

Rotary
Club of Pasig



10 NOVEMBER 2022
Rotary Year 2022-2023

TINIG

The Official Newsletter of the Rotary Club of Pasig



MR. CLIFF EALA
Guest Speaker

Today's Programme

**Valle Verde Country Club
November 10, 2022, 12:30 P.M
Pangkat 5 Leader Dir. Roy Quejada**

Call to Order	Pres. Bong Paloma
Invocation	Rtn. Fr. Jojo Opinio
National Anthem	Rtn. Sonny Rivera
FOUR-WAY TEST	Rtn. Raj Cordova
Introduction of Visiting Rotarians & Guests	Rtn. Arnel Estaniel
Community Singing	Pangkat 5
Wise or Otherwise	
Fining Moments	PP Rel Gomez
President's Time	Pres. Bong Paloma
Introduction of Guest Speaker	Pres. Bong Paloma

MR. CLIFF M. EALA
Topic: Designing for Behavior Change
GUEST SPEAKER

Open Forum Adjournment	Pres. Bong Paloma
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**Dir. Roy Quejada
Emcee**

NOVEMBER IS THE ROTARY FOUNDATION MONTH

Invocation



Oh God our Father, thank you for helping us gather here safely as we discuss another weekly meeting. Please help us do your work through our organization, The Rotary Club of Pasig. Guide us and keep our intentions honest, and keep us away from any discord. Without your love, we would not be able to experience real, true love in our own lives. Help us spread your love, your word, and your message of hope as we continue to serve our community. In Jesus' name, **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



LEAN ON ME

By: **Bill Withers**

Hmm... hmm-hmm-hmm-hmm

Hmm-hmm-hmm-hmm

Hmm-hmm-hmm-hmm-hmm

Sometimes in our lives

We all have pain

We all have sorrow

But if we are wise

We know that there's always tomorrow

Lean on me

When you're not strong

And I'll be your friend

I'll help you carry on...

For it won't be long

Till I'm gonna need somebody to lean on

Please swallow your pride

If I have things you need to borrow

For no one can fill

Those of your needs that you won't let show

You just call on me brother when you need a hand

We all need somebody to lean on

Song of the Day

Continuation 1.



I just might have a problem that you'll understand
We all need somebody to lean on

Lean on me
When you're not strong
And I'll be your friend
I'll help you carry on...

For it won't be long
Till I'm gonna need somebody to lean on

You just call on me brother
When you need a hand
We all need somebody to lean on

I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load you have to bear
That you can't carry

I'm right up the road
I'll share your load
If you just call me

Call me
If you need a friend
(Call me)
Call me (call me)

Song of the Day

Continuation 2.



If you need a friend
 (Call me)
If you ever need a friend
 (Call me)
 Call me
 (Call me) Call me
 (Call me) Call me
 (Call me) Call me
 (Call me)

If you need a friend
 (Call me)
 Call me
 (Call me) Call me
 (Call me) Call me
 (Call me) Call me
 (Call me)

From the President

Pres. Bong Paloma



Good afternoon RCP!

Welcome once again to another exciting Thursday!

Today we have another esteemed speaker who will share his knowledge and experience on how we can scientifically manage behavior change to achieve specific outcomes. We also have a guest from the Rotary Club of Bengaluru Platinum City, District 3190, PP & PAG Rtn Shiv Bellare. I also invited a balikbayan neighbor, Mr. Sam Olazo from New Jersey, USA. Welcome gentlemen and thank you for gracing our club meeting today.

Last week, we learned that Pre-Eclampsia is a serious medical condition for pregnant women and could be fatal if left undetected for both mother and child. We are fortunate to have our very own PP Rene, who embarked on the awareness and educational campaign (in partnership with RC Pasig) on Pre-Eclampsia to save two lives (mother and child). As a people of action, we immediately donated various pre-Eclampsia test kits to the Rizal Medical Center last Monday. And our club Secretary PP John, PP Rene and HOF/PP Jess attended the simple ceremonial event. In addition, we will have more hospitals and clinics to educate and donate test kits in the coming months.

To give way to working Rotarians whose schedule is unsuitable for a 12 noon to 2:00 pm club meeting, the Board has decided to experiment with moving our next club meeting (Nov. 17) to a later time, 5:00 pm to 7:00 pm. Since this is a Club Assembly, we expect some singing, dancing, eating and drinking during the fellowship. To all the baby Rotarians, this special club meeting is

From the President

Pres. Bong Paloma

Continuation 1.

for you! And if successful (in terms of attendance), we might permanently move one of the four meetings (during the month) to a late afternoon schedule.

Take note of the following activities