

Rotary
Club of Pasig



UNITE
FOR
GOOD

4 DECEMBER 2025
ROTARY YEAR 2025 - 2026

TINIG

The Official Newsletter of the Rotary Club of Pasig



Club Election and Assembly



LUXID ROTARY

Microfinance & Credit Cooperative

ABOUT US

The Luxid Foundation is an organization of members from the different batches of the Ateneo De Manila University, 1959, 1963, and 1967, united to help alleviate poverty among underprivileged people.

The Rotary Club of Pasig is one of the biggest clubs in the country, and is respected and consistent in its service to the Pasig community and to the country in general.

The Luxid Foundation and the Rotary Club of Pasig formed an alliance in 2017 to create the LUXID ROTARY Microfinance & Credit Cooperative.



FRANCISCO "TOPAX" COLAYCO is the Chairman of the Board of LUXID Rotary Microfinance and Credit Cooperative, holds a Masters degree in Business Management (MBM) from the Ateneo de Manila University. He also holds a Ph.D. (Honoris Causa) in Humanities awarded by the National University of the Philippines.

FJC is an entrepreneur, a venture developer and the pioneer in promoting personal finance in the Philippines. He is the author of the "Wealth Within Your Reach" series, the award winning and biggest Filipino best sellers on personal finance and the leading advocate of the personal financial literacy movement in the Philippines.

FJC has over 50 years' experience as a consultant, a professional manager and business owner in the fields of Manufacturing and Marketing, Shipbuilding, Specialty and Pressure Vessel Fabrications, Banking, Financial Services & Real Estate Development. He is the Chairman and Founder of the Colayco Foundation for Education, Inc. (CFE).

FJC is currently the Chairman & CEO of AulumDev Ventures Corporation (AulumDev), and up to March of 2023 was Chairman of One Wealthy Nation Bank (OWN Bank), formerly, the Rural Bank of Cavite City.

Today, FJC is an active ventures advisor and investor in health services. He is engaged in joint venture consulting and specialty trading such as diesel and medical supplies. He is Chairman of The Health Network (THN), an out patient facility with diagnostics, pharmacy and doctors' offices based in Marilao and Guiguinto, Bulacan.

FOR MORE INFORMATION, PLEASE CONTACT
NIDA LORENZO



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Today's Programme

**Valle Verde Country Club
December 4, 2025 12:00 Noon
Pangkat 5 Leader: Dir/PE Jun Zafra**

Call to Order	Pres. Roy Quejada
Invocation	Rtn Rudy Sanguyo
National Anthem	Rtn Ping Tan
FOUR-WAY TEST	Rtn Bien Sibug
Introduction of Visiting Rotarians & Guests	PP Henry Uy
Community Singing	Pangkat 5
Wise or Otherwise	
Fining Moments	PP RJ Ermita
President's Time	Pres. Roy Quejada

***Club Assembly
Election of New Sets of Officers
RY 2026-2027***

Open Forum	
Adjournment	Pres. Roy Quejada

**HOF/PP Jess Acantilado
Emcee**

**** Disease Prevention and Treatment month ****



Invocation



We lift up to you, ever Loving God, our hearts and soul with humility and penance as we await the coming of your son our Saviour.

In fellowship with one another as Rotarians, fill our hearts with your love and our minds with your wisdom. May everything we do today give glory to your name and through the guidance of the Spirit, may all our endeavors be in accordance with your Divine plan through Christ our Lord. **Amen**

From: Rtn. Fr. Jojo Opinio

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 makapaglilingkod 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.

Song of the Day



12 DAYS OF KURAKOT

On the first day of kurakot
Eto'ng nakuha niya
Isang bulletproof na kotse

On the second day of kurakot
Eto'ng nakuha niya
2 brand new watches
At isang bulletproof na kotse

On the third day of kurakot
Eto'ng nakuha niya
3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the fourth day of kurakot
Eto'ng nakuha niya
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the fifth day of kurakot
Eto'ng nakuha niya
5 private jets
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the sixth day of kurakot
Eto'ng nakuha niya
6 companies, 5 private jets,



Song of the Day



Continuation 1.

4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the seventh day of kurakot
Eto'ng nakuha niya

7 bags of cash, 6 companies, 5 private jets,
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the eight day of kurakot
Eto'ng nakuha niya

8 helicopters, 7 bags of cash, 6 companies, 5 private jets,
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the ninth day of kurakot
Eto'ng nakuha niya

9 shopping malls, 8 helicopters, 7 bags of cash, 6 companies,
5 private jets, 4 sports cars,
3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the tenth day of kurakot
Eto'ng nakuha niya

10 private islands, 9 shopping malls, 8 helicopters, 7 bags of
cash, 6 companies, 5 private jets,
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

Song of the Day



Continuation 1.

