

Rotary
Club of Pasig



CREATE HOPE
in the WORLD

15 FEBRUARY 2024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



DR. MARIAN LOPEZ MD
GUEST SPEAKER

Today's Programme

Valle Verde Country Club
February 15, 2024 12:00Noon
Pangkat 2 Leader: PE Bernard Dy

Call to Order	Pres. Adolf Aran
Invocation	Rtn. Fr. Kell Ortega
National Anthem	PP Henry Uy
FOUR-WAY TEST	PP Jun Zafra
Introduction of Visiting Rotarians & Guests	PP John Javier
Community Singing	Pangkat 2
Wise or Otherwise	
Fining Moments	PP Benny de Guzman
President's Time	Pres. Adolf Aran
Introduction of Guest Speaker	Pres. Adolf Aran

Marian Lopez MD

Adult Cardiologist

Topic: Please Be Careful with My Heart:

How to Take Care of Your Heart

GUEST SPEAKER

Open Forum	
Adjournment	Pres. Adolf Aran

PE Bernard Dy

Emcee

*** FEBRUARY IS WORLD UNDERSTANDING MONTH ***



Invocation



Lord Jesus Christ, true light of the world,
you guide all mankind to salvation. Give
us the courage, strength and grace to build
a world of justice and peace, ready for the
coming of that kingdom where you live
with the Father and the Holy Spirit,
God for ever and ever. **Amen**

From: Rtn. Fr. Kell Ortega



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 kina-uukulan?
3. Iyon ba ay lilikha ng **MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKIPAG-KAIBIGAN**?
4. Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kina-uukulan?

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 kapaki-pakinabang 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 pagkaka-unawaan, mabubuting kalooban at kapayapaan ng mga bansa sa pamamagitan ng isang pang-daigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.

Song of the Day



MY ROTARY DAY

(Adapted from "Beautiful Sunday")

Thursday morning, I'm up and about
I think I'll take a walk in the park
Hey, hey, hey, it's a wonderful day

I've got someone waiting for me
When I see him I know that he'll say
Hey, hey, hey, it's our Rotary day

Hi, hi, hi, wonderful Thursday
This is my, my, my, Rotary day
When you say, say, say, say that you'll meet me
Oh, hey, hey, hey it's our Rotary day

Birds are singing, you by my side
Let's take a car and go for a ride
Hey, hey, hey, it's our Rotary day
We'll drive on and follow the sun
Makin' Thursday go on and on
Hey, hey, hey, it's our Rotary day

Hi, hi, hi, wonderful Thursday
This is my, my, my, Rotary day
When you say, say, say, say that you'll meet me
Oh, hey, hey, hey it's our Rotary day

Hi, hi, hi, wonderful Thursday
This is my, my, my, Rotary day
When you say, say, say, say that you'll meet me
Oh, hey, hey, hey it's our Rotary day

(Lyric adaptation by PP Peter Javier)

From the President

Pres. Adolf Aran



“The roof of joy is gratefulness.” - David Steindl-Rast

There are so many things to be grateful for, as we are fast approaching the end of this Rotary Year.

Thank you for the editorial team, led by PP Peter Javier. This TINIG newsletter that we are reading would not be possible without the hard work put in regularly, on a weekly basis.

Thank you for our Charter Members who dreamed of serving the community, in the spirit of fellowship. PP Peping Mabanta and PP Arjan Ramnani, you continue to inspire us with your dedication to the club, 53 years after chartering it.

Thank you for our partners in the community, without which we could not have served the communities well. Last week, we inked again our partnership with The Medical City, attended by the pediatricians, dentists, and internal medicine experts (our Ilugin Elementary School partner was also there to witness the MOA signing). The event was capped with a discussion of what are the many things that we can still do, for them, with them.

Thank you for our scholars in Rizal High School and Pamantasan ng Lungsod ng Pasig. Today, we're distributing the stipends that we committed to provide to our scholars in PLP. The opportunity to serve will not be possible without the support of the schools' administration and the guidance of their faculty advisers.

From the President

Pres. Adolf Aran

Continuation1.

