

Rotary
Club of Pasig



18 AUGUST 2022
Rotary Year 2022-2023

TINIG

The Official Newsletter of the Rotary Club of Pasig



IPP GARRICK L. ANG
Guest Speaker

Today's Programme

**Valle Verde Country Club
August 18, 2022, 12:30 P.M
Pangkat 2 Leader Dir. Bernard Dy**

Call to Order	Pres. Bong Paloma
Invocation	Rtn. Rod Moreno
National Anthem	Rtn. Rod Moreno
FOUR-WAY TEST	Dir. Tet Mallare
Introduction of Visiting Rotarians & Guests	
Community Singing	Pangkat 2
Wise or Otherwise	
Fining Moments	PP Benny de Guzman
President's Time	Pres. Bong Paloma
Introduction of Guest Speaker	

***IPP GARRICK "Garrick" L. ANG
GUEST SPEAKER***

Open Forum	
Adjournment	Pres. Bong Paloma

**Dir. Bernard Dy
Emcee**

AUGUST IS MEMBERSHIP AND EXTENSION MONTH

Invocation



Father, keep in mind your holy covenant, sealed with the blood of the Lamb. Forgive the sins of your people and let this new day bring us closer to salvation. We ask this through Christ our Lord.

Amen.

APAT NA URIAN NG ROTARYO

ng mga bagay na ating iniisip, sinasabi o ginagawa:

1. Iyon ba ang **KATOTOHANAN**?
2. Iyon ba ay **MAKATARUNGAN** para sa lahat ng kinauukulan?
3. Iyon ba ay lilikha ng **MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKI-PAGKAIBIGAN**?
4. Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kinauukulan?

Ang Layunin ng Rotaryo

Ang layunin ng Rotaryo ay **“PASIGLAHIN AT IPUNLA ANG SIMULAIN NG PAGLILINGKOD BILANG BATAYAN NG ISANG GAWAIN KARAPAT-DAPAT** at lalo’t higit pasiglahin at ipunla:

1. Ang pagpapaunlad ng pagsasama bilang pagkakataon sa paglilingkod.
2. Ang mataas na uri ng tuntunin sa pangangalakal at sa hanapbuhay, ang pagkilala sa kahalagahan ng gawain kapakipakinabang at ang pagbibigay dangal ng bawa’t Rotaryo sa kanyang hanapbuhay bilang pagkakataon upang makapaglilingkod sa lipunan.
3. Ang pagsasakatuparan sa simulain ng paglilingkod sa bawa’t Rotaryo sa kanyang pansarili, pangkabuhayan at panglipunang pamumuhay.
4. Ang pag-unlad ng pagkakaunawaan, mabubuting kalooban at kapayapaan ng mga bansa sa pamamagitan ng isang pang-daigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.

Song of the Day



NEVER ON MY ROTARY DAY

Oh, you can meet me on a Monday,
A Monday, a Monday is very very good.
Oh, you can meet me on a Tuesday,
A Tuesday, a Tuesday in fact I wish you would.
Or you can meet me on a Wednesday, a Friday,
A Saturday and Sunday is the best
But never, never on a Thursday, a Thursday
A Thursday 'cause that's my Rotary day

Refrain:

Most any day, you can be my guest,
Any day you say but my Rotary day.
Just name the day that you like the best,
Only stay away on my Rotary day.

Oh, you can meet me on a cool day,
A hot day, a wet day, whichever one you choose.
Or try to meet me on a gray day,
A May day, a pay day, and see if I'll refuse.
And if you make it on a bleak day,
A freak day, a week day, then you can be my guest.
But never, never on a Thursday, a Thursday,
A Thursday 'cause that's my Rotary day.

(Repeat Refrain)

(Lyrics adaptation by PP Peter)

From the President

Pres. Bong Paloma



Good afternoon RCP.

Today, I will preside remotely because I am covid positive. My entire family was exposed, and we all tested positive. The good news is that we only have mild symptoms (colds and cough), no fever, sore throat and body pains. And I should be well just in time for our 52nd Induction, Handover and Awarding Ceremonies on Wednesday, August 24. Nevertheless, please pray for me and my family's immediate recovery and continued good health.

As a continuing celebration of the Membership Month, I would like to acknowledge and congratulate three of RCP's past presidents for their continued commitment and support to Rotary District 3800. Namely, AKS/PP Ramy Garcia – District Polio Coordinator, AKS/PP Nick Guzman – Deputy District Secretary and PP Peter John Javier – Sub-Committee Chair on Service, Water, Sanitation and Hygiene. Thank you, gentlemen, for your unselfish and undying commitment to serving Rotary.

