



Rotary



Rotary Opens  
Opportunities

17 SEPTEMBER 2020  
Rotary Year 2020-2021

# TINIG

The Official Newsletter of the Rotary Club of Pasig



Mr. Gervasio Y. Amistoso Jr.

# Today's Programme

**Virtual Meeting via Zoom**  
**September 17, 2020 12:30 – 2:00 PM**  
**Pangkat No. 3 Leader PP Ed Lucero**

<b>Call to Order</b>	<b>Pres. RJ Ermita</b>
<b>Invocation</b>	<b>Rtn. Sammy Lazo</b>
<b>National Anthem</b>	<b>PP Esto Lichauco</b>
<b>FOUR-WAY TEST</b>	<b>Rtn. Gerard Estrada</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>Rtn. Noel Go</b>
<b>Community Singing</b>	<b>PP Peter Javier</b>
<b>Fining Moments</b>	<b>PP Conrad Cuesta</b>
<b>Wise or Otherwise</b>	
<b>President's Time</b>	<b>Pres. RJ Ermita</b>
<b>Introduction of Guest Speaker</b>	<b>PP Ed Lucero</b>

**GERVASIO Y. AMISTOSO, JR.**

*Topic: Approaches in Liturgical Design and Architecture*

**GUEST SPEAKER**

<b>Open Forum Adjournment</b>	<b>Pres. RJ Ermita</b>
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**PP Ed Lucero**  
**Emcee**

***BASIC EDUCATION AND LITERACY MONTH***

# Invocation



Father, all powerful, let your radiance dawn in our lives, that we may walk in the light of your law with you as our leader.

We ask this Christ Our Lord.

**Amen.**

## 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 kinauukulan?
3. Iyon ba ay lilikha ng **MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKI-PAGKAIBIGAN**?
4. Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kinauukulan?

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## 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



## September in the Rain

*By Frank Sinatra*

The leaves of brown came tumbling down  
Remember in September in the rain  
The Sun went out just like a dying amber  
That September in the rain

To every word of love I heard you whisper  
The raindrops seemed to play our sweet refrain  
Though spring is here to me it's still September  
That September in the rain

To every word of love I heard you whisper  
The raindrops seemed to play our sweet refrain  
Though spring is here to me it is still September  
That September in the rain

That September that brought the pain  
That September in the rain

## From the President

Pres. RJ Ermita



A pleasant and healthy Rotary afternoon to all!

Last week we heard the classification talks of new members Rtns. Gerard Estrada and Johann De Guzman. Thank you gentlemen for sharing your stories. Next in line is Rtn. Yo Ramos.

Today, we welcome and induct three new members from the medical field! This will bring our total membership to 77 with the entry of 8 new members so far. Our new members are likeminded and bring value to our club.. not to mention youth! So welcome gentlemen!

We also remember a former RC Pasig Rotarian, Dr. Tico Sarmiento, who passed-away this week and who we fondly remember as a jolly active Rotarian. Dr.Tico is very much respected in his field and is considered as one of the “legends” of Medical City Hospital being one of its founders.

In the club, Dr. Tico, is one of several past and present doctor Rotarians who have brought prestige to the club for being outstanding in their field. He also was the personal doctor of several of our members.

Maraming salamat po Dr. Sarmiento! You will be remembered. As we induct new doctor members, we say goodbye to a comrade and friend.

On the 50<sup>th</sup> year of the ENDURING Rotary Club of Pasig, I remain...

Yours in service,

RJ H. Ermita

## **From the President**

**Pres. RJ Ermita**

*Continuation 1.*

It is in this regard that I call on all of you to help in whatever way we can, our adopted schools and scholars of Rizal High school, Pamatasan ng Lungsod ng Pasig and Ilugin Elementary School, in their desire to continue on with studying and making learning work in the new normal.

Such is the circle of life. We are born and nurtured by our parents. We educate our children to be skilled, principled and value driven individuals, so that side from taking care of us in our old age, they are able to mold the next generation for a better and meaningful life.

Such is the circle of Rotary. We were molded to serve others, and in helping others, we are molding the future generations of Rotarians to be like us.

In the 50<sup>th</sup> year of the Rotary Club of Pasig, I remain..

