

Rotary
Club of Pasig



CREATE HOPE
in the WORLD

23 MAY 2024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



RTN. JOSEPH A. GUALBERTO
CLASSIFICATION TALK

Today's Programme

Valle Verde Country Club
May 23, 2024 12:00Noon
Pangkat 5 Leader: Dir. Roy Quejada

Call to Order	Pres. Adolf Aran
Invocation	Rtn Dennis Albano
National Anthem	Rtn Roland Vasquez
FOUR-WAY TEST	Dir Roy Quejada
Introduction of Visiting Rotarians & Guests	Rtn Bebert Lacuna
Community Singing	Pangkat 5
Wise or Otherwise	
Fining Moments	PP Benny de Guzman
President's Time	Pres. Adolf Aran

RTN. JOSEPH A. GUALBERTO ***CLASSIFICATION TALK***

Open Forum	
Adjournment	Pres. Adolf Aran

Rtn Bebert Lacuna
Emcee
*** May is Youth Service Month ***
1.



Invocation



God our Father, yours is the beauty of creation and the good things you have given us. Help us to live this day joyfully in your name and to spend it in loving service of you and our fellow man. 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.

From: Rtn. Fr. Kell Ortega



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



Bridge Over Troubled Water

When you're weary, feeling small

When tears are in your eyes

I will dry them all

I'm on your side

Oh when times get rough

And friends just can't be found

Like a bridge over troubled water

I will lay me down

Like a bridge over troubled water

I will lay me down

When you're down and out

When you're on the street

When evening falls so hard

I will comfort you

I'll take your part

Oh when darkness comes

And pain is all around

Like a bridge over troubled water



Song of the Day

Continuation 1.



I will lay me down
Like a bridge over troubled water
I will lay me down

Sail on, silver girl
Sail on by
Your time has come to shine
All your dreams are on their way
See how they shine
Oh if you need a friend
I'm sailing right behind

Like a bridge over troubled water
I will ease your mind
Like a bridge over troubled water
I will ease your mind



From the President

Pres. Adolf Aran



“But blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” – Jeremiah 17:7-8

The month of May is dedicated to our 2 Rotarians who turned 88 years old, PP Benny de Guzman and PP Nerio Laino. You have shown dedication and commitment to our Rotary Club of Pasig, amidst challenges in distance (for PP Ner) and health. I pray that you continue to be healthy and committed and that other Rotarians will follow suit. Happy birthday!

Today, we unveil the Zone 6 Rotary Club marker in Pinagbuhatan. All Hope Creating Presidents will be at the site, led by Barangay Captain HCP Robin Salandanan.

On May 26, a Rotaract Club webinar on mental health, initiated by Rotarian Raj Cordova and participated in by President Nominee and Director of Youth Service Roy Quejada, will take place. Zoom link details to follow.

On May 30, a Rotaract Club Quiz Bee, with the support of our club, will happen in Pamantasan ng Lungsod ng Pasig. Let's continue to support our Rotaractors.

RC Pasig, let's create more hope in the world!



Rotary Notes

PP Benny P. De Guzman



Tinig honors the memory of our lead ninong in the chartering of our club, Meneleo “Ito” Carlos, then a past president of the Rotary Club of Mandaluyong. He was a kuya of our late CM Dodie and a first cousin of our late CM/PP Esto Lichauco. It was a nice way to go for the nonagenarian who at 95 years old still went to his office and went to sleep and died in his sleep. An achiever, an industrialist and a respected leader. He refused a draft to be governor of our district and endorsed a past president of his club to become governor instead. He followed in death his wife, Mining and popular son-in-law Bayani Fernando. May you rest in peace, Ito.

Tinig congratulates PP RJ and his NU together with the NU stalwarts in our club led by Pres. Adolf for the championship trophies won by their women and men's UAAP volleyball teams.

And to PP Nick and Nana for their son Marcel for entering a master's program in an Ivy League school in the US. The son of PP Ramy is also doing great in Spain. To the two boys, their supportive lolo is our pride, PRID Raffy.

Rtn Mads is busy preparing for our coffee table book. For the oldtimers, do give him the chance to exchange views with him as in the process, he can develop a worthy presentation.

