



Rotary



Rotary Opens
Opportunities

10 JUNE 2021
Rotary Year 2020-2021

TINIG

The Official Newsletter of the Rotary Club of Pasig



**MICHAEL ALEXIUS SARTE, MD,
FPSOHNS, FPSSM**

Today's Programme

Virtual Meeting via Zoom

June 10, 2021, 12:30 P.M

Pangkat No. 6 Leader Dir. Bart Ronquillo

Call to Order	Pres. RJ Ermita
Invocation	Rtn. Fr. Kell Ortega
National Anthem	Recorded
FOUR-WAY TEST	Rtn. Oyie Averilla
Introduction of Visiting Rotarians & Guests	PP Jess Acantilado
Community Singing	Pre-recorded
Wise or Otherwise	Rtn. Benny de Guzman
Fining Moments	PP Topax Colayco
President's Time	Pres. RJ Ermita
Introduction of Guest Speaker	Pres. RJ Ermita

MICHAEL ALEXIUS SARTE, MD, FPSOHNS, FPSSM

Topic: Quality Sleep during the COVID-19 Pandemic

GUEST SPEAKER

Open Forum	
Adjournment	Pres. RJ Ermita

VP Bart Ronquillo
Emcee

Invocation



Almighty Father, we give you thanks for the many blessings you've given us. May you bless today with your grace that we may learn to appreciate the little blessings around us amidst the pandemic we are still experiencing. And may you help us keep the flame of hope burning within us as we look forward to the day we are finally healed. This we ask through Christ our Lord.

Amen

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?

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- First :** The development of acquaintance as an opportunity for Service;
- Second :** High Ethical standards in business and professions; the Recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- Third :** The application of the ideal of service in each Rotarian's personal, business and community life;
- Fourth :** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Song of the Day



A LITTLE HELP FROM ROTARY FRIENDS

[Intro] Roooooo – Taaaaa - Reece

[Verse 1]

What would you do if I sing you a song,
Would you stand up and walk out on me.
Lend me your ears and I'll sing you the song,
And I'll try not to sing out of key.

[Chorus - 1]

Oh, I get by with a little help from ROTARY friends, Hmm, I get
high with a little help from ROTARY friends,
Yes, I'm gonna try a little help from ROTARY friends.
(PAUSEbreak)

[Verse 2]

What will I do when no ROTARY day
(I should stay safe, there's COVID these days)
How do I feel when my vaccine's away
(Are you sad because we're all at home)

[Chorus - 2]

Oh, I get by with a little help from ROTARY friends, Hmm, I get
high with a little help from ROTARY friends,
Yes, I'm gonna try a little help from ROTARY friends.

[Bridge - 1]

Do you need a friend like Raffy,
Doc Aga, Vic, Peter, and me,
Could it be RJ, Jun, Benny I want somebody to love.

Song of the Day



Continuation 1.

[Verse 3]

Would you believe our foundation at high,
(Yes I'm certain, will help them all the time.)
What do you see when you turn out the light,
(I can't tell you, but I know they'll be fine.)

[Chorus - 3]

Oh, I get by with a little help from ROTARY friends,
Hmm, I get high with a little help from ROTARY friends,
Yes, I'm gonna try a little help from ROTARY friends.

[Bridge - 2]

Do you need a friend like Raffy,
Doc Aga, Vic, Peter, and me,
Could it be RJ, Jun, Benny I want somebody to love.

[Ending]

Oh, I get by with a little help from ROTARY friends,

Hmm, I get high with a little help from ROTARY friends,

Yes, we'll gonna try a little help from ROTARY friends,

A lot of help from ROTARY frieeeeeeeeeeeeends.

From the President

Pres. RJ Ermita



Happy Rotary Thursday gentlemen!

Last Tuesday, your incoming and outgoing board met to discuss the state of the club and the continuity of programs. We welcome the new faces into the leadership team of RC Pasig. The mix of old and new will assure us of a smooth transition and sustainability of our club programs.