Today, we will have our very own IPP Garrick Ang as our speaker, who will teach us how to maximize the capabilities of our mobile phones when taking photos. Who would have imagined that these mobile phones would someday displace regular DSLR cameras? As technology improves, mobile photography will become mainstream. Or maybe it has already become the mainstream as we speak. When I went to Europe in 2019, I had my Canon D70 DSLR and iPhone 8. I did not touch the DSLR during the trip and was very satisfied with the photos taken from my iPhone. And it will only get better and cheaper.

From the President

Pres. Bong Paloma

Continuation 1.

Also, as part of our regular afternoon program, during the "wise or otherwise" portion, we will feature senior member/s of RCP. They will share a 5-minute talk about themselves and their Rotary journey for the 31 Baby Rotarians to know them better.

We will have Lechon and dessert for today's lunch. Rtn Philip Yoon whose lunar calendar birthday was last August 16 will donate Lechon and today's birthday celebrant Dir Dodie Dy will pitch in the dessert. And I will send some bottles of wine for you to enjoy. Every month, we will have such fellowship and breaking of bread together as we thank the Lord for the good life and friendship.

Lastly, let me reiterate, on August 24 at 6 pm, at the VV5 Clubhouse, will be our Induction, Awarding, and Handover Ceremonies. It will be an evening of recognition, awards, fun, singing, dancing, good food, and many wines and whiskies during our fellowship. And on August 26, at 7 am at Hallow Ridge in San Pedro, Laguna, we are hosting the 2nd leg of District 3800 Federation Golf Tournament. We will show the district that when it comes to hosting and organizing golf games and events, RCP is always the club to beat.

Thank you for all your support, and I look forward to seeing you all at these two significant events.

Stay Strong and Healthy!

Bong

Rotary Notes

PP Benny P. De Guzman



PE Adolf had several postings about the Rotary Service Day last August 16 with no less than President-Elect R. Gordon R. McNally attending. I was surprised to note that our district was a co-host with Districts 3780 and 3730, yet our very own PRID Raffy was not in the lead role. Why was there no announcement at last week's meeting of our club?

Last week, with a certification on no less than the City Health Officer of Pasig City that PP Peping is 100% safe to mingle as he is not a carrier of Covid-19, including his spouse Bella, yet he was not able to attend our meeting. He was bragging that “indeed God is good as He did not only heal us but He made sure we are safe to mingle without endangering anybody from Covid.” But his children did not allow him as he might be the one to get it again.

IPP Rj commented last week that is mon, Belle was saying that usually at inductions of our club, we have nice presentations of our club and ARAP and he even cited the “Sound of Music” skit. We have had many grand presentations when ARAP and our club had many nice fellowships and meaningful projects. President Bong said he will ask spouse Baby to initiate some activities. It still must start with ARAP. In less than a week will be our formal induction and no ARAP involvement will make it a big task for Pres Bong and his Board.

Even US First Lady got the Covid. Luckily, the virus is not that deadly now. But it had some effect on PP Topax as it delayed his shoulder operation for a good 3 weeks. Now, he is fully recovered and also his spouse Meanne but the hospital where he will undergo his operation is not sure if he will not be affected again.

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

Next week, our Thursday Rotary day will be without our regular meeting. The night before is our induction and the following Friday will be our hosting of the District Golf Tournament. It will be a good fund raising event and no less than a million pesos is the target. With high end players and the golfers our most effective fund raisers in the Club, an over subscription is not an impossibility. Moreover, Balut King Albert has come out with a very attractive T-shirt to show how our players and rooters are in their flashy T-shirts.

Our Pangkat 2 is in charge for this month. With so many talents, Birthday boy Dir Dodie is hard pressed to get program participants. Rtn Rey is pinching in and had a rare case of oldtimers reintroducing themselves in a reverse defense of classification. Indeed it will be nice so many Rotary information can be shared with the new ones. Imagine, 19 baby Rotarians failed in the pinning ceremony the other week. Only 12 were present.

IPP Garrick will be our speaker today. I recall the late HOF/PP Bobby Paterno and the very well liked former Rtn Amang Jose. The two were also active in the Camera Club where Garrick is now president.

