

Rotary  
Club of Pasig



SERVE TO  
CHANGE LIVES

26 MAY 2022  
Rotary Year 2021-2022

# TINIG

The Official Newsletter of the Rotary Club of Pasig



Ms. Marylitt Q. Painaga  
Guest Speaker



ROTARY CLUB OF PASIG



*Tinig Newsletter*

*May 26, 2022*

## Today's Programme

**Virtual Meeting via Zoom  
May 26, 2022, 12:30 P.M  
Pangkat No. 5 Leader Rtn. Ping Tan**

<b>Call to Order</b>	<b>Pres. Garrick Ang</b>
<b>Invocation</b>	<b>Rtn. Henry Claravall</b>
<b>National Anthem</b>	<b>Recorded</b>
<b>FOUR-WAY TEST</b>	<b>Rtn. Gary Ona</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>PP Bert Albano</b>
<b>Community Singing</b>	<b>Rtn. Roland Vasquez</b>
<b>Wise or Otherwise</b>	
<b>Fining Moments</b>	<b>PP Toti Buhain</b>
<b>President's Time</b>	<b>Pres. Garrick Ang</b>
<b>Introduction of Guest Speaker</b>	<b>IPP RJ Ermita</b>

**MARYLITT QUIRINO PAINAGA**  
*Stem Cell Therapy Freezed Dried inside a Capsule*  
**GUEST SPEAKER**

<b>Open Forum</b>	
<b>Adjournment</b>	<b>Pres. Garrick Ang</b>

**Rtn. Ping Tan**  
**Emcee**

# Invocation



Father, you continually raise up your faithful to the glory of holiness. In your love kindle in us the fire of the Holy Spirit who so filled the heart of Philip Neri. 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



### TOO YOUNG

They try to tell us we're too young  
Too young to really be in love  
Sabi ng nanay ko, bata pa raw ako  
At laki raw akong senyorito

Paano naman kaya ito  
Galit na itong si junior ko  
Payag na rin si darling ko  
Sorry na lang, ang nanay ko

Bad shot ako sa nanay ko  
Binawasan allowance ko  
Hard times kami ng darling ko  
True love kasi ito

After 9 months uwi kami  
Galit pa rin ang nanay ko  
Nung nakita ang apo nya  
Darling ko niyakap nya.

*( Lyrics adaptation by PP Bert Albano)*

# From the President

**Pres. Garrick Ang**



Dear Fellow Rotarians and Friends,

Good Day!

Thank you again, Incoming President Bong Paloma for staging another coup last week that resulted in a good planning session at Villa Garcia and onward to DISTAS 2022 in Taal Vista Hotel in Tagaytay. Imagine what is in store for us next Rotary Year starting this July 1. Presumptive President Josefino “Bong” M. Paloma (BBM-P) will be proclaimed simultaneously with another presumptive President in the land. Congratulations IP Bong for a successful DISTAS and an exciting year ahead.

The Great Resignation. The Great Reshuffle. The Big Quit. Call it what you will as it’s become a hot topic and has created untold challenges for businesses. Employers are struggling to keep their workforce by offering WFH (work from home), hybrid and some f2f with perks like free food and booze. The 2 years of pandemic and lockdown have really shaken the perspective of our workforce and at the same time, our society. Rotary is the same, like in our club where we need to find workable solutions that will fit the different profiles of our memberships. The world is changing fast with innovation happening all around the world. Soon we will see a human-less Jollibee and Starbucks. And headless commerce is already a norm in



ROTARY CLUB OF PASIG



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## From the President

### *Continuation 1.*

digital transactions. Our Incoming President is also a technical savvy and practices a modern organizational culture that will blend well with the demand of our time.

Our Rotary Convention is in Houston, Texas, USA is on June 4 - 8, 2022, next week.

Enjoy the rest of the week.

Thank you!

Garrick

## **Rotary Notes**

**PP Benny P. De Guzman**



Today, we honor outstanding children and a grand daughter of our members. Most outstanding are the daughter and son of PP Nick who both graduated Magna Cum Laude in more prestigious Ivy League schools in USA. To spouse Nana and the proud maternal grandparents PRID Raffy and Lady Minda, we salute Muriel and Manu. PP Nick, I am sure your parents had genes contributed but they are not with our Rotary family. We salute also the daughter of our Rtn Pal who passed the civil engineering board examinations. And to CM/PP Peping and PPA Bella for your beloved Celine for placing 5<sup>th</sup> in the May 2022 Dentist Licensure Examination. Well done good achievers!

