

Rotary
Club of Pasig

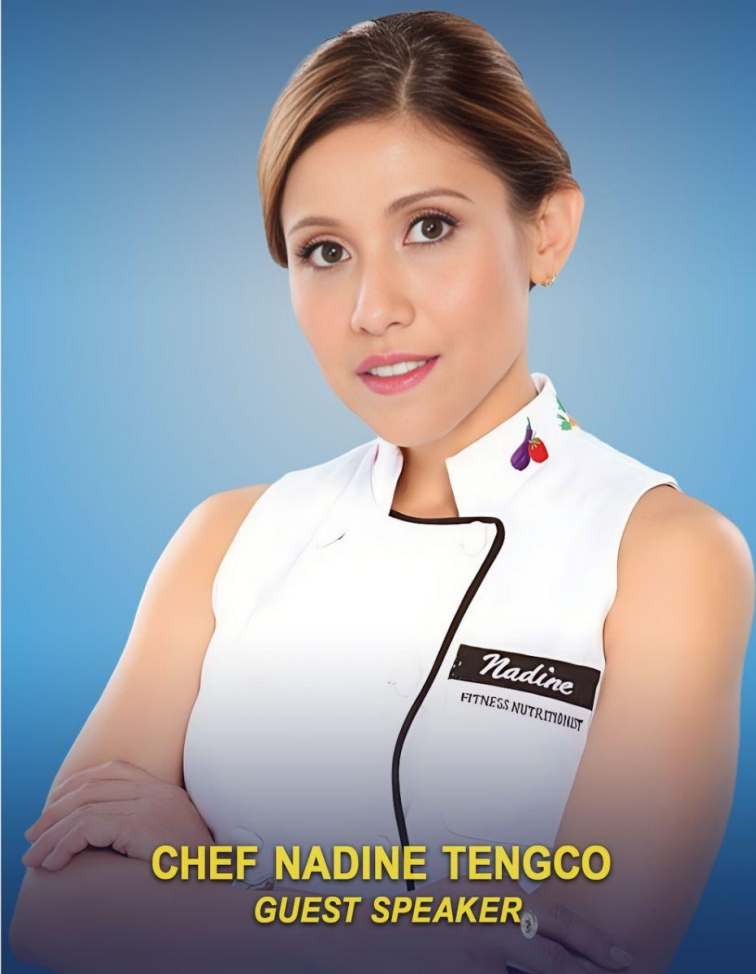


UNITE
FOR
GOOD

16 APRIL 2026
ROTARY YEAR 2025 - 2026

TINIG

The Official Newsletter of the Rotary Club of Pasig



CHEF NADINE TENGCO
GUEST SPEAKER



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
April 16, 2026 12:00 Noon
Pangkat 5 Leader: PE Jun Zafra**

Call to Order	Pres. Roy Quejada
Invocation	Rtn Mike Dolar
National Anthem	Rtn Rudy Sanguyo
FOUR-WAY TEST	Rtn Bien Sibug
Introduction of Visiting Rotarians & Guests	PP Henry Uy
Community Singing	Pangkat 5
Wise or Otherwise	
Fining Moments	Rtn Flor de Pano
President's Time	Pres. Roy Quejada
Introduction of Guest Speaker	PP Adolf Aran

Chef Nadine Tengco

***Topic: STRESS AGING & TESTOSTERONE:
Practical Strategies for Men to Stay Strong and Vital
GUEST SPEAKER***

Open Forum	
Adjournment	Pres. Roy Quejada

**Rtn Nesty Carolina
Emcee
* Environmental month ***

1.



Invocation



We come to you with humble and contrite heart O Merciful Father to bless and protect us and our families especially during this worldwide turmoil that we are experiencing.

