

Rotary
Club of Pasig



SERVE TO
CHANGE LIVES

19 MAY 2022
Rotary Year 2021-2022

TINIG

The Official Newsletter of the Rotary Club of Pasig



Dr. Michael Benedict A Mejia, MD
Guest Speaker



ROTARY CLUB OF PASIG



Tinig Newsletter

May 19, 2022

Today's Programme

Virtual Meeting via Zoom

May 19, 2022, 12:30 P.M

Pangkat No. 5 Leader Rtn. Ping Tan

Call to Order	Pres. Garrick Ang
Invocation	Rtn. Richard Berganos
National Anthem	Recorded
FOUR-WAY TEST	Rtn. Pal Bolivar
Introduction of Visiting Rotarians & Guests	Rtn. Fr. Vincent Amores
Community Singing	Rtn. Henry Claravall
Wise or Otherwise	
Fining Moments	IPP RJ Ermita
President's Time	Pres. Garrick Ang
Introduction of Guest Speaker	PP Bert Albano

MICHAEL A. MEJIA MD
GUEST SPEAKER

Open Forum	
Adjournment	Pres. Garrick Ang

Rtn. Anson Tan
Emcee

Invocation



Father of all holiness, guide our hearts to you. Keep in the light of your truth all those you have freed from the darkness of unbelief. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever 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?
-

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



AS TIME GOES BY

You must remember this
A kiss's still a kiss
Pero may kapalit
The fundamental rules apply
May bayad yan.

And when two lovers woo
Sa Internet na lang
On that you can rely
No matter what the future brings
Bayad muna

Moonlight and love songs, wala na raw ganyan
Hearts full of passion, may sama nang shabu
Woman meets man, babae nga ba yan?
Nag halo halo na.

It's still the same old story
A fight for love and money
Naku totoo yan
The world will always welcome lovers
Pera lang yan

(Lyrics adaptation by PP Bert Albano)

From the President

Pres. Garrick Ang



Dear Fellow Rotarians and Friends,
Good Day!

We will have Incoming President Bong Paloma preside over our meeting today as your President needs to undergo some rehab for his foot tendon injury and is thus unable to walk. Hope to be back at the soonest possible time. Also a belated happy birthday to IP Bong!

Congratulations to the UP Fighting Maroons for winning this year's UAAP Men's Basketball Championship. We have around 22 UP alumni from our RC Pasig Rotarians at the last count. We will have a grand maroon celebration and which will give today's finemaster one long list of fineables.

Also good luck to all our Filipino athletes now competing in the SEA Games in Hanoi, Vietnam. Congratulations to all the winners!

The Rotary District 3800 District Assembly (DISTAS) will be on May 21-22, 2022 at Taal Vista, Tagaytay. and then followed by the Rotary Convention in Houston, Texas, USA on June 4 - 8, 2022.

Last week, we already submitted our club annual report to our AG and SAG and so far, we have accomplished 20 of the 21 tasks we set to accomplish this Life-Changing Rotary Year 2021-22. Congratulations to all RC Pasig Rotarians and thank you for your generosity and service above self.

Rtn Alex Lacson is hosting a Thanksgiving Dinner and Fellowship on May 26, 2022, at 6 pm at the Valle Verde Country Club. Please don't forget to sign up.

Thank you!

Garrick

Rotary Notes

PP Benny P. De Guzman



The elections are over. It is time to regroup and think forward and focus on how we can be part of the solution as our dear Rtn Alex is contemplating. Many of use in agreement with the outcome except on our local front. Congratulations to our dear Cong Roman, Mayor Vico and soon to join us Vice Mayor Dodot and new councilors Eric Gonzales, nephew of PP Peter and PPA Celia and Mon Tantoco, nephew of Cong Roman. Yesterday, the new senators were proclaimed. Only PVP Jojo Binay failed to what could be a mixed set in the senate of 33.3% being members of a family as mother and son (the Villars); sister and brother (the Cayetanos); half brothers (Estrada & Ejercito). If Jojo made it, a daughter and father. However, 3 pairs is still 29%. The way Rtn Alex placed and Senator De Lima, I really feel na-statistics tayao. It would be more hurting if Alex got No. 13 and short by a few thousand votes.