Also last week, the Executive Committee of the Luxid- Rotary Micro finance cooperative met and reviewed its mandate and accomplishments this Rotary year. As designed when conceived, there will be changes in composition of the ExCom with the change in club leadership such that the committee chairmanship will be turned over to PE Garrick when he assumes. Personally, I expressed my interest to stay involved in the Finance Committee. I see myself focused on this flagship project when I become IPP.

May I invite everyone to attend the District Awards at 3pm on Saturday, June 19, 2021 via zoom. I hope all our members especially the new ones, attend the event. Of course, at the very least I expect to see the members of the Golden board to be present as a last request as president. I was told to be there physically. This is the culmination of the term of District Governor Tonipi Parungao. Let us attend as a way of support and to congratulate him for his outstanding leadership and significant accomplishments as governor in the face of this most challenging Covid-marred Rotary year.



ROTARY CLUB OF PASIG



Tinig Newsletter

June 10, 2021

From the President

Pres. RJ Ermita

Continuation 1.

Our speaker for today, is a personal friend and neighbor. He will be talking about the benefits of sleep to us. It should be an interesting meeting this afternoon.

Thank you. On our continuing 50th anniversary celebration, we remain...

Yours in Rotary,

TP RJ H. Ermita

Rotary Notes

PP Benny P. De Guzman



IP Garrick certainly pleased the many golfers in our club as well as the golf enthusiasts when he arranged a zoom viewing of the 2921 US Women's Open which the teenage golf sensation won on a sudden death playoff. Many had to give up good sleep to root for our dear Yuka Saso who won the coveted championship and the US\$ 1 million prize money. The training given by the Japanese father and the dedication of Yuka paid off handsomely. She had already collected about P6 MM of prize money from two successful Japanese tournaments. Watch when the product endorsements follow and that would catapult her to a real local multimillionaire.

Our noted speaker today will tell us how to sleep well despite the COVID 19 scare. There are only a few of us with the complete dose of the vaccines. PP Ner was bragging about his card of completion but I did not match it as he had his card laminated.

PP Peter had a better idea to beat the 100 membership mark – by waiving the 3 meetings attendance as he said the 3 meetings were meant to have the prospective Rotarian acclimatize with the club members hence the 3 meetings pre-induction rule. This fits in also to the desire of PP Ner to have a face to have an actual meeting but with social distancing for us to meet in person the many new baby Rotarians. The vaunted Rotary fellowship is gone for the meantime as the pandemic will be here for a while. Even in the entire term of Pres RJ it's all zoom meetings. The Tanay Room of the Valle Verde Country Club can have 75 or even more. The club manager and our guys can work it out And including the flow of the program. I wonder if our PRID Raffy can host at his place.

I remember during the centennial of UP, I was tasked to host a

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

cocktail for the Madrigal Singers and my place then in Greenhills saved me more than 75% of cost as the sala was able to accommodate the entire group of singers and 320 guests. Kaya sana sa place for 100 for a fellowship of sorts. A covered basketball court will suffice. Anyway, summer heat is gone and we can go with our T-shirt uniform.

PP Ner dropped by the house earlier this week as he is now Batangas based. He is the one asking for a person to person fellowship to meet the new members. He even suggested a super seniors group in our club made up of PPs Totoy Bartolome, Peping Mabanta, Esto Lichauco, Sonny Samson, Jing Jose, Ner Laino and yours truly. PP Ner said we should have this while we can still walk. Or even do a dance number?

PRID Raffy is urging the club members to have a 100% attendance at the virtual Rotary International Convention later this week. Can a phone brigade be able to help achieve this?

A toast to Gov Tonipi who celebrated his 59th birthday last Sunday, D-Day 6th of June. He would not want to go out of a long queue to get his second shot as he is not yet a senior citizen. But he is an elected director of the Rizal Chapter of Red Cross where directors of smaller chapters wearing their Red Cross vest freely enter. I requested senior officials to urge him to enter and have more time with his family on his birthday. He said we have to follow the rules. Galing ni Gov.