In our club, we have three PPs whose sons also became PPs. Of the three PPs, one who excelled further by not only becoming a PDG but also one of the pride of our District 3800 is PRID Raffy. But amongst the three PPs with sons becoming PPs also, one who is better than the first two is PP Peter. His dad is not only a PP as he was the charter president of the Rotary Club of Plaridel in Bulacan. It is very probable that the dad of our dear Raffy was past president of a Rotary club in Cebu as he was then director of SMC's medical department. Kaya I made Peter's case unusual as his dad was a charter president. The dad of the late HOF/PP Rhett could not have been a Rotarian as he would not have allowed Rhett to join the Kiwanis Club then. Former Rtn Ray Armas was with us in the last three meetings. It will be a good return of a prodigal Rotarian?

Our incoming officers and directors had a grand time in Tagaytay. Led by Incoming President Bong, the group had plenty of bonding time with sister clubs of Pasig. They will be like PP Rel who would wish that the no ladies allowed in our club be changed. We



## **Rotary Notes**

**PP Benny P. De Guzman**

*Continuation 1.*

can bend the rule since it is not a written rule anyway. We will accept associate members of the fairer sex with a different funding but not in the official roster. Meetings are always in the late afternoon to late evening. No club bulletin at baka mahuli pa ang bulletin. The by-laws are being drafted by PPs Rel and Topax. If you believe this, I'm sure you also voted for Tulfo and Robin.

I was alarmed that a patient with double vaccination plus a booster shot became a serious Covid 19 patient at the Lung Center, I lost no time to have my second booster shot. To make it better, I added another booster, a Vigra shot. Pag 86 ka na pala, mapapahiya ang Viagra. Kaya kami ni PP Ner story telling na lang. This viber and messenger is a menace after all. As I had my birthday last week, guys I have not heard from kept my texting busy for three days. Friends I have heard from in 50 years one even in 65 years kept me busy telling the story of my life after 60. A Unilab guy who left the country in 1959 was showing his many apos sa tuhod so with another guy under me from Arizona and one from Canada.

Heard of the monkeypox. It is not yet here but a strong variety is now coming from abroad. Easy to heal but with major side effect. Patient may look like a monkey if he heals fast. Just sing Monkey Doodle Doo and it will disappear. Akala niyo ba madali gumawang column for more than 30 years? Paging IP Bong for urgent replacement. Irrevocably Urgent ito!

## **Walking the Avenues**

PP Jun C. Zafra



### **UKRAINIAN CLUBS HELP OTHERS IN NEED IN THEIR COUNTRY**

Rotary members in Ukraine are helping neighbors return to their homes, distributing supplies from other countries, and organizing long-term aid — all despite being affected by the war themselves.

Since Russian military forces entered the country in late February, Rotary members have been holding regular video calls to coordinate relief work. Mykola Stebljanko, a member of the Rotary E-Club of Ukraine and the editor of Rotary's Ukrainian magazine, Rotariets, says they are focused on three main activities: supplying medicines and electricity to hospitals where wounded civilians are seeking care, finding shelter for displaced families, and managing the flow of incoming humanitarian aid.

Recent efforts by members in District 2232, where Stebljanko is the public image coordinator and a past governor, have focused on cities that residents are now returning to after fleeing Russian attacks earlier this spring.

"Ukrainians are coming back home to their towns and cities in ruins," says Stebljanko, who in a March interview had told Rotary magazine about being awakened by air raid sirens at night and taking shelter with his family in the bathroom of their home in Odesa. In early May, news reports said that city had been struck by missiles.

"It's hard to describe how much destruction there is in some cities and the work that needs to be done to bring them back," he says.

## **Walking the Avenues**

**PP Jun C. Zafra**

*Continuation 1.*

The district has acquired and distributed dozens of high-powered generators to help restore power to hospitals, businesses, and some homes. Clubs have also organized the transportation of several donated firetrucks from other countries in Europe. In addition to being used to respond to fires and other emergencies, Stebljanko says, the trucks have ladders that allow utility workers reach power lines that need repair.

District 2232 has received four disaster response grants of \$50,000 each from The Rotary Foundation, which together will fund nearly 50 relief projects across Ukraine. The district has also received more than \$400,000 in donations from clubs around the world, which it has used to address urgent needs such as providing people with medical supplies, food, clothing, and shelter.

Borys Bodnar, who lives in the western Ukrainian city of Lviv, has been coordinating humanitarian supplies coming into the country and directing aid where it's needed. Lviv has seen an influx of refugees as Ukrainians have fled from the east. More than 12 million people have been displaced by the war, according to the UN.

