



October 5, 2023

Today's Programme

Valle Verde Country Club October 5, 2023, 12:00 Noon Pangkat 4 Leader Dir. PP Jun Zafra

Call to Order Pres. Adolf Aran

Invocation Rtn Karl Contreras

National Anthem Rtn Dekdek Paloma

FOUR-WAY TEST Rtn Rudy Sanguyo

Introduction of

Visiting Rotarians & Guests PP Ramy Garcia IV

Community Singing Pangkat 4

Wise or Otherwise

Fining Moments PP Bert Albano

President's Time Pres. Adolf Aran

RTN. ARISTOTLE "Aris" B. MARFIL RTN. RICHARD "Richie" M. PUA CLASSIFICATION TALK

Open Forum Adjournment

Pres. Adolf Aran

Dir. PP Jun Zafra Emcee

* OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH *

Invocation



Lord, true light and source of all light, listen to our prayer. Turn our thoughts to what is holy and may we ever live in the light of your love. 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.**

October 5, 2023

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 PAKIKIPAGKAIBIGAN?
- **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 makapaglingkod 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 pangdaigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.



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Song of the Day



Beer Barrel Polka (Roll Out the Barrel) Song by Bobby Vinton

There's a garden, what a garden Only happy faces bloom there And there's never any room there For a worry or a gloom there

Oh there's music and there's dancing
And a lot of sweet romancing
When they play the polka
They all get in the swing

Every time they hear that oom-pa-pa Everybody feels so tra-la-la They want to throw their cares away They all go lah-de-ah-de-ay

Then they hear a rumble on the floor, the floor
It's the big surprise they're waiting for
And all the couples form a ring
For miles around you'll hear them sing...

Roll out the barrel, we'll have a barrel of fun Roll out the barrel, we've got the blues on the run Zing boom tararrel, ring out a song of good cheer Now's the time to roll the barrel, cause the gang's all here



October 5, 2023

From the President

Pres. Adolf Aran



It's Oktoberfest time! Time to roll out the barrels (or kegs) and shake our booty and celebrate this special day with our fellow Rotarians from all over District 3800! Retro music that we can relate to, with the talented Joey Generoso as the main act on October 7.

Thank you for all those who have supported through ticket sales and sponsorship. For those who have not, now is your chance to show what Rotary Club of Pasig is made of. Let's make sure we show up and do "bottoms up" on October 7, at the Metrowalk Tent.

Thank you to the tireless efforts of the Oktoberfest team, led by PP Peter John Javier, with the strong support from PE Bernard Dy, IPP Bong Paloma, PP Jun Zafra, Directors Roy Quejada and Tet Mallare, and with our hardworking Rotarians Roland Vasquez, JS Zamora, Kap Richie Pua, and Karl Contreras. Mabuhay kayo!

This October, Baguio City Mayor Benjamin Magalong will be our special guest speaker on the 12th to talk about a timely topic, Good Governance in LGUs.'

On October 15, CM/PP Peping Mabanta invites Rotary Club of Pasig members to his Mabanta Retreat House in Pililla, Rizal, to celebrate his 95th birthday. Join us and make this a special day for Ka Peping.



October 5, 2023

From the President

Pres. Adolf Aran

Contonuation 1.

October is also Polio month! We have the poster child of polio, Ms Grace Padaca, as our special guest speaker on October 19.

We will end our October with our annual memorial mass on the 26th for our dearly beloved who joined our Creator, our Father in heaven.

Let's create hope in the world, RC Pasig!



Rotary Notes PP Benny P. De Guzman



We had a very successful Totoy Bartolome's Day last month. This month, Double Ten birthday boy, CM/PP Peping is celebrating his 95th, not as a club event but his family's hosting the affair in their farm house in Pililla, Rizal. An in-law of Peping, a German has a nice house adjacent to Peping's. It is a pity that I and a few others cannot travel that long and to return the same day as it will be a punishing and physically exhausting for aging persons. Not to consider the significance of a grand day, Since we are talking about age, the late Deny Samson would have been 100 years old last month's end. Remember him who was left in Tagaytay by the group? Ang sarap ng p_a na tinanggap ng mga kasama niya.

Last week, a very young scholar made a very impressive presentation of our educational system. He has his Masters and PhD in related courses at very prestigious Ivy League universities in the USA. - Dr. Karel Mark Yee. PE Dodie is getting him to be a member.

The club did not earn a single peso last week in the fining session. CM/PP Arjan, the finemaster was not ready to fine anybody. He is a better one for our Otherwise portion. He got some pointers to fine from me but was so excited to do his fining that when he stood up for the announced Otherwise, he did his fining instead. Even Edgar did not notice it. In fact, there were two to be fined for sponsoring new Rotarians, Rtns Kap Richie and Roland. Arjan even called Roland Ronald.