Buti we have plenty of lawyers in our club. PP Henry placed his Rotary song as composed by him. PP Peter knows how to avoid a lawsuit by being cautious as he indicates adapted lyrics to the original songs. Safe and sure.

Walking the Avenues

PP Jun C. Zafra



ROTARY 'S RAINBOW

Fellowship has created a global home for LGBT members and friends

by Joseph Derr

During a breakout session on “Welcoming the LGBTQ Community Into the Family of Rotary” during the 2017 Rotary International Convention in Atlanta, Michelle Wilson, a member of the Rotary Club of Athens Sunrise, Ohio, had a question. “I asked, ‘Why doesn’t Rotary have a group for LGBT+ people?’” When she added, “We should start one,” she says, “the response was overwhelming.”

Before the session had even ended, Sean O’Hara, a member of the Rotary Club of Lake Charles Happy Hour, Louisiana (and later the fellowship’s first president), had opened a Facebook group for LGBT people (lesbian, gay, bisexual, and transgender). Wilson left the meeting with a stack of business cards from people who wanted to be part of the new group. The LGBT Rotarians and Friends Fellowship was born.

In between regular Zoom events held in English, Spanish, and Portuguese, members like Wilson — who is the group’s current president — are talking to clubs about promoting diversity and telling the story of being LGBT in Rotary.

The fellowship is seeking to work with clubs on projects that support the LGBT community and to offer resources to clubs that want to be more diverse and welcoming to all.

Rotary pride

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

I've been a Rotarian for over 20 years, and Service Above Self is in my DNA. I'm 66 and came out at age 61. Serving the LGBT community is an acknowledgment that many others went before me, and it's now my time to be of service. — Ronald Schoenmehl, Rotary Club of San Diego Downtown Breakfast, California

When I became president of my club, my husband was seated at my side. The following year, when I passed my gavel, my husband pinned on my lapel the past president's diamond pin my late father received in 1976 when his term ended. I've worn it ever since! — David Bricka, Rotary Club of Sedro Woolley, Washington

To have a fellowship where I can meet and visit — virtually now — with other gay Rotarians in a completely “out” environment really affirms that we are now completely included in Rotary.

Making progress

I was one of the first openly transgender presidents of a Rotary club in the world. When I was president, we had a Rotary/LGBT community information exchange meeting. None of those things could have happened 10 years ago. — **Monica Mulholland**, Rotary Club of Queenstown, New Zealand

I have been involved in Rotary since I participated in Rotary Youth Exchange in 1989. I was a member of the Rotary Club of Hollywood, California, in the late 1990s and helped to charter the Rotary Club of San Francisco-Castro. Rotary is far more inclusive today than at any other time in our history.

Brian Rusch

Rotary Club for Global Action District 5150, California

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

I'm optimistic that in the post-pandemic future, a couple of the Rotary clubs in our community will come together to participate in Pride events and support the LGBT community in other ways. Our clubs also need to identify LGBT community organizations that need our support, friendship, and mentorship. — **John Culshaw, Rotary Club of Iowa City, Iowa**

Fair to all concerned

Many members, and indeed clubs, tend to shut down people who talk about LGBT in Rotary, as they see this as being political. They are wrong! This is not political. This is human rights we are talking about. Remember The Four-Way Test!

