

Rotary
Club of Pasig



IMAGINE
ROTARY

3 NOVEMBER 2022
Rotary Year 2022-2023

TINIG

The Official Newsletter of the Rotary Club of Pasig



Dra. Nelinda Catherine P. Pangilinan MD
Guest Speaker

Today's Programme

**Valle Verde Country Club
November 3, 2022, 12:30 P.M
Pangkat 5 Leader Dir. Roy Quejada**

Call to Order	Pres. Bong Paloma
Invocation	Rtn Fr. Jojo Opinio
National Anthem	Rtn Ike Ona
FOUR-WAY TEST	Rtn Bebert Lacuna
Introduction of Visiting Rotarians & Guests	Rtn Raj Cordova
Community Singing	Pangkat 5
Wise or Otherwise	
Fining Moments	PP Vic Aquino
President's Time	Pres. Bong Paloma
Introduction of Guest Speaker	PP Jess Acantilado

DR. NELINDA PANGILINAN, MD

***Topic: Preeclampsia
GUEST SPEAKER***

Open Forum Adjournment	Pres. Bong Paloma
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**PP John Javier
Emcee**

NOVEMBER IS THE ROTARY FOUNDATION MONTH

Invocation



Loving God, we praise your holy name. For all our shortcomings and offences against our brothers and sisters, we humbly beg for pardon.

Bless our fellowship today as you bless each of us. Inspire and strengthen our brotherhood in the rotary. Continue to Make us channels of you love to the people especially during this trying times. We ask you this father through Christ our Lord. **Amen.**

THE FOUR-WAY TEST

of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Object of Rotary

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

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

Song of the Day



STAND BY ME

When the night has come
And the land is dark
And the moon is the only light we'll see
No, I won't be afraid
No, I won't be afraid
Just as long as you stand
Stand by me

So darlin', darlin', stand by me
Oh, stand by me
Oh, stand
Stand by me, stand by me

If the sky that we look upon
Should tumble and fall
Or the mountains should crumble to the sea
I won't cry, I won't cry
No I won't shed a tear
Just as long as you stand
Stand by me

And darlin', darlin', stand by me
Oh, stand by me
Oh, stand now

Song of the Day

Continuation 1.



Stand by me, stand by me
And darlin', darlin', stand by me
Oh, stand by me
Oh, stand now
Stand by me, stand by me

Whenever you're in trouble won't you stand by me
Oh, stand by me
Won't you stand by

From the President

Pres. Bong Paloma



Good afternoon RCP!

Welcome back from a long weekend! I hope you had a relaxing and restful long weekend. We all know this long weekend is saddled with unfortunate events on the local and international fronts. Tropical storm Paeng's devastating fury was felt all over the country. It devastated a portion of Mindanao with flooding and landslide and Eastern Visayas with flooding and strong winds that toppled houses, crops, and trees. It flooded SLEX, Rizal, Cavite, Manila, and Quezon City portions. Most of us are lucky and safe at our homes. However, when duty calls, most of us respond to the call (for help) to those affected by the severe storm. Our club sent a Php50K cash donation to the Rotary Club of Cotabato East to provide the victims with blankets, mats, cooking utensils, pails, and hygiene kits. I also coordinated with our disaster relief operations partner, Balai Mindanao, and we will send cash donations once they finish their assessment. On the international front, 150-plus died in Korea as a massive throng of Halloween revelers were crushed to death in a narrow street while celebrating. Over 50 died in India when a suspended bridge collapsed, mainly killing innocent children who went to see the festivities. We pray for all the victims, and God bless their souls. Let us also offer our thanksgiving prayer for keeping us safe and healthy.

Within RCP, we also had our share of grief as we heard the passing of one of the pillars and the rock of RC Pasig, our very own Doc Sonny Samson. Paalam Doc Sonny, thank you for your generosity, leadership, inspiration and support. May the perpetual light shine upon your soul, and you rest in peace eternally.