Did you notice how our two very distinguished speakers in a row were scholarly discussing the Chinese influence? Both have very distinguished service to our country and young enough to still work to greater heights for our country. PP Vic Lim knew Jaime FlorCruz way back and even commented that he could be a good replacement for the well respected late Ambassador Chito Sto. Romana. What martial law can do for a man of deep conviction. On the other hand, Prof Renato Cruz de Castro is so rich in background in foreign affairs and national security that these brilliant young achievers can still do great for our country.

Today is a great day for feasting in our club. Ex-Rtn Res Mejia who is not known to more than half our our members will hear on how good his son on teaching most of us on how to take care of a vital organ in our body. This is not HARD to understand but if it is

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

not HARD enough, please make sure this will not give you any problem. Try to recall our very popular late PP Ed Gamboa who has this problem as well as many of us but would rather keep it a secret.

The every other week attendance of last Thursday's birthday boy PP Ner he altered as he wants to be around for Alex's treat next week. But being from UP, he is part of the lechon host today. This is for UP winning the UAAP Basketball Championship. IPP Rj, also a part is not too happy as the trio that brought in the crown came from his beloved NU. Consuelo de bobo, NU is also UP as UP is the national university of the country.

Even computer genius PRID Raffy cannot tell us exactly what happened to our national elections. It was explained well on TV on how it can be done. Garapal lang ang pagkagawa.

When PP Peter asked for those from UP, we also told him of the many who went ahead. But recalling those who excelled. CM & PVP Filemon Berba, Jr. was magna cum laude in Engineering. The late Rod T. Reyes pretended to be a drug addict and penetrated the drug lairs and made the expose that earned him as one of the earlier TOYM awardee and a Journalist of the Year in the very late 50s.

I am happy to note when baby Rotarians are around in our meetings. Rtn Anson is mixing it up so with handsome Rtn Henry (both of the Henrys are handsome) but the new one can make any one in a matter of hours. To make yours longer? He will tell you the nose, okay. That? That was what God did to make you the better creation He has made. Rtn Ato could have been a good lawyer. He chose medicine as he thought he could be like PP Topax, always an O.B. What's O.B.? Out of bounds.

Walking the Avenues

PP Jun C. Zafra



STAFF CORNER: JOHN HEWKO

General Secretary and CEO of Rotary International and The Rotary Foundation

In this monthly column, we introduce readers to the talented staff members at Rotary International and The Rotary Foundation, many of whom work behind the scenes at RI headquarters in Evanston, Illinois, and in six offices outside the United States. This month, we feature John Hewko, General Secretary and CEO of Rotary International and The Rotary Foundation.

- Holds a law degree from Harvard University, a master's in modern history from the University of Oxford (where he studied as a Marshall Scholar), and a bachelor's in government and Soviet studies from Hamilton College in New York
- Speaks five languages — English, Portuguese, Russian, Spanish, and Ukrainian
- Served as the vice president for operations and compact development at the Millennium Challenge Corporation, a U.S. government agency, where he negotiated foreign assistance agreements totaling \$6.3 billion for 18 countries in the areas of infrastructure, agriculture, water and sanitation, health, and education
- He and his wife, Marga, are Major Donors to The Rotary Foundation

My parents, Lu and Natalie Hewko, fled the advancing Soviet armies across war-torn Europe — from Ukraine to the refugee

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

camps in southern Germany — and then began a new life in the United States. My desire to give back to the country that welcomed my parents with open arms is what motivated my interest in public service.

My father was a Rotarian and served as president of the Rotary Club of Clarkston, Michigan. He also helped start the Rotary club in Kyiv, Ukraine, where I am a charter member.