Bless our fraternal fellowship. May your Divine wisdom be upon us as we continue to dream to better serve our community. Make each one of us an instrument of your peace that will pave the way towards progress and development. All these we ask of You through Jesus Christ our Lord.
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



FLY ME TO THE MOON

Fly me to the moon
Let me play among the stars
Let me see what spring is like
On Jupiter and Mars
In other words, hold my hand
In other words, darling, kiss me

Fill my life with song
And let me sing for ever more
You are all I long for
All I worship and adore
In other words, please be true
In other words, I love you

Fly me to the moon
Let me play among the stars
Let me see what spring is like
On Jupiter and Mars
In other words, hold my hand
In other words, darling, kiss me

Fill my life with song
Let me sing for ever more
All I worship and adore
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In other words, please be true
In other words, in other words
In other words, in other words
In other words
I love you



From the President

Pres. Roy Quejada



Beyond the Badge Human Stories That Reflect Our Own

In a recent engagement with the Philippine National Police Pasig force for the Rotary Club of Pasig Pagpupugay Awards, I encountered stories that are quite familiar. Mga istorya ng buhay na makikita rin sa civilian na buhay. Behind the badge are not just officers but individuals navigating the same struggles many of us face.

1. The value and importance of mission keeping us from expressing our opinion.

The police candidates are deeply committed to serve, yet some struggle to express themselves and how they feel about the mission.

My reflection: Purpose must be matched with the courage to speak and influence.

2. Brotherhood in Action

A fellow officer steps in without hesitation to help a colleague. Either from writing a police report up to the write up for this PNP award.

My reflection: There are people who more than willing to help and will show up no matter what.

3. Small Mistakes can ruin one's progress

A personnel related that because of a missing document or mistyped information can lead to serious cases.

From the President

Pres. Roy Quejada

Continuation 1.

My reflection: In our own work, discipline in the small things shapes our performance. Aim for excellence.

4. Learning Never Stops - if you want to succeed and pursue your dreams- you must learn.

A personnel pursued further education to better their skills and be qualified for a promotion.

My reflection: Growth is intentional those who invest in learning create opportunities the output will always follow.

5. Love Amid Sacrifice

They miss family moments, but when time allows, they make it meaningful no matter how simple. The sad part is, marami ang nawawalan ng oras sa pamilya dahil sa demands sa trabaho.

My reflection: Balance is never perfect, but presence when given must be real. At kahit mahirap ang oras sa pamilya- dapat pa rin magawan ng paraan na makausap ang pamilya.

6. Courage in the Face of Risk

Undercover work exposes them to danger, yet they accept it as part of duty. There were many stories told about hot pursuits that endangered the lives of the police force.

My reflection: Every role carries risk; discipline and courage ang kinakailangan to move forward anyway.

7. Building Trust, One Connection at a Time

They engage communities to understand and prevent crime. There are programs to educate the communities and many

From the President

Pres. Roy Quejada

Continuation 2.

police officers dedicate their time to do this in order to reinforce the right values in the community.

My reflection: Relationships remain the foundation of trust and results in any field. One pro active step to minimize crime is to connect.

8. Justice as a Long Commitment

They pursue long-standing cases to give closure to those waiting. A personnel pursued a long standing case that has not been given resolution. He pursued it because he wants the family of the victim to get the justice no matter what

My reflection: There are many challenges in the past that may have been forgotten. Learn to rediscover and pursue them with persistence para mapadama natin ang atin sincerity.

9. Silent Battles Within

One officer broke down under the weight of work done alone. She contain her emotion when Dir Gary asked about family time. Apparently, she brings home work dahil sya lang ang nakakaalam ng specific task na yun.

My reflection: We all need support systems. In fact, we need several people from our team to do a particular task- dapat may redundancy.

10. Resourcefulness Despite Limitations

Some use personal tools just to complete their work. I was amazed by the dedication of one policeman using his own laptop for a highly important data. Mali na nga na gamitin ang

From the President

Pres. Roy Quejada

Continuation 3.

sariling tools para sa trabaho; Hindi ba mali rin na access ang important confidential public documents outside of office?

My reflection: dedication to work is highly appreciated but not to the extent of using your own resources just to be able to perform the task for work.