Bodnar, a member of the Rotary Club of Ukraine Unity Passport, says many of the financial contributions are being routed to countries that border Ukraine, primarily Poland, where clubs have set up hubs to obtain and dispatch supplies.

"It's complicated to provide supplies from countries outside of Europe, so providing financial aid into a hub in Europe where supplies can be purchased and distributed to Ukraine very quickly is a simple and effective model," Bodnar says. He

## **Walking the Avenues**

**PP Jun C. Zafra**

*Continuation 2.*

credits clubs in Munich, Germany, with leading the effort to rally financial support.

Support has also come thanks to bonds forged by shared interests. Sergii Zavadskyi, a member of the Rotary Club of Kyiv-City, says that relationships among members, especially those cultivated through Rotary Fellowships, have facilitated the flow of aid.

Zavadskyi, who now lives in Ivano-Frankivsk in western Ukraine, cited in particular the International Yachting Fellowship of Rotarians, the International Fellowship of Flying Rotarians, and the International Fellowship of Healthcare Professionals.

"We have many, many friends, Rotary friends, all over the world who are helping us every day," Zavadskyi says. "We feel this support, and their hands and hearts are with us."

As members in Ukraine receive and distribute the supplies that are needed today, Bodnar says, they're also planning for the days ahead.

"Humanitarian problems are going to continue long after the war itself is finished," Bodnar says. "The more we're able to establish concrete structures and routes for receiving and distributing humanitarian aid now, the better position we'll be in for the future."

## Our Guest Speaker



**MARYLITT QUIRINO PAINAGA**

*Entrepreneur*

**Facebook Name** : Mel Quirno Painaga

**Fullname** : Marylitt Q. Painaga

**Date of Birth** : April 16, 1982

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**Globe** : 0995-3145052

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Because it’s more important to enjoy a Healthy Life”**

# **Tinig Tidbits**

**By: PP Peter M. Javier**



## **20 MAZING BLOOD TYPE FACTS YOU NEVER KNEW**

1. People with Type A blood tend to have higher cortisol levels than those with other blood types. Cortisol is the stress-relieving hormone.
2. People with Type O blood are twice as likely to be bitten by mosquito
3. People with Type A blood are least attractive to mosquitoes
4. Those with blood Type O are less likely to contract malaria.
5. The likelihood of those with Type AB blood developing memory problems that lead to dementia is 4%.
6. Those with Type A blood are more at risk of becoming alcoholics than others.
7. People with Type A blood are also advised to refrain from smoking, excessive alcohol consumption and being overweight due to being at higher risk of developing gastric cancers than other blood types.
8. Anyone with a blood type that isn't type O is 60-80% more at risk of developing blood clots, as well as being at greater risk of developing coronary heart diseases.
9. The proportion and profile of your intestinal bacteria are influenced by your blood type.
10. Blood Type B has 50,000 times the amount of friendly bacteria than blood types A and O do.
11. Ketsueki-Geta is based on the notion that blood types actually have a bearing on personality traits. For instance, people with Type B blood are said to be passionate, creative and strong but

# Tinig Tidbits

**By: PP Peter M. Javier**

## *Continuation 1.*

also selfish, unforgiving and irresponsible. This idea is NOT based on science.

12. There are even blood type-based diets, as championed by Dr. Peter J. D'Adamo, who reckons that people with blood Type O should eat lean meats and seafood while avoiding dairy and gluten.
13. Type O Negative blood can be donated universally to individuals with any other blood type.
14. Similarly, Type AB+ plasma can be donated to all blood types. Plasma is often used to treat burn and shock victims.
15. People with Type B blood would do well to eat leafy greens, vegetables and plenty of fruits.
16. People with Type O are supposedly strong-willed and confident, as well as self-centered and unpredictable.
17. Those with Type O blood are more at risk of developing a stomach ulcer due to a particular bacteria they harbor.
18. With the above being said, those with Type O blood are more than one-third less likely to develop pancreatic cancer than other blood types.
19. People with Type A blood would do well to focus on berries, apples and avocados as well as broccoli and carrots.
20. If you happen to have Type AB Negative blood, you have the rarest blood type of all, with just 1% of all people having it.