Yours in SERVICE,

RJ H. Ermita

## Rotary Notes

PP Benny P. De Guzman



Congratulations to the duo who defended their classification last week. Gerard Estrada had interested parties all improved by his role. Johann, improving the *De Guzman* strain in our club made *startling* revelations that PP Ferd was even *apologetic* to PP Sonny because of the seemingly high prices of Unilab. *Unlike* Thailand, *we are* import dependent on the basic raw materials for pharmaceutical products. On the contrary, the prices of medicines will be out of reach if not for Unilab. Once a *patent* date *expires*, Unilab through their *RiteMed* will certainly have a good substitute at surely a minimum of 60% *lower*. I was the first Filipino Marketing Director of a German outfit *whose* anti-hypertensive medicines *were* about 250% higher than major *competitors*. Johann works for two very good entrepreneurs who both came from Unilab and their marriage proved good also for the business.

I have yet to master Zoom but even Facebook I cannot master. But I was lucky till I cannot get it back as to what RID Raffy talked about the Eagle. No wonder it is the *national bird* of our country. Truly Raffy flies as a really accomplished Eagle *so* he is entitled for the highest awards of Ateneo.

I joined the club a few months after Raffy joined before *martial law* was declared. At a wake for Jun Santiago after who our first U.P. Scholarship was named, Raffy and I were assigned at the wake. Two each per hour. I introduced myself as from *the* pharmaceutical *industry* and then he said with conviction “I am the head of Management Services of Meralco up to next year. Thereafter, *he said I will* be on my own *so* after two years I will be counting my millions and there will be no stop. Spoken like a true Eagle *as* he described himself thoroughly. A bird that flies highest





## Rotary Notes

PP Benny P. De Guzman

*Continuation 1.*

than any. The eagle flies even higher than any typhoon. He to his Eagles the hard way, and even when he prepares to die, he inflicts pains to *make* him stronger and better. I honor the living. I will *now* honor the dead, former member Tico Sarmiento. *From* a humble beginning from a very large family, he rose. Excelled in all his tasks becoming a very top surgeon recognized by peers. Raffy thought Tico was dyeing his hair *kaya laging* well groomed.

Tico never dyed his hair ever since. That left only dyed-in-the-wool non-dyers. PPs Topax and Celso and *Rtn. Flor. Marami na kayong* savings compared to any of us. Tico, you were from U.P. but Eagle *ka* in performance.

PP Ner Laino cannot yet *us* join the zoom *meeting*. PP Sonny was finally able to *join* it while I am about to get the 75% grade. *Marami pang* loose ends. *Kasi*. PVP Louie, the only non-relative *relied on* by the late Tico as he showed his teeth every time Louie would visit him till Louie gave up as he *was* too helpless looking. Lucky when he went, UP's *team* was no longer called Parrots. *Kawawa naman* Bulldogs *ni* Pres. RJ, *lalapain lagi ng* Eagles. I also pity my son-in-law, Franz *Pumaren* who *as De La Salle* coach was able to shoot down the Eagles *but now* coach of Adamson's Falcons. *Per* Raffy, "*mababa lang ang lipad ng Falcons*".

# Walking the Avenues

PP Jun C. Zafra



## WHY BEING KIND IS AS IMPORTANT AS EVER

Your parents told you to be nice to people. Guess what? They were right. Here's why.

Doing good doesn't only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

“When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost,” says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic.

“There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released.”

It feels good to do good

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*,



## Walking the Avenues

PP Jun C. Zafra

*Continuation I.*

found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their 2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.

And in a 2013 Canadian study posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.

Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the Staying Sane During COVID-19 presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.

“Rotarians in particular have a high need for being compassionate,” says Berge. “In my Zoom meetings, I hear people say, ‘What can we do to help?’ They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability.”

Rotary member Jenny Stotts, a social worker, child advocate, and trauma specialist, has written about how we can increase our



## Walking the Avenues

PP Jun C. Zafra

*Continuation 2.*

resiliency, adapt to adversity during the pandemic, and emerge stronger.

“When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy,” says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. “Not only do we benefit others from this activity, but it has a way of recharging our batteries.”

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. “If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable.”

Because of all this, Stotts tells her staff and clients, “You deserve to be your kindest self.”

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

“When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example,” she says. “I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities.”

