

Rotary
Club of Pasig



SERVE TO
CHANGE LIVES

10 MARCH 2022
Rotary Year 2021-2022

TINIG

The Official Newsletter of the Rotary Club of Pasig



MS. CZARINA MALLARI

Today's Programme

**Virtual Meeting via Zoom
March 10, 2022, 12:30 P.M
Pangkat No. 3 Leader PP Ogie Lim**

Call to Order	Pres. Garrick Ang
Invocation	Rtn. Fr. Kell Ortega
National Anthem	
FOUR-WAY TEST	Rtn. Demy Magpantay
Introduction of Visiting Rotarians & Guests	Rtn. Edison Go
Community Singing	Rtn. Oyie Averilla
Wise or Otherwise	
Fining Moments	PP Topax Colayco
President's Time	Pres. Garrick Ang
Introduction of Guest Speaker	Rtn. Rod Moreno

***MS. CZARINA MALLARI
GUEST SPEAKER***

Open Forum	
Adjournment	Pres. Garrick Ang

**Rtn. Bernard Dy
Emcee**

*** March Is Literacy Month ***

Invocation



Lord, as we continue face life's challenges, may you grant us faith in you in our hearts that we may learn peace. For the sick and suffering from the pandemic, may You grant healing. For us, as a nation, that was torn by anger and hatred because of political differences, may You grant us reconciliation. And for countries like Ukraine experiencing war and conflict, may You grant peace. This we ask through Christ our Lord.

Amen

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

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 kapaki-pakinabang 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 pagkaka-unawaan, 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



MY ROTARY DAY

(Adapted from "Beautiful Sunday")

Thursday morning, I'm up and about
I think I'll take a walk in the park
Hey, hey, hey, it's a wonderful day

I've got someone waiting for me
When I see him I know that he'll say
Hey, hey, hey, it's our Rotary day

Hi, hi, hi, wonderful Thursday
This is my, my, my, Rotary day
When you say, say, say, say that you'll meet me
Oh, hey, hey, hey it's our Rotary day

Birds are singing, you by my side
Let's take a car and go for a ride
Hey, hey, hey, it's our Rotary day
We'll drive on and follow the sun
Makin' Thursday go on and on
Hey, hey, hey, it's our Rotary day

Hi, hi, hi, wonderful Thursday
This is my, my, my, Rotary day
When you say, say, say, say that you'll meet me
Oh, hey, hey, hey it's our Rotary day

Hi, hi, hi, wonderful Thursday
This is my, my, my, Rotary day
When you say, say, say, say that you'll meet me
Oh, hey, hey, hey it's our Rotary day

(Lyric adaptation by PP Peter Javier)

Pangkat Members RY 2021 - 2022

PANGKAT NO. 1

- 1. Pres Garrick Ang - Leader**
2. Rtn Jake Oh- Co- L
3. PP Peter Javier
4. PP Arjan Ramnani
5. PP Sonny Samson
6. PP Rene Bocaya
7. Rtn Philip Yoon
8. Rtn Manfred Guangko
9. Rtn. Philip Go
10. Rtn Marlo Guillano
11. Rtn Carlo Doce
12. Rtn. Nilo Ocampo
13. Rtn Dickson Berberabe
14. Rtn Bernard Bobadilla
15. Rtn Jeff Sonora
16. Rtn Mads Bengua

PANGKAT NO. 2

- 1. PN Bong Paloma - Leader**
2. Rtn. Tet Mallare- Co-L
3. PP Esto Lichauco
4. PP Rhett Ermita
5. PP Conrad Cuesta
6. PP Hermie Orbe
7. PP Jun Zafra
8. Rtn. Sammy Lazo
9. Rtn Nesty Carolina
10. Rtn Noel Go
11. Rtn Tony Diaz
12. Rtn Nicky Ty