***(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 26, 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



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*May 26, 2022*

## **Officers and Directors**

### **ROTARY CLUB OF PASIG (RY 2021-2022)**

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

#### **DIRECTOR:**

<b>Club Administration</b>	PP Rogelio “Ogie” S. P. Lim
<b>Membership</b>	Rtn. Adolfo “Adolf” de Jesus Aran
<b>Public Relations</b>	PP Renato “Rene” Bocaya
<b>Service Community</b>	Rtn. Francisco “Sonny” D.C. Rivera
<b>The Rotary Foundation</b>	Rtn. James Philip Roland V. Porter
<b>Youth Service</b>	
<b>Ex-Officio</b>	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 .....	30
% of Attendance (05/19/22).....	30%

## Editorial Staff

TINIG STAFF RY 2021-2022	FEATURE WRITERS	
<b>PETER JAVIER</b> Editor in Chief <b>ROEHL FONTANILLA</b>	<b>GARRICK ANG</b> From the President  <b>BENJAMIN P. DE GUZMAN</b> Rotary Notes	<b>JOHN JAVIER</b> Secretary's Desk  <b>JUN C. ZAFRA, JR.</b> Walking the Avenues
<b>OGIE LIM</b> Club Bulletin Admin.	<b>PETER M. JAVIER</b> Tinig Tidbits	<b>RTN. FR. KELL ORTEGA</b> Invocation

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Ortigas Center, Pasig City Tel. No. 635-2234

**Edgar Manalang:** **0927-9414528; 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



PE Bong presides at meeting for 2nd time with Rtn Anson as emcee. Rtn Albert a.k.a. "balut king" leads invocation.



Rtn Anson & PE Bong singing Pambansang Awit. PP Ogie recites The Four-Way Test.



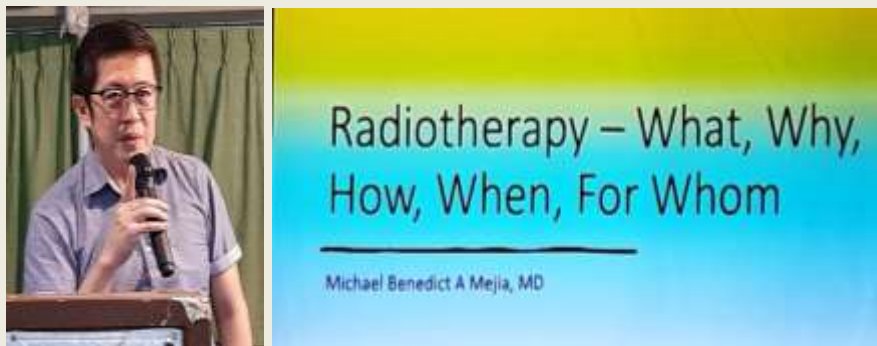
Quartet sings As Time Goes By with lyrics adaptation by PP Bert.



# Glimpses of Our Last Meeting



PP Bert does the fining. Message time for PE Bong. PP Bert introducing...



Dr Michael Mejia A. Mejia who talks on Radiotherapy - What, Why, How, When, For Whom.



## Glimpses of Our Last Meeting



Questions from Rtn Rod & Rtn Albert on treatment of detainees are answered.



And also from Rtn Jake on DNA analysis while PN invites him to join

## Glimpses of Our Last Meeting



Disclosure & comment from HOF/PP Peter elicits smiles.



PE Bong hands out token of appreciation then adjourns meeting.



They stayed behind for a post-election tit for tat.



## Glimpses of Our Last Meeting



With speaker Dr Mike Mejia are PN Adolf, PPs Peter & Jun & Rtn Rod.



Rtn Alex is with PP John, PPs John & Bert, Rtms PCol Roman & Albert.



An all seniors table of PPs Tito, Vic A, Ogie & Conrad.

## **Distas RY 2022-23 at Taal Vista**



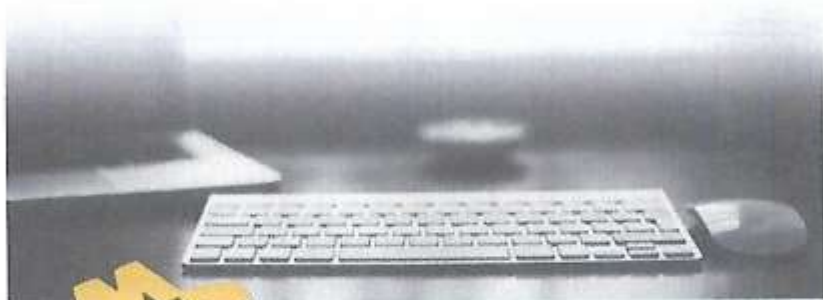
PE Bong with his incoming team for RY 2022-23 at DISTAS 2022 at Taal Vista



PE Bong all set to be introduced, a pose with DGE Bobby Tanyag of RC Pasig South & with PE Glenda Belendres of RC Pasig Premier.



PPs Ramy & Jun at workshop on TRF. An after dinner cum Bollywood style show pose.



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