Thank you for our close-to-100 members of RC Pasig, who tirelessly serve and attend our club meetings. Last week, we inducted our 98th member, Roy Mendoza. We continue to be one of the largest clubs in Zone 6 and in District 3800. May we not lose track of our goals to serve as we expand and grow beyond 100 members.

This month, we thank our birthday celebrators, especially those who, without coercion, are celebrating their birthdays with the club by treating us to Lechon weekly. Mabuhay kayo!

What are you thankful for? As we express our gratefulness, which is the root of our joy, let's continue to create hope for the world, especially for the communities that we serve.

Mabuhay ang Rotary Club of Pasig!

Rotary Notes

PP Benny P. De Guzman



Yesterday was sweet Valentine's Day and very unusual also the start of our Lenten season. PRID Raffy said Valentine's for the sweet and submissive spouse or girl friend and for the aggressive and feisty, their day is Araw ng Kagitingan. PP Peter was not remiss in suggesting whatever club activity is for the 14th to honor our spouses.

Last week, two contributors to hospital welfare, PP Rene and Rtn Aris had different stories. Aris just showed he lost a couple of pounds but he assured is ua that three weeks is good enough at baka sumobra pa sa dati. Rene on the other hand claimed he lost a lot of blood when he slid in his own bathroom. The hemorrhage was too much. A seat mate thought he had hemorrhoid which bled too much,

Last week's speaker was an example light and day. His name is Diaz and his outfit, Luna Securities. Light and moon pala.

Congratulations for PP RJ and Rtn Oyie for NU's tie up with 2GO, the country's largest and integrated logistics solutions provider for the on the job training for tourism and hospitality students under their school's Sea Solutions Business Unit. RJ is making good as the business aspect of NU expresses subtly the business aspect of the Sy conglomerate. I offered a good lot for NU to expand to Baguio but the Chair, Dr. Hans Sy did not follow up with Big Boy Sy, the one in charge of real estate and SM locations.

If they got into Baguio, NU will surely get one or two floors. Good for everybody, pati si ako.

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

Tinig welcomes baby Rtn Roy Mendoza who's lowering our average age to meaningful levels. We are again less than 100% in attendance in regular meetings with a pitiful less than 40% plus a handful of zoomers. We have had very good speakers though. Roy missed out on PRID Raffy inducting him. We are a rare club in the district with a PRID in our roster.

I am glad to notes the fighting spirit of our Rtn Rod who had his physical handicap after a major stroke. But his recovery is dramatic and his pursuit like the law profession he his proudly upholding is remarkable. He is certainly near better health and literally may be kicking too. Even PP Vic Lim had his stroke and he walks with a slight limp.

With his winning the Mango Tee championship In Alabang Country Club, PP Rel missed out the last meeting as he was also elected President of the UP Engineering Alumni Association.

Congratulatons were pouring in for our very own Mayor Vico and Vice Mayor Dodot for making Pasig spared from Pogo and other non-healthy income generators. Malinis ang Pasig, wag dudungisan. We are proud of your Rtm Vico and Rtn Dodot!

Walking the Avenues

PP Jun C. Zafra



MINNEAPOLIS-ST. PAUL SET TO HOST ROTARY'S 120TH INTERNATIONAL CONVENTION IN 2029

The largest convention Minneapolis will host in 2029

EVANSTON, Ill. (Feb. 5, 2024) — Rotary International today announced Minneapolis-St. Paul as the winner of the provisional bid to hold its annual international convention at the Minneapolis Convention Center, May 26-30, 2029.

More than 15,000 Rotary members and participants from around the world will gather in the Twin Cities to connect, learn from each other and various experts, and share ideas for bringing positive, lasting change to communities across the globe. The event is expected to inject an estimated \$30.4 million in both direct and indirect business sales, and will utilize hotels in Minneapolis, Bloomington, and St. Paul, as well as most of the Minneapolis Convention Center.

“I am excited to welcome Rotary members from across the globe to the Twin Cities and the State of Minnesota for their international convention in 2029,” said Minnesota Gov. Tim Walz. “Rotary members do incredibly important work to improve lives and strengthen communities here and throughout the world.”

“Minneapolis is the right city to host the 120th Rotary International Convention and Rotary is a fabulous organization to welcome,” said Minneapolis Mayor Jacob Frey. “With more

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

than 15,000 attendees and strong values of service, diversity, and leadership – this event will have an enormous impact on our community and we look forward to showing off our world-class city.”

