

Rotary



Rotary Opens  
Opportunities

17 JUNE 2021  
Rotary Year 2020-2021

# TINIG

The Official Newsletter of the Rotary Club of Pasig



**DR. AMIEL CORNELIO E. DELA CRUZ**



ROTARY CLUB OF PASIG



*Tinig Newsletter*

*June 17, 2021*

## Today's Programme

**Virtual Meeting via Zoom**

**June 17, 2021, 12:30 P.M**

**Pangkat No. 6 Leader Dir. Bart Ronquillo**

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

***DR. AMIEL CORNELIO E. DELA CRUZ***

***Topic: Home Care Treatment for Covid Patients.***

***GUEST SPEAKER***

**Open Forum  
Adjournment**

**Pres. RJ Ermita**

**VP Bart Ronquillo  
Emcee**

# Invocation



Lord Jesus,

As we praise your most Holy Name, we lift up to you our prayers crying out from our hearts. Bless our loved ones, heal our sick brothers and sisters, receive with mercy and compassion those who have departed especially due to the pandemic. This we pray to the Father through You together with the Holy Spirit, one God forever and ever.

**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?

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## 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



### Here's RCP

*by Oyie Averilla*

*(Sung to the tune of "Here Comes the Sun" by the Beatles)*

Here's RCP doo-do-do, here's RCP  
And I say, "We're hopeful"

Ro-tarians, it's been a long and hard pandemic  
Rotarians, it feels like years since we'd had beers

Here's RCP dooo-do-do, here's RCP  
And I say, "We're hopeful"

Rotarians, our vaccines we are slowly getting  
Rotarians, it seems like years we've been with peers

Here's Rcp dooo-do-do, here's RCP  
And I say "We're hopeful"

Ro-tarians here we come  
Ro-tarians here we come  
Ro-tarians here we come  
Ro-tarians here we come  
Ro-tarians here we come

Rotarians, we feel that we will soon recover  
Rotarians, it seems like here we'll conquer fear

Here's RCP dooo-do-do, here's RCP  
And I say, "We're hopeful"



ROTARY CLUB OF PASIG



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## Song of the Day



*Continuation 1.*

Here's RCP dooo-do-do, here's RCP  
And I say, "We're hopeful"

Here's RCP dooo-do-do, here' RCP  
And I say, "We're hopeful"  
"We're hopeful"

## From the President

**Pres. RJ Ermita**



Good afternoon Fellow Rotarians!

The past few days were spent in orienting member prospects of the club. The process involves father and son tandem HOF Peter and PP John Javier sharing the history of Rotary, the District and of course our club. It is usually followed by “testimonies” of members present on why they chose to be part of our club. The prospects then share a bit of information about themselves. And most importantly, we talk about the expectations and obligations of a Pasig Rotarian. I cannot emphasize more on how important this process is for every prospect to attend and have a glimpse of the club in which he is about to commit to.

With the 7 gentlemen who attended and willing to commit, then today, June 17, may be the day that we achieve our Century Club target. If this happens, then this would be a first for our club. A fitting achievement for our 50<sup>th</sup> year.

No other than our Governor Tonipi Parungao will join our meeting to induct our new members together with HOF Conrad Cuesta as charging officer.

This is the second to the last Club meeting that I will preside over, and thank you to Pangkat 6 led by VP Bart, for making it memorable.

On the 50<sup>th</sup> year of the Mighty Rotary Club of Pasig, we remain...

Yours in service,

RJ H. Ermita

## **Rotary Notes**

**PP Benny P. De Guzman**



In basketball, the tense moment is the last two minutes. In our Rotary, it is in this mood last Tuesday. PP Peter was among those who met the prospective members for the orientation. Our first daughter club, RC Pasig South had theirs the day before. Of the four to be briefed, one was a priest and another, a former priest. With DGN Bobby Tanyag assuming the district governor's post the next Rotary year, our daughter club will match our mother club, RC Mandaluyong in the number of district governors produced at four each.

As of last Monday, we have 94 members and many have yet to meet almost a third of our new members including those inducted at the start of the pandemic last year.

Before, when we met in person, it was easy to make my column as I can talk about many members and their reactions during the meetings. In fact, the franchise for asking the first question belonging to PP Ferd cannot be implemented because of his sabbatical to the USA even if Trump is no longer the president.