On the eleventh day of kurakot
Eto'ng nakuha niya
11 lawyers lying, 10 private islands, 9 shopping malls, 8
helicopters, 7 bags of cash, 6 companies, 5 private jets,
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse

On the twelve day of kurakot
Eto'ng nakuha niya
12 senate hearing
11 lawyers lying, 10 private islands, 9 shopping malls, 8
helicopters, 7 bags of cash, 6 companies, 5 private jets,
4 sports cars, 3 beach resort, 2 brand new watches
At isang bulletproof na kotse



From the President

Pres. Roy Quejada



A Continuing Gift of Joy and Connection

The partnership between the Rotary Club of Pasig and the Rotary Clubs of Mandaluyong with the Special Children Education Institute (SCEI) is one of the most heartfelt projects of this Rotary year. It began on Day 1 of Unite for Good with Kulay ng Kabutihan an afternoon of painting, creativity, and pure joy shared with the students. From that very first activity, we knew this wasn't going to be a one-time event. It was the start of a relationship.

Last October 24, we returned to SCEI to celebrate Halloween with the children, an activity that also became part of our World Polio Day observance. With RC Pasig taking the lead, different clubs came together to build a sustainable project centered on one goal: bringing joy, love, and presence to these special children. Makikita sa mga mata nila ang tunay na ligaya especially when they receive gifts, food, and the simple assurance that they matter.

As Christmas approaches, RC Pasig, through HOF John Javier, reached out to the school head, Mr. Ron Santos, to explore deeper engagement. And today, we found ourselves once again at SCEI this time to celebrate Family Day. We gifted the students tumblers and lunch boxes they can use every day, a small reminder that Rotary keeps them in heart and mind.

Six months into my presidency, one thing is clear: our projects

From the President

Pres. Roy Quejada

Continuation 1.

must not only create impact they must be sustained. They require connection, consistency, and the willingness to keep pushing, kahit mahirap. And because of your support, fellow Rotarians, nagagawa at naisasakatuparan natin.

Marami pang darating na proyekto. And together, we will continue to push through and serve with love.

Roy E. Quejada

Respect. Support. Serve



Rotary Notes

PP Benny P. De Guzman



I wonder since it was not well played out if the joint meeting this morning of our Rotary club and our mother club RC Mandaluyong at Pasig R.A.V.E. Park with the Special Children Education Institute students was well attended. The Zone 6 project of special Art Show which our Pres Roy led with his special painting commanding a 15K price tag. I pulled a totally bad joke that it was his wife who bought it. PP Henry was surprised at the many good ones on display. Our Christmas party is on the 17th yet and the Art Show is up to the 18th pa. Can we not visit as a club even before our party? Sayang if we miss out on a creative project.

The coffee table book that is a major production by our Dir Mads, since the cost is a bit high cannot be by tapping sponsors within the club. Baka ma over subscribe pa yan. Sponsors may use the extra copies for give aways.

One of the more active clubs that is regular in their meetings every Thursday also at the VVCC, I texted what time they will meet later. The PP texted back, last November 30, we had our Christmas party and no more meetings for December. I was looking for a club to make up. I hope I did well yesterday when I was supposed to make up at RC Pasig East on their Wednesday pm meeting. I will be absent for the first time in years today. I am Chair of the Westmont Alumni and 4th December lunch is their Christmas party. Even our late PP Sonny Samson aside from being a former president of Unilab came from Westmont.

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

This January will be our 55th Charter Anniversary. Efforts must be done to look for other charter members. So far, only two are with the club, PPs Peping and Arjan. PP Kati de los Reyes left years ago. PP Peping can bring PP Kati as balae niya. Many PPs are still active in their business undertakings and in their golf clubs. Can we not invite them for good fellowship?

Our very own Rtn Alex is all over pronouncing the interest of their Kontra Dinastiya. The various rallies are showing concerns of our people over the malpractices that is draining our progress as a nation.

We salute our very own Rtn Mayor Vico for showing how to run efficiently our City. Our city is the 4th largest in total revenue and very well run that even foreign governments are amazed. Lead on Mayor Vico, we are truly proud of you and prouder of our dear city of Pasig!

