





October 24, 2024

Today's Programme

Valle Verde Country Club October 24, 2024 12:00 Noon Pangkat 6 Leader: PP Bong Paloma

Call to Order Pres. Bernard Dy

Invocation Rtn. Albert Mendiola

National Anthem Rtn. Albert Mendiola

FOUR-WAY TEST Rtn. Dante Lardizabal

Introduction of

Visiting Rotarians & Guests PP Benny de Guzman

Community Singing Pangkat 6

Wise or Otherwise

Fining Moments PP Ramy Garcia IV

President's Time Pres. Bernard Dy

Rtn. Fr. Michael "Kell" Ortega MEMORIAL DAY MASS

Open Forum Adjournment

Pres. Bernard Dy

PP Bong Paloma Emcee

* Community Economic and Development Month *



October 24, 2024

Invocation



For the greater glory of your Holy name, we come before you in fellowship as a brotherhood of love and service. As we gather this afternoon to celebrate life and friendship. Bless us with your love and peace. Protect us and our family by your powerful hand. Divine wisdom, guide our thoughts as we deliberate on issues so that our plans and actions may reflect your Divine will and so give you praise and honor you through Christ our Lord. Amen Amen.

From: Rtn. Fr. Jojo Opinio



October 24, 2024

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 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



HALLELUJAH

Song by Bon Jovi Lyrics by: Leonard Cohen

Well, I heard there was a secret chord That David played to please the Lord But you don't really care for music, do you?

Well, it goes like this the fourth, the fifth
The minor fall and the major lift
The baffled king composing Hallelujah

Hallelujah, Hallelujah Hallelujah, Hallelujah

Well, your faith was strong but you needed proof You saw her bathing on the roof Her beauty and the moonlight overthrew you

And she tied you to her kitchen chair She broke your throne and she cut your hair And from the lips she drew the Hallelujah

> Hallelujah, Hallelujah Hallelujah, Hallelujah

Yeah, baby, I've been here before I've seen this room and I've walked this floor I used to live alone before I knew you

And I've seen your flag on that marble arch





October 24, 2024

Song of the Day

Continuation 1.



Your love is not a victory march It's a cold and it's a broken Hallelujah

> Hallelujah, Hallelujah Hallelujah, Hallelujah

Well, there was a time when you let me know What was going on below Now you don't never show that to me, do you?

But remember when I moved in you And the holy dove was moving too And every breath we drew was Hallelujah

> Hallelujah, Hallelujah Hallelujah, Hallelujah

Well, now maybe there's a God above But all I've ever learned from love Was how to shoot somebody who outdrew you

And it's not your cry that I hear at night, no It's not someone who's seen the light It's a cold and it's a broken Hallelujah

Hallelujah, Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah Hallelujah, Hallelujah Hallelujah





October 24, 2024

From the President

Pres. Bernard Dy



Dear Fellow Pasig Rotarians,

As we gather for our Rotary Club of Pasig Memorial Mass, a beautiful tradition observed on the last meeting day of October, we remember the cherished moments we have shared with our fellow Pasig Rotarians and their spouses who have gone before us. As Thomas Campbell beautifully put it, "To live in the hearts of those we leave behind is not to die." Today, we honor their lives and the Rotary journey we were privileged to walk together.

Because of the looming threat of a strong typhoon, cancelling this memorial mass was considered but ultimately set aside. One of our most senior members remarked, "My wife and I will be there even if the typhoon reaches signal number 3." This spirit of resilience, grounded in our commitment to honor those we love, is what makes our Rotary family strong.

In addition to remembering our departed members, we are also reminded of the living embodiment of our Rotary motto, "Service Above Self." Even before we finalized today's plans, several officers and members were already asking how we can help those affected by typhoon 'Kristine'. Your board has quickly responded by deciding to send a donation to Naga, and we remain vigilant, ready to act swiftly as we monitor the storm's impact on our city and surrounding areas.