Last week, truly a friend of our club PDG Tonipi Parungao talked about membership development in Rotary. I still cannot see how Rotary fellowship will be shared in a E-club where zoom meetings are often the way.

Our club is averaging attendance both face to face and via zoom in the upper 30% only. The Pangkats cannot do anything?

Walking the Avenues

PP Jun C. Zafra



STEPHANIE A. URCHICK IS SELECTED TO BE THE 2024-25 PRESIDENT OF ROTARY INTERNATIONAL

Stephanie A. Urchick, of the Rotary Club of McMurray, Pennsylvania, USA, is the selection of the Nominating Committee for President of Rotary International for 2024-25, a decision that would make her only the second woman to hold that position. She will be declared the president-nominee on 1 October if no challenging candidates have been suggested.

With the world facing incredible challenges, including the COVID-19 pandemic, disasters driven by climate change, and conflict in many regions, Urchick says Rotary's leaders can offer a vision and a plan for overcoming these challenges.

"Measures taken by Rotary leadership to survive and end critical challenges often make our organization stronger and more resilient for future events," Urchick says. "This kind of essential leadership also creates new levels of cooperation, even among rivals, when Rotarians pull together as people of action to serve and solve a crisis."

Making regionalization a priority is crucial, says Urchick.

"Because Rotary operates in more than 200 countries and regions, it is vital to recognize that the organization has the potential to become more efficient and effective by understanding and reacting to how regional differences affect the way Rotarians work together

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

to address providing service, promoting integrity, and advancing world understanding, goodwill, and peace,” Urchick says.

Urchick is partner and chief operating officer of Doctors at Work LLC, a consulting and training company. She holds a doctorate in leadership studies from Indiana University of Pennsylvania. She is active on numerous community boards and committees, and has been honored by organizations including Zonta International and the Sons of the American Revolution.

A Rotary member since 1991, Urchick has traveled to Vietnam to help build a primary school and to the Dominican Republic to install water filters. She studies several Slavic languages, has mentored new Rotarians in Ukraine, and coordinated a Rotary Foundation grant project in Poland.

Urchick has served Rotary in many roles, including as a director, Foundation trustee, and chair of the RI Strategic Planning Committee and the Foundation’s Centennial Celebration Committee. She currently serves on the Election Review Committee and the Operations Review Committee. She is a Rotary Foundation Major Donor and a member of the Bequest Society.

To learn more about Urchick, read her [interview](#) and [vision statement](#), which outline her goals for Rotary.

The members of the Nominating Committee for the 2024-25 President of Rotary International are: Floyd A. Lancia (chair), Rotary Club of Anthony Wayne (Fort Wayne), Indiana, USA; Guiller E. Tumangan (secretary), Rotary Club of Makati West, Makati City, Philippines; Jeffry Cadorette, Rotary Club of Media,

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

Pennsylvania, USA; Bradford R. Howard, Rotary Club of Oakland Uptown, California, USA; Per Høyen, Rotary Club of Aarup, Denmark; Peter Iblher, Rotary Club of Nürnberg-Reichswald, Zirndorf, Germany; John M. Lawrence, Rotary Club of Paddington, Queensland, Australia; Jan Lucas Ket, Rotary Club of Purmerend, Netherlands; Seiji Kita, Rotary Club of Urawa East, Saitama, Japan; Sam Okudzeto, Rotary Club of Accra, Accra, Ghana; Bharat S. Pandya, Rotary Club of Borivli, Maharashtra, India; Kamal Sanghvi, Rotary Club of Dhanbad, Jharkhand, India; José Ubiracy Silva, Rotary Club of Recife, Pernambuco, Brazil; David D. Stovall, Rotary Club of Hall County, Georgia, USA; Bryn Styles, Rotary Club of Barrie-Huron, Ontario, Canada; Giuseppe Viale, Rotary Club of Genova, Italy; and Chang-Gon Yim, Rotary Club of Daegu West, Korea.

Tinig Tidbits

By: PP Peter M. Javier



TRIVIAL FINDINGS ON DREAMING, SLEEPING & SNORING

- The average person has more than 1,460 dreams a year.
- The average human dreams lasts two to three seconds.
- The brain is more active sleeping than it is watching TV.
- Men are most likely to sleep in the nude than women are.
- Some babies especially those with low birth weight, stop breathing for very brief periods.
- People dream an average of five times a night, and each subsequent dream is longer than the one preceding it.
- There is no one who does not dream. Those who claim to have no dreams, laboratory tests have determined, simply forget their dreams more easily than others.
- As much as 6 percent of the world's population my experience sleep paralysis – the inability to move and speak for several minutes after awakening.
- On the average, a woman is three times more sensitive than a man to noises while sleeping.
- Nineteen percent of people who snore are so loud that they can be heard through closed door.