The winning bid was led by Rotary clubs in Minnesota and Iowa. “We’re thrilled that Minneapolis will once again host Rotary’s biggest gathering,” said Tom Gump, Chair, Host Operating Committee, 2029 Rotary International. “We look forward to working with Meet Minneapolis Tourism Bureau, the Cities of Minneapolis, St. Paul and Bloomington and the State of Minnesota to plan the largest Rotary event in Minneapolis since the last convention we hosted in 1974.”

“Abundant in fresh water, nature, and cultural diversity, Minneapolis – the City of Lakes, is the ideal location for our members and participants to connect and celebrate our friendships, cultures, and shared commitment to making a positive difference in the world,” said Rotary International President Gordon McInally.

Rotary members throughout the world develop and implement sustainable, community-driven projects that fight disease, promote peace, provide clean water, support education, save mothers and children, grow local economies and protect the environment. More than US\$5.5 billion has been awarded through The Rotary Foundation—Rotary’s charitable arm that helps clubs work together to perform meaningful, impactful service—to support these and other initiatives over the last 100 years.

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

About Rotary

Rotary unites a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges and creating lasting change. Rotary connects 1.4 million people of action from more than 46,000 Rotary clubs in almost every country in the world. Their service improves lives both locally and internationally, from helping those in need in their own communities to working toward a polio-free world. For more information, visit [Rotary.org](https://www.rotary.org).

Our Guest Speaker



MARIAN LOPEZ MD
Adult Cardiologist

EDUCATION

September 2019

SPECIALTY BOARD OF
ECHOCARDIOGRAPHY

Passed the exam, Fellow of Philippine
Society of Echocardiography

June 2018- May 31, 2019

CLINICAL RESEARCH

FELLOW IN ECHOCARDIOGRAPHY

St. Luke's Medical Center, Global City

Able to do transesophageal
echocardiogram, knowledgeable
in global longitudinal strain and
3D echocardiogram

April 2018

SPECIALTY BOARD OF ADULT
CARDIOLOGY

Passed the exam, Diplomate of
Philippine Heart Association

March 2015- March 2018

CARDIOLOGY FELLOW

St. Luke's Medical Center, Global City

Our Guest Speaker

Continuation 1.

- January 2014- Febraury 2015 MEDICAL OFFICER IV
Rizal Medical Center
- January 2014 PHYSICIAN SPECIALTY
BOARDS IN INTERNAL MEDICINE
Passed the exam, Fellow of Philippine
College of Physician
- October 2013 Annual Written Residency in Training
Examination (RITE) Passed the exam
- January 2011- January 2013 Medical Officer III in Rizal
Medical Center
Internal Medicine Residency
Became chief resident during

WORK EXPERIENCE

- July 2021- present ST. LUKE'S MEDICAL CENTER, BGC
Active consultant
- November 2019 – present ECHOLAB AND DIAGNOSTIC
INSTITUTE OF ASIA Active professor
- November 2019- present VICTOR R POTENCIANO
MEDICAL CENTER
Active consultant
Training Officer (2023- onwards)

Our Guest Speaker

Continuation 2.

Critical Team Assistant Head
 (2019- present) Research Head in
 Internal Medicine (2019-2022)
 Member of Training Core Team
 (2019-2022)

September 2019- present RIZAL MEDICAL CENTER
 Medical Specialist II
 Assistant Training Officer

September 2019- February 2021 AVENTUS ALABANG
 Active consultant

November 2011- 2013 SUB-INVESTIGATOR IN
 RESEARCH Parexel

January 2013-2014 RELIVER DOCTOR, ASIA
 RENAL COMPANY DIALYSIS
 CENTER

June-August 2004 TRAINEE, UNITED
 LABORATORIES INC.
 Worked in the Human Resource
 Department

Tinig Tidbits

By: HOF/PP Peter Javier



SOME INTERESTING INFORMATION ABOUT THE HEART

- The heart circulates blood 1000 times a day in the body.
- It beats 115,000 times every each day.
- Your heat pumps 2,000 gallons of blood every day.
- An adult heart is about the size of two hands clasped together. A child's heart is about the size of a fist.
- The average heartbeat of a woman is about 8 beats a minute faster than a man's heartbeat.
- The heart can continue beating even when its disconnected from the body.
- The heart begins beating at four weeks after conception and does not stop until death.
- Our heart has feelings and a “little brain” resembles a number of neurons found in humen brain, meaning it has its own nervous system.
- Most heart attacks happen on a Monday than any other day of the week,
- The most number of heart attacks occur each year on Christmas Day. The day after Christmas and New Year's Day are close behind.

