

Rotary
Club of Pasig



UNITE
FOR
GOOD

28 MAY 2026
ROTARY YEAR 2025 - 2026

TINIG

The Official Newsletter of the Rotary Club of Pasig



ROTARY CLUB 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
May 28, 2026 12:00 Noon
Pangkat 4 Leader: IPP Bernard Dy**

Call to Order	Pres. Roy Quejada
Invocation	Rtn Karl Contreras
National Anthem	Dir Joseph Gualberto
FOUR-WAY TEST	PP Garrick Ang
Introduction of Visiting Rotarians & Guests	PP Ner Laino
Community Singing	Pangkat 4
Wise or Otherwise	
Fining Moments	PP Benny de Guzman
President's Time	Pres. Roy Quejada

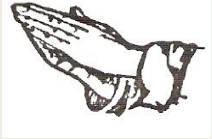
CLUB ASSEMBLY & FELLOWSHIP

Open Forum	
Adjournment	Pres. Roy Quejada

**Rtn Jake Oh
Emcee
* Youth Service Month ***
1.



Invocation



Come Holy Spirit fill our hearts with your love during our fellowship today that all our words, actions and plans may glorify your mighty name. Bless our families and bless our nation. May you continue to make us agents of peace and love. All these we ask you 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 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.



Song of the Day



With a Little Help from My Friends

Song by The Beatles

What would you think if I sang out of tune?
Would you stand up and walk out on me?
Lend me your ears and I'll sing you a song
And I'll try not to sing out of key

Oh, I get by with a little help from my friends
Mm, I get high with a little help from my friends
Mm, gonna try with a little help from my friends

What do I do when my love is away?
Does it worry you to be alone?
How do I feel by the end of the day?
Are you sad because you're on your own?

No, I get by with a little help from my friends
Mm, get high with a little help from my friends
Mm, gonna try with a little help from my friends

Do you need anybody?
I need somebody to love
Could it be anybody?
I want somebody to love

Would you believe in a love at first sight?
Yes, I'm certain that it happens all the time
What do you see when you turn out the light?
I can't tell you, but I know it's mine



Song of the Day

Continuation 1.



Oh, I get by with a little help from my friends
Mm, get high with a little help from my friends
Oh, I'm gonna try with a little help from my friends

Do you need anybody?
I just need someone to love
Could it be anybody?
I want somebody to love

Oh, I get by with a little help from my friends
Mm, gonna try with a little help from my friends
Oh, I get high with a little help from my friends
Yes, I get by with a little help from my friends
With a little help from my friends

From the President

Pres. Roy Quejada



The 5 Dysfunctions of a Team Through the Lens of Rotary

Recently, I revisited the framework of The Five Dysfunctions of a Team by Patrick Lencioni, and I realized how relevant it is not only in corporate organizations, but even within Rotary clubs.

Every club wants strong fellowship, meaningful projects, and sustainable impact. But even the best clubs can experience dysfunction if we are not mindful of how we work together.

The first dysfunction is absence of trust. When members are afraid to speak honestly, collaboration weakens. Trust strengthens friendship and helps uphold truth within the team. This connects to the Four-Way Test: “Is it the TRUTH?” and “Will it build GOODWILL and BETTER FRIENDSHIPS?” Honest conversations help build that trust.

Second is the fear of conflict. Sometimes there are “big elephants in the room” that nobody wants to discuss, and the situation simply becomes accepted as normal. While traditions like weekly meetings are important, it is also healthy to explore ways to encourage stronger member participation and attendance. When members become more open to honest discussions, fairness is better upheld within the club.

Third is the lack of commitment. Sometimes, the demands of work, business, or family life lessen our participation in Rotary activities. But this is also a reminder to reconnect to why we joined Rotary in the first place service and giving back.

From the President

Pres. Roy Quejada

Continuation 1.

Ironically, joining service projects and fellowship often strengthens us personally as well, making us better in our professional and family life.

Fourth is the avoidance of accountability. When we join Rotary, responsibilities naturally come with membership. By fulfilling these responsibilities, we are able to deliver meaningful service projects and ensure that our efforts truly benefit the community. Accountability is not about pressure it is about protecting the mission and helping the club move forward together.