Gov Tonipi is also in his last two minutes but he is out to push our awareness of Rotary at any chance he will be given.

Today's birthday boy Mayor Vico is every where and is begging friends not to give gifts but to buy food for the hungry in Pasig. The bachelor mayor is ripe for marrying.

Lucky for us as there is no quiz in column of PP Peter but the words are becoming harder per issue and if you find them hard to pronounce, try if you can use them in any way during the week in your meeting with others.





## **Rotary Notes**

**PP Benny P. De Guzman**

*Continuation 1.*

Earlier birthday boy, IPP Nick was one of those who saw Yuka Saso clinch the championship of the US Ladies Golf Open. In one of the pictures, he was with a nephew of our venerable PP Peping. If not for the picture, many would not know and even I that IPP Nick passed also the US Dental Board exams. As the late PP Teddy Yabut, the 2<sup>nd</sup> club president, would say, "This people coming from hand to mouth existence seem to be earning a lot!"

I think the family of PRID Raffy is enjoying sunny California where IPP Nick celebrated his birthday. They are enjoying the many good and known restos in the area.

The entire members of our club was alarmed when the family of IPP Rel reportedly got the dreaded Covid-19. Only lovely Jen and the yaya were hospitalized though. I reminded PP Rel that it may be useful to ask Rtn Dennis the protocol made by his doctor when he licked it months earlier.

Dr. Michael Sarte the other week told us how to sleep soundly despite the alarming Covid scare. Sleep disorder is now one of the specialties in medicine. The specialties are so well defined that soon, if you are an ophthalmologist, the expertise will be left eye or right eye na lang. In orthopedics, napakaraming branches na but the left and right feet are not separated yet. If I will be a doctor, I will concentrate on the specialty of billings. That is where the real money is!

## Walking the Avenues

PP Jun C. Zafra



### COMMON GROUND: ROTARY MAGAZINE 2021 PHOTO AWARDS

In a time of separation, our winning photographers used their cameras to make connections

It was a challenging year for photographers. Once the pandemic hit, travel plans had to be changed or canceled. That was reflected in many of the submissions for Rotary magazine's 2021 photo awards: Many more photos than usual were taken close to home, sometimes as close as the backyard. We did see breathtaking images of some photographers' journeys, many from the days before the pandemic limited travel. Others took this year to experiment with extreme close-ups of a flower petal or a bird in flight. Many photos captured the way COVID-19 has transformed our world and our daily lives. And, perhaps reflecting the fundamental optimism of Rotarians, there were many images of hope, joy, and simple beauty.

Our judge, photojournalist Barbara Davidson, evaluated the photographs with an exacting eye. "I look for use of color as an element of composition, I look for degrees of tones in black-and-white images, and I look for strong composition and an advanced level of photography as craft," Davidson says. But the technical achievement has to be in service of something. "The images that stand out invite one to linger on the photograph and successfully inspire an emotional response."

In addition to the winners and honorable mentions that appear in this issue, the magazine will feature more of the photos submitted by our readers throughout the coming year.

# **Walking the Avenues**

PP Jun C. Zafra

*Continuation 1.*

## **First place**

Photographer: Hansruedi Frutiger

Rotary Club of Gombak, Kuala Lumpur, Malaysia

Location: Yuanyang County, Yunnan, China



## **Second place**

Photographer: Luca Venturi

Rotary Club of Siena Est, Italy

Location: Siena, Italy



# Walking the Avenues

PP Jun C. Zafra

*Continuation 2*

## Third place

Photographer: Randy Nickerson

Rotary Club of Oshawa, Ontario

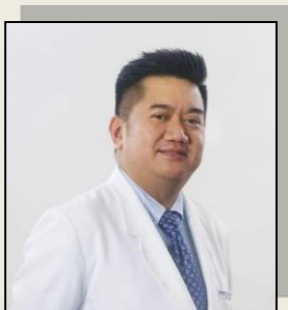
Location: Longsheng County, China



## Honorable mentions



# Our Guest Speaker



**DR. AMIEL CORNELIO E. DELA CRUZ**

- Fellow, Philippine College of Physicians
- Fellow, Philippine Society of Nephrology
- Master, Health Professions Education
- Chairman, Department of Medicine, The Medical City
- Former Training Officer, Department of Medicine, The Medical City
- Former Board Examiner, Adult Specialty Board, Philippine Society of Nephrology
- Assistant Professor Ateneo, School of Medicine and Public Health

# **Tinig Tidbits**

**By: PP Peter M. Javier**



## **FATHER'S DAY**

This coming Sunday will be Father's Day, another American-influenced celebration just 5 Sundays after Mother's Day. How it originated is written in Charles Panati's "Extraordinary Origins of Everyday Things". Hereunder is the excerpt from Panati's book:

The idea for an official Father's Day celebration came to a married daughter, seated in a church in Spokane, Washington, attentive to a Sunday sermon on Mother's Day in 1910 – two years after the first Mother's Day observance in West Virginia.