Let us now offer a fitting prayer:

Heavenly Father, we come together today in remembrance and gratitude for the lives of our fellow Rotarians and their spouses.





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From the President

Pres. Bernard Dy

Continuation 1.

May their legacy of service inspire us always. As we navigate the challenges ahead, protect our nation from the approaching storm and grant us the strength to serve those in need. Let your light guide our hearts in both celebration and service, now and always. Amen.

Yours in service,

Bernard Dy





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Rotary Notes

PP Benny P. De Guzman



Tinig salutes the wisdom of our present Board thru the leadership of Pres. Dodie in holding our Memorial Day today, a good one week before the eve of All Saints' Day.

With our Edgar, we identified the following members who went ahead: Doy Aldanese, Charlie Ambrosio, PDG Mike Ampil, CP Totoy Angeles, Joe Arnaldo, PS Ray Armas, I.G. Atendido, Obet Barreto, PP Bing Basilio, Rene Berroya, Nari Budhrani, CM Cering Bustamante, CM Doding Carlos, CM Jun Berba, Piling Castillo, Joe Castro, Del Catli, Bob Chandran, Charlie Cheng, Alun Chung, Milton Chiu, PP Lino Concepcion, CM Wendell Cruz, CM Andoy Cruz, PP Rody Cruz, Jun de Guzman, Paquito de Guzman, PP Tito de Guzman, CM Gus de Leon, PP Tacio de los Reyes, CM Badong de Jesus, Art Delmendo, Rading Dumlao, Art Dy, Manny Estacio, HOF/PP Rhett Ermita, Danny Floro, CM/PP Julito Francia, CM/PP Johnny Fuentes, Amante Galang, PP Ed Gamboa, Oniot Garcia, Germie Germar, Tony Guevarra, CM Emil Herrera, CM Benny Hernando, Serge Javellana, PP Joe Jota, Tony Kosca, Mel Lagman, Cris Laset, Cuchi Lerma, CM/PP Esto Lichauco, Tony LIngenco, PP Ed Lucero, Demy Magpantay, PP Leo Magtibay, PP Justo Manalo, Remy Maranan, Louis Mayo, Emil Misa, Rod Navarro, Manny Nera, PP Proning Ona, Cesar Orosa, Louie Orosa, Danny Pascual, Vic Pascual, Kel Pascual, Ben Pastoral, HOF/PP Bobby Paterno, Bob Peterson, CM/PP Tom Portillo, Poch Ramirez, PS Mario Raymundo, Boysie, Reynoso, CM Rod Reyes, Ed Roceles, Deny Samson, PP Sonny Samson, Ed Sambeli, Oniong Dan Juan, CM/PP Bobbit Sanchez, Lito



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Rotary Notes PP Benny P. De Guzman Continuation 1.

Santiago, Jun Santiago, Ayc Santos, Joe Sarmenta, Tico Sarmiento, Pete Syquia, PP Mike Sehwani, Mike Uy, Kenneth Uy, Aning Vicente, CM/PP Teddy Yabut and Ernie Zarate.

We lost at least 31 spouses but I will not print their names at baka may maisama akong buhay. Pati buhay madamay ko. Recalling is a hard exercise if you are nearing 90.

Last week, doing a fine fining and a lechon to celebrate being awarded a distinction by The Medical City, HOF/PP Jess or Doc Aga to many was all over our meeting.

PP Ramy begged off from out endorsement for him to seek the governorship of the district but Ramy's dad, PRID Raffy, a well respected Rotary leader within and out of our country is endorsing SAG/PP John, the better Javier. Better than the dad? Of course not! Better than his only brother, Martin. The district recognized John as an effective Rotary speaker.

Congratulations to our very active nationalist, Rtn Alex Lacson. He filed an anti dynasty suit with the Supreme Court. Alex is one of the spark plugs of ANIM. ANIM could do wonders if they endorse noto only Heidi Mendoza, our guest speaker sometime last year and spouse of our very own Dir. Roy. If ANIM could get 6 senatorial candidates from all sectors, truly good ones, it will be a meaningful ANIM.

