

Rotary
Club of Pasig



6 JUNE 024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



COLIN KATINDOY
GUEST SPEAKER

RANDELL PALLESCO
GUEST SPEAKER

KAREN JOY PEREZ
GUEST SPEAKER

Today's Programme

Valle Verde Country Club

June 6, 2024 12:00Noon

Pangkat 6 Leader: Dir. Anson Tan

Call to Order	Pres. Adolf Aran
Invocation	Rtn Charles Reyes
National Anthem	Rtn Paolo Diaz
FOUR-WAY TEST	PP Nick Guzman
Introduction of Visiting Rotarians & Guests	Rtn Roy Mendoza
Community Singing	Pangkat 6
Wise or Otherwise	
Fining Moments	PP Celso Ylagan
President's Time	Pres. Adolf Aran
Introduction of Guest Speaker	Pres. Adolf Aran

ADMU Sociology Graduates:

***Colin Katindoy, former president, Institute of Skin
Divers of Ateneo (ISDA);***

Randell Pallesco, former president of Baybayin;

Karen Joy Perez, former Scholars' Sector Representative

Topic: Pasig City's Puto't Laksa:

A Perfect Combination of Culture and Identity

GUEST SPEAKER

Open Forum

Adjournment

Pres. Adolf Aran

Rtn Roy Mendoza

Emcee

**** June is "Rotary Fellowship Month" ****



Invocation



All-powerful and ever-living God, at morning, noon, and evening we pray: cast out from our hearts the darkness of sin and bring us to the light of your truth, Jesus Christ, who lives and reigns with you and the Holy Spirit, God, for ever and ever.
— Amen.

From: Rtn. Fr. Kell Ortega



Song of the Day



PUMAPATAK ANG ULAN

Song by Apo Hiking Society

Pumapatak na naman ang ulan sa bubong ng bahay
Di maiwasang gumawa ng di inaasahang bagay
Laklak ng laklak ng beer magdamagan
May kahirapan at di maiwasan
Mabuti pa kayang matulog ka na lang
At baka sumakit ang tiyan

[Verse 2]

Ang araw ko'y nabubusisi
Ako ang nasisisi
Bakit ba sila ganyan
Ang pera ko ay di magkasyaHindi makapagsine at ayaw
naman dagdagan

[Verse 3]

Ubos na rin ang beer, kaya kape na lang
Lahat sinusubukan kahit walang pulutan
Ang buhay ng tamad
Walang hinaharap ni konting sarap man lang

[Bridge]

Radyo, tv at mga lumang komiks
Wala ng ibang mapaglibangan



Song of the Day

Continuation 1.



At kung meron kang tatawagan
Trenta sentimos ika'y makakaltasan
Aha...

[Verse 4]

Umiindak ang paa sa kumpas na tugtuging bago
Hanggang kumpas ka nalang at di mo na alam ang tono
Sa paghinto ng ulan ano ang gagawain
Huwag ng isipin at walang babaguhin
Mabuti pa kaya matulog ka nalang
Matulog na ng mahimbing

[Outro]

Pumapatak na naman ang ulan...
Pumapatak na naman ang ulan...
Pumapatak na naman ang ulan...

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 pang-daigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.



From the President

Pres. Adolf Aran



“May we use our skills to provide service to others less fortunate and help them to be self-sustaining. May we continue to grow as Rotarians so that we stand in our community as a symbol of those willing to freely put service above self and make this, our community, and the world a better place to live.”
- Rotary International

As we enter the last month of this Rotary year, let us be reminded that there’s still so much to do, many service projects to accomplish, many marginalized and under privileged communities to reach out to - no matter how limited the resources are, be it time or talent or treasure.

Let’s continue to create hope in the world, RC Pasig!



Rotary Notes

PP Benny P. De Guzman



Like most of us, we welcome even if not that rainy yet the start of our rainy season and even if the heat is not cooperating was still feel it. With rains, expect woeful traffic as we are increasing our vehicles every year with no additional roads.

Why start a column with problems. Enjoy with plenty of reasons to do so. Belated happy wedding anniversary to Pres. Adolf and spouse Alu. Belated birthday greetings to youngsters Rtn Karl and Rtn Carlo and two days ago, Rtn Fr. Jojo and Rtn Ike. Too much lechon already. Last week PP RJ gave us lechon for NU's getting the men's and women's UAAP volleyball championships.