From the President

Pres. Bong Paloma

Continuation 1.

Last week we also celebrated a memorial mass for our dearly departed club mates and their families. My apologies if we have missed some names and unintentionally or wrongly included some names of living members. It was a solemn mass, concelebrated by our three Rotarian priests (Frs Jojo, Kell, and Vincent). A big thank you to the ARAP members who came in full force, and they eagerly asked me when the younger spouses of RCP members would accept turnover. So far, I only have my wife as the willing spouse, and I hope other spouses will follow suit, so we can continue the noble works of ARAP and revive the once vibrant and lively partnership of RCP and the ARAP.

Today, our speaker will educate us on preeclampsia. Preeclampsia is a serious medical condition that can occur about midway through pregnancy (after 20 weeks). If not treated or detected early, this could endanger the lives of the mother and child. Once detected, proper intervention should be put in place by the healthcare provider to get both mother and child out of harm's way. Preeclampsia education and awareness and test kit distribution are one of the service projects of RCP under the Maternal and Child care area of focus. The project champions are PP Rene Bocaya, Doc Jess, and Doc Ato. Hopefully, we will execute this project correctly and save many lives.

Thank you again for joining us today. Enjoy the rest of the program and the fellowship.

Stay strong and healthy, RCP!

Bong

Rotary Notes

PP Benny P. De Guzman



The long extra days extended to us did not do well as Typhoon Paeng spoiled the supposed fun. It spoiled even those going to the cemeteries, not only in NCR but also in many provinces like Bulacan and Pampanga and many places in the Visayas and Mindanao as well. Lucky for us we sold our Manila South Cemetery lot as it was always muddy on All Saints Day and got a comfortable crypt. Cremation of old bones is much cheaper pa. A day before All Saints Day, our Rock, PP Delfin "Sonny" Samson silently returned to his Creator at age 88, leaving spouse Nene, 3 children and 7 apos. A life well led, Sonny rose from the lowest rank in UNILAB to be one of the best Presidents, if not really the best UNILAB ever had. His being Mr. Anonymous and his known financial support for the church is well known and recognized. Our PRID Raffy gave the highest recognition that was well shared in FB. Daughter Deniah said the start of the wake on 7th Nov is also the 9th day of Novena. After the 6:30pm Mass at Dela Strada Church in Katipunan, Diliman, will be the Novena and the necrological service by our Club to honor him. May there be truly one in charge, and, may he do a better job than the Memorial Day we had last Thursday. It is said that those who fail to plan are invariably planning to fail. If the Pangkat in charge is not ready to handle this particular task, ask the assistance of past presidents or the Board. This is first time spouse Mita Ampil of our PDG Mike missed the Memorial Mass. Spouse Ching Lucero would have loved to join as PP Ed was only less than a year gone. We salute the nine spouses who attended the mass concelebrated by our three priest members. The lean attendance showed poor collections as well. The club must have given the proper honoraria for the three. The nine spouses who attended included ARAP PPs Del Portillo,

Rotary Notes**PP Benny P. De Guzman***Continuation 1.*

Laching Raymundo and Belle Ermita, all widows. The others who attended were Fe Bartolome, Baby Mejia and Susan Grau. Other attendees with their spouses were ARAP PPs Zeny Albano, Patsy Henson, Koshu Ramnani and my Pura.

Tinig condoles with a good friend of the club, PDG Pepe Peralta on the demise of active spouse Lady Thessy, a few days before All Saints Day.

Tinig condoles with our good Rotarian Philip on the deaths in the stampede in Korea.

Tinig salutes ever reliable super Rotarian Flor as he surprised everybody again when he gave 100k to our calamity fund when most were giving 3k and slightly bigger amounts. PRID Raffy, the late Rock Sonny and Flor are the Big Three in our club. We are hoping there will be a volunteer to take the place of our Rock. If not, Raffy and Flor will handle whatever is needed. For the good book said "Those who have more, more will be given to them". In short, kung marami kang utang, mas rarami pa yan.