There were plenty of birthday greetings for IPP Bong and PP Ner. The other day, baby Rotarian Jimmy celebrated his birthday and soon, Rtns Marlo and Pal. Ner suggested a lechon and extras for today. The reason I cannot be absent for my



Rotary Notes

PP Benny P. De Guzman

Continuation 1.

siblings as it is also my birthday today. Good for the extras as many of us gave for the lechon already.

IPP Bong is not with us as he has to go the the US. Pal was willing to give the entire lechon but he will settle for the wine and hard drinks. Sarap kasama si Pal sa mga celebrants. Let's drink to that.

I was worried for a while when they were praying for the fast recovery of our true idol, PP Celso. But I was relieved when I saw the lead medicine was Viagra. So it is not serious after all. I hope not as I was never serious in this column.

But the other other one, Netanhayu be yon? Netan-Hayup talaga. Nang hihinayang dahil laki ng budget for ammunitions and war machines kaya dapat gamitin. Kawawa si sickly Pope Francis as he cannot sleep thinking of the ravages of war all around.

The prayers of the Church is for rain and less hot temperatures. May it not affect all our senior members as we must take all good preventive measures. Less golf, less going out especially during the sunny part and more water.

Cyclist are not noted for their weight nor body size. Look at Rtn Dante. But truly, there are exceptions.

As the wake of PP Ito, I saw a PP of our club, Bert Tayengco, a few years younger than Ito. He looked like a biker like our speaker last week, Atty. Fortum but Bert is not a biker. He must be around 105 pounds at most.



Walking the Avenues

PP Jun C. Zafra



JOHN SEVER, A CHAMPION OF POLIO ERADICATION, DIES

John Sever, an infectious disease specialist and champion of Rotary's polio eradication program, died on 25 April. He was 92.

A Rotary member since 1964, the Chicago, Illinois-born Sever worked for almost three decades as chief of the Infectious Diseases Branch at the National Institutes of Health. Later he served as a professor of pediatrics, obstetrics and gynecology, microbiology, immunology and tropical medicine at the George Washington University School of Medicine and Health Sciences. He published over 600 scientific papers in these fields.

On Sever's recommendation in 1979, Rotary would embark on its decades-long effort to eradicate polio globally, expanding what began as a vaccination campaign in the Philippines. Because of his expertise and advocacy, Sever served on the International PolioPlus Committee (IPPC) from its inception in 1994 and was a member and vice chair. His tireless efforts were instrumental in driving the global campaign to eradicate polio.

Through his leadership, Sever, a member of the Rotary Club of Potomac, Maryland, USA, inspired countless individuals to join the ranks of Rotary members and partners. He helped forge a shared mission to immunize every child, reach every

Walking the Avenues

PP Jun C. Zafrá

Continuation 1.

community, and leave no one behind. His guidance was influential in navigating complex challenges, overcoming barriers, and sustaining momentum in the face of adversity.

“His expertise in immunology was invaluable to both Rotary and the Global Polio Eradication Initiative,” says IPPC Chair Mike McGovern. “In addition to the International PolioPlus Committee, John served on the US Polio Eradication Advocacy Task Force for many years until his passing.”

Sever’s work to end polio spanned decades and was marked by unwavering determination and resolve. His pioneering contributions paved the way for groundbreaking strategies, innovative approaches, and unprecedented collaboration, bringing us closer than ever to the ultimate goal of a polio-free world.

“He was an inspiration to all of us, and his impact on the efforts toward a polio-free world were unequalled,” says McGovern. “While we will remember and celebrate John’s great work and service, the best way to honor him is to recommit ourselves to completing the task of ending polio.”

Sever served as a district governor and a member and chair of several Rotary International and Rotary Foundation committees. Sever was a professor emeritus of Pediatrics, Obstetrics, Gynecology, Microbiology, Immunology, and Tropical Medicine at the George Washington University School of Medicine and Health Sciences, Children’s National Medical Center. He taught postgraduate education in infectious diseases

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

and served on several institutional review boards. He was past president of the Teratology Society, the Infectious Diseases Society for Obstetrics and Gynecology, the Association of Medical Laboratory Immunologists, and the Pan American Group for Rapid Viral Diagnosis.

Sever is survived by his wife, Gerane, daughters Kimberly, Beverly, and Valerie, and seven grandchildren.