PANGKAT NO. 3

- 1. PP Ogie Lim – L**
2. Rtn Oyie Averilla – Co L
3. PRID Raffy Garcia III
4. PP Benny De Guzman
5. PP Topax Colayco
6. PP Ner Laino
7. Rtn Flor De Pano
8. Rtn Chonny Gimenez
9. Rtn Edison Go
10. Rtn Roman Romulo
11. Rtn. Fr. Kell Ortega
12. Rtn Nico David
13. Rtn. Gerrard Estrada
14. Rtn Ferdie Legaspi
15. Rtn. Rod Moreno
16. Rtn Bernard Dy
17. Rtn. Bart Ronquillo
18. Rtn. Demy Magpantay

PANGKAT NO. 4

- 1. Rtn Adolf Aran - Leader**
2. Rtn Roy Quejada- Co L
3. PP Celso Ylagan
4. PP Peter John Javier
5. PP Nick Guzman
6. PP Ferd Rivera
7. PP Vic Lim
8. PP Henry Uy
9. Rtn Chito Bernardo
10. Rtn Alex Lacson
11. Rtn Ben Baniel
12. Rtn. Roman Arugay

Pangkat Members RY 2021 - 2022

Continuation 1.

13. Rtn Vico Sotto
14. Rtn Jay Bautista
15. Rtn Roehl Fontanilla
16. Rtn Gene Menor
17. Rtn. Rovic de Jesus

13. Rtn. Johansson De Guzman
14. Rtn. Charles Reyes
15. Rtn Arnel Condicion
16. Rtn Dekdek Paloma
17. Rtn. Charlie Jaramillo

PANGKAT NO. 5

- 1. Rtn Ping Tan- Leader**
2. Rtn Roland Vasquez Co L
3. PP Peping Mabanta
4. PP Bert Albano
5. PP Ramy Garcia IV
6. IPP RJ Ermita
7. PP Toti Buhain
8. PP Ed Lucero
9. Rtn. Fr. Vincent Amores
10. Rtn Albert Mendiola
11. Rtn Cesar Lacuna
12. Rtn Pal Bolivar
13. Rtn Vince Ermita
14. Rtn. Richard Berganos
15. Rtn Gary Ona
16. Rtn Anson Tan
17. Henry John Claravall

PANGKAT NO. 6

- 1. Rtn. Sonny Rivera - L**
2. Rtn. Ato Basco- Co L
3. PP Totoy Bartolome
4. PP Tito Henson
5. PP Vic Aquino
6. PP Rel Gomez
7. PP Jess Acantilado
8. Rtn. Jojo Opinio
9. Rtn Ike Ona
10. Rtn Dennis Albano
11. Rtn Bebert Lacuna
12. Rtn Raj Cordova
13. Rtn Jecko Santos
14. Rtn Arnel Estaniel
15. Rtn James Porter
16. Rtn. Rebo Saguisag
17. Stephen Valera

From the President

Pres. Garrick Ang



Dear Fellow Rotarians and Friends,

Let us all welcome our first Rotary club of Pasig hybrid zoom and face-to-face meeting this afternoon for the Year 2022. The District 3800 Zone 6 meeting next week, however, will be a 100% zoom meeting with Consul General Henry Bensusurto Jr. whose topic will be regarding the Ukraine crisis that may affect the Philippines' dispute with China on the West Philippine Sea. After that, we will go back to our weekly club meeting in a hybrid zoom and face-to-face mode.

I like to take this opportunity to announce that the Board had approved our weekly meeting time from 12:00 to 2:00 pm starting today and this will be for both the physical and zoom meetings.

The Rotary District 3800 Conference (Discon) will be an in-person meeting on May 6 and 7, 2022 at Marriott Hotel Manila in Pasay City, I am inviting everyone to please register and attend a major event of Rotary. Booking with a special room rate at the Marriott Hotel for the event is also available on a first-come-first serve basis. Please contact PP Jun Zafra or Edgar Manalang for your registration. Once again, come and experience the excitement of the face-to-face District Conference with invited notable speakers and fun-filled fellowships.

From the President

Pres. Garrick Ang

Continuation 1.