NU inaugurated NU Ortigas, their recent branch. A few of us were invited. Since NU is fast expanding, and Pres RJ, our PP and university president is encouraging any offers of assistance for the University to engage in any JV with our club. If at the

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Rotary Notes PP Benny P. De Guzman

Continuation 2.

Bureau of Prisons they have college courses, why not in the freedom areas? Any Tesla style is worth exploring.

Thank you Rtn Fr Kell for offering to come ahead one hour for the Sacrament of Reconciliation for those Rotarians rationalizing they are not that sinful but ;makasalanan pala. One hour before the Memorial Mass puede kayong pagbigyan. Confess na!





Ocotber 24, 2024

Walking the Avenues

PP Jun C. Zafra



Rotary commits funds to polio outbreak response in Gaza

The recent detection of variant poliovirus type-2 isolates in environmental samples and the confirmation of a 10-month-old child who has contracted polio in Gaza is a stark reminder that as long as polio exists anywhere, it is a threat everywhere.

The ongoing crisis in Gaza has contributed to reduced routine immunization rates and an increased risk of vaccine-preventable diseases, including polio. The crisis also poses a significant challenge to fully implementing disease surveillance and vaccination campaigns.

The World Health Organization (WHO) considers there to be a high risk for the spread of this polio strain within Gaza and internationally, particularly given the current situation's impact on public health services.

A humanitarian pause allowed a two-round polio vaccination campaign to begin in Gaza. The first round was successfully implemented from 1-12 September 2024 and vaccinated 559,161 children, or an estimated 95% of eligible children at the governorate level, according to independently conducted post-campaign monitoring.

The second round of the emergency polio vaccination campaign in Gaza began on 14 October. The campaign started in Central

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Walking the Avenues

PP Jun C. Zafra

Continuation 1.

Gaza, vaccinating children under ten years old with nOPV2, where children aged between 2-9 years old were also offered Vitamin A.

Rotary committed US\$500,000 to bolster the initiative, channeling these funds through a dedicated Polio Outbreak Response Fund. This contribution represents Rotary's sustained support to the WHO in combating polio globally.

Rotary will continue to work with its partners in the Global Polio Eradication Initiative and other agencies as vaccination efforts unfold

Financial contributions to the PolioPlus fund will help Rotary and its Global Polio Eradication Initiative partners achieve a world in which no child is paralyzed by polio again.



Tinig Newsletter October 24, 2024

Tinig Tidbits

By: HOF/PP Peter Javier



The Health Benefits of a Glass of Beer

Beer is the most popular alcoholic beverage in the world and it's the third most popular beverage overall, after water and tea. In recent years, it received somewhat of a bad reputation for beng fattening and high in calories but there are actually various health benefits to be gained when drinking bee in moderation.

It Reduces the Risk of Heart Disease

When consumed in moderation, beer thins the blood, making it less likely to clot and it helps reduce the risk of heart disease and increases the amount of good cholesterol in the blood.

It's Good for Kidney Health

Drinking too much is harmful to your kidneys but moderate consumption of beer has been shown to reduce the likelihood of developing kidney stones.

it's Genuinely Nutritious!

A 12 oz. beer has up to a gram of fiber in it as well as plenty of B vitamins such as B6, b12, niacin and riboflavin. It is also rich in silicon which is a nutrient that helps with strengthening bones.

It Reduces the Risk of Diabetes

In a Harvard University study, participants who drank two beers a day were shown to have a 25% lower risk of contracting Type II diabetes than those who did not.

It May Reduce the Risk of Cancer

A Portuguese study found that marinating meat ub beer eliminated almost 70% of all its carcinogens as beer contains plenty of antioxidants which help your body cleanse itself of toxins,

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Tinig Tidbits

By: HOF/PP Peter Javier

Continuation 1.