Finemaster last week, PP Vic A. went on a rampage as he fined almost all within his sight. Even to look for whatever reason.

With the alarming poor attendance, I asked our Edgar to tap two Rotarians per week from the list of missing in attendance in our club. The first two I tapped but both did not make it. Rtn Nesty Carolina can take off once in a great while on this Thursday noon meetings but last week was the interment of a classmate. Usually these military officers select high noon for burial. While PP Hermie Orbe is in the US kuno.

If you think Rtn John Henry is only to make clients more attractive, he is also in other beatification jobs. In circumcision, he can do German cut. Open also to Rotarians to improve the looks. So when you go to the urinals, you don't opt to go very near but instead give a little distance for others to see what a German cut is.



Rotary Notes

PP Benny P. De Guzman

Continuation 1.

Too much have been opined about PP Ogie's getting sick. Nag mukhang serious tuloy as many were asking. Nag pa German cut lang pala?

Many will not recall former Rtn Sonny Aguil who I sponsored in our club years ago. He had to return his classification as he was fast expanding his Agron Construction Group. But success has its reversals too. A serious side effect of drug addiction for his then 29 years old son. The son was sent to rehab centers twice but managed to bolt out. It became so serious that once the son tried to kill his own mother. The private rehab took its toll and the business dropped. Sonny's wife had stage 3 breast cancer and had go back to her hometown in Malolos to lessen the chemo costs while Sonny's outfit had to close and he himself is with many major ailments, all life threatening. In humble appeal, I assisted in his high medical sots. All because of a serious drug problem. Truly, success can breed its own failure.

PP Ner is all set to greet the rainy season with his out of town birthday treat in his native Batangas where he is now based. The weather will be kinder and the trip is about the same time we when we greeted CM/PP Peping in his farm in Pililla. It is only PP Celso and spouse Enya who will travel less as the lovely couple is based most of the time in their love nest in Tagaytay. Celso likes Tagaytay as his main residence as Ner considers Batangas as his.

Tinig reminds one and all that our induction night is on 15th July. No mention on what attire. So the first meeting of Incoming President Dodie is as not yet inducted president. As PP Jun reminded us, please settle your accounts before the end of Pres. Adolf's term this 30th.



Walking the Avenues

PP Jun C. Zafra



Presidential Message



R. Gordon R. McNally
President 2023-24
June 2024

It's customary for a Rotary president in the final month in office to recap the past year on this page, and I am proud of all we have achieved together. But I want to focus on our future, and that begins with polio.

We have reached an astonishing 3 billion children with the polio vaccine, and we have averted an estimated 20 million cases of paralysis. But it's not enough. We must continue supporting the End Polio Now campaign to reach zero cases and keep our promise to the world's children.

Polio is not our only global commitment. In fact, Rotary has been working toward global peace even longer. Spreading Positive Peace through service projects and Rotary Peace Centers around the world is more important than ever.

We must also continue to build peace from within, and that begins with supporting mental health and wellness among our fellow Rotary members and the communities we serve. Rotary has an opportunity to help build a global mental health system that currently does not exist, and I urge all members to consider

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

joining the Rotary Action Group on Mental Health Initiatives to keep up the momentum we began this year.

It's been the honor of a lifetime to serve as your president. You have given Heather and me memories we will cherish forever. I look forward to our continued friendship and our collective commitment to Create Hope in the World.



Our Guest Speaker



Colin Katindoy



Randell Pallesco



Karen Joy Perez

"We are a group of Sociology majors with diverse interests and specializations. **Colin Katindoy** has a minor in Anthropology and was the former president of the Institute of Skin Divers of Ateneo or ISDA. **Randell Pallesco** has a minor in Public Governance and was the former president of Baybayin. **Karen Perez** has a minor in Development Management and was the former Scholars' Sector Representative. Despite their individualities, they are bound by their common interest in the larger role that food plays in society."



Tinig Tidbits

By: HOF/PP Peter Javier



TRIVIAL FINDINGS ON DREAMING, SLEEPING & SNORING

- The average person has more than 1,460 dreams a year.
- The average human dreams lasts two to three seconds.
- The brain is more active sleeping than it is watching TV.
- Men are most likely to sleep in the nude than women are.
- Some babies especially those with low birth weight, stop breathing for very brief periods.
- People dream an average of five times a night, and each subsequent dream is longer than the one preceding it.
- There is no one who does not dream. Those who claim to have no dreams, laboratory tests have determined, simply forget their dreams more easily than others.
- As much as 6 percent of the world's population my experience sleep paralysis – the inability to move and speak for several minutes after awakening.
- On the average, a woman is three times more sensitive than a man to noises while sleeping.
- Nineteen percent of people who snore are so loud that they can be heard through closed door.