Monica Mulholland

As a transgender woman, I am interested in the issue of fair treatment of all genders. Today, most people understand that differences in gender identity are not a disease but are very common. Although younger generations are gradually adopting an open attitude toward LGBT groups, it is still awfully slow overall. — **Wen-Yue Huang, Rotary Club of Taipei Nanlung, Taiwan**

It's past time that we tell the whole story of who we are regardless of whether it is different from some established norm, because living an authentic life takes courage. This acceptance is freeing people and allowing us an opening rather than hiding who we are. — **Mary MacLean, Rotary Club of Bozeman, Montana**

"Joining Rotary and connecting with the fellowship has given me more purpose and drives me to get involved more than I ever have before." — **R. Lee Donaldson, Rotary E-Club of Hawaii**

Our Guest Speaker



MICHAEL ALEXIUS SARTE, MD, FPSOHS, FPSSM

Our speaker is a graduate of the University of Santo Tomas, Faculty of Medicine and Surgery, and had his specialty residency training for Otorhinolaryngology-Head and Neck Surgery at the UST Hospital.

He completed his Fellowship trainings in Rhinology, Sleep Medicine and Surgery at the University of Ulm Medical Center in Germany and the University of Heidelberg, Mannheim, Germany.

Presently, he is a lecturer at the Ateneo School of Medicine and Public Health.

He is the clinical head at the Center for Snoring and Sleep Disorders at The Medical City, and the unit head at the Sleep Laboratory, Rizal Medical Center – Dept. of Health, both in Pasig City, as well as an attending otolaryngologist and sleep specialist at the Corporate Health Services, Inc. of the San Miguel Corporation, Mandaluyong City.

He is a fellow of both the Philippine Society of Otorhinolaryngology-Head and Neck Surgery and of the Philippine Society of Sleep Medicine.

Tinig Tidbits

By: PP Peter M. Javier



RARE AND OBSOLETE TERMS THAT DESERVE TO BE USED MORE

Matutolypea

This term puts into words something we all experience from time to time, namely getting up on the wrong side of the bed.

Ombibulous

We all know how to call a person or animal that eats everything – *omnivorous*. But did you know that there's also a specific word that describes a person who drinks everything? It's *ombibulous*.

Clinomania

If you're feeling a strong desire to lie down or stay in bed, you're having a case of *clinomania*.

Enchiridion

There's a more fun way of referring to a book that contains essential knowledge on a specific subject. It's just a fancy synonym of a handbook, manual or guide.

Bumfodder

According to the Oxford English Dictionary, the 17th century term for toilet paper was *bumfodder*.

Yesk or yex

This outdated term was used to refer to any type of involuntary sound, be it a yawn, a hiccup, a sob, or even a belch. It is one of those really old English words.

Breedbate

When someone is looking for an opportunity to start trouble, they were said to be a *breedbate*.

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

Quakebuttock

The humorous word is used to describe a coward, it's still used today although very rarely.

Rechauffe

The term refers both to the action of reheating leftovers and the leftover food itself.

Ditty

Any short or simple song can be called a *ditty*.

Zwodder

The fuzzy, drowsy state of mind one experiences after a bad night's sleep.

Back-berend

It has something to do with bearing something on the back, and that something is stolen goods.

Fimble-famble

The term that helps you put a name to a really bad excuse.

(From BabaMail)



ROTARY CLUB OF PASIG



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Rotarians' Scholarship Pledges RY 2020 - 2021

Scholarship Pledges

Anonymous	10 – Paid
Anonymous	8 – Paid
PP Ner Laiño	6 – Paid
Garrick & Bernard	12 – Paid
PP Conrad Cuesta	3
PP Peping Mabanta	2 – Paid
Pres. RJ Ermita	2 – Paid
PP Rel Gomez	2 – Paid
Rtn. Flor de Pano	1 – Paid
PP Jess Acantilado	1
PP John Javier	1 – Paid
Rtn Roy Quejada	1 – Paid
PP Peter Javier	1 – Paid
Rtn Gary Ona	1 – Paid
Rtn Bong Paloma	1 – Paid
Rtn Bart Ronquillo	1 – Paid
PP Ed Lucero	1 – Paid
Rtn Jake Oh	1 – Paid
PP Vic Lim	1 – Paid
PP Rhett Ermita	1
Rtn Pal Bolivar	1 – Paid

DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSIONS

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to all occupations which are useful to society;
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community;
7. Adhere to honesty in my advertising and in all representations to the public concerning my business or professions;
8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.