Classification Talk



RTN. JOSEPH A. GUALBERTO

Last Name : Gualberto

First Name : Joseph

Middle Name : Angeles

Date of Birth : September 26, 1976

Place of Birth : Taguig City

Civil Status : Married

Residence : B7 L9 Bremen St. Mercedes Village
Cainta Rizal

Business Address : B7 L9 Bremen St. Mercedes Village
San Andres, Cainta Rizal

Mobile : # 0932-4423425

Email Address : jagualberto@gmail.com

FAMILY BACKGROUND

Spouse : Winniefred Tamayo Gualberto

Nickname : Winnie

Birthday : October 7, 1976

Wedding Anniv. December 19, 1998

Classification Talk

Continuation 1.

BUSINESS / PROFESSIONAL / INSTITUTIONAL POSITION

Present	BDO Unibank	2024
Past	VP, Head of Prod Dev. Makati	Pear Pay Inc. 2020
	SVP, Head of CMS Myanmar	Mab Bank 2018-2020
	AVP, Proj. Manager Ortigas, Pasig City	BDO Inc. 2024-2018
	City Trust/BPI Inc.	1997- 2002

EDUCATIONAL / TRAINING BACKGROUND

Graduate School	RTU 2005 – 2008 MSIT	Master’s of Science in Information Tech.
College/University	CEU 1993 – 1997 BSC, CSIS	Major in Computer Science and Information System
High School	Rizal High School	1989 – 1993
Elementary	Oranbo Elementary School	1983 – 1989

PROFESSIONAL / CIVIC / SOCIAL MEMBERSHIP

LOJ Family (The Feast)	Member	2011 - present
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Tinig Tidbits

By: HOF/PP Peter Javier



THIS IS WHAT YOUR BODY DOES EVERY SINGLE DAY

- Your heart pumps approximately 2000 gallons (7571 liters) of blood through its chambers every single day. It beats more than 100,000 times a day to achieve this incredible feat.
- You take around 17,000 breaths a day on average, and don't have to think about a single one of them. Yet if you want to stop breathing temporarily, you can voluntarily hold your breath. A typical pair of adult lungs can hold huge six liters of air.
- Your brain doesn't stop working. It's estimated that about 50,000 thoughts pass through it each day on average, although some scientists put the figure closer to 60,000. That is a whopping 35-48 thoughts every minute.
- The cells in your stomach lining produce an alkaline substance every few milliseconds to neutralize stomach acid. If they didn't do this, your stomach would digest itself because some of the acids are strong enough to dissolve metals.
- You blink about 28,800 times every day, with each one lasting just a tenth of a second. This is a voluntary reflex the body uses to keep the eyes clean and moist, which is pretty crucial given that 90% of the information you process is visual, and you can weigh up any visual signs in just 0.01



Tinig Tidbits

By: HOF/PP Peter Javier

Continuation 1.

seconds. Consider how many people and objects you look at every day – it's remarkable!

- Most of the body's energy is expelled via heat. Your body produces the same heat as 25 light bulbs over the course of a single day.
- Red blood cells literally shoot around the body, taking less than 60 seconds to complete a full circuit. This means that each of yours makes 1440 trips around your body every day, delivering oxygen and keeping your body energized. Each cell lives for about 40 days, before being replaced by a younger model. It's no surprise their life span is short, having made 60,000 trips around the body, they must be exhausted!
- Your hair (if you still have any) grows about half a millimeter per day, and the average adult with a full scalp has around 100,000 hairs on their head. So that's a combined 50 meters of hair growth every single day.
- The glands in your mouth produce an incredible 3.5 liters of saliva every day. That's a lot of dribble! If this didn't happen, your mouth would dry up and become overrun with bacteria and you wouldn't be able to digest your food.

(From BabaMail)

To be continued...



Glimpses of Last Meeting



HCP Adolf calls to order his 39th meeting with Rtn Roland as emcee. Rtn Charles leads invocation.



Rtn Karl leads singing of Pambansang Awit while PP Bert recites Four-Way Test.



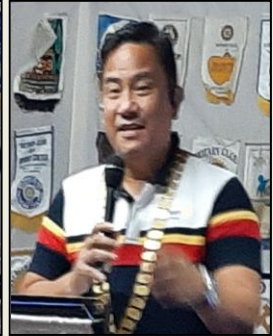
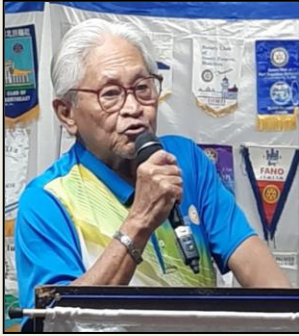
Reinforced Pangkat 5 sings *You've Got A Friend*.