The TV series Perry Mason partially inspired me to be a lawyer.

My wife, Marga, is from Argentina, and we got married there in December 1989. Two weeks later, we moved to Moscow. After Mikhail Gorbachev came to power and opened up the Soviet Union, the law firm of Baker McKenzie approached me, asking if I would help establish its office there, and I later served as its managing partner in Kyiv and Prague.

I'll never forget an amazing historic experience in Ukraine. I had the opportunity to be involved in Ukraine's independence movement after the failed August 1991 coup in Moscow and the subsequent collapse of the Soviet Union. In March 1992, I spent several days with experts in Prague and hammered out the initial draft of Ukraine's first post-Soviet constitution. To be there, to help a new country get off the ground, was the thrill of a lifetime.

My Andy Warhol 15 minutes of fame came on 24 August 1991, when the Ukraine parliament called for a referendum to support its declaration of independence. The day before, political leaders and advisers from the non-Communist opposition had prepared a series of important decrees that the parliament was to debate and hopefully approve. But they had no copy machine. Fortunately, I had access to a small copier. I took the documents and spent all

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

night making more than 400 copies. At 7 the next morning, I dashed over and handed the copies to the deputy head of the opposition. Parliament then deliberated over the decrees and declared independence six hours later. Without those copies, I wondered ...

My father was an avid reader of the Rotary magazine. He used to read it from cover to cover. In 2010, an advertisement caught his eye: Rotary was looking for a new general secretary. My father ripped the page out of the magazine and wrote a note on it, half in English and half in Ukrainian, that I should apply for the job — and then he mailed the ad to me.

Two lessons I took away from this experience: Always listen to your dad — and great things happen when you read the Rotary magazine.

In this issue, you should read about Rotary's Action Plan because it represents the future of our organization and serves as our strategic road map. It's exciting, and we have begun to undertake a number of important initiatives to bring it into reality.

One pillar of Rotary's strength is its deep roots in the community. The key is to find that sweet spot — to keep our focus largely local, because that is where members have the greatest satisfaction and sense of accomplishment, yet make sure that these local activities are strategically channeled so that we can have a greater global impact.

Our Guest Speaker



MICHAEL A. MEJIA MD

CURRENT POSITIONS

- Head, Radiation Oncology - Benavides Cancer Institute – University of Santo Tomas Hospital, Manila, Philippines
- Senior Radiation Oncologist - Benavides Cancer Institute – University of Santo Tomas Hospital, Manila, Philippines
- Head and Neck Radiation Oncologist – Benavides Cancer Institute – University of Santo Tomas Hospital, Manila, Philippines
- Affiliations – University of Santo Tomas Hospital, The Medical City, Asian Hospital and Medical Center

EDUCATION

- 1995-1998 University of Santo Tomas Manila Doctor of Medicine and Surgery Active member, Medicine Student Council
- 1989-1993 Ateneo de Manila University Diliman, Quezon City Bachelor of Science, Major in Psychology Champion, Bantamweight Division,
- 1994 University Athletic Association of the Philippines Taekwondo Championships
- 1985-1989 La Salle Greenhills San Juan High School Diploma St Jean-Baptiste de La Salle Award for General Excellence, 1989

Our Guest Speaker

Continuation 1.

- Executive Vice President, Student Affairs Central Board, 1989

PROFESSIONAL EXPERIENCE

- Past chair – Board of Examiners, Philippine Board of Radiology in Radiation Oncology
- 2004 Peter MacCallum Cancer Centre Melbourne, Australia Fellow, Head and Neck Radiation Oncology
- 2000-2003 Makati Medical Center Makati City Resident, Radiation Oncology
- 1998-1999 Santo Tomas University Hospital España, Manila Post-graduate internship Outstanding Intern awardee, 1999

