, the exhaustion of the Rotaractors was very noticeable because of the hard trail they had to pass. Nonetheless, the feeling of glory and accomplishment was reflecting on everyone's smiles when they got to the peak. They were able to conquer the 30 stations of the mountain safely.

lang, three Rotaractors from Japan: Risa Tominaga, Yukihiro Yamada, Takenori Kawanami, ASP AJ Mendoza of RAC Makiling and two of her members, ASP Glesly of RACLB, ASP Terry from RAC City College of Calamba and 10 of his members. The club was assigned to provide the packed lunch for the Rotaractors for the said hike.

Present in the climb were DRR Cita, Rotary Rotaract District Chair, Pheus Sanga-

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Visit RACLB's Website

www.raclb3820.weebly.com

Email

raclb3820@gmail.com

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About Rotaract

Rotaract is a service club for young men and women ages 18 to 30 who are dedicated to community and international service. Its membership totals over 200,000 in more than 9,000 clubs worldwide. Rotaract clubs are self-governing and self-supporting and can be either university- or community-based. Individual Rotary clubs sponsor Rotaract clubs and offer guidance and support, making the Rotaract clubs true "partners in service" and key members of the family of Rotary.

Rotaract Club of Los Baños

Entom Pest Control

F.O. Santos Street, Umali Subd., Batong Malake

Los Baños, Laguna, Philippines

Rotaract Club of Los Baños meets every first and third Saturday of the month at 14:00 (2 PM) GMT +8:00, PHT

Years of Fellowship Through Service

President	Rotary Year	Rotary International Theme
Angelica Francesz Pineda	2010-2011	Building Communities, Bridging Continents
Elsie Rose Reaviles	2011-2012	Reach Within to Embrace Humanity
Maia Nisa Mauricio	2012-2013	Peace Through Service
Julius Angelo Galang	2013-2014	Engage Rotary, Change Lives
Ma. Micaela Vega	2014-2015	Light Up Rotary
Maria Cristina Dimaano	2015-2016	Be A Gift To The World
Glesly Joy Vasquez	2016-2017	Rotary Serving Humanity

THE FOUR WAY TEST

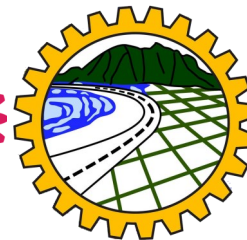
Of the things we think, say or do

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?

Rotary



Los Baños
Rotaract
Rotary Club Partner



Executive Committee RY 2016-2017

Glesly Joy Vasquez
President

Angelica Obrador
Vice-President

Micaela Vega
Secretary

Niña Joy Raytana
Finance

DIRECTORS
Jeffrey Delos Reyes
Community Service

Julius Angelo Galang
Club Service

Maria Cristina Dimaano
International Understanding

Arianne Canlubo
Professional Development

Maia Nisa Mauricio
Public Relations

"Leaders must be close enough to relate to others, but far enough ahead to motivate them."

-John C. Maxwell