It Keeps Your Muscles Strong Into Old Age

A study at Tokushima University in Japan found that the prenylated flavonoid contained in hops called8-prenylnaringenin inhibited muscle atrophy in laboratory mice. When fed with the flavonoid, they were found to retain more muscle mass than those fed with a normal diet.

It Improve Brain Health

Having a couple of beer each day contributes towards staving off Alzheimer's Disease and dementia as well as lowering the risk of having a stroke. Those who drank one beer a day exhibited better mental function that those that didn't. Their risk of mental decline was also found to be reduced by 20%.

It Can Help Get Rid of Pesky Dandruff

The high yeast and vitamin B levels found in beer make it one of the best natural treatments for dandruff. Try pouring a bottle of beer over your head two to three times a week and watch it disappear. It will also make your hair soft and shiny.

It Can Help Stress At Bay

Stick within the 12 oz. daily recommended limit for women andthe 24 oz. daily recommended daily for neb - it will hep keep stress levels down and reduce anxiety you might be feeling.

It Has Antimicrobial Properties

The hops used to make beer are known to be antimicrobial, meaning that it can kill microorganisms that could cause you harm (from BabaMail).





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Pres Dodie starts his 16th meeting with Dir Jake as emcee. Rtn Mike leads invocation.







Rtn Ping leads singing of Pambansang Awit; Rtn Rudy recites Apat Na Urian Ng Rotaryo & PP Jun introduces guests.



Pangkat 5 singing Now We're Together.





Tinig Newsletter October24, 2024



HOF/PP Conrad on NAPPCO coop visit; PP John on dues & DG visit & Dir Roland on survey form & bowling



HOF/ PP Doc Aga enjoys his fining task and message from Pres Dodie.

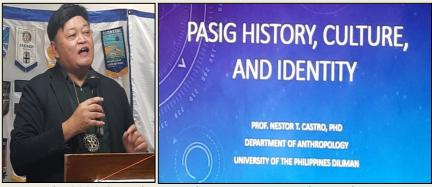


Dir Roy introduces Prof. Nestor Castro, PhD and UP professor of anthropology specializing in cultural anthropology.

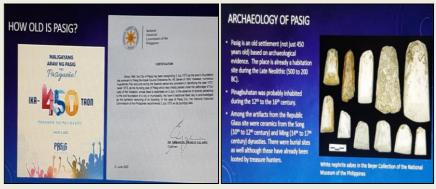




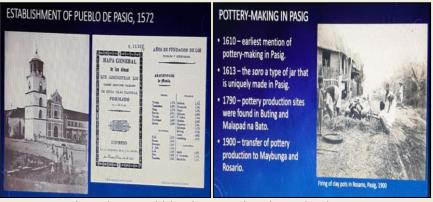
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The 2024 Gawad Parangal para sa7 Natatanging Pasigueño



awardee talks on the history of Pasig,



its culture and identity covering its archeology,





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its establishment in 1572, its involvement



during the British Occupation,

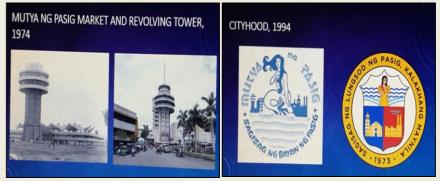


the Katipuneros against the Spanish during World War 2;





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its various landmarks and its cityhood.



Replying to comments and questions from HOF/PP Peter, HOF/ PP Doc Jess,



HOF/PP Conrad, Dir Noel,





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PP John, Rtn Ben





and Dir Jake.





Pres Dodie hands over club's token and then adjourns meeting.





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Luxid Rotary Microfinance & Credit Cooperative



October 23, Coop meeting at VVCC with Luxid's BB Poblador.



FinCom meeting at Tipsy Pig in Estancia.



Last month's Board meeting with Luxid's BB Poblador at VVCC.