PROFESSIONAL MEMBERSHIPS

- Philippine College of Radiology, Fellow
- Philippine Radiation Oncology Society, Past Member, Board of Directors
- European Society for Therapeutic Radiology and Oncology, International Member
- American Society of Clinical Oncology (ASCO) – International Corresponding Member

EXTRACURRICULAR ACTIVITIES

- 3rd Degree Blackbelt, Philippine Taekwondo Association

ACCREDITATIONS

- Professional Regulatory Commission (Manila, Philippines)
- Philippine Board of Radiology, Radiation Oncology
- Victorian Medical Board (Melbourne, Australia)

Tinig Tidbits

By: PP Peter M. Javier



12 CANCER FACTS YOU NEED TO KNOW

1. **Half of all cancer and cancer-related deaths are preventable.** Research suggests that only 5% of cancers are hereditary.
2. **Cancer is the one name that is assigned to more than 100 diseases.** Cancer is a result of abnormal cells that multiply and spread out of control, damaging healthy cells along the way.
3. **Environmental factors can increase your risk of cancer.** Factors such as pollution, heavy metal, toxicity and household cleaning products can increase your risk of cancer.
4. **Smoking causes more than 90% of all lung cancer cases.** Most lung cancers do not cause any symptoms until the cancer has spread. But some people with early lung cancer do notice symptoms like a cough that does not go away, chest pains that gets worse with deep breathing, coughing or laughing, weight loss and loss of appetite, and more.
5. **Less than 6 hours of sleep per night may increase your chance of colon cancer.** Sleeping through the night provides many health benefits to the body. It is one of the most underestimated ways to keep your body strong and cancer-free.
6. **On a global scale, approximately 1 in every 8 deaths is caused by cancer.** Cancer causes more deaths than malaria, tuberculosis and AIDS combined.

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

7. **Breast cancer is the leading cause of cancer death among women.** According to the National Cancer Institute, 232,340 female breast cancers and 2,240 male breast cancers are reported in the USA each year, as well as 39,620 deaths caused by the disease/
8. **Lung, prostate and stomach cancer are the most common diseases for which men and women are diagnosed.** Research shows that survival rates for lung cancer are less than 2%.
9. **Approximately 77% of all cancers diagnosed are found in people aged 55 or older.** While anyone develop cancer, the risk of getting it increases with age. Most cases tend to occur in middle-aged adults or older.
10. **Obesity increases your risk of cancer and affects your chances of survival should you be diagnosed with cancer.** Studies indicate that the possible reason obesity is linked to cancer is because of increased levels of insulin and insulin growth factor-1 (IGF-1) which may help some cancers develop.
11. **The number of detected skin cancer cases increases steadily every year.** Though contrary to popular belief, sun exposure is actually good for you. Spending about 30 minutes of early morning or late afternoon sun on your hands and face is enough to get your recommended dose of vitamin D.
12. **Healthy cells have a built-in ability to self-destruct to protect the rest of the body when damage is present.** This is known as apoptosis or 'cell suicide'.

(From BabaMail)

Pangkat Members RY 2021 - 2022

PANGKAT NO. 1

- 1. Pres Garrick Ang – Leader**
2. Rtn Jake Oh- Co- L
3. Rtn Mads Bengua
4. Rtn Dickson Berberabe
5. Rtn Bernard Bobadilla
6. PP Rene Bocaya
7. Rtn Carlo Doce
8. Rtn. Philip Go
9. Rtn Manfred Guangko
10. Rtn Marlo Guillano
11. PP Peter Javier
12. Rtn. Nilo Ocampo
13. PP Arjan Ramnani
14. PP Sonny Samson
15. Rtn Jeff Sonora
16. Rtn Philip Yoon

PANGKAT NO. 2

- 1. PN Bong Paloma - Leader**
2. Rtn. Tet Mallare- Co- L
3. Rtn Jay Bautista
4. Rtn Nesty Carolina
5. PP Conrad Cuesta
6. Rtn. Rovic de Jesus
7. Rtn Tony Diaz
8. Rtn Roehl Fontanilla
9. Rtn Noel Go
10. Rtn. Sammy Lazo
11. PP Esto Lichauco
12. Rtn Gene Menor
13. PP Hermie Orbe
14. Rtn Vico Sotto
15. Rtn Nicky Ty
16. PP Jun Zafra