I am glad that seldom seen member, Rtn Jimmy Gualberto is in the dredging operations to stop the massive floodings. But it must be the local government affairs that must have good surveillance of their environment, to make sure dredging is done on regular basis. Re flooding hearings, our very own Rtn Cong Roman asked for an executive session with the ICI as his name was included in the Discaya version. Discaya is the limit?



Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



Francesco Arezzo
President 2025-26

December 2025

This month's special issue of Rotary magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a

Walking the Avenues

Continuation 1.

way to stand confidently before a crowd.

Today, I regularly address audiences some numbering in the thousands in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McNally wisely reminds us that we must go beyond asking, “How are you?” We owe it to each other to instead ask, “How are you really?”

As we transition to a new year filled with new possibilities, let us Unite for Good for healing, friendship, and access to happiness.



Tinig Tidbits

By: HOF/PP Peter Javier



DID YOU KNOW THAT...?

- Hugging and cuddling kills depression, relieves anxiety, improves skin and strengthens the immune system.
- Drinking cold water on an empty stomach can actually boost your metabolism by 30%.
- The brain is much more active at night than during day time.
- Our eyes are always the same size from birth but our nose and ears never stop growing.
- Your thumb is the same length as your nose.
- Eating 2 bananas before 60 minutes of gym provide you enough energy for 90 minutes intense workout.
- Pressing your tongue firmly against the back of your mouth to prevent a sneeze.
- If you're feeling sleepy, hold your breath for as long as you can and then release it.
- If you read a speech before you go to bed, you will remember it better in the next morning.
- Putting your hands in ice water and flex them if you have a migraine.
- Pinching yourself if you just can't stop laughing.

Tinig Tidbits

By: HOF/PP Peter Javier

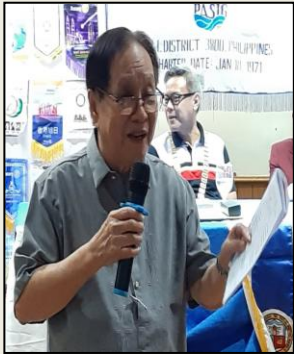
Continuation 1.

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

Glimpse Our Last Meeting



GP Roy calls meeting to order with Rtn Jake as emcee; PP Toti leads invocation.



Rtn Doc Ato sings Pambasang Awit; PP Garrick recites 4-Way Test; PP Ner introduces guests.



Pangkat 4 sings My Rotary Day.



Tinig Newsletter

December 4, 2025

Glimpse Our Last Meeting



Sec John on upcoming December activities; Rtn Doc Ato invitation from his pediatrics group; a joke from PP Bert.



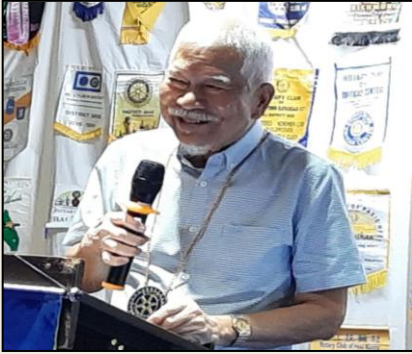
Fining by PP Benny; message from GP Roy.



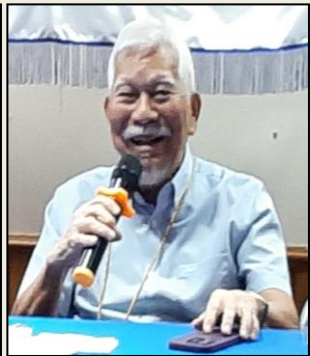
PP Bong introduces former Comelec Commissioner Augusto "Gus" Lagman.



Glimpse Our Last Meeting



Mr Lagman talks on reforming the electoral system by adopting a hybrid system of manual counting at the precinct level witnessed by the public.



Replying to questions from PP Ramy and PP Garrick.



Also from guest Jerry Quibilan



Tinig Newsletter

December 4, 2025

Glimpse Our Last Meeting



Rtn James



and from PP Bert.



GP Roy presents club's token and then adjourns meeting.