Glimpses of Our Last Meeting



HCP Adolf starts meeting with PE Dodie as emcee. PP Ner leads invocation.



Pambansang Awit singing is led by Rtn Dante; 4-Way Test is recited by HOF/PP Jess & introduction of guests by Rtn Rod.



Pangkat 2 sextet sings Beatles' I Will.

Glimpses of Our Last Meeting



PE Dodie on police awards; HOF/ PP Conrad on District Golf 7th Leg & PP Bert on revival of club's golf game.



PP John on RI account activation; PP Rene on his bathroom accident & HOF/PP Jess on MOA with TMC.



PN Roy on stipend giving at PLP; fining by PP Benny & president's time.

Glimpses of Our Last Meeting



HCP Adolf introduces Francis Diaz, president of LUNA Securities who talks on stock investing in 2024.



His talk on his company, the opportunity in the stock market and



going beyond numbers & facts & sticking to fundamentals elicits

Glimpses of Our Last Meeting



questions from Dir Jake, Rtn Fr Kell,



HOF/PP Peter & Rtn Dante.



HCP Adolf hands over club's token then adjourns meeting.

Induction of New Member



HOF/PP Conrad handles charging of Roy Mendoza.



HCP Adolf administers oath of membership & pinning of RI pin.



Welcome handshakes from PRID Raffy, CM/PP Peping & HOF/PP Peter.

Signing MOA with The Medical City



Signing of MOA with The Medical City by Dr. Marge Alfonso, HCP Adolf & HOF/PP Jess.



HOF/PP Jess with TMC doctors assigned at Ilugin Clinic.



Dr. Anna Ferrer Lopez, president of Pasig-Pateros Dental Association with RCP Rotarians.

Visit of CP Tim Tang of RC Hong Kong Metropolitan



Lunch hosted by PRID Raffy for CP Tim Tang of RC Hong Kong Metropolitan at Luna Room, Manila House Exclusive House.



With spouses Linda & Shirley. HCP Adolf gifting CP Tim & spouse Shirley.



Photo including PE Dodie & PP John.

Meet Our New Member



Rtn. Roy Mendoza

Last Name : Mendoza

First Name : Roy

Middle Name: Dela Paz

Date of Birth : November 7, 1960

Place of Birth : Quezon City

Civil Status : Married

Residence : 9H Narra cor. Katipunan St. Marikina Heights
Marikina City

Business : Dept. of History, Ateneo de Manila University
Loyola Heights, Quezon City

Mobile # : 0966-6950242

Email Address: roy.mendoza@gmail.com

FAMILY BACKGROUND

Spouse : Heidi L. Mendoza

Nickname : Heidi

Birthday : November 3, 1960

Wedding Anniv. Sept. 19

BUSINESS/PROFESSIONAL/INSTITUTION POSITIONS

Present Lecturer Ateneo de Manila University
1999 – to present

Meet Our New Member

Continuation 1.

Adj. Prof.	Setoy Hall University 2018 South Orange, New Jersey
Res. Association	JICICSI – 1994 – 1999 Loyola Height, Quezon City

EDUCATIONAL / TRAINING BACKGROUND

Graduate School	University of the Philippines Deliman	1999 – 2010	MA & Ph.D
College/University	University of Sto. Tomas	1978 – 1982	AB Economic
High School	Pasig Catholic College	1973 – 1977	
Elementary	Pasig Catholic Collge	1967 – 1973	

PROFESSIONAL / CIVIC / SOCIAL MEMBERSHIP

Philippine Historical Association	Member – 2014 – present
NY SEA Network	Member – 2018 - present

Wheat not Weeds

By: Rtn. Fr. Kell Ortega



True Fasting

Fasting is important for all of us, especially when it comes to our health. I myself practice intermittent fasting - I eat my dinner at 3 pm and I eat my breakfast the following day at 7 AM. So that means I fast 15 hours, and I do this 5 days a week. End result: reduced weight. Aside from health, we fast for religious reasons.