These stories remind us: police officers are, first and foremost, human beings. Their challenges mirror ours—the pressure to perform, the desire to grow, the sacrifices we make, and the resilience we build. And if leaders are not aware- the challenges that the team faces can eventually lead to burnout and disappointment.

And perhaps the most humbling truth and a very important realization I have even their best efforts cannot eliminate crime only reduce it. In the same way, our work may never achieve perfection but it can create meaningful progress.

Let's support Pasig PNP. Let's support the Pagpupugay Awards.



Rotary Notes

PP Benny P. De Guzman



Tinig condoles with Rtn Ping on the passing away of his beloved spouse, Anastasia before reaching her 81st birthday which is just a few weeks away. The wake is at Arlington Memorial Chapeis and interment at Heritage Park.

We have two Parangals for those serving us. On 30th April, we will be having the annual Pagpupugay sa Kabayanihan ng Pulis Pasig, a project initiated by Rtn Chony five years or so ago with huge cash prizes solely funded by him. In support, the Rotary Club of Pasig will give honoraria for the others who served gallantly but did not make the final group but the goal of P300K has yet to be attained with only 33% raised by now. The second which is national in scope and covered by a new law is the Tribute to Fallen Heroes and the Heroes of Capas which had a wreath offering in the Libingan Ng Mga Bayani led by our very own Rtn Nesty who is a fully decorated Lt. General and head then of the 7th Infantry Division which assisted him in the ceremony. Next week, by law the ceremony will be a month long. Last April 9, Araw ng Kagitingan, was also the time our very dedicated HOF/PP Rhett faded gloriously away.

We had a break for two Thursdays and with the heat too much, even making this column is so taxing. This early, incoming President Jun who will take over this weekly chore. Seemingly easy, but weekly it may be taxing. Taxing? To the writer and the readers, who must be bored by now, so the needed change.

In our prayer group, a lady member narrated that a kumpadre, a Rotarian from another district, middle aged, at the celebration of

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

the Easter mass Sunday morning in Magallanes Village fainted and luckily the village had an ambulance. Doctors at the ER thought he had a stroke as he was unconscious. When revived, after a day long series of test, it was because he was dehydrated only. This may be a subtle reminder, but with the heat, always have a bottle of water at your side. Never can tell. This is when water is safer than hard drinks.

Since Parangal sa Pulis Pasig is highly commendable, may a Parangal sa mga guro ng Pasig be the next? B aka PP RJ ng NU may be a good proponent. Because of the huge financial cost, may his school be the main sponsor for the Parangal sa mga Guro ng Pasig with the recognition of the Rotary Club of Pasig assisted by National University be worth looking into? Good for all the three, from NU to the teachers and for us as a club.

Lucky for the electric car users and woe to the diesel car users. It is much cheaper to use gasoline cars over diesel fed ones. If the Middle East conflict will not come to pass, not only will diesel prices go up, baka mag short supply pa.

The Lenten Recollection of our very own Rtn Fr Kell showed a lone member of his Pangkat as Fr Kell to group by Pangkats. Woe to those absent. Bigger woe to those who do not know what their Pangkat is. RINO? And woe to those who do not know what RINO is.



Walking the Avenues

PP Jun C. Zafra



Rotary International moves Barcelona convention to 2027

BARCELONA (April 6, 2026) – Barcelona, Spain, has been selected to host Rotary’s international convention, which is often described by attendees as a mini-United Nations conference, on 26–30 June 2027 at the Fira de Barcelona. This decision enables the city to bring the Rotary community together two years sooner than was recently announced in March.

Based on previous events, the Rotary convention is expected to attract up to 20,000 participants from over 140 countries and generate more than €68 million for the local economy. The Rotary convention in 2027 was originally scheduled to take place in Dubai. Rotary postponed it to a later year due to the current uncertainty in the region. Leaders of the global membership service organization expressed gratitude to its partners in Barcelona for their flexibility and collaboration in accommodating this change.

“With enthusiasm and energy, we are prepared to pivot quickly to host the international convention in 2027,” said Sergio Aragón, chair of the Barcelona Host Committee and a member of the Rotary Club Barcelona Diagonal. “We look forward to welcoming our international guests and delivering an exceptional experience.”