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District 3800 Oktoberfest





Pres Dodie, SAG/ PP John, PE Roy, Rtn Gary & HOF/PP Doc Aga.



PE Roy, PP Ramy, SAG/PP John & Dir Roland.





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Schedule of Activities for the Rest of 2024

Date	Activities		
October 17	Regular Club Meeting (12 NN – 2 PM) Valle Verde Country Club (VVCC) Guest Speaker: Prof. Nestor T. Castro		
October 19	Oktoberfest - Metro Walk Tent, Ortigas (6 PM onwards)		
October 22	The Rotary Foundation Dinner (6 PM onwards) Solaire North		
October24	Memorial Mass and Regular Club Meeting (11 AM – 2 PM) VVCC		
November 7	Regular Club Meeting (12 NN – 2 PM) VVCC Guest Speaker: Arch. Paolo Alcazaren		
	Distribution of stipend to RC Pasig scholars (2 PM) at Rizal High School Compound		
November 14	Regular Club Meeting (12 NN – 2 PM) VVCC Guest Speaker: Gen. Nicolas Torre III		
November 21	Governor's Visit (10 AM); Regular Club Meeting (12 NN – 2 PM) Speaker: Gov. Bobby Zamora		
November 28	Intercity/ Joint Zone 6 Meeting (Tentative)		
December 5	Special Club Meeting (12 NN – 2 PM) Club Elections and General Assembly		
December 12	RC Pasig Christmas Party, Venue: Valle Verde 3, Clubhouse (6 PM)		
December 19	Gift Giving at GK Village and Christmas Party at Ilugin, Pasig		
December 24	Gift Giving at Rizal Medical Center		

Note: There will be no Club Meetings on October 31, December 26 and January 2, 2025. The next Regular Club Meeting is on January 9, 2025

October 24, 2024

Officers and Directors

ROTARY CLUB OF PASIG (RY 2024-2025)

President Bernardo "Dody" C. Dy

Vice President/PE
Club Secretary
Treasurer
Auditor/TRF
Sgt-at-Arms
Rtn. Roy Marvin "Roy" E. Quejada
PP Peter John "John" U. Javier
Rtn. Emmanuel "Noel" Y. Go
PP Marcelo "Jun" C. Zafra, Jr.
Rtn Joaquin "Jake" S. Oh

DIRECTOR:

Club AdministrationRtn. Roy dela Paz MendozaMembershipRtn. Rolando "Roland" P. VazquezWays & MeansPP Josefino "Bong" M. PalomaService CommunityRtn. Saturnino "Tet" G. Mallare IIINew GenerationRtn. Victor Gabriel "Gary" M. OnaPublic RelationsIPP Adolfo "Adolf" de Jesus Aran Jr

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Pangkat Members RY 2024 - 2025

PANGKAT NO. 1

- 1. Pres Bernard Dy Leader
- 2. Dir. Gary Ona -Co-Leader
- 3. PP Vic Aquino
- 4. PP Conrad Cuesta
- 5. Rtn. Flor De Pano
- 6. Rtn. Carlo Doce
- 7. Rtn. Roehl Fontanilla
- 8. Rtn Chony Gimenez
- 9. Rtn. Edison Go
- 10. PP Rel Gomez
- 11. Rtn Dodot Jaworski
- 12. PP Peping Mabanta.
- 13. Rtn. Aris Marfil
- 14. Rtn. Gene Menor
- 15. Rtn. Bien Sibug
- 16. Rtn. Philip Yoon

PANGKAT NO. 2

- 1. Dir. Tet Mallare Leader
- 2. Sec. John Javier- Co Leader
- 3. Rtn. Chito Bernardo
- 4. Rtn. Bernard Bobadilla
- PP Topax Colayco
- 6. Rtn. Joseph Gualberto
- 7. PRID Raffy Garcia III
- 8. PP Tito Henson
- 9. Rtn Bebert Lacuna
- 10. Rtn Rod Moreno
- 11. Rtn Nilo Ocampo
- 12. Rtn Jojo Opinio
- 13. Rtn. Vico Sotto
- 14. Rtn Nicky Ty
- 15. Rtn. Stephen Valera
- 16. Rtn. Jon Cansana