Nominee's Board Director for RY 2026-2027



PP Bernard Dy



PP John Javier



Rtn Gary Ona



Rtn Tet Mallare



Rtn Mads Bengua



Rtn Aris Marfil



Rtn Roland Vasquez



Rtn Joseph Gualberto



Rtn Rudy Sanguyo

Schedule of Activities for the RY 2025

Date	Activities
November 27	Regular Club Meeting (12 NN – 2 PM) Valle Verde Country Club (VVCC) Guest Speaker: Hon. Gus Lagman Topic: Reform: Hybrid Electoral System
December 4	Special Club Meeting Regular (12NN–2 PM) Valle Verde Country Club Club Election and General Assembly
December 11	Regular Club Meeting (12 NN – 2 PM) Valle Verde Country Club (VVCC) Guest Speaker: Coach Anda del Rosario
December 17	Club Christmas Party Venue: Valle Verde 3, Clubhouse
December 18	Gk Christmas gift giving 10-12nn Damayan basketball court, Pinagbuhatan Pasig City
December 18	Ilugin Christmas get together 2-4pm Mcdo
December 24	Gift Giving at Rizal Medical Center

Pangkat Members RY 2025 - 2026

Pangkat No. 1

- 1. Pres. Roy Quejada – Leader**
- 2. Dir. Mads Bengua – CL**
3. PP Adolf Aran
4. Rtn. Chony Gimenez
5. PP Conrad Cuesta
6. Rtn. Dodot Jaworski
7. Rtn. Edison Go
8. Rtn. Jojo Estolano
9. Rtn. Noel Go
10. PP Peping Mabanta
11. Rtn. Philip Yoon
12. Rtn. Roehl Fontanilla
13. Rtn. Roy Mendoza
14. PP Vic Aquino
15. Rtn. John Nepomuceno

Pangkat No. 3

- 1. Dir. Gary Ona – Leader**
- 2. Dir. Aris Marfil – CL**
3. Rtn. Arnel Estaniel
4. Rtn. Jimmy Gualberto
5. Rtn. Marlo Guillano
6. Rtn. Oyie Averilla
7. Rtn. Paolo Diaz
8. PP Peter Javier
9. Rtn. Raj Cordova
10. Rtn. Richie Pua
11. Rtn. Richie Defensor
12. Rtn. Simon Tantoco
13. PP Totoy Bartolome
14. PP Vic Lim
15. Rtn. James Porter

Pangkat No. 2

- 1. Dir. Tet Mallare - Leader**
- 2. Dir. Roland Vasquez – CL**
3. Rtn. Bebert Lacuna
4. Rtn. Bernard Bobadilla
5. PP Bong Paloma
6. Rtn. Chito Bernardo
7. Rtn. Hans Roxas Chua
8. Rtn. Fr. Jojo Opinio
9. Rtn. Jon Cansana
10. Rtn. Nicky Ty
11. Rtn. Nilo Ocampo
12. PRID Raffy Garcia III
13. Rtn. Rod Moreno
14. PP Tito Henson
15. Topax Colayco

Pangkat No. 4

- 1. IPP. Bernard Dy - Leader**
- 2. Dir. Joseph Gualberto - CL**
3. PP Arjan Ramnani
4. Rtn. Ato Basco
5. PP Benny de Guzman
6. Rtn. Charles Reyes
7. PP Garrick Ang
8. Rtn. Jake Oh
9. Rtn. Karl Contreras
10. Rtn. Fr. Kell Ortega
11. PP Ner Laino
12. PP Nick Guzman
13. PP Ogie Lim
14. Rtn. Roman Romulo
15. PP Toti Buhain

Pangkat Members RY 2025 - 2026

Continuation 2.

Pangkat No. 5

- 1. PP Jun Zafra – Leader**
- 2. Rtn. Bien Sibug – CL**
3. Rtn. Alex Lacson
4. Rtn. Flor de Pano
5. Rtn. Henry Claravall
6. PP Henry Uy
7. PP Jess Acantilado
8. Rtn. JS Zamora
9. Rtn. Manfred Guangko
10. Rtn. Mike Dolar
11. Rtn. Nesty Carolina
12. Rtn. Ping Tan
13. Rtn. Richard Berganos
14. PP RJ Ermita
15. Rtn. Rudy Sanguyo

Pangkat No. 6

- 1. Dir. Pal Bolivar - Leader**
- 2. Sec. John Javier - CL**
3. Rtn. Anson Tan
4. Rtn. Ben Baniel
5. PP Bert Albano
6. Rtn. Carlos Chuaunsu
7. PP Celso Ylagan
8. Rtn. Dennis Albano
9. PP Ferd Rivera
10. Rtn. Ike Ona
11. PP Ramy Garcia IV
12. PP Rel Gmez
13. PP Rene Bocaya
14. Rtn. Vico Sotto

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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:** _____