About Rotary: Rotary brings together a global network of volunteer leaders dedicated to tackling the world’s most

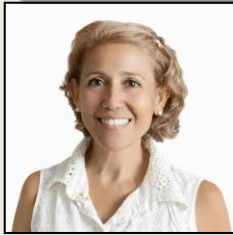
Walking the Avenues

Continuation 1.

pressing humanitarian challenges and creating lasting change. Rotary connects 1.2 million people of action from more than 45,000 Rotary clubs in almost every country in the world, including more than 4,670 members across 250 clubs across Spain. 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.



Our Guest Speaker



Chef Nadine Tengco

Nadine Tengco is an author, chef, nutritionist, and celebrity wellness coach who creates transformative programs for wellness and healthy living.

Known as the “Level-Up Guru,” Nadine has worked with many of the country’s top business leaders, CEOs, and public figures, as well as celebrated personalities such as Anne Curtis, Jessy Mendiola, and Karen Davila, to name a few.

Through her holistic, innovative, and deeply personalized approach, she has helped transform the health and lives of Filipinos both locally and abroad.

With formal training in Culinary Arts and Nutrition, Nadine is also certified in Mind-Body Medicine and is a member of the International Complementary Medical Association (CMA). She holds additional certifications in integrative healing modalities including breathwork and sound healing.

For over two decades, Nadine has built a thriving wellness business rooted in her own personal healing journey — turning lived experience into a mission to help others elevate their health, vitality, and quality of life.



Tinig Tidbits

By: HOF/PP Peter Javier



Mind Boggling Brain Facts

1. Your brain consumes 20% of your oxygen, but accounts for only 2% of your body mass.
2. Your brain can generate 10-25 watts of power. That's enough to power a light bulb.
3. Your brain only fully matures when you're in your late teens. Empathy, multi-tasking and good decision-making are skills that develop last.
4. Your brain is more active when you're asleep than when you're awake.
5. Your brain is the reason that you don't notice when you're blinking. It illuminates the world while your eyes are closed - some 20,000 times each day.
6. Human beings have the wrinkliest brains of any species. These wrinkles are linked to sophisticated neural pathways & higher intellectual functioning.
7. On an average day, a human being has over 70,000 different thoughts.
8. The brain doesn't contain any pain receptors. That's why brain surgery can be performed on a conscious patient.
9. A woman's brain can shrink when she's pregnant. It can take up to six months to recover from "pregnancy brain".
10. You can't tickle yourself because the brain distinguishes between your own touch and someone else's.
11. Your brain contains enough fluid to fill a 1.5-liter bottle.

(From BabaMail)

Glimpse Our Last Meeting



GP Roy starts meeting with IPP Dodie as emcee who also leads invocation.



Dir Aris leads singing of Pambansang Awit and Rtn Jake recites Apat Na Urian Ng Rotaryo.



We Are The World is sung by members present.

Glimpse Our Last Meeting



Fining is done by PP Benny and GP Roy with his message.



Ant colonies are organized into specialized roles such as queens, workers, and soldiers. This division allows efficient coordination, especially in tasks like building and maintaining anthills.

Meet the Colony

worker

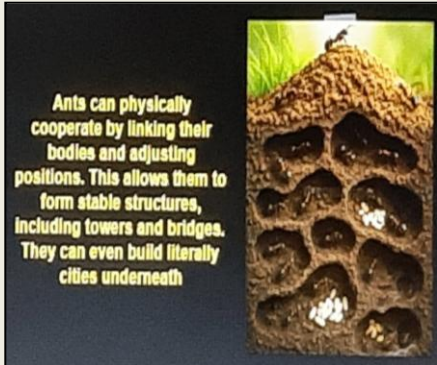
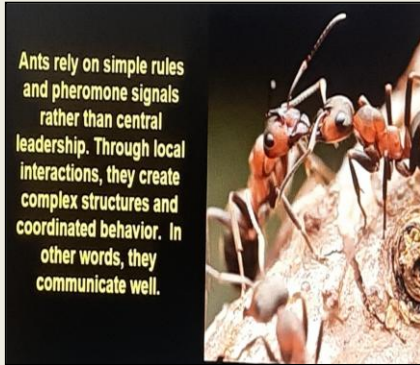
soldier