# Meet Our Guest Speaker



**GERVASIO Y. AMISTOSO, JR.**

Date of Birth:

Age: 64yrs

Gender: Male

Civil Status: Married

Place of Birth: Davao City

Religion : Roman Catholic

Home Address:

Telephone :

E-Mail Address:

Company Name: G.Y Amistoso & Associate

Education:

Primary Colegio De San Juan De Letran

Secondary Colegio De San Juan De Letran

Baccalaureate Colegio De San Juan De Letran

Post Baccalaureate University of Santo Tomas

## **Profession:**

Architect / Interior Designer

## **Specific Type of Practice as a Liturgical Designer:**

- Architect and Interior Design of Catholic Churches
- Old & New Specialized in Retablo, Alter Traditional

# Meet Our Guest Speaker

## *Continuation 1.*

- Design & Implementation

### **Partial List of Major Work to Date:**

1. Immaculate Conception Parish Church Renovation, Bauan, Batangas City
  - Master Re-Planning and Design upgrade of Interiors
  - Upgrade design of Old façade and consulting architect on exterior finishing
2. Invention de la Sta. Cruz, Parish, Alitagtag, Batangas City
  - Architectural Design of New Church structure
3. St. Therese of the Child Jesus parish, Sta. Teresita, Batangas City
  - Retablo and Interior Design
4. Sacred Heart Parish Church, Hillsborough, Alabang Hills, Muntinlupa City
  - Liturgical Design consultant and Interior Designer
5. San Ildefonso Parish, Malasiqui, Pangasinan
  - Sanctuary and Retablo Design
6. San Roque San Martha Parish, Pateros, Metro Manila
  - Retablo and Side Altar Design
7. St. Joseph Cathedral, Butuan City, Caraga Region, Mindanao
  - Adoration Chapel structure and interior design
  - Re-planning and design of sanctuary and center aisle floor
  - Baptistry interior design
  - Finishing upgrade of existing retablo.
8. Archdiocesan Shrine of the Santo Niño parish, Libertad, Butuan City
  - Retablo and overall Interior Design
  - Master planning of Parish
9. Our Lady of Good Voyage Cathedral, Antipolo City, Rizal
  - Sanctuary and Retablo Design

# Meet Our Guest Speaker

*Continuation 2.*

- Ceiling upgrade design for acoustics
  - Shrine Monument upgrade design of the Our Lady of Good Voyage
10. Metropolitan Cathedral of Our Lord's Transfiguration, Palo, Leyte
- New Dome Design and Interiors
  - Upgrade of Sanctuary and Existing Retablo
  - Re-designing of Cathedral Façade
11. St. John the Baptist Cathedral, Kalibo Aklan Province
- Sanctuary and Retablo Design.
12. University of Asia and the Pacific, Pearl Drive, Oranbo, Pasig City
- Architectural and Interior Design of Main Building, College of Arts and Sciences, the Stella Orientis Chapel and U&AP Auditorium building
13. National Shrine of Our Lady of Guadalupe, Guadalupe, Makati City
- Sanctuary and Retablo Design
14. St. Jude Church complex, San Leonardo, Nueva Ecija
- Architectural and Interior Design
15. Santos Tomas de Villanueva Parish (Unesco Heritage Church) Miagao, Iloilo Province
- Sanctuary and Retablo Design, Interior upgrades and Main Door design
  - Adoration Chapel

# Tinig Tidbits

By: PP Peter M. Javier



## SOME FUNNY BIBLE PUNS

- What car did the Apostles drive?  
Honda...because the Apostles were all in one Accord.
- What did Adam say on the day before Christmas?  
It's Christmas, Eve!
- What kind of man was Boaz before he married?  
Ruthless
- At what time of day was Adam created?  
A little before Eve.
- Why did Noah have to punish the chickens on the Ark?  
They were using fowl language.
- What sort of lights were on Noah's ark?  
Flood lights.
- Which Bible character had no parents?  
Joshua, son of Nun.
- How does Moses make his coffee?  
Hebrews it.
- Who was the greatest comedian in the Bible?  
Samson. He brought the house down.
- Need an ark?  
I Noah guy.



# Tinig Tidbits

By: PP Peter M. Javier

## *Continuation 1.*

- Which Old Testament prophet took forever to make a point?  
“I say...uhhh...”
- Why didn't they play cards on the Ark?  
Because Noah was standing on the deck.
- Which servant of God was the worst lawbreaker in the Bible?  
Moses. He broke all 10 commandments at once.
- What animal could Noah not trust?  
Cheetah.