Tinig Tidbits

By: HOF/PP Peter Javier

Continuation 1.

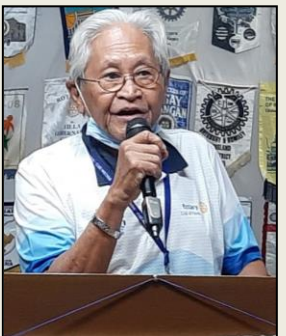
- If the roof of your mouth is narrow, you are more prone to snoring, since you are not getting enough oxygen through your nose.
- Women who snore regularly are at an increased risk of high blood pressure and cardiovascular diseases.
- While sleeping, one man in eight snores, and one in ten grinds his teeth.

(Source: The World's Greatest Book of Useless Information)

Glimpses of Last Meeting



HCP Adolf starts his 41st meeting with PN Roy as emcee. PP/Sec John leads invocation.



Rtn Bebert leads singing of Pambansang Awit & PP Bert recites The Four-Way Test. HOF/PP Jess introduces visiting Rtns & guests.



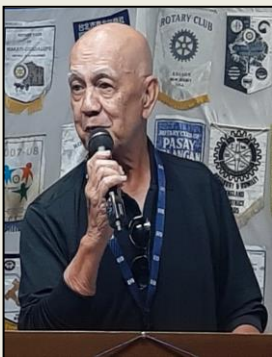
Pangkat 5 quintet sings Beatles' "Hey Jude".



Glimpses of Last Meeting



PP RJ on Kidney Foundation golf tournament. PP Benny's remarks PP Celso's Tagaytay house.



PP Vic is finemaster. It's president's time.



HCP Adolf introduces Maj. Gen. Fabian M. Pedregosa, Commander, PAF's Air Defense Command, the Philippines' first line of defense.

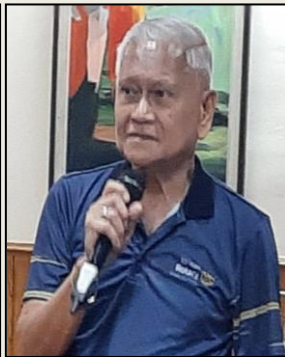
Glimpses of Last Meeting



His talk on the PAF air defense and surveillance systems, modernization program for fighter aircraft, air defense and surveillance radars and air to surface missile systems and help & participation in joint exercises with allies is followed by a question & answer time with PP Vic, Dir Jake,



PP Bert, CM/PP Peping,



Rtn Rod, PP Celso

Glimpses of Last Meeting



and PP RJ.



A thanks from HCP who thereafter adjourns meeting.

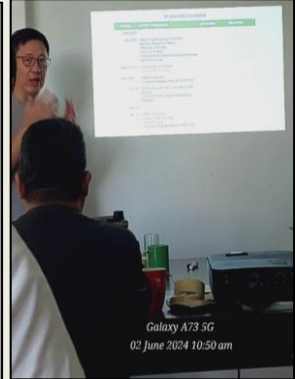


A photo with the Noble Men and guests.

Strategic Planning RY 2024-2025



A hearty meal first before it starts.



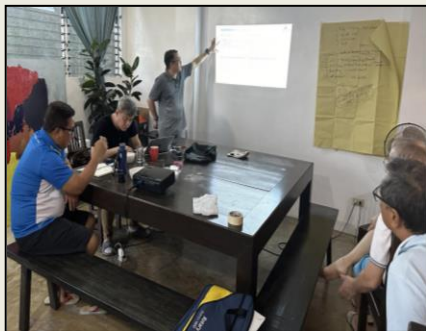
PE Dodie gets the planning started and PP John reports.



It's incoming Service Projects Dir Tet & Treasurer Noel turn to present.



Strategic Planning RY 2024-2025



Incoming Youth Service Dir Gary and TRF Dir/PP Jun present their plans.



Wine & whiskey to relax after.



A kick off for incoming RY 2024-2025!



Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Marriage and Love

Recently, the House of Congress passed on third reading the proposed Absolute Divorce Bill although the Senate has decided to put it on hold on its deliberation. While it is true that no couple wants to live in a loveless or toxic marriage, especially if either partner commits adultery or infidelity, still we ask ourselves with this if we are God-fearing: what does God say about divorce?