Whatever religion or church we belong to, I'm sure that we are taught that fasting is an important religious factor as a religious discipline. But more than that, I believe it is an expression of our total love for God - that we can sacrifice what we like to eat to show that we really hunger for God. But the Bible teaches us another meaning of it.

According to the Book of the Prophet Isaiah, "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?" (Is. 58:6). This is the best form of fasting - sacrificing our own selfishness in order to serve selflessly to other people, especially sharing food with the hungry. In fact, it's one of the reasons why we should fast - we sacrifice one full meal so we can give this one full meal to someone who is already starving to death.

So, what kind of fasting will you practice?

Officers and Directors

ROTARY CLUB OF PASIG (RY 2023-2024)

President	Adolfo “Adolf” D.J Aran, Jr.
Vice President/PE	Bernard “Bernard” C. Dy
Club Secretary	PP Peter John “John” U. Javier
Treasurer	Rtn. Damito “Demy” Magpantay
Auditor	Rtn. Joaquin “Jake” Oh
Sgt-at-Arms	Rtn. 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

- 1. IPP Bong Paloma - Leader**
2. Dir. Demy Magpantay - Co-L
3. Rtn Jay Bautista
4. Rtn Nesty Carolina
5. HOF/PP Conrad Cuesta
6. Rtn Roehl Fontanilla
7. Rtn. Richie Defensor
8. Rtn Noel Go
9. PP Dodot Jaworski
10. Rtn Sammy Lazo
11. Rtn. Gene Menor
12. Rtn Albert Mendiola
13. Rtn. Richie Pua
14. Rtn. Bien Sibug
15. Rtn. Aris Marfil
16. Rtn Simon Tantoco
17. Rtn. Roy Mendoza

PANGKAT NO. 2

- 1. PE. Bernard Dy - Leader**
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. Jimmy Gualberto
8. HOF/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. Tet Mallare – Leader**
2. PP Garrick Ang – Co-L
3. Rtn. Jake Oh
4. Rtn Mads Bengua
5. 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. HOF/PP Peter Javier
12. Rtn. Dante Lardizabal

13. Rtn Nilo Ocampo
14. CM/PP Arjan Ramnani
15. Rtn. Philip Yoon
16. Rtn. JS Zamora
17. Rtn Jojo Estolano

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. CM/PP Peping Mabanta
13. PP Hermie Orbe
14. Rtn Dekdek Paloma
15. Rtn Rudy Sanguyo
16. Rtn Joseph Gualberto

PANGKAT NO. 5

- 1. Dir. Roy Quejada -Leader**
2. PP John Javier – Co-L
3. Rtn Dennis Albano
4. HOF/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 Santos
15. Rtn Vico Sotto
16. Rtn. Roland Vasquez

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. Chito Bernardo
7. PP Nick Guzman
8. Rtn. Alex Lacson
9. PP Vic Lim
10. Rtn. Ike Ona
11. PP Ferd Rivera

12. Rtn. Ping Tan
13. Rtn. Stephen Valera
14. PP Celso Ylagan
15. Rtn Mike Dolar
16. Rtn Paolo Diaz

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

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.

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present39
% of Attendance (02/08/24).....40%

Birthday Celebrants for the Month of February 2024

Wedding Anniversaries for the Month of February 2024

Guest and Visiting Rotarians

1. Francis Diaz, Host Pres. Adolf Aran
2. John Gatmaytan, Host: Pres. Adolf Aran
3. Nick Gatmaytan, Host: Pres. Adolf Aran
4. Roy Mendoza, Host: Pres. Adolf Aran
5. Jerry Quibilan, Host: PP Peter Javier

Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS	
PETER JAVIER Editor in Chief ROEHL FONTANILLA	ADOLF ARAN From the President	JOHN JAVIER Secretary's Desk
ANSON TAN 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 RTN. FR. JOJO OPINIO Invocation

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

Edgar Manalang: **0927-9414528**
Email Address 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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