PANGKAT NO. 3

- 1. IPP Adolf Aran- Leader
- 2. Dir Roy Mendoza Co Leader.
- 3. Rtn. Oyie Averilla
- 4. PP Totoy Bartolome
- 5. Rtn Mads Bengua
- 6. Rtn Paolo Diaz
- 7. Rtn. Richie Defensor
- 8. Rtn. Arnel Estaniel
- 9. Rtn Jimmy Gualberto
- 10. Rtn Marlo Guillano

- 11. PP Peter Javier
- 12. PP Ogie Lim
- 13. PP. Vic Lim
- 14. Rtn. Richard Pua
- 15. Rtn. Roman Romulo

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Pangkat Members RY 2024 - 2025

Continuation 1.

PANGKAT NO. 4

- 1. Dir Roy Quejada Leader.
- 2. Dir. Noel Go -Co-Leader
- 3. PP Garrick Ang
- 4. Rtn Ato Basco
- 5. Rtn Pal Bolivar
- 6. PP Toti Buhain
- 7. Rtn. Karl Contreras
- 8. Rtn Raj Cordova
- 9. PP Nick Guzman
- 10. Rtn. Cesar Lacuna
- 11. PP Ner Laino
- 12. Rtn. Kell Ortega
- 13. PP Arjan Ramnani
- 14. Rtn. Charles Reyes
- 15. Rtn. Simon Tantoco

PANGKAT NO. 5

- 1. PP Jun Zafra Leader
- 2. Dir. Jake Oh– Co-Leader
- 3. PP Jess Acantilado
- 4. Rtn. Roman Arugay
- 5. Rtn Richard Berganos
- 6. Rtn Nesty Carolina
- 7. Rtn. Henry Claravall
- 8 Rtn Mike Dolar
- 9. PP RJ Ermita
- 10. Rtn Manfred Guangko
- 11 Rtn Alex Lacson
- 12. PP Hermie Orbe
- 13. Rtn Rudy Sanguyo
- 14. Rtn Ping Tan
- 15. PP Henry Uy

PANGKAT NO. 6

- 1. PP Bong Paloma Leader
- 13. PP Ferd Rivera
- 2. **Dir. Roland Vasquez-**Co-Leader 14. Rtn. Anson Tan
 - 15. PP Celso Ylagan

3. PP Bert Albano

16. Rtn JS Zamora

- 4. Rtn Dennis Albano
- 5 Rtn Ben Baniel
- 6. PP Rene Bocaya
- 7. PP Benny De Guzman
- 8. Rtn Jojo Estolano
- 9. PP Ramy Garcia
- 10 Rtn Dante Lardizabal
- 11 Rtn Albert Mendiola
- 12. Rtn. Ike Ona





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From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present			. 37
% of Attendance ((10/17/24))	40.2%

Birthday Celebrants for the Month of October 2024

Wedding Anniversaries for the Month of October 2024

Guest and Visiting Rotarians

1. Jerry Quibilan, Host PP Peter Javier



Tinig Newsletter October 24, 2024

Editorial Staff

TINIG STAFF RY 2024-2025	FEATURE WRITERS		
	BERNARD DY	JOHN JAVIER	
PETER JAVIER Editor in Chief	From the President	Secretary's Desk	
ROEHL FONTANILLA	BENJAMIN P.	JUN C. ZAFRA, JR.	
	DE GUZMAN	Walking the Avenues	
ROY MENDOZA	Rotary Notes		
Club Bulletin Admin.	•	RTN. FR. KELL ORTEGA	
	PETER M. JAVIER	RTN. FR. JOJO OPINIO	
	Tinig Tidbits	Invocation	
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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:			