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

- If the roof of your mouth is narrow, you are more prone to snoring, since you are not getting enough oxygen through your nose.
- Women who snore regularly are at an increased risk of high blood pressure and cardiovascular diseases.
- While sleeping, one man in eight snores, and one in ten grinds his teeth.

(Source: The World's Greatest Book of Useless Information)

Glimpses of Our Last Meeting



IATP Bong starts 6th meeting with Rtn Rod as emcee. Dir Dodie leads the invocation



and singing of Pambansang Awit. Rtn Henry recites Apat Na Urian Ng Rotaryo.



PRID introduces guests. PP Benny, Dir Dodie, Rtn Henry & PP John singing My Rotary Day.

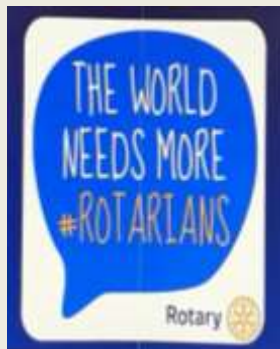
Glimpses of Our Last Meeting



Dir Dodie appeals for golf tournament sponsorship. PP Rj, Fining by PP Benny.



It's president's time. PP John introduces PDG Anthony "Tonipi" Parungao



who talks on Rotary membership worldwide, in the Philippines

Glimpses of Our Last Meeting

THE LAY OF THE LAND: OUR DISTRICT

- 3,067 Rotarians
- Increase of 74 members, 2.48% increase
- 3 new clubs, total of 108
- 42 clubs with net loss
- 16 clubs below charter strength

and in District 3800 covering membership statistics

30 August 2023 District Assembly Meeting

Rotary   

R.I. GOALS ON MEMBERSHIP

- 2 NEW CLUBS (EMPHASIS ON NEW CLUB MODELS)
- ENHANCE MEMBERSHIP ENGAGEMENT
- ALL-OUT DEI INFORMATION DRIVE

7:00

and goals to grow Rotary.

NEW MEMBERS INDUCTED PER ZONE

- **First Place - ZONE 4A, 18 new members**
- **Second Place - ZONE 5B, 12 new members**
- **Second Place (tied) - ZONE 4A, 12 new members**
- **Third Place - ZONE 7, 11 new members**
- **OTHERS: Zone 1 - 7, Zone 2 - 6, Zone 3 - 5, Zone 5A - 3, Zone 6 - 7, Zone 8 - 6**

Glimpses of Our Last Meeting



It's question & answer time with PP Benny, PRID Raffy,



PP John, PP Jun,

Glimpses of Our Last Meeting



Rtn Albert & PP Rene.



Club's token of appreciation from IATP Bong who then adjourns meeting.



PDG Tonipi joining club's after meeting fellowship.

Pangkat Members RY 2022 - 2023

PANGKAT NO. 1

- 1. Pres Bong Paloma - Leader**
2. PP Jun Zafra - Co-L
3. Rtn Jay Bautista
4. Rtn Nesty Carolina
5. PP Conrad Cuesta
6. Rtn Nico David
7. Rtn Rovic De Jesus
8. Rtn. Rtn Tony Diaz
9. Rtn Roehl Fontanilla
10. Rtn. Noel Go
11. Rtn Sammy Lazo
12. PP Esto Lichauco
13. Rtn Demy Magpantay
14. Rtn Gene Menor
15. PP Hermie Orbe
16. Rtn Bart Ronquillo
17. Rtn Vico Sotto

PANGKAT NO. 2

- 1. Dir. Bernard Dy - Leader**
2. Dir. Tet Mallare- Co-L
3. Rtn Henry Claravall
4. PP Topax Colayco
5. PP Benny de Guzman
6. Rtn Flor de Pano
7. Rtn Gerard Estrada
8. Rtn Vince Ermita
9. PRID Raffy Garcia III
10. Rtn. Chony Gimenez
11. Rtn Edison Go
12. PP Ner Laino
13. Rtn Ferdie Legaspi
14. Rtn. Rod Moreno
15. Rtn Fr. Kell Ortega
16. Rtn Roman Romulo
17. Rtn Nicky Ty