PP Rene Bocaya and PP Ogie Lim visited the site in St. Martin St going to Capitol Commons and will provide us a project proposal for the RC Pasig painted sign on the big blue wall that was presented to our club weeks back. This will be a significant public image achievement for our club.

Special thanks to PP Jess Acantilado and our NGO partners for the 2 days seminar on family planning and child care for our adopted community in Ilugin, Pinagbuhatan, Pasig.

A warm greetings to all RC Pasig Rotarians, who are celebrating their birthdays and wedding anniversaries this month of March and to Pangkat 3 for the hosting of our meetings.

Stay safe and healthy fellow Rotarians.

Thank you,
Garrick

Walking the Avenues

PP Jun C. Zafra



THE ROTARY FOUNDATION CREATES CHANNEL FOR DIRECT HUMANITARIAN SUPPORT IN UKRAINE REGION

In response to the deepening humanitarian crisis in Ukraine, The Rotary Foundation has created an official channel for Rotary members around the world to contribute funds to support the relief efforts underway by Rotary districts and has designated its Disaster Response Fund as the main avenue for contributions.

To this end, The Rotary Foundation has approved:

- Now through 30 June 2022, designated Rotary districts that border Ukraine and the Rotary district in Ukraine may apply for grants of up to \$50,000 each from the Disaster Response Fund. These expedited disaster response grants can be used to provide relief to refugees or other victims of the crisis including items such as water, food, shelter, medicine and clothing.
- During this same period, other impacted Rotary districts that wish to offer support to refugees or other victims of the crisis in their district can apply for \$25,000 grants from the Disaster Response Fund.
- Now through 30 April 2022, Rotary districts can transfer unallocated District Designated Funds (DDF) to support the Disaster Response Fund, directly supporting these Ukraine-specific humanitarian grants.
- Contributions to the Disaster Relief Fund in support of Ukraine can be made here. All funds need to be received into the Disaster Response Fund by 30 April 2022 in order to qualify for use in support of the Ukrainian relief efforts.

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

- Although the Disaster Response Fund will be the main avenue for Rotary Foundation support, Rotary and Rotaract clubs are also encouraged to create their own responses to the humanitarian crisis in Ukraine.

In addition to support provided through the Disaster Response Fund, the Foundation is coordinating with partners and regional leaders, exploring effective solutions to the increased humanitarian needs.

- We are in contact with the United Nations High Commission on Refugees – USA to prepare for and respond to the needs of those being displaced in Ukraine and to neighboring countries.
- ShelterBox, our project partner for disaster response, is in communication with Rotary members in Eastern Europe to explore how it may offer support with temporary transitional housing and other essential supplies.
- The Rotary Action Group for Refugees, Forced Displacement, and Migration is also mobilizing its resources to assist in this crisis.

A million people have fled Ukraine and are in dire need of emergency aid. The United Nations estimates that number could grow to as many as 5 million people displaced. Rotary clubs in Europe and around the world have stepped up their relief work, some working on the ground to help displaced families.

We will continue to monitor the situation in Ukraine and neighboring countries. Visit My Rotary and follow Rotary on social media to stay updated on how clubs can get involved and



ROTARY CLUB OF PASIG



Tinig Newsletter

March 10, 2022

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

what actions Rotary members have taken and the impact it has had for people in the region.

For all other questions and to obtain more information, please contact the Rotary Support Center at rotarysupportcenter@rotary.org.

Tinig Tidbits

By: PP Peter M. Javier



We Test the Tips

What Really Saves Gas? And How Much?

With gas prices so high, the media is awash with lists of gas-saving tips. Well how's this for a tip? If you listen to us, you can see hybrid-type savings without having to buy a new car. By changing your driving habits you can improve fuel economy up to 37 percent right away (depending on how you drive). Combine several tips and perform routine maintenance and you will save real dollars, not just pennies.

A miracle? All we did was take several of the most common tips out there and put them to the test over a remote 55-mile route in the high desert of California. Some of them worked like a charm. Some of them didn't work at all. We'll give you the breakdown. These tests were done under real-world conditions — not in a government lab somewhere. Our results can be matched by anyone — even you.