ROTARY CODE OF CONDUCT

As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve in Rotary
3. Conduct all of my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring dis-favor or reflect adversely on Rotary or fellow Rotarians
8. Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

PANGKAT MEMBERS RY 2020 – 2021

PANGKAT NO. 1

- 1. Pres. RJ Ermita - Leader**
2. Tony Diaz – Co-Leader
3. Ner Laino
4. Jing Jose
5. Rene Bocaya
6. Celso Ylagan
7. Leo Barbo
8. Philip Yoon
9. Arjan Ramnani
10. Marlo Guillano
11. Manfred Guangko
12. Sonny Samson
13. Jay Bautista
14. Nilo Ocampo

PANGKAT NO. 2

- 1. John Javier - Leader**
2. Nicky Ty –Co-Leader
3. Peping Mabanta
4. Ogie Lim
5. Nick de Guzman
6. Vico Sotto
7. Sonny Rivera
8. Ben Baniel
9. Raffy Garcia III
10. Ramy Garcia IV
11. Garrick Ang
12. Ferd Rivera
13. Johan Ramos
14. Roland Vasquez
15. Rtn. Dickson Berberabe
16. Rtn. Tet Mallare

PANGKAT NO. 3

- 1. Ed Lucero - Leader**
2. Bong Paloma – Co-Leader
3. Wowie Benitez
4. Noel Go
5. Conrad Cuesta
6. Louie Orosa
7. Nesty Carolina
8. Esto Lichauco
9. Rhett Ermita
10. Peter Javier
11. Sammy Lazo
12. Gerard Estrada
13. Ato Basco
14. Jake Oh
15. Rtn. Bernard Bobadilla
16. Rtn. Gary Ona

PANGKAT NO. 4

- 1. Rel Gomez - Leader**
2. Ed Evangelista- Co-Leader
3. Toti Buhain
4. Bert Albano
5. Raj Cordova
6. Vic Aquino
7. James Porter
8. Chito Bernardo
9. Alex Lacson
10. Ping Tan
11. Pal Bolivar
12. Carlo Doce
13. Allan Almazar
14. Rtn. Arnel Condicion
15. Rtn. Dekdek Paloma

**PANGKAT MEMBERS
RY 2020 – 2021**

Continuation 1.**PANGKAT NO. 5**

- 1. Jun Zafra - Leader**
2. Jecko Santos – Co-Leader
3. Ray Armas
4. Bebert Lacuna
5. Dennis Albano
6. Totoy Bartolome
7. Arnel Estaniel
8. Hermie Orbe
9. Vic Lim
10. Nick Guzman
- 11 Tito Henson
12. Johansson de Guzman
13. Vince Ermita
14. Rtn. Cesar Lacuna
15. Rtn. Roy Quejada
16. Jeffrey Sonora
17. Roehl Fontanilla

PANGKAT NO. 6

- 1. Bart Ronquillo - Leader**
2. Adolf Aran – Co-Leader
3. Ike Ona
4. Kell Ortega
5. Benny de Guzman
6. Albert Mendiola
7. Edison Go
8. Flor de Pano
9. Topax Colayco
10. Roman Romulo
11. Chony Gimenez
12. Jess Acantilado
13. Nico David
14. Oyie Averilla
15. Rtn. Ferdie Legaspi
16. Rod Moreno
17. Henry Uy

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present46
% of Attendance (06/03/21).....49%

Guest and Visiting Rotarians

1. Gener Menor
2. Bernard Dy, Host: PP Peter Javier
3. Richard Berganos, Host: PP Rel Gomez
4. Val Villanueva
5. Rovic de Jesus, Host: Rtn. Ferdie Legaspi



ROTARY CLUB OF PASIG



Tinig Newsletter

June 10, 2021

Officers and Directors

ROTARY CLUB OF PASIG (RY 2020-2021)