Reminder, 7th November 6:30pm will be the mass for PP Sonny and necro after.

Walking the Avenues

PP Jun C. Zafra



ROTARY AND THE BILL & MELINDA GATES FOUNDATION EXTENDING FUNDRAISING PARTNERSHIP TO ERADICATE POLIO

Partnership will infuse an additional US\$450 million into global polio eradication effort

EVANSTON, Ill. (October 18, 2022) – Rotary and the Bill & Melinda Gates Foundation are renewing their longstanding partnership to end polio, announcing a joint commitment of up to \$450 million to support the global polio eradication effort.

“We’ve made tremendous progress, but the world is facing multiple pandemics, and vaccine hesitancy is on the rise. Recent polio outbreaks in Malawi and Mozambique, plus detection of poliovirus in Israel, the UK, and the United States prove that if polio exists anywhere, it threatens children everywhere,” said Ian Riseley, chair of the Rotary Foundation and Past President of Rotary International. “Partnering with the Bill & Melinda Gates Foundation helps us ensure that children in polio-affected countries get the lifesaving vaccines they need to be protected from polio for life.”

This pledge comes on the heels of Rotary’s announcement at the Global Citizen Festival pledging an additional US\$150 million towards polio eradication.

Rotary is committed to raising \$50 million per year over the next three years, with every dollar to be matched with two additional dollars from the Gates Foundation. This expanded agreement will translate into up to a total of \$450 million to support the Global

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

Polio Eradication Initiative.

“Eradicating polio requires the dedication and generosity of nations and individuals around the world, and Rotarians are again leading the way,” said Melinda French Gates, co-chair of the Bill & Melinda Gates Foundation. “Rotary International and Rotarians continue to be the heart of GPEI – and have been since the beginning. Together, we are moving closer to our shared goal of ending polio and ensuring that families will never have to fear this disease again.”

“As the first organization to envision a polio-free world, Rotary is more committed than ever to delivering on our promise that one day, no child will ever again be paralyzed by polio,” said Rotary President Jennifer Jones. “Our partnership with the Gates Foundation helps us eliminate any impediment to conquer polio now.”

The Rotary Foundation Board of Trustees recently approved a \$50 million grant for AFRO surveillance, Afghanistan, Pakistan and Outbreak Response. These grants will support ongoing immunization activities to reach children under the age of five with an emphasis on improving community awareness and engagement—promoting vaccine acceptance, reducing the number of missed children—and ensuring robust surveillance capacity to quickly detect poliovirus transmission.

Polio—a paralyzing and sometimes deadly disease—is on the verge of becoming the second human disease in history to be eradicated. This critical funding helps ensure that children in at-risk countries are protected from polio, and that the wild poliovirus is eliminated in the last two countries that continue to report cases.

Our Guest Speaker



**NELINDA CATHERINE P. PANGILINAN, MD,
FPOGS, FPSUOG, MHA**

Nelinda Catherine P. Pangilinan, MD, FPOGS, FPSUOG, MHA

- Member, Management Committee (MANCOM), Rizal Medical Center
- Quality Assurance Chair, Rizal Medical Center
- Section Head, OB-GYN Ultrasound and Advanced Ultrasound Unit, Rizal Medical Center
- Vice – President, POGS Association of Government Institutions (POGI)
- Clinical Faculty, St. Luke's Medical Center, College of Medicine
- Adviser, Ultrasound Committee, Asia Oceania Federation of Obstetrician Gynecologist (AOFOG) 2022-2025
- OB-GYN Ultrasound Faculty, Womens Healthcare Unit, St. Luke's Medical Center and Valenzuela Medical Center