drone

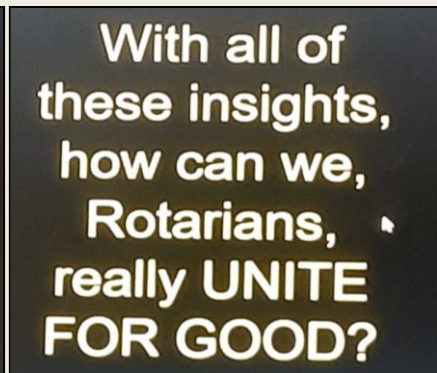
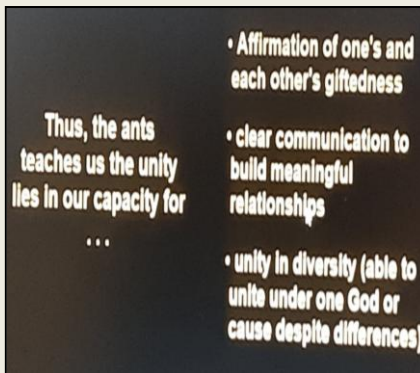
queen

Lenten recollection by Rtn Fr Kell with focus on how Rotarians

Glimpse Our Last Meeting



can really unite for good citing as example how the ant colonies get



organized, coordinate, cooperate, interact and communicate.



Members discuss on how they can unite for good



Glimpse Our Last Meeting



Glimpse Our Last Meeting



Members express and show their personal Lenten commitments.



Glimpse Our Last Meeting



Concluding prayers by Fr Kell & adjournment by GP Roy.

Interview of Pulis Pasig Candidates for Chony Gimenez Awards



Nominees for the Pagpupugay Sa Kabayanihan Ng Pulis Pasig (Ignacio Gimenez Award)



from commissioned officers, non-commissioned officers & non-uniformed



personnel undergo interview by RCP Rotarians led by Committee Chair Dir Gary and GP Roy.

Interview of Pulis Pasig Candidates for Chony Gimenez Awards



Interviewers are Rtn Bien, Dir Tet, Rtn Shaquille, Sec John,



PP Ogie, Rtn Roy, PE Jun, Rtn Jojo, Rtn Manny, PP Adolf, IPP Dodie



& Rtn James, Rtn Fr Kell & PP Bong.

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
16. Rtn. Shaquile Guiaman

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
16. Rtn. Abe Sarangaya

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
15. Rtn. Manny Buensuceso



ROTARY CLUB OF PASIG OFFICERS & DIRECTORS



OFFICERS

Roy Marvin "Roy" E. Quejada
President

Victor Gabriel "Gary" M. Ona
Vice President / TRF Director

Peter John "John" U. Javier
Secretary

Bernardo "Bernard" C. Dy
Treasurer / Immediate Past President

Marcelo "Jun" C. Zafra Jr
Director / Club Trainor

DIRECTORS

Amado "Madz" L. Bengua
Director for Public Image

Elnardo "Pal" L. Bolivar
Director for Ways and Means

Joseph A. Gualberto
Director for Youth Service

Saturnino "Tet" G. Mallare, III
Director for Service

Aristotle "Aris" B. Marfil
Director for Administration

Rolando "Roland" P. Vasquez
Director for Membership



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

Editorial Staff

TINIG STAFF RY 2025-2026	FEATURE WRITERS	
	ROY QUEJADA From the President	JOHN JAVIER Secretary's Desk
PP PETER JAVIER Editor in Chief	BENJAMIN P. DE GUZMAN Rotary Notes	JUN C. ZAFRA, JR. Walking the Avenues
DIR ARIS MARFIL Club Bulletin Admin.	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:** _____