

Rotary



Rotary Opens
Opportunities

4 FEBRUARY 2021
Rotary Year 2020-2021

TINIG

The Official Newsletter of the Rotary Club of Pasig



RTN. JOAQUIN "JAKE" OH

RTN. PAOLO MIGUEL "NICO" A. DAVID

Today's Programme

**Virtual Meeting via Zoom
February 4, 2021, 12:00 Noon
Pangkat No. 2 Leader PP John Javier**

Call to Order	Pres. RJ Ermita
Invocation	Rtn. Roland Vasquez
National Anthem	Video Record
FOUR-WAY TEST	PP Ferd Rivera
Introduction of Visiting Rotarians & Guests	Rtn. Tet Mallare
Community Singing	Rtn. Nick de Guzman
Wise or Otherwise	
Fining Moments	PP Ogie Lim
President's Time	Pres. RJ Ermita

**Rtn. Paolo Miguel "Nico" A. David &
Rtn Joaquin "Jake" Oh
CLASSIFICATION TALK**

Open Forum Adjournment	Pres. RJ Ermita
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**PP John Javier
Emcee**

*** FEBRUARY IS WORLD UNDERSTANDING MONTH ***

Invocation



Almighty Father, As we continue to tread on uncertainties of the future brought about by the pandemic, may You grant us Your constant abiding Presence so we may be guided always by your Most Holy Will. This we ask through Christ our Lord.

Amen

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



PANALANGIN *APO Hiking Society*

Panalangin ko sa habang buhay
Makapiling ka Makasama ka
Yan ang panalangin ko

At hindi papayag ang pusong ito
Mawala ka sa 'king piling
Mahal ko iyong dinggin

Wala nang iba pang mas mahalaga
Sa tamis na dulot ng pag-ibig natin dal'wa
At sana nama'y makikinig ka
Kapag aking sasabihing minamahal kita

Panalangin ko sa habang buhay
Makapiling ka Makasama ka
Yan ang panalangin ko

At hindi papayag ang pusong ito
Mawala ka sa 'king piling
Mahal ko iyong dinggin

Wala nang iba pang mas mahalaga
Sa tamis na dulot ng pag-ibig natin dal'wa
At sana nama'y makikinig ka
Kapag aking sasabihing minamahal kita

Song of the Day

Continuation 1.



Panalangin ko sa habang buhay
Makapiling ka Makasama ka
Yan ang panalangin ko

At hindi papayag ang pusong ito
Mawala ka sa 'king piling
Mahal ko iyong dinggin

Panalangin ko sa habang buhay
Makapiling ka Makasama ka
Yan ang panalangin ko

At hindi papayag ang pusong ito
Mawala ka sa 'king piling
Mahal ko iyong dinggin

Panalangin ko sa habang buhay
Makapiling ka Makasama ka
Yan ang panalangin ko

From the President

Pres. RJ Ermita



A Happy Rotary Day to Everyone!

In our recent board meeting, I reported that out of the 21 club goals we established for ourselves for this Rotary year, we have already accomplished 16. The remaining goals are related to our individual and club commitments to the Rotary Foundation. As explained before, the contribution to the Foundation, does come back to us in terms of global and district grants that fund our projects as well. Aside from the Rotary Foundation, we are reinigorating our Interact club in Rizal high school and other projects with the youth. So it looks like we are on the right track in reaching our objectives.

On specific project for the youth and their education and literacy, I am happy to report that we have started to provide the monthly internet wifi load to our scholars accounts. This monthly wifi data load is directly “loaded” to each of the 50 routers provided by Globe. Our commitment is to provide internet connectivity to each of our senior high school scholars of Rizal High school and college scholars in Pamantasan ng Lungsod ng Pasig for the whole school year. This helps them attend the synchronous online classes as well work on their asynchronous school requirements. The amount per head for the school year is P6,000. May I remind all annual sponsors from our club and members who wish to contribute to contact me, the board and Edgar for your deposits. Thank you for your support to our scholars.