The wonderful part about what we found is that improving your car's mileage is just a matter of changing your habits. Stack a few of these winners together and we'll bet that you'll see a substantial savings at the pump — without the need for a new car

Test #1 Aggressive Driving vs. Moderate Driving

Result: Major savings potential

The Cold Hard Facts: Up to 37 percent savings, average savings of 31 percent

Recommendation: Stop driving like a mania

Test #2 Lower Speeds Saves Gas

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

Result: Substantial savings on a long trip
Cold Hard Facts: Up to 14 percent savings, average savings of 12 percent

Recommendation: Drive the speed limit.

Test #3 Use Cruise Control

Result: Surprisingly effective way to save gas

Cold Hard Facts: Up to 14-percent savings, average savings of 7 percent

Recommendation: If you've got it, use it.

Test #4 A/C On, Windows Up vs. A/C Off, Windows Down

Result: Nice in theory; not true in practice

Cold Hard Facts: No measurable difference (unless you open the sunroof, too!)

Recommendation: Please, make yourself comfortable.

Test #5 Check Your Tire Pressure

Result: Important for safety and to reduce tire wear

Cold Hard Facts: No measurable effect on the vehicles we tested

Recommendation: Check your tire pressure often but don't expect a big savings.

Test #6 Avoid Excessive Idling

Result: More important than we assumed

Cold Hard Facts: Avoiding excessive idling can save up to 19 percent

Recommendation: Stopping longer than a minute? Shut 'er down.
(courtesy of edmunds.com)

Note: This article was contributed by former Rtn Manoj Budhrani in August, 2009

Our Guest Speaker



MS. CZARINA MALLARI

I specialize in what is described as the science and art of using energy to heal the body--PRANIC HEALING. I help Individuals, couples, families, groups/teams, organizations, communities, and pets (yes, even pets!) to improve their overall health and well-being holistically. Think of me as the housekeeper or plumber of your energy body.



Officers and Directors

ROTARY CLUB OF PASIG (RY 2021-2022)

President	Garrick “Garrick” L. Ang
Vice President/PE	Josefino “Bong” M. Paloma
Club Secretary	PP Peter John “John” U. Javier
Treasurer	PP Marcelo “Jun” C. Zafra, Jr.

DIRECTOR:

Club Administration	PP Rogelio “Ogie” S. P. Lim
Membership	Rtn. Adolfo “Adolf” de Jesus Aran
Public Relations	PP Renato “Rene” Bocaya
Service Community	Rtn. Francisco “Sonny” D.C. Rivera
The Rotary Foundation	Rtn. James Philip Roland V. Porter
Youth Service	PP Roy Eduardo “Ed” T. Lucero
Ex-Officio	IPP Renato Carlos “RJ” H. Ermita Jr

Advisers:

PP Conrad Cuesta
 PP Rel Gomez
 PP Ramy Garcia IV
 PP Jess Acantilado

Senior Adviser

HOF/PRID Raffy Garcia III

Scholarships Pledges SY 2021-22

As of March 10, 2022

1. Anonymous	10 - Pd	32. PP Conrad Cuesta	3 - Pd
2. Anonymous	8 - Pd	33. Rtn. Edison Go	1- Pd
3. PP Ed Lucero	1 - Pd	34. PP Topax Colayco	1 - Pd
4. PP Peter Javier	1 - Pd	35. Rtn. Sammy Lazo	1- Pd
5. PP Jess Acantilado	1 - Pd	36. PP Jun Zafra	1 - Pd
6. Rtn. Bart Ronquillo	1 - Pd	37. PP Ner Laino	5- Pd
7. PE Bong Paloma	1 - Pd	38. Rel Gomez	1 - Pd
8. Pres. Garrick Ang	1 - Pd	39. PP Celso Ylagan	1- Pd
9. PP Benny de Guzman	1 - Pd	40. Vic Aquino	1- Pd
10. PP Tito Henson	1 - Pd		
11. PP Vic Lim	1 - Pd		
12. PP Nick Guzman	1		
13. PP Ramy Garcia IV	1		
14. PP Peping Mabana	1 - Pd		
15. PP Arjan Ramnani	1 - Pd		
16. PP Ogie Lim	1 - Pd		
17. PP John Javier	1 - Pd		
18. Rtn. Pal Bolivar	1 - Pd		
19. Rtn. Jake Oh	1 - Pd		
20. Rtn. Bernard Bobadilla	1 - Pd		
21. Rtn. Tony Diaz	1		
22. Rtn. Flor de Pano	1 - Pd		
23. Rtn. Fr. Kell Ortega	1 - Pd		
24. Rtn. Anson Tan	1		
25. Rtn. Alex Lacson	1		
26. Rtn. Mads Bengua	1 - Pd		
27. PP Henry	2 - Pd		
28. Rtn. Tet Mallare	1 - Pd		
29. PP Rhett Ermita	1 - Pd		
30. Rtn Roehl Fontanilla	1 - Pd		
31. Rtn Dennis Albano	1 - Pd		

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present43
% of Attendance (03/03/21).....42%

Birthday Celebrants for the Month of March 2022

Wedding Anniversaries for the Month of March 2022

Guest and Visiting Rotarians

Editorial Staff

TINIG STAFF RY 2021-2022	FEATURE WRITERS	
<p>PETER JAVIER Editor in Chief</p> <p>ROEHL FONTANILLA</p> <p>OGIE LIM Club Bulletin Admin.</p>	<p>GARRICK ANG From the President</p> <p>BENJAMIN P. DE GUZMAN Rotary Notes</p> <p>PETER M. JAVIER Tinig Tidbits</p>	<p>JOHN JAVIER Secretary's Desk</p> <p>JUN C. ZAFRA, JR. Walking the Avenues</p> <p>RTN. FR. KELL ORTEGA Invocation</p>

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Edgar Manalang: **0927-9414528; rcpasig@hotmail.com**

MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

RC – Pasig Club Secretary: _____ **Date:** _____

"Kaarawan Ng Kababaihan" at Bgy. Pinagbuhatan



HOF/PP Jess with Bgy. Captain Maricar Asilo Vivero & Dr. Connie Alfiler, obstetrician & gynecologist.

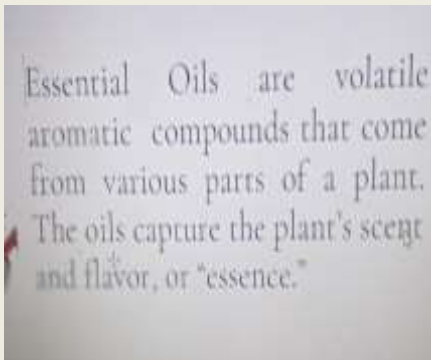


Dr. Alfiler of The Medical City talks on Cancer Awareness & Women's Wellness.



Around 500 attendees from mothers & single women.

Glimpses of Our Last Meeting



on essential oils



Replying to questions from Rtn Rod on applying the oils;

Glimpses of Our Last Meeting



PP Bert on VCO & liver oils; PP John on myrrh & frankincense;



Rtn Jake on tiger balm & white flower and PE Bong on migraine & muscle pain.



CLP Garrick thanks speaker & gladly adjourns meeting.

Glimpses of Our Last Meeting



PP John on f2f meeting. PP Benny is finemaster.



Message by CLP Garrick. Rtn Mads introduces...



Khrisella Marie Paat-Velasquez who talks on holistic wellnes and

Glimpses of Our Last Meeting



CLP Garrick starts meeting. PP Ogie is emcee, leads invocation & Apat na Urian ng Rotaryo.



Community singing is a video of PP Ed while "Times of Your Life" is sung.



PP Rene on new marker project. HOF/PP Jess on breast cancer & wellness seminar at Pinagbuhatan.