PANGKAT NO. 3

- 1. PP Ogie Lim – L**
2. Rtn Oyie Averilla – Co L
3. PP Topax Colayco
4. Rtn Nico David
5. PP Benny De Guzman
6. Rtn Flor De Pano
7. Rtn Bernard Dy
8. Rtn. Gerrard Estrada
9. PRID Raffy Garcia
10. Rtn Chonny Gimenez
11. Rtn Edison Go
12. PP Ner Laino

13. Rtn Ferdie Legaspi
14. Rtn. Demy Magpantay
15. Rtn. Rod Moreno
16. Rtn. Fr. Kell Ortega
17. Rtn Roman Romulo
18. Rtn. Bart Ronquillo

Pangkat Members RY 2021 - 2022

Continuation 1.

PANGKAT NO. 4

1. Rtn Adolf Aran – Leader

2. Rtn Roy Quejada- Co L
3. Rtn. Roman Arugay
4. Rtn Ben Baniel
5. Rtn Chito Bernardo
6. Rtn Arnel Condicion
7. Rtn. Johan De Guzman
8. PP Nick Guzman
9. Rtn. Charlie Jaramillo
10. PP John Javier
11. Rtn Alex Lacson
12. PP Vic Lim
13. Rtn Dekdek Paloma
14. Rtn. Charles Reyes
15. PP Ferd Rivera
16. PP Henry Uy
17. PP Celso Ylagan

PANGKAT NO. 5

1. Rtn Ping Tan- Leader

2. Rtn Roland Vasquez Co L
3. PP Bert Albano
4. Rtn. Fr. Vincent Amores
5. Rtn. Richard Berganos
6. Rtn Pal Bolivar
7. PP Toti Buhain
8. Rtn. Henry Claravall
9. IPP RJ Ermita
10. Rtn Vince Ermita
11. PP Ramy Garcia
12. Rtn Cesar Lacuna
- 13 PP Peping Mabanta
14. Rtn Albert Mendiola
15. Rtn Gary Ona
16. Rtn Anson Tan

PANGKAT NO. 6

1. Rtn. Sonny Rivera – L

2. Rtn. Ato Basco- Co L
3. PP Jess Acantilado
4. Rtn Dennis Albano
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 Bebert Lacuna

12. Rtn Ike Ona
13. Rtn. Fr. Jojo Opinio
14. Rtn James Porter
15. Rtn. Rebo Saguisag
16. Rtn Jecko Santos
17. Rtn. Stephen Valera

***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

Scholarships Pledges SY 2021-22

As of May 19, 2022

1. Anonymous	10 - Pd	32. PP Conrad Cuesta	3 - Pd
2. Anonymous	8 - Pd	33. Rtn. Edison Go	1 - Pd
3. PP Ed Lucero	1 - Pd	34. PP Topax Colayco	1 - Pd
4. PP Peter Javier	1 - Pd	35. Rtn. Sammy Lazo	1 - Pd
5. PP Jess Acantilado	1 - Pd	36. PP Jun Zafra	1 - Pd
6. Rtn. Bart Ronquillo	1 - Pd	37. PP Ner Laino	5- Pd
7. PE Bong Paloma	1 - Pd	38. Rel Gomez	1 - Pd
8. Pres. Garrick Ang	1 - Pd	39. PP Celso Ylagan	1 - Pd
9. PP Benny de Guzman	1 - Pd	40. Vic Aquino	1 - Pd
10. PP Tito Henson	1 - Pd		
11. PP Vic Lim	1 - Pd		
12. PP Nick Guzman	1 - Pd		
13. PP Ramy Garcia IV	1 - Pd		
14. PP Peping Mabana	1 - Pd		
15. PP Arjan Ramnani	1 - Pd		
16. PP Ogie Lim	1 - Pd		
17. PP John Javier	1 - Pd		
18. Rtn. Pal Bolivar	1 - Pd		
19. Rtn. Jake Oh	1 - Pd		
20. Rtn. Bernard Bobadilla	1 - Pd		
21. Rtn. Tony Diaz	1		
22. Rtn. Flor de Pano	1 - Pd		
23. Rtn. Fr. Kell Ortega	1 - Pd		
24. Rtn. Anson Tan	1		
25. Rtn. Alex Lacson	1		
26. Rtn. Mads Bengua	1 - Pd		
27. PP Henry	2 - Pd		
28. Rtn. Tet Mallare	1 - Pd		
29. PP Rhett Ermita	1 - Pd		
30. Rtn Roehl Fontanilla	1 - Pd		
31. Rtn Dennis Albano	1 - Pd		