According to Matthew 19:4-6, “Haven’t you read the scripture that says that in the beginning the Creator made people male and female? And God said, ‘For this. Reason a man will leave his father and mother and unite with his wife, and the two will become one.’ So they are no longer two, but one. Man must not separate, then, what God has joined together.” I believe in civil marriage, divorce can be an option if a marriage turned sour. However, in marriage solemnized by God in a church, be it Catholic, Born-Again Christian, Protestant, Jewish, Islamic, Buddhist or any religion (although some religions allow divorce for particular conditions), divorce is never an absolute or only solution for any failed or toxic marriage. In a marriage solemnized by God through a religious leader, its sanctity must be respected because the root of marriage is and will always be LOVE. In this case, there should be no room for divorce and all forms of marital infidelity.

So, we can ask ourselves another regarding this: if that’s the case, why some marriages fail? I don’t a real or objective

Wheat not Weeds

By: Rtn. Fr. Kell Ortega

Continuation 1.

answer to this but I believe it's because some couples marry for the wrong reasons other than love itself. When you love somebody, you forget all about yourself in order to give yourself wholeheartedly to the one you love. I know it's hard to keep alive one's marriage, but I believe that divorce is not the only solution to all of marital woes. So let's love our spouses, our children, our families, and all we hold dear just as God loves us all unconditionally.

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

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. 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. PP Peter Javier
12. Rtn. Dante Lardizabal

13. Rtn Nilo Ocampo
14. PP Arjan Ramnani
15. Rtn. Philip Yoon
16. Rtn. JS Zamora
17. 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. PP Peping Mabanta
13. PP Hermie Orbe
14. Rtn Dekdek Paloma
15. Rtn Rudy Sanguyo
16. Joseph Gualberto

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 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. Paolo Diaz
17. Roy Mendoza
18. Rtn. Charles Reyes

***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



Tinig Newsletter

June 6, 2024

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present34

% of Attendance (05/30/24).....35%

Birthday Celebrants for the Month of June 2024

Wedding Anniversaries for the Month of June 2024

Guest and Visiting Rotarians

1. Jerry Quibilan, Host: PP Peter Javier
2. Emil Ramos, Mechanical Engineering
3. Arjay Bitun
4. Mark Santos
5. Vic Berroya, IT Consultant Host: Pres. Adolf Aran

Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS	
PETER JAVIER Editor in Chief ROEHL FONTANILLA ANSON TAN Club Bulletin Admin.	ADOLF ARAN From the President	JOHN JAVIER Secretary's Desk
	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

Website: www.rcpasig.org

Email : rcpasig@hotmail.com

Secretariat Office: Ylagan Law Office
Unit 809, City & Land Mega Plaza
ADB Avenue Corner Garnet Road
Ortigas Center, Pasig City Tel. No. 635-2234

Edgar Manalang: **0927-9414528; rcpasig@hotmail.com**

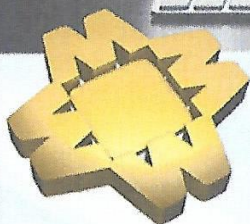
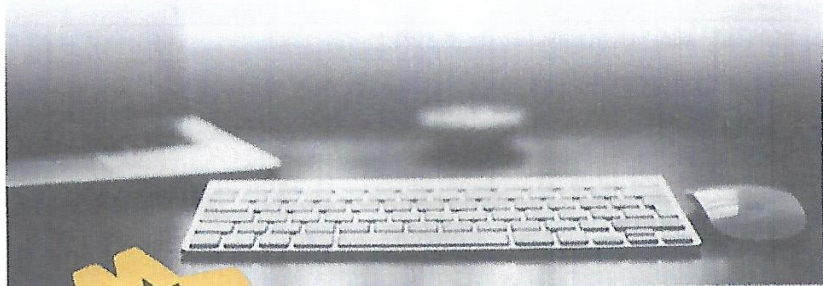
MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

RC – Pasig Club Secretary: _____ **Date:** _____



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MEGA-RMG3 Building
667 Sgt. Bumatay Street, Barangay Plainview
Mandaluyong City, 1550, Metro Manila, Philippines

+63 2 532-3061 to 65

+63 2 532-3070 (fax)

inquire@megagroup.net www.megagroup.net