PP and our very choice FDG Peter John called up a few PPs

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

who all agreed to give 5K for his chaired Oktoberfest this Saturday. Each 5K gets 10 tickets. As PP Dodie is giving me two tickets as his brother and spouse, good friends of mine, will not attend. This goes true for many PPs who are supportive. Dir Jake, a presidentiable got 10 tickets too. I heard the long vanished balut of Rtn Albert will be flowing. Many are saying masarap ang balut ni Albert. Dahil libre sa meetings? His balut is really good. Talagang balut sa puti at masarap kainin. Si PP Rel pag maputi, gustong kainin agad.

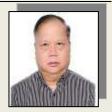
IPP Bong is not aware of the franchise in our club. That when PP Ferd is around, the first question in the open forum is reserved for out American boy, Ferd.

Can we have better attendance in the Oktoberfest? Are we in our red-striped T-shirt? May our Republic shine in this district affair? An October to remember?

Pres Adolf should make sure we have our Memorial Day truly a big one. We have lost so far, at least 87 at one time or the other a member of our club who went ahead. That is my own list. Baka may iba pa. Also a chance for their widows to join us in fellowship. Traditionally, PP Alber is the host of the lechon for this.

Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



R. Gordon R. McInally President 2023-24 October 2023

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on

mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands



Walking the Avenues

PP Jun C. Zafra Continuation 1.

Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world —



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Walking the Avenues

PP Jun C. Zafra Continuation 2.

in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to Create Hope in the World.



October 5, 2023

Classification Talk



RTN. ARISTOTLE "Aris" B. MARFIL

Last Name: Marfil First Name: Aristotle Middle Name: Bertes

Date of Birth: August 23, 1977 Place of Birth: Legaspi City

Civil Status : Single

Residence: M. Concepcion, San Joaquin, Pasig City

Business Address: Alveo Corp. Center

728 28th Street, Bonifacio High St. BGC

Mobile # 0917-8703209

Email Address: Aristotle_marfil@yahoo.com

BUSINESS / PROFESSIONAL / INSTITUTION POSITIONS

Present Sale Director Alveo Land Corp. 2008

EDUCATIONAL / TRAINING BACKGROUND

Graduate School Trinity University of Asia

2019-20201 BS Real Estate Management

College/University Bicol University CAS

1995-1999 BSBA Managemewnt

High School Aguing University High School

Elementary Baloy Elementary School

CLUB ORGANIZATION

Q.C Sandigan Eagle Club Assembly Man 2021

12.



October 5, 2023

Classification Talk



RTN. RICHARD "Richie" M. PUA

Last Name: Pua First Name: Richard Middle Name: Masiglat

Date of Birth: November 24, 1972

Place of Birth: Manila Civil Status: Married

Residence: 11 Sto. Niño Street. Brgy. Oranbo Pasig City

Mobile # 0917-1121124

Email Address:

BUSINESS / PROFESSIONAL / INSTITUTION POSITIONS

Present Brgy. Captain Brgy. Oranbo 2018 –present
Past Brgy. Captain Brgy. Oranbo 2002-2013
Brgy. Kagawad Brgy. Oranbo 1997-2002
S.K. Chairman Brgy. Oranbo 1992-1997

EDUCATIONAL / TRAINING BACKGROUND

Graduate School AICA 2013 Culinary

College/University St. Jude 1990-1994 B.S. Nursing

High School Letizan 1986-1990

Elementary E.S.P.S. 1990-1986

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Tinig Tidbits

By: PP Peter M. Javier



MIND-BOGGLING FOOD FACTS TO NOURISH THE MIND.

- People drink more in spaces with loud music.
- A single ostrich egg equals about 24 chicken egg.
- Avocadoes ripen only when they fall off a tree.
- Cheese is the most stolen type of food on Earth.
- Croissants are not French.
- Cashews are not actually nuts.
- Garlic is the most nutritious food in the world.
- Broccoli is a type of cabbage.
- Mac and cheese is now considered the ultimate convenience food
- Pineapple can render more tender
- Potatoes were the first type of food grown in space.
- Margarine used to be tinted pink to let consumers distinguish between butter and margarine
- Pizza margarita was named after the Queen of Italy, Margherita of Savoy.
- The Italian bread, Ciabatta was invented only in 1981.

(from BabaMail)

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Tinig Tidbits

By: PP Peter M. Javier Continuation 1.