Lastly, there is inattention to results. Every Rotary year, clubs are guided by metrics that help measure performance from service projects, TRF support, membership, and public image, among others. While Rotary service is voluntary, these metrics serve as guides to help protect Rotary's values and ensure that clubs continue creating meaningful impact for the community.

As I reflected on this framework, I realized that the Four-Way Test is not just an ethical guide for decision-making. It is also a guide for building healthy teams:

- * Truth builds trust
- * Fairness encourages accountability
- * Goodwill strengthens commitment
- * Benefit to all keeps the mission clear

Strong clubs are not built by avoiding dysfunction. They are built when members recognize these challenges early and choose to work through them together.

From the President

Pres. Roy Quejada

Continuation 2.

And perhaps that is what keeps Rotary strong not perfection, but the willingness to grow together with integrity, fellowship, and purpose.

Roy Quejada

Respect. Support. Serve



Rotary Notes

PP Benny P. De Guzman



The long hot days are here and really affecting our attendance that Pres Roy was even considering early evening meetings. Typhoon Domeng is flirting to come over but up to now flirting lang.

We congratulated three outstanding Pasig Rotarians already. First was Mayor Vico with his international award and the one million dollars grant. The second, Nico but called Nick instead for his international dentistry award (but no money) and for a bigger feather in his cap when his deanship was blessed with his NU dental graduates getting the honors in the board and perfect passing for the batch. Many did not give recognition to the great president of the university. Pres RJ, get more trophies and they will recognize you then.

Rtn Dekdek sent a picture that he was with the dean of the School of Law of PLP. He was not aware that the vice dean is our very own governortiable HOF/PP Sec John. Why vice dean? There are actually two deans but the second one has a vice. Ask me how? Ask thevice squad. PP and PE Jun was given an award by the Ilugin Elementary School but for the club. He did not want Pres Roy to receive it? Part of his accomplishment as incoming President. And to the mischief, he was made adviser of the Pulis ng Pasig. This time it was really for him. Congratulations IP Jun. Hindi ka pa nagsisimula, busy ka na. Would it not be nice if upon your induction may Lady ka na?

Who ordered the T-shirts? Masyadong pinakita mo ang pagka-UP mo. Maroon and green? What a combination. PP Henry is

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

not sure of his size. Why? The tape measure broke when he was getting his size. Rtn Fr. Kell ordered XXXL. Will he wear them under his priestly garments? PP Rel is also not sure of his size. Give you a good tip. Order a smaller size. If too tight, just mahimas at lalaki din yan.

I was not ears dropping on the next table except the topic was so nice that when I heard HOF/PP Conrad was about to drop his not mentionable, I thought it a good brotherly concern if he endorsed it. That is a better topic as what CM/PP Arjan talks about as all are about his and remain with him lagi.

I am happy to join the small group of nonagenarians as the youngest of a group of four. The most senior will leave our group to be solo when he reaches his 100 years last week of September. PP Totoy will reach 100 and the city and national government him huge cash awards. The three left, CM/PP Peping and PP Ner will make me the youngest of the group. I will always call PP Ner as the Rotarian na naonsehan ako as 11 days after his birthday is my birthday. Many thought I had a grand celebration. On the contrary, complete with their spouses, all my daughters and grandchildren were crowded in the hospital room of my spouse Pura as she has been at Medical City for more than a month undergoing dialysis. The procedure is draining on us and our anxieties as well.

Today is our club assembly. Rather early for a review of what we will do next? Or how we will end our Rotary year? We had a good year but truly less joining. May our RINOs and the ones nearing that status, please attend and don't let our fellowships be denied of your being with us.



Walking the Avenues

PP Jun C. Zafra



Through Rotary, a police officer expands her worldview

In her early days of policing, Joanne Serkeyn had to confront a barrage of distressing events. The 9/11 attacks had just happened. And after returning to work from maternity leave, she endured multiple months with a lot of calls for homicides and other tragedies. "I felt like I was the Grim Reaper."

She was starting to become cynical when her commander suggested she join Rotary. She eventually became president-elect of the Rotary Club of Ancaster A.M. in Ontario and was sent to the Rotary International Convention in England. "I walked into the House of Friendship and was gobsmacked," she says. "I could not believe the good that was going on in the world."