Tinig Tidbits

By: PP Peter M. Javier



EVERYDAY WORDS THAT DIDN'T EXIST BEFORE THE 1970s

Everyday Words That Didn't Exist Before The 1970s

1. Factoid - An item of unreliable information that is reported and repeated so often that it becomes accepted as fact.
2. Gigabyte - A unit of measurement in computers and similar electronic devices.
3. Downsize - To make something smaller.
4. Earworm - A catchy song or tune that runs continually through a person's mind.
5. Email - A message distributed by electronic means from one computer user to one or more recipients via a network.
6. 911 - A phone number used to contact the emergency services in US and Canada.
7. Endorphin - Any of a group of hormones secreted within the brain and nervous system and having a number of physiological functions.
8. Granola - A kind of breakfast cereal resembling muesli.
9. Karaoke - A form of entertainment, in which people take turns to sing popular songs into a microphone over prerecorded backing tracks.

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

10. Woke - Alert to injustice in society.
11. Asbestos - A highly resistant silicate mineral that is used in brake linings and in fire-resistant and insulating materials.
12. ATM - An electronic banking outlet that allows customers to complete basic transactions without the aid of a branch representative or teller.

(From BabaMail)

Wheat not Weeds

By: Rtn. Fr. Jojo Opinio



Homily on the occasion of the annual memorial mass for the departed members of the Rotary Club of Pasig (October 27, 2022)

Praying for our departed Rotarians is such a noble act and in fact a Catholic Christian value. One of the articles of Catholic faith as stated in our credo is the **communion of saints and forgiveness of sins**. This is also strongly instilled in Filipino culture. We pray for the poor souls in purgatory so that once granted entrance and join the saints in heaven, they will now be the ones praying for us as we journey as people of God. This is therefore the Christian/spiritual value of this celebration. Hence, it would be better that praying for our departed members in particular and the poor souls in purgatory in general, be made regular and become our devotion on a personal level. So that, whoever among us here will be recalled by God, you are assured that the organization will not just recall your contributions to the community, your "otherwises", your humor, etc. But most importantly, each one will be praying for you.

The Rotary Club of Pasig, a civic oriented organization now with SPIRITUAL orientation. Incorporating in its mandate the Christian values. Why not?

The Catholic doctrine teaches about corporal works of mercy, namely;

feed the hungry,
give drink to the thirsty (potable water please, not alcoholic drinks);

Wheat not Weeds

By: Rtn. Fr. Jojo Opinio

Continuation 1.

cloth the naked
shelter the homeless
visit the sick
visit the imprisoned
bury the dead

some, if not all of these, you have already been doing and determined to do, for this is the very reason of the organization's existence. You provide the needs of our people. Take them out from human bondage.

There is also the Spiritual works of mercy in which our celebration is connected, namely;

Pray for the living and the dead
Instruct the ignorant
Counsel the doubtful
Admonish sinners
Bear wrongs patiently
Forgive offences willingly
Comfort the sorrowful

Personally, I am so proud to be part of this organization. You were also delighted with the presence of us, priests. Would it be possible that we are being led to a new path? That is to put a little or perhaps incorporate both bodily and spiritual components in our mission. Because I believe there is something more that our organization can offer. We are so blessed and gifted with a lot of things; time, talent and treasures which we humbly believe, entrusted to us by God.

Wheat not Weeds

By: Rtn. Fr. Jojo Opinio

Continuation 2.

As we share these to the poorest ones in the community, we are in fact sharing God's blessings to them. We bring God's goodness to them. We are making them feel God thru our charitable acts. Let us open this new perspective in the noble things that RCP has been doing.

Let us not allow the tactics of the devil to make us proud and be contented with what has been.

Let us go beyond the normal because we are capable of something greater when we put God at the center.

St Paul in his letter to the Ephesians admonished us, and I quote *"therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground."*

So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace.

In all circumstances, hold FAITH as a shield, to quench all the flaming arrows of the evil one. And take the helmet of salvation and the sword of the SPIRIT, which is the Word of God."

God bless.

Climpses of Our Last Meeting



Memorial Mass concelebrated by Rtns Fr Kell, Jojo & Vincent with PP John as commentator.



Rtn Fr Jojo reads the Gospel and delivers the homily.



Consecration time.

Climpses of Our Last Meeting



It's communion giving by Rtn Fr. Vincent.



A word of thanks by IATP Bong.



Final blessing from Rtns Frs Kell, Jojo & Vincent.

Climpses of Our Last Meeting



IATP Bong calls meeting to order which PP Bert emcees. Rtn Fr Vincent leads invocation.



Dir Dekdek leads singing of Pambansang Awit. Rtn Bebert recites Apat Na Urian Ng Rotaryo. PP Benny introduces ARAP members led by Pres Susan Grau.



ARAP members Patsy Henson, Pura de Guzman, Belle Ermita, Susan Grau, Baby Mejia, Koshu Ramnani, Laching Raymundo, Dely Portillo, Fe Bartolome & Zeny Albano.

Climpses of Our Last Meeting



Pangkat 4 singing This Club Is My Club, a lyrics adaptation of This Lang Is My Land.



PP Benny on memorial day recollections. PE Adolf on MyRotary.org & Christmas Party. PP John on forthcoming projects.



PP Ogie is finemaster. It's President's time. IATP Bong adjourns meeting.

Climpses of Our Last Meeting



ARAP members with mass co-celebrants, IATP Bong, PPs Ogie & John.



Rtn Bernard, Treas Jake, PE Adolf, PPs Garrick, Jun & Benny, Dir Roy with IATP Bong.



PPs Vic, Bert, Peping, Ner, Ogie & Rtn Peter P.

Rotarian's Scholarship Pledges RY 2022-2023

As of November 3, 2022

1. Anonymous	50k Pd
2. Anonymous	50k Pd
3. PP Ner Laino	25k Pd
4. PP Conrad Cuesta	25k Pd
5. Rtn Manfred Guangko	25k Pd
6. PP Jun Zafra	12k Pd
7. PP Peter Javier	12k
8. Rtn Dennis Albano	12k Pd Bal. 6k
9. Rtn Henry Claravall	6k Pd
10. Rtn Mads Bengua	6k Pd
11. Rtn Ato Basco	6k Pd
12. Rtn Richard Berganos	6k Pd
13. Rtn Gary Ona	5k Pd
14. PP Celso Ylagan	6k Pd
15. Rtn Nicky Ty	6k
16. Rtn Sammy Lazo	6k
17. PP Vic Lim	6k Pd
18. Rtn Noel Go	6k Pd
19. PP Ferd Rivera	6k Pd
20. Rtn Philip Yoon	6k
21. PP Hermie Orbe	6k
22. PP Tito Henson	6k
23. Rtn Flor de Pano	6k Pd

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 Ramnani
15. Rtn. Jeffrey Sonora
16. 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. Peter Pancho
13. Rtn Charles Reyes
14. PP Ferd Rivera
15. PP Henry Uy
16. Rtn Stephen Valera
17. PP Celso Ylagan

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 Present40

% of Attendance (10/27/22).....39.2%

Birthday Celebrants for the Month of November 2022

Wedding Anniversaries for the Month of November 2022

Guest and Visiting Rotarians

- | | |
|------------------------|---------------------|
| 1. Sp. Pura de Guzman | 7. Sp. Fe Bartolome |
| 2. Sp. Dely Portillo | 8. Sp. Patsy Henson |
| 3. Sp. Teresa Raymundo | 9. Sp. Baby Mejia |
| 4. Sp. Belle Ermita | 10. Koshu Ramnani |
| 5. Sp. Susan Grau | |
| 6. Sp. Zeny Albano | |

Editorial Staff

TINIG STAFF RY 2022-2023	FEATURE WRITERS	
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	PETER M. JAVIER Tinig Tidbits	RTN. FR. KELL ORTEGA RTN. FR. JOJO OPINIO RTN. FR. VINCENT AMORES 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:** _____