Lastly, I would like to encourage all members, new and old, to attend the informal Pangkat Kapihan/Kamustahan via ZOOM being set up by your pangkat leaders. This will give each of us the

From the President

Pres. RJ Ermita

Continuation 1.

chance to get to know each other better and to get to understand the ins and outs of being a Pasig Rotarian outside of the formal weekly meetings. This “bring your own coffee (BYOC)” get together is kept brief at 45 min and can be done several times a month. This is an innovative way to “Rotarize” our new members.

Today we will have a chance to get to know our two baby Rotarians Dr. Nico David and Mr. Jake Oh as they give their classification talks.

Thank you. On the 50th year of the BENEVOLENT Rotary Club of Pasig, we remain...

Yours in Rotary,

Rotary Notes

PP Benny P. De Guzman



The *Pangkat* System may be the only remaining system to remedy the loss of fellowship, which used to be the main attraction in Rotary. A *Pangkat* fellowship, even to just make members know each other can still be organized as our *Pangkat* Head, former PE Bart, is now attempting. Even on an 80% attendance basis, that would still be a good start for a nice distanced fellowship. Then inter-Pangkat fellowships till we go back to real normal.

In the Anniversary issue pa naman, two errors were in the use of Forget and These, which were not from my original article, made reading it very uneasy. So basic, and thus my apologies. The advocacy of our guest the other week, Jeff Barreiro is very good for local farmers and for the nation. Such dedication is admirable and good for others to follow.

When a returning Ermita left us, he had his very own personality. When Vince returned, he was like his Grand Idol, dad Rhett, in more ways than one. Take a second look.

Rth Roland Vasquez with so many activities should have an electrifying meeting with PP Al Po. They have so many electrifying matters as common business interests. Rtn Allan Almazar did not change much, only a little poundage but *bagay*. *Nasa nagdadala daw*. I agree.

The pandemic certainly is giving us a lot of time to meditate and look around. Imagine the big savings in gasoline bills. But, a lot of discomfort sometimes as even not being allowed to enter a store because of age?

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

Last week's meeting, very active in zoom was returnee Cesar Lacuna. No, he was not making up for his son Bebert but he stayed long enough. He returned his classification long ago. If he didn't he would have been an awardee in government service as Deputy Head of MMDA. He also was a councilor in Pasig like our Dir Sonny, and former members, Atoy Co and the late Obet Barreto.

Public Service announcements: I recall that PP Ed was telling about the new skyway to Balintawak. There is a trap there now. Speed limit is 60 kms per hour and once caught a 2k fine and must attend a seminar at the main office of LTO. The damage could reach 7k as there are news that you can get the certificate of seminar attendance for 5k. Also at White Plains along Katipunan Ave., there are real cops trying to arrest those who are accused of side swiping a planted lady victim and placing dents on the cars to prove they hit the victim. Beware of these two modus operandi. Pandemic affecting the extra income of a few?

Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



Holger Knaack
President 2020-21

February 2021

In Rotary, 23 February is our anniversary, and February is also the month when we focus on promoting peace. There is a reason for this: Contributing to peace and international understanding has been a high priority for us since our earliest days.

We are often asked: “How can we get involved in peace now?” There are many paths to peace in Rotary. Our youth programs point us in the direction of Positive Peace, as does the work of intercountry committees and the Rotary Action Group for Peace.

Another path is the Rotarian Peace Projects Incubator (RPPI), an inspirational collaboration among Rotarians, Rotaractors, and Rotary Peace Fellows and alumni. Led by Rotarians in Switzerland and Liechtenstein, RPPI has designed 48 global projects that any club can support, either directly or through Rotary Foundation global grants. Nino Lotishvili and Matthew Johnsen, alumni of the Rotary Peace Center at Chulalongkorn University in Bangkok, Thailand, are two of the many volunteers.

During my Rotary peace journey, I have learned how personal resilience helps build inner peace and create sustainable outer peace. This was the inspiration behind the Women Peace Ambassadors for the South Caucasus project, which is based on

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

my field research in Georgia. The RPPI team of Rotarians and peace fellows recognized the incredible potential of women from mixed-ethnicity families who live on borderlands to be role models for peace within and beyond their communities. Through workshops on building inner and outer peace that draw on the power of storytelling, 40 participants will be sharing their stories and reaching around 400 extended family and community members. These inspiring but marginalized women will reclaim their inner strength as peacebuilders at the grassroots level. In this way, we will take steps toward the sustainable, peaceful society we need so much, not only in our region, but throughout the world. — Nino Lotishvili