President	Renato Carlos “RJ” H. Ermita, Jr.
Vice President/PE	Roberto “Bart” C. Ronquillo
Club Secretary	PP Peter John “John” U. Javier
Treasurer	Rtn. James Philip Roland V. Porter

DIRECTOR:

Club Administration	PP Rogelio “Ogie” S. P. Lim
Membership	PP Aurelio “Rel” L. Gomez
Public Relations	Rtn. Garrick “Garrick” L. Ang
Service Community	Rtn. Francisco “Sonny” D.C. Rivera
The Rotary Foundation	PP Marcelo “Jun” C. Zafra, Jr.
Youth Service	PP Roy Eduardo “Ed” T. Lucero
Ex-Officio	IPP Nick “Nick” C. Guzman

Advisers:

HOF/PP Rhett Ermita
PP Conrad Cuesta
Rtn. Ike Ona

Editorial Staff

TINIG STAFF RY 2020-2021	FEATURE WRITERS	
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MAKE-UP SLIP

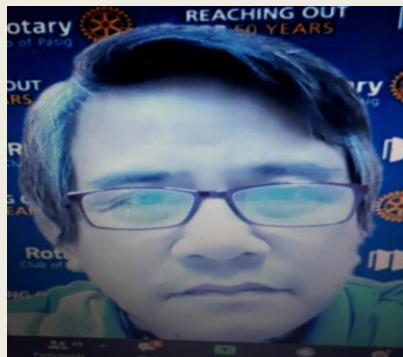
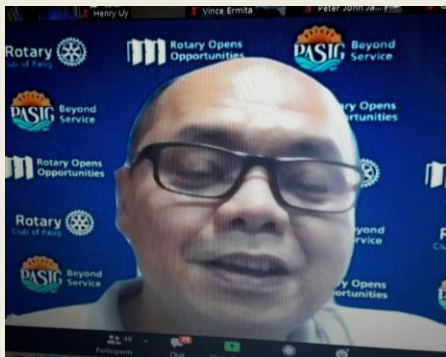
This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

RC – Pasig Club Secretary: _____ **Date:** _____

Glimpses of Our Last Meeting



A Call to order by TP Rj with Rtn Adolf as emcee



Rtn Fr Kell leads invocation Rtn Rod recites The Four-Way Test



PP Henry leads singing of Pangkat 3 led by VP Bart

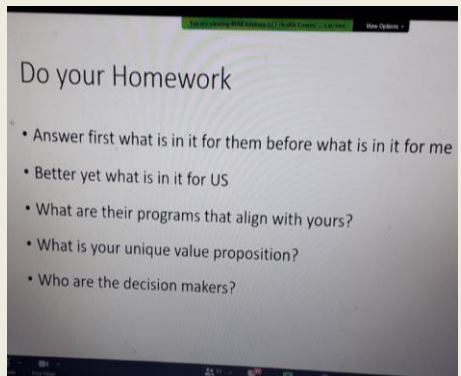
Glimpses of Our Last Meeting



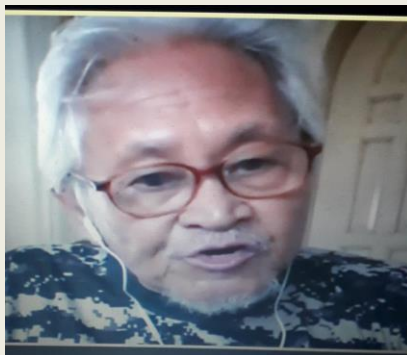
Joining in singing are Rtns Oyie, Albert, and & Rtn Flor are singing too



TP Rj introduces speaker, Maximillian Ventura who talks on Art of Fundraising



Glimpses of Our Last Meeting



Replying to questions from PP Bert,



Rtn Fr Kell and PP Henry



Acknowledging invitation to join TP Rj adjourns meeting