The daughter was Mrs. Sonora Smart Dodd. During the sermon, which extolled maternal sacrifices made for children, Mrs. Dodd realized that in her own family it had been her father, William Jackson Smart, a Civil War veteran, who had sacrificed – raising herself and five sons alone, following the early death of his wife in childbirth. For Mrs. Dodd, the hardships her father had endured on their eastern Washington farm called to mind the unsung feats of fathers everywhere.

Her proposed local Father's Day celebration received strong support from the town's ministers and members of the Spokane YMCA. The date suggested for the festivities, June 5, Mrs. Dodd's father's birthday – a mere three weeks away – had to be moved back to the nineteenth when ministers claimed they need extra time to prepare sermons on such a new subject as Father.

Newspapers across the country, already endorsing the need for a national Mother's Day, carried stories about the unique Spokane observance. Interest in Father's Day increased. Among the first notables to support Mrs. Dodd's ideal nationally was the orator and political leader William Jennings Bryan, who also backed Mother's Day. Believing that fathers must not be slighted,

# Tinig Tidbits

By: PP Peter M. Javier

## *Continuation 1.*

he wrote to Mrs. Dodd, “too much emphasis cannot be placed upon the relation between parent and child.”

Father’s Day, however, was not so quickly accepted as Mother’s Day. Members of the all-male Congress felt that a move to proclaim the day official might be interpreted as self-congratulatory pat on the back.

In 1916, President Woodrow Wilson and his family personally observed the day. And in 1924, President Calvin Coolidge recommended that states, if they wished, should hold their own Father’s Day observances. He wrote to the nation’s governors that “the widespread observance of this occasion is calculated to establish more intimate relations between fathers and their children, and also to impress upon fathers the full measure of their obligations.”

Many people attempted to secure official recognition for Father’s Day. One of the most notable efforts was made in 1957, by Senator Margaret Chase Smith, who wrote forcefully to Congress that “Either we honor both our parents, mother and father, or let us desist from honoring either one. But to single out just one of our two parents and omit the other is the most grievous insult imaginable.”

Eventually, in 1972 – sixty-two years after it was proposed – Father’s Day was permanently established by President Richard Nixon. Historians seeking an ancient precedent for an official Father’s Day observance have come up with only one: The Romans, every February, honored fathers - but only those deceased.

In American today, Father’s Day is the fifth-largest card-sending occasion, with about 85 million greeting cards exchanged.



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# Tinig Tidbits

**By: PP Peter M. Javier**

## *Continuation 2.*

After Father's Day, be ready with Grandparent's Day come Sunday, September 10! And who knows, Mother-in-Law's Day will eventually become an official observance. Panati wrote that "few people, including mothers-in-law, realize that the fourth Sunday in October, according to a resolution passed by the U.S. House of Representatives in 1981, is set aside to honor mothers by marriage. To date, the resolution has not been adopted by the Senate, nor is there any recent activity to do so." Obviously, there are no lobbying efforts from among the sons-in-law and daughters-in-law!



## 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 Present .....33  
% of Attendance (06/10/21).....35%

### Guest and Visiting Rotarians

1. Gener Menor
2. PP Raymond Samson



ROTARY CLUB OF PASIG



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## Officers and Directors

### ROTARY CLUB OF PASIG (RY 2020-2021)

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

#### **DIRECTOR:**

<b>Club Administration</b>	PP Rogelio “Ogie” S. P. Lim
<b>Membership</b>	PP Aurelio “Rel” L. Gomez
<b>Public Relations</b>	Rtn. Garrick “Garrick” L. Ang
<b>Service Community</b>	Rtn. Francisco “Sonny” D.C. Rivera
<b>The Rotary Foundation</b>	PP Marcelo “Jun” C. Zafra, Jr.
<b>Youth Service</b>	PP Roy Eduardo “Ed” T. Lucero
<b>Ex-Officio</b>	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	
PETER JAVIER Editor in Chief	RJ ERMITA From the President	JOHN JAVIER Secretary's Desk
OGIE LIM Club Bulletin Admin.	BENJAMIN P. DE GUZMAN Rotary Notes	JUN C. ZAFRA, JR. Walking the Avenues
	PETER M. JAVIER Tinig Tidbits	RTN. FR. KELL ORTEGA Invocation