I was excited to join the peace incubator project and to further strengthen my ties with Rotary's peace community by working with past and current peace fellows to develop these proposals. My team wrote five proposals — three in Bangladesh, one in Iraq, and one in Poland — that focus on the arts and on education to generate dialogue across religious divisions and avert the radicalization of young people. I was inspired by how, despite the pandemic, we came together via technology with a vision to develop, test, and strengthen ideas and to produce workable solutions that clubs across the world can support to advance peace. I am excited to work with Rotary's peace community to transform these visions into reality. — Matthew Johnsen

Here is further proof that in Rotary, we prefer action to words. This is Rotary at its best. I encourage you to visit rppi.ch to explore the projects and support them.



Rotary

ROTARY CLUB OF PASIG



Rotary Opens Opportunities

Tinig Newsletter

February 4, 2021

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

We have lasted 116 years because of our strong ethics, our passion for Service Above Self, and our unique approach to problem-solving. One of our greatest strengths is how we reach across our communities and across national, ethnic, religious, and political divisions to unite people of all backgrounds and to help others. This month, let's celebrate our history and the many ways that Rotary Opens Opportunities to advance world understanding, goodwill, and peace, our ultimate mission.

Tinig Tidbits

By: PP Peter M. Javier



INTERESTING FACTS ABOUT WALKING

1. Speed walking helps reduce body fat, lower blood pressure and increase the density of the lipoprotein, which improves good cholesterol.
2. Given that the world is over 40 thousand kilometers in circumference and that the average walking rate is 5 km per hour, a person walking continuously for 347 days could encompass the world.
3. To burn off a 540 calorie Big Mac you'd need to walk for an hour and 43 minutes.
4. It would take an average person 7 hours to burn off a large Big Mac meal + a large coke + large fries.
5. Experts recommend walking up to 6,000 steps a day to improve health and 10,000 steps a day to lose weight.
6. Studies indicate that the way a person walks can indicate his or her sexual orientation.
7. A woman who weighs 68 kg needs to walk 6.4 km/h in 48 minutes to burn a doughnut containing 240 calories. This is about 4.8 km.
8. 20 minutes of walking or 2,000 steps are equivalent to one and a half kilometers.
9. The best way to lose weight is by walking at a moderate pace for at least 40 minutes. On the other hand, a quick brisk walk of 20-25 minutes is better for strengthening cardio-pulmonary endurance.
10. A man weighing 60 kg burns 100 calories per kilometer and a

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

half of walking. A man who weighs 90 kg burns 133 calories per kilometer and a half of walking and a man weighing 113 kg burns 166 calories per kilometer and a half of walking.

11. About 18% of the world suffers from sleepwalking (walking or performing various activities during sleep).
12. Most babies start walking around the age of 13 months. However, some may begin earlier, at the age of 9 or 10 months, or later, at the age of 15 or 16 months.
13. A person's chances of being killed while walking are 36 times greater than their chances of dying while driving a car.
14. A person is 300 times more likely to be killed while walking than when flying an airplane.
15. Walking can reduce the risk of heart attack, type 2 diabetes and bone fractures. In addition, speed walking can reduce stress and depression and improve chances of recovery from cancer.
16. Walking briskly for a mile and half in 15 minutes burns the same number of calories at jogging for the same distance in 8.5 minutes.
17. Walking helps prevent osteoporosis. Studies show that postmenopausal women who walk 1.5 km a day have higher bone density than women who walk less.
18. Walking reduces the risk of breast cancer and colon cancer.
19. The average human walking speed is about 5 km per hour.
20. When the body goes faster than the speed of 5 mph, naturally, the length of a person's step increases, resulting in increased calorie burning.

(From BabaMail)

Classification Talk



Rtn. Paolo Miguel A. David

Educational Attainment:

Primary Education:

La Salle Green Hills, Ortigas Avenue, Mandaluyong, 1989-1995

Secondary Education:

La Salle Green Hills, Ortigas Avenue, Mandaluyong, 1995-1999

College Education:

Bachelor in Science in Chemistry College of Science
De La Salle University, Taft Avenue, Manila 1999-2003

Post Graduate Education:

Classification Talk

Continuation 1.