Tinig Newsletter

May 23, 2024

Glimpses of Last Meeting



Joke time by PP Bert while fining is done by Sec/PP John. It's HCP Adolf's time.



Rtn Dante introduces Atty. Raymond Parsifal A. Fortun, a well-known lawyer and avid cyclist.

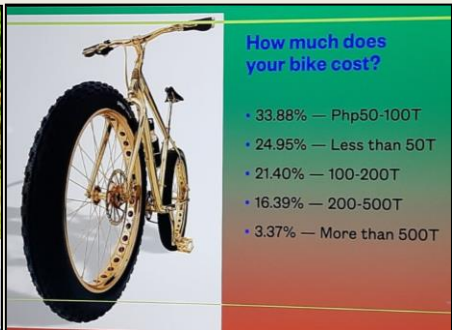


Atty. Fortun's topic entitled "Kamote nga ba ang mga Siklista"

Glimpses of Last Meeting



dwells on his advocacy to protect the cycling community and general public road rage incidents; providing bike lanes in highly urbanized areas;



promoting the health benefits of cycling and advantages over running & walking;



need for road courtesy & observing traffic rules and price ranges for bikes.



Glimpses of Last Meeting



Replying to questions from PP Bert on heat stroke, PE Dodie on long distance cycling,



HCP Adolf on cycling theft, Rtn Noel on competitive cycling



and Rtn Charles on cycling accidents.

Glimpses of Last Meeting



A plaque & handshake from HCP Adolf who thereafter adjourns meeting.



A photo with the Noble Men.



An after meeting Q&A on his lawyering for high-profile clients.

2024 District Training Assembly



PE Dodie & his incoming team at DISTAS 2024.



All set to lead the Zone 6 presidents. FG Ramy delivering PRID Raffy's inspirational message.



A toast to start enjoying Fellowship Night.



Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Be Humble Always

Even in this day and age, we should always be humble. No matter who we are, rich or poor, men or women, young or old, blue-collared or white-collared workers, we should practice humility at all times. Why? It's because it's what our Lord Jesus taught us not only by His words but also His example.

According to Mark 9:30-37, Jesus taught His disciples the virtue of humility. He explicitly said that if anyone wishes to be first must be the servant of all. He even showed in front of them a child, telling them that one must be as humble as a child. True enough, no matter who we are we have nothing to brag about before God and others but our own sinfulness and weaknesses. In fact, the word humility is derived from a Latin word humus which means earth. We are nothing more than dirt to others. If that's the case, what right do we have to belittle others or make ourselves above everyone else?

So let's be humble and let not our pride get the better of us. If we are humble, it will be easy for us to be honest, sincere, compassionate, merciful, forgiving, generous and other virtues we can do. That's the reason why humility is the mother of all virtues. Let's be humble unto one another.



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

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

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

May 23, 2024

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present35

% of Attendance (05/16/24).....35.7%

Birthday Celebrants for the Month of May 2024

Wedding Anniversaries for the Month of May 2024

Guest and Visiting Rotarians

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

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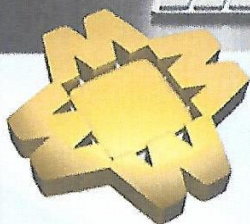
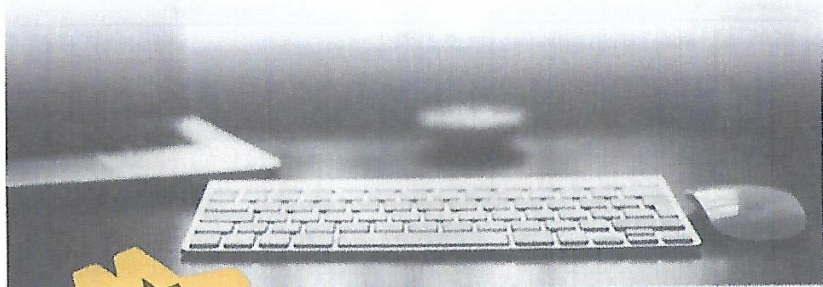
MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

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



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