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**Edgar Manalang:** **0927-9414528; [rcpasig@hotmail.com](mailto:rcpasig@hotmail.com)**

## MAKE-UP SLIP

**This serves as proof of your attendance**

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**Name of Visiting Rotarian**

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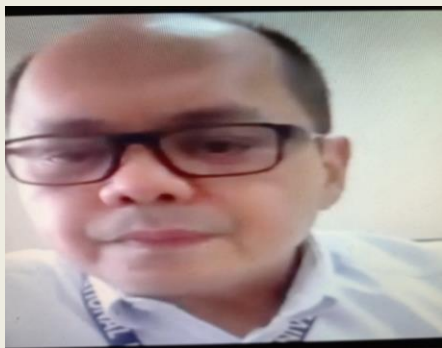
**Name of Rotary Club**

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**RC – Pasig Club Secretary:** \_\_\_\_\_ **Date:** \_\_\_\_\_



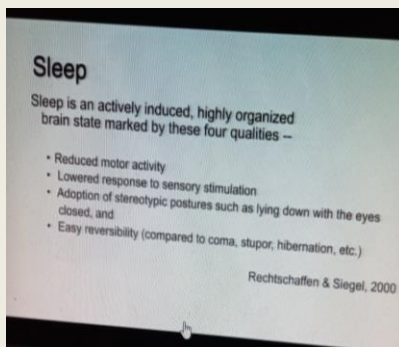
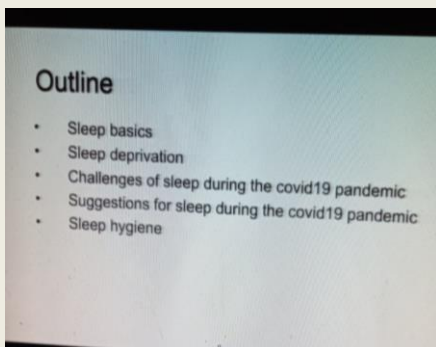
## Glimpses of Our Last Meeting



TP Rj calls to order meeting VP Bart emcees meeting.



TP Rj with his message and introduction of Dr. Michael Alexius Sarte



Talks on how to achieve quality sleep during the COVID-19 pandemic

## Glimpses of Our Last Meeting

### Why Sleep

- Body repair
- Energy replenishment
- Predator avoidance
- Thermoregulation
- Memory consolidation
- Neuronal Integrity
- Resculping of synaptic populations

### Sleep Deprived – Sleep Debt

- 3 or more nights of sleep deprivation
- Drive after being awake for 17-19 hours = blood alcohol 0.5 (2 glasses of wine)
- 16-60% of road accidents

### Suggestions for proper sleep during COVID 19

#### Electronic devices

devices that are connected to your Wi-Fi, those are the major culprits for bad sleep hygiene and insomnia in some, so make sure that you don't use your computer, tablets or Wi-Fi devices in the bedroom, especially near bedtime.

1:12:48

### Suggestions for proper sleep during COVID 19

#### Mindful eating

nutritious foods  
do not go to bed hungry or full

#### Meditate

breathing and relaxation techniques  
positive meditation to free your mind

#### Take a break

15-minute breaks throughout the day to list your worries rather than watching cable news, and seeking social and emotional support in various ways.

### Research on Sleep

Less than 4 hrs. sleep	73% more likely to be obese than 7-9 hr sleepers.
5 hrs. sleep	50% more likely...
6 hrs. sleep	23% more likely...

### Sleep Needs

Infants / Babies*	0-2 months	10.5 – 18.5 hrs
	2-12 months	14-15 hours
Toddlers/Children*	12-18 months	13-15 hours
	18 months – 3 years	12-14 hours
	3-5 years	11-13 hours
	5-12 years	9-11 hours
Adolescents	8.5-9.5 hours	
Adults	7-9 hours	