PANGKAT NO. 3

- 1. Dir. Jake Oh – Leader**
2. IPP Garrick Ang – Co-L
3. Rtn Mads Bengua
4. Rtn Dickson Berberabe
5. Rtn Benard Bobadilla
6. PP Rene Bocaya
7. Rtn Carlo Doce
8. Rtn Phillip Go
9. Rtn Manfred Guangko
10. Rtn Marlo Guillano
11. PP Peter Javier

12. Rtn. Dante Lardizabal
13. Rtn Nilo Ocampo
14. PP Arjan Raqmmani
15. PP Sonny Samson
16. Rtn. Jeffrey Sonora
17. Rtn. Philip Yoon

Pangkat Members RY 2022 - 2023

Continuation 1.

PANGKAT NO. 4

- 1. Dir. Ato basco – Leader**
2. Dir. Dekdek Paloma-Co L
3. PP Bert Albano
4. Rtn Fr. Vincent Amores
5. Rtn Richard Berganos
6. Rtn Pal Bolivar
7. PP Toti Buhain
8. PP RJ Ermita
9. PP Ramy Garcia IV
10. Rtn Cesar Lacuna
11. PP Ogie Lim
12. PP Peping Mabanta
13. Rtn Albert Mendiola
14. Rtn Gary Ona
15. Rtn Rebo Saguisag
16. Rtn Ping Tan
17. Rtn Roland Vasquez

PANGKAT NO. 5

- 1. Dir. Roy Quejada -Leader**
2. PP John Javier – Co-L
3. Rtn Dennis Albano
4. PP Jess Acantilado
5. PP Vic Aquino
6. PP Totoy Bartolome
7. Rtn Raj Cordova
8. Rtn Arnel Estaniel
9. PP Rel Gomez
10. PP Tito Henson
11. Rtn Dodot Jaworski
12. Rtn Bebert Lacuna
13. Rtn Ike Ona
14. Rtn Fr. Jojo Opinio
15. Rtn James Porter
16. Rtn Sonny Rivera
17. Rtn Jecko Santos

PANGKAT NO. 6

- 1. PE Adolf Aran – Leader**
2. Rtn Anson Tan - Co-L
3. Rtn Roman Arugay
4. Rtn Oyie Averilla
5. Rtn Ben Baniel
6. Rtn Chito Bernardo
7. Rtn Johan De Guzman
8. PP Nick Guzman
9. Rtn Charlie Jaramillo
10. Rtn Alex Lacson
11. PP Vic Lim

12. Rtn Charles Reyes
13. PP Ferd Rivera
14. PP Henry Uy
15. Rtn Stephen Valera
16. PP Celso Ylagan

Officers and Directors

ROTARY CLUB OF PASIG (RY 2022-2023)

President	Josefino “Bong” M. Paloma
Vice President/PE	Adolfo “Adolf” de Jesus Aran
Club Secretary	PP Peter John “John” U. Javier
Treasurer	Rtn. Joaquin “Jake” Oh

DIRECTOR:

Club Administration	Rtn. Roy Marvin “Roy” Quejada
Membership	Rtn. Bernard “Bernard” C. Dy
Public Relations	Rtn. Marthony “Ato” Basco
Service Community	Rtn. Saturnino “Tet” G. Mallare III
The Rotary Foundation	PP Marcelo “Jun” C. Zafra, Jr.
Youth Service	Rtn. Roderick “Dekdek” C. Paloma
Ex-Officio	IPP Garrick “Garrick” L. Ang

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

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present35

% of Attendance (08/11/22).....34.6%

Birthday Celebrants for the Month of August 2022

Wedding Anniversaries for the Month of August 2022

Guest and Visiting Rotarians

1. Mano Recto, Host: PP Tito Henson

Editorial Staff

TINIG STAFF RY 2022-2023	FEATURE WRITERS	
PETER JAVIER Editor in Chief ROEHL FONTANILLA	BONG PALOMA From the President	JOHN JAVIER Secretary's Desk
ROY QUEJADA Club Bulletin Admin.	BENJAMIN P. DE GUZMAN Rotary Notes	JUN C. ZAFRA, JR. Walking the Avenues RTN. FR. KELL ORTEGA RTN. FR. JOJO OPINIO RTN. FR. VINCENT AMORES Invocation
PETER M. JAVIER Tinig Tidbits		

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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:** _____



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