- Keeping an onion near you at night if you have a stuffy nose.
- Chewing gum while studying, then chewing the same flavored gum while taking a test can help you remember what you studied.
- People who eat spicy food tend to live longer.
- Cracking your knuckles does not hurt your bones, the sound you hear is just gas bubbles bursting.
- Lack of sleep can cause the brain to start eating itself.
- Eating grapes improves the brain ability to process new information on and thus enhances intelligence.



Glimpses of Our Last Meeting







HCP Adolf starts meeting with PP Garrick as emcee who also leads invocation & singing of Pambansang Awit.





PP Garrick introduces Rotaractors Baby Vilger S. Peñoso & Sofia Therese P. Cabasay from PLP.



Pangkat 3 sings Oh My Sweet Lord, Thank You Lord.



Glimpses of Our Last Meeting



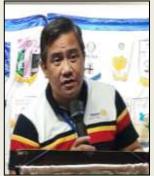


PP John appeals for Oktoberfest sponsorship & attendance. A quickie fining by PP Arjan.





It's HCP Adolf's time. PP Peping's reminder on his birthday celebration.



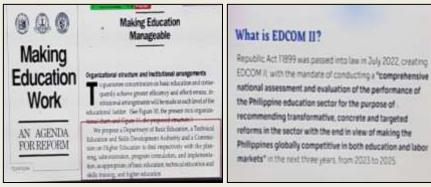




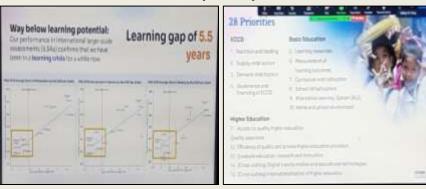
HCP Adolf introduces Dr. Karol Mark Yee, Executive Director of the Second Congressional Commission on Education.



Glimpses of Our Last Meeting



His talk on Literacy Poverty covers what



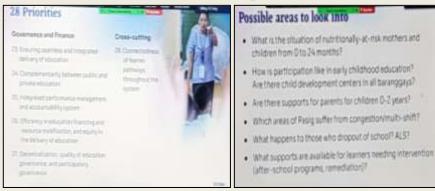
EDCOM II is and its agenda and 28



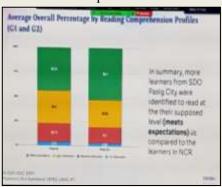
priorities for good quality basic education including



Glimpses of Our Last Meeting



possible areas of focus in Pasig & Pasig's





better situation versus NCR.





Replying to question of IPP Bong on reversing current situation.



Glimpses of Our Last Meeting







Answering queries of PP Ferd on exodus of teachers & Dir Jake on starting with family.







Responding to questions of Rtn Noel on shift to public schools & Rtn Roland on day care center.





A handshake from HCP Adolf who thereafter adjourns meeting.

October 5, 2023

Wheat not Weeds

By: Rtn. Fr. Kell Ortega



The Right Thing

Last Sunday, the Gospel passage that was read in the Mass was about the Parable of Two Brothers (Matthew 21:28-32). The father approached both of his sons to ask a favor. The first son he approached declined at first but later on decided to comply. However, the second did otherwise. What does Jesus want to imply?

If we reflect deeply, probably Jesus wanted something to convey to us, sinners. Imperfect and sinful as we are as human beings, God patiently waits for us to come back to him by renouncing our sinful ways. We only need to listen to Him even only once in prayer. I know it's hard to do but it's the right thing. We can really change from our sinful by the help of God's grace, which we can ask in prayer, and be assured that He will grant us. Then we can be empowered to change for the better even one baby step at a time.

So what are we waiting for? We only need a quiet time and place to stop, kneel, and pray to God.



Officers and Directors

ROTARY CLUB OF PASIG (RY 2023-2024)

President Adolfo "Adolf" D.J Aran, Jr.
Vice President/PE Bernard "Bernard" C. Dy
PP Peter John "John" U. Javier
Treasurer Rtn. Damito "Demy" Magpantay

AuditorRtn. Joaquin "Jake" OhSgt-at-ArmsRtn. Peter Pancho

DIRECTOR:

Club Administration Rtn. Anson Tan

Membership Rtn. Bernard "Bernard" C. Dy

Public Relations Rtn. Peter Pancho

Service Community Rtn. Saturnino "Tet" G. Mallare III

The Rotary Foundation PP Marcelo "Jun" C. Zafra, Jr. **Youth Service** Rtn. Roy Marvin Quejada

Ex-Officio IPP Josefino "Bong" M. Paloma

Pangkat Members RY 2023 - 2024

PANGKAT NO. 1

IPP Bong Paloma - Leader 1.