ROTARY CLUB OF PASIG



Tinig Newsletter

May 19, 2022

Officers and Directors

ROTARY CLUB OF PASIG (RY 2021-2022)

President	Garrick “Garrick” L. Ang
Vice President/PE	Josefino “Bong” M. Paloma
Club Secretary	PP Peter John “John” U. Javier
Treasurer	PP Marcelo “Jun” C. Zafra, Jr.

DIRECTOR:

Club Administration	PP Rogelio “Ogie” S. P. Lim
Membership	Rtn. Adolfo “Adolf” de Jesus Aran
Public Relations	PP Renato “Rene” Bocaya
Service Community	Rtn. Francisco “Sonny” D.C. Rivera
The Rotary Foundation	Rtn. James Philip Roland V. Porter
Youth Service	
Ex-Officio	IPP Renato Carlos “RJ” H. Ermita Jr

Advisers:

PP Conrad Cuesta
PP Rel Gomez
PP Ramy Garcia IV
PP Jess Acantilado

Senior Adviser

HOF/PRID Raffy Garcia III

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present	42
% of Attendance (05/19/22).....	41%

Editorial Staff

TINIG STAFF RY 2021-2022	FEATURE WRITERS	
PETER JAVIER Editor in Chief ROEHL FONTANILLA	GARRICK ANG 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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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



LCP Garrick calls meeting to order which Rtn Gary emcees. PP Toti leads invocation.



Pambansang Awit is sung. Rtn Anson recites The Four-Way Test.



Rtn Cesar has no one to introduce. Rtn Gary, PP Bert, Rtns Albert & Anson sings adaptation of My Way.

Glimpses of Our Last Meeting



PE Bong on Distas & his induction. PP John on LRMFCC seminar & thanks Rtns Anson & Jake. Fining by PP Bert.



It's president's time. PP Vic Lim introduces Mr Jaime FlorCruz who talks on the foreign policy of incoming administration and elicits questions



from PP Bert, HOF/PP Peter,

Glimpses of Our Last Meeting



Rtn James, PP Peping,



PP Toti and FP Noel.



A plaque of appreciation from LCP Garrick who thereafter adjourns meeting.

Glimpses of Our Last Meeting



LCP Garrick & PP John with Rtms. Doc Henry, PCol Roman, Marlo & Gary meeting starts.



PP Rel's seated with the oldies...Rtn Cesar, PPs Bert, Ogie & Vic A. & HOF/PP Conrad.



HOF/PP Jess leads toast at the after meeting fellowship.

The Re-Opening of Ilugin Community Center



The ICC resumes its operations after having been closed since May, 2020 due to the pandemic.



The Ampon Puso of The Rotary Anns of Pasig (ARAP)



ARAP PP Celia Javier delivers medicines & refreshments for Ampon Puso beneficiaries



who are with rheumatic heart disease for their monthly consultations at Divine Mercy Out Patient Department of The Medical City



with uninterrupted consultations since the start of the pandemic.



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