Doctor of Medicine, FEU-NRMF
Fairview, Quezon City 2003-2007

Work history:

Post Graduate Internship:

Rizal Medical Center, Pasig Blvd., Pasig, 2007-2008

Residency Training:

Internal Medicine, Rizal Medical Center
Pasig Blvd., Pasig, 2008-2011

Fellowship Training:

Adult Nephrology National Kidney and Transplant Institute East
Avenue, Quezon City, 2013-2015

Nephrologist

FEU-NRMF Fairview, Quezon City, Jan 2016 to Oct 2019

Rural Health Officer

Pasig City Health Office – Manggahan Super Dialysis Center
Brgy. Manggahan, Pasig, Sept 2016 to May 2017

Medical Specialist

Rizal Medical Center, Pasig Blvd. Pasig, Dec 2016 to present

Assistant Professor

Department of Internal Medicine
FEU-NRMF, Fairview, Quezon City, Jan 2017 to Oct 2019

Medical Director

Kidney Foundation of the Philippines, Rizal Medical Center
Compound, Pasig Blvd., Pasig, Jan 2017 to present

Consultant Staff

VRP Medical Center



ROTARY CLUB OF PASIG



Tinig Newsletter

February 4, 2021

Classification Talk

Continuation 2.

163 Epifanio de los Santos Avenue, Mandaluyong City, Jan 2018
to present

Medical Specialist

Amang Rodriguez Memorial Medical Center
Sumulong Highway Sto. Nino, Marikina, March 2019 to present

Consultant Staff

The Medical City, Ortigas Avenue Pasig City, April 2020 present

Consultant Staff

St Luke's Medical Center Global City, Rizal Dr. cor 32nd Street
Bonifacio Global City, Taguig, Oct 2020 to present

Professional memberships:

Philippine Medical Association, Member
Philippine College of Physicians, Fellow
Philippine Society of Nephrology, Fellow

Other Organizations:

Rotary Club of Pasig, Member

***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

PANGKAT MEMBERS 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
13. Jay Bautista
14. Nilo Ocampo

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
14. Roland Vasquez
15. Rtn. Dickson Berberabe
16. Rtn. Roy Quejada

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. Rhet Ermita
10. Peter Javier
11. Sammy Lazo
12. Gerard Estrada
13. Ato Basco
14. Jake Oh
15. Rtn. Bernard Bobadilla
16. Rtn. Gary Ona

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
13. Allan Almazar
14. Rtn. Arnel Condicion
15. Rtn. Dekdek Paloma

**PANGKAT MEMBERS
RY 2020 – 2021**

Continuation 1.

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. Johansson de Guzman
13. Vince Ermita
14. Rtn. Cesar Lacuna
15. Rtn. Tet Mallare

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
13. Nico David
14. Oyie Averilla
15. Rtn. Ferdie Legaspi

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present40
% of Attendance (01/28/21).....44%

Birthday Celebrants for the Month of February 2021

Wedding Anniversaries for the Month of February 2021

Guest and Visiting Rotarians

1. PP Jimmy Ortigas, RC San Juan



Rotary

ROTARY CLUB OF PASIG



Rotary Opens Opportunities

Tinig Newsletter

February 4, 2021

Officers and Directors

ROTARY CLUB OF PASIG (RY 2020-2021)

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

DIRECTOR:

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

Advisers:

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



Editorial Staff

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

New Members



Rtn. Arnel M. Condicion



Rtn. Bernard Bobadilla



Rtn. Victor Gabriel M. Ona



Rtn. Roderick C. Paloma



Rtn. Cesar S. Lacuna



Rtn. Dickson B. Berberabe



Rtn. Roy Marvin E. Quejada



Rtn. Saturnino G. Mallare III



Rtn. Ferdie B. Legaspi

50th Anniversary Behind the Scene



TP Rj checking on readiness for the celebration thru zoom



TP Rj, VP Bart and PP John on a last minute look see of the preparations

50th Anniversary Behind the Scene



TP Rj getting energized before his call to order.



PN Bong is all set for his club history video

50th Anniversary Behind the Scene



A look at PE Garrick's zoom room



We did it...thumbs up, cheers!