**PANGKAT MEMBERS FOR RY 2020 – 2021**

**PANGKAT NO. 1**

- 1. Pres. RJ Ermita - Leader**
2. Tony Diaz – Co-Leader
3. Ner Laino
4. Jing Jose
5. Rene Bocaya
6. Celso Ylagan
7. Leo Barbo
8. Philip Yoon
9. Arjan Ramnani
10. Marlo Guillano
11. Manfred Guangko
12. Sonny Samson

**PANGKAT NO. 2**

- 1. John Javier - Leader**
2. Nicky Ty –Co-Leader
3. Peping Mabanta
4. Ogie Lim
5. Nick de Guzman
6. Vico Sotto
7. Sonny Rivera
8. Ben Baniel
9. Raffy Garcia III
10. Ramy Garcia IV
11. Garrick Ang
12. Ferd Rivera
13. Johan Ramos

**PANGKAT NO. 3**

- 1. Ed Lucero - Leader**
2. Bong Paloma – Co-Leader
3. Wowie Benitez
4. Noel Go
5. Conrad Cuesta
6. Louie Orosa
7. Nesty Carolina
8. Esto Lichauco
9. Rhett Ermita
10. Peter Javier
11. Sammy Lazo
12. Rtn Gerard Estrada

**PANGKAT NO. 4**

- 1. Rel Gomez - Leader**
2. Ed Evangelista - Co-Leader
3. Toti Buhain
4. Bert Albano
5. Raj Cordova
6. Vic Aquino
7. James Porter
8. Chito Bernardo
9. Alex Lacson
10. Ping Tan
11. Pal Bolivar
12. Carlo Doce

**PANGKAT NO. 5**

- 1. Jun Zafra - Leader**
2. Jecko Santos – Co-Leader
3. Ray Armas
4. Bebert Lacuna
5. Dennis Albano
6. Totoy Bartolome
7. Arnel Estaniel
8. Hermie Orbe
9. Vic Lim
10. Nick Guzman
11. Tito Henson
12. Rtn. Johansson de Guzman
13. Rtn. Vince Ermita

**PANGKAT NO. 6**

- 1. Bart Ronquillo - Leader**
2. Adolf Aran – Co-Leader
3. Ike Ona
4. Kell Ortega
5. Benny de Guzman
6. Albert Mendiola
7. Edison Go
8. Flor de Pano
9. Topax Colayco
10. Roman Romulo
11. Chony Gimenez
12. Jess Acantilado

***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.

## ***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



# From the Secretary's Desk

Sec. PP John Javier



## Attendance

Members Present .....	42
% of Attendance (09/10/20).....	56%

## Birthday Celebrants for the Month of September 2020

## Wedding Anniversaries for the Month of September 2020

## Guest and Visiting Rotarians

1. PP Jimmy Ortigas, RC San Juan
2. Allan Almazar, for RC Pasig

**Rotary**



**ROTARY CLUB OF PASIG**



*Tinig Newsletter*

*September 17, 2020*

## **Officers and Directors**

### **ROTARY CLUB OF PASIG (RY 2020-2021)**

<b>President</b>	Renato Carlos "RJ" H. Ermita, Jr.
<b>Vice President/PE</b>	Roberto "Bart" C. Ronquillo
<b>Club Secretary</b>	PP Peter John "John" U. Javier
<b>Treasurer</b>	Rtn. James Philip Roland V. Porter

#### **DIRECTOR:**

<b>Club Administration</b>	PP Rogelio "Ogie" S. P. Lim
<b>Membership</b>	PP Aurelio "Rel" L. Gomez
<b>Public Relations</b>	Rtn. Garrick "Garrick" L. Ang
<b>Service Community</b>	Rtn. Francisco "Sonny" D.C. Rivera
<b>The Rotary Foundation</b>	PP Marcelo "Jun" C. Zafra, Jr.
<b>Youth Service</b>	PP Roy Eduardo "Ed" T. Lucero
<b>Ex-Officio</b>	IPP Nick "Nick" C. Guzman

#### **Advisers:**

HOF/PP Rhett Ermita  
PP Conrad Cuesta  
Rtn. Ike Ona

**Rotary**



**ROTARY CLUB OF PASIG**



*Tinig Newsletter*

*September 17, 2020*

## Editorial Staff

TING STAFF RY 2020-2021	FEATURE WRITERS	
<b>PETER JAVIER</b> Editor in Chief	<b>RJ ERMITA</b> From the President	<b>JOHN JAVIER</b> Secretary's Desk
<b>OGIE LIM</b> Club Bulletin Admin.	<b>BENJAMIN P. DE GUZMAN</b> Rotary Notes	<b>JUN C. ZAFRA, JR.</b> Walking the Avenues
	<b>PETER M. JAVIER</b> Tinig Tidbits	<b>RTN. FR. KELL ORTEGA</b> Invocation

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## MAKE-UP SLIP

**This serves as proof of your attendance**

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**Name of Visiting Rotarian**

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**Name of Rotary Club**

**RC – Pasig Club Secretary:** \_\_\_\_\_ **Date:** \_\_\_\_\_