Serkeyn, now a member of the Rotary Club of Lincoln, Ontario, has served for 28 years at the Hamilton Police Service. She works as the DNA coordinator in the forensics unit. Over the years, she's noted a connection between missing persons cases and human trafficking. At a Rotary institute event, she learned about Rotary Action Groups and got involved with one devoted to a cause close to her heart: ending slavery and human trafficking. "Rotary Action Groups rejuvenate people," she says. "They make people passionate about Rotary."

In July, Serkeyn will become the governor of District 7090, which encompasses 75 Rotary and Rotaract clubs throughout southern Ontario and western New York. She's focusing on a

Walking the Avenues

Continuation 1.

districtwide initiative against human trafficking. “People think they can’t make a difference with human trafficking,” she says. “But together, we can move the needle. We have a social responsibility to protect our young. We have an opportunity to be proactive.”

This story originally appeared in the May 2026 issue of Rotary magazine.



Tinig Tidbits

By: HOF/PP Peter Javier



Facts About Blood Type

1. People with Type A blood tend to have higher cortisol levels than those with other blood types. Cortisol is the stress-relieving hormone.
2. People with Type O blood are twice as likely to be bitten by mosquitoes.
3. People with Type A blood are least attractive to mosquitoes.
4. Those with Type O are less likely to contract malaria.
5. The likelihood of those with Type AB blood developing memory problems that lead to dementia is 4%.
6. Those with Type A blood are more at risk of becoming alcoholics than others.
7. People with Type A blood are also advised to refrain from smoking, excessive alcohol consumption and being overweight due to being at higher risk of developing gastric cancers than other blood types.
8. Anyone with a blood type that isn't Type O is 60-80% more at risk of developing blood clots, as well as being at greater risk of developing coronary heart disease.
9. The proportion and profile of your intestinal bacteria are influenced by your blood type.

Tinig Tidbits

By: HOF/PP Peter Javier

Continuation 1.

10. Blood Type B has 50,000 times the amount of friendly bacteria than blood Types A and B do.
11. Type O Negative blood can be donated universally to individuals with any other blood type.
12. Similarly, Type AB+ plasma can be donated to all blood types. Plasma is often used to treat burn and shock victim.
13. People with Type B blood would do well to eat leafy greens, vegetables and plenty of fruits.
14. People with Type O blood are supposedly strong-willed and confident, as well as self-centered and unpredictable.
15. Those with Type O blood are more at risk of developing a stomach ulcer due to a particular bacteria they harbor.
16. But those with Type O blood are more than one-third less likely to develop pancreatic cancer than other blood types.
17. People with Type A blood would do well to focus on eating berries, apples and avocados as well as broccoli and carrots.
18. If you happen to have Type AB Negative blood, you have the rarest blood type of all, with just 1% of all people having it.

(From BabaMail)

Glimpse Our Last Meeting



GP Roy starts meeting emceed by Dir Gary; Rtn James leads invocation.



Rtn Paolo leads singing of Pambansang Awit and Dir Mads recites Apat Na Urian Ng Rotaryo.



Pangkat 3 quartet sings It's The Four-Way Test.

Glimpse Our Last Meeting



Sec John's invitation to LRMFCC membership; joke by CM/PP Arjan; fining by HOF/PP Peter.



Message by GP Roy & with Sec John on proposed selection of DG; comments from HOF/PP Peter.

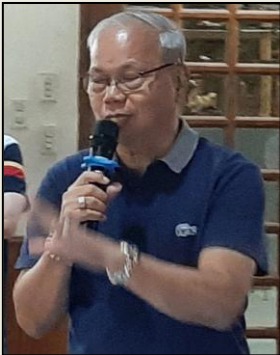


Dir Gary introduces Rtn Manuel P. Buensuceso, Jr., CPA & audit partner of Reyes, Tacandong & Co. for his classification talk.

Glimpse Our Last Meeting



Rtn Manny, 1st placer in 2012 CPA Licensure Examination replies to questions & comments from IPP Dodie, HOF/PP Conrad,



PE Jun, PP Rel & HOF/PP Peter.



Roy gives club's token then adjourns meeting.

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

***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.

Editorial Staff

TINIG STAFF RY 2025-2026	FEATURE WRITERS	
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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:** _____