- 3. Rtn Jay Bautista
- 4. Rtn Nesty Carolina
- PP Conrad Cuesta
- 6. Rtn Roehl Fontanilla
- 7. Rtn. Richie Defensor
- Rtn Noel Go
- PP Dodot Jaworski
- 10. Rtn Sammy Lazo
- 11 PP Esto Lichauco
- 12. Rtn. Gene Menor
- 13. Rtn Albert Mendiola
- 14. Rtn. Richie Pua
- 15. Rtn. Bien Sibug
- 16. Rtn. Aris Marfil
- 17 Rtn Simon Tantoco

PANGKAT NO. 2

- 1. PE. Bernard Dy Leader
- Dir. Demy Magpantay Co-L 2. Dir. Peter Pancho- Co-L
 - 3. Rtn Ato Basco
 - 4. Rtn. Henry Claravall
 - 5. PP Topax Colayco
 - 6. PP Benny de Guzman
 - 7. Rtn Gerard Estrada
 - 8. PRID Raffy Garcia III
 - 9. Rtn. Chony Gimenez
 - 10. Rtn. Edison Go
 - 11 PP Ner Laino
 - 12. Rtn. Rod Moreno
 - 13. Rtn Fr. Kell Ortega
 - 14 Rtn Roman Romulo
 - 15. Rtn Nicky Ty
 - 16. PP Henry Uy

PANGKAT NO. 3

- 1. Dir. Jake Oh Leader
- Dir. Tet Mallare Co-L
- 3. PP Garrick Ang
- 4. Rtn Mads Bengua
- Rtn Benard Bobadilla
- 6. PP Rene Bocaya
- 7 Rtn Flor de Pano
- 8. Rtn. Carlo Doce
- 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. Philip Yoon
- 16. Rtn. JS Zamora

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Pangkat Members RY 2022 - 2023

Continuation 1.

PANGKAT NO. 4

- 1. PP Jun Zafra Leader
- 2. Rtn. Gary Ona-Co L
- 3. PP Bert Albano
- 4. Rtn Richard Berganos
- 5. Rtn Pal Bolivar
- 6. PP Toti Buhain
- 7. Rtn. Karl Contreras
- 8. PP RJ Ermita
- 9. PP Ramy Garcia IV
- 10. Rtn Cesar Lacuna
- 11. PP Ogie Lim
- 12. PP Peping Mabanta
- 13. PP Hermie Orbe
- 14. Rtn Dekdek Paloma
- 15. Rtn Rudy Sanguyo
- 16. Rtn Jeffrey Sonora

PANGKAT NO. 6

- 1. Dir. Anson Tan Leader
- 2. Pres. Adolf Aran Co-L
- 3. Rtn Roman Arugay
- 4. Rtn Oyie Averilla
- 5. Rtn Ben Baniel
- 6. Rtn Dickson Berberabe
- 7. Rtn. Chito Bernardo
- 8. PP Nick Guzman
- 9. Rtn. Alex Lacson
- 10. PP Vic Lim
- 11. Rtn. Ike Ona
- 12. PP Ferd Rivera

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 Bebert Lacuna
- 12. Rtn Fr. Jojo Opinio
- 13. Rtn Bart Ronquillo
- 14. Rtn Jecko Santos15. Rtn Vico Sotto
- 16. Rtn. Roland Vasquez
 - 13. Rtn. Ping Tan
 - 14. Rtn. Stephen Valera
 - 15. PP Celso Ylagan
 - 16. Rtn Mike Dolar



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.



October 5, 2023

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present	32
% of Attendance (09/28/23)	33.6%

Birthday Celebrants for the Month of October 2023

Wedding Anniversaries for the Month of October 2023

October 5, 2023

From the Secretary's Desk

Continuation 1.

Guest & Visiting Rotarians

- 1. Baby Vilger S. Peñoso, PLP Rotaract Scholar
- 2. Sofia Therese P. Cabasay, PL Rotaract Scholar
- 3. Dominic Rolloka, EdCom
- 4. Mark Yee, EdCom



October 5, 2023

Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS		
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PETER JAVIER	From the President	Secretary's Desk	
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	DE GUZMAN	Walking the Avenues	
ANSON TAN	Rotary Notes	_	
Club Bulletin Admin.		RTN. FR. KELL ORTEGA	
	PETER M. JAVIER	RTN. FR. JOJO OPINIO	
	Tinig Tidbits	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

Name of Visiting Rotarian			
Name of Rotary Club			
RC – Pasig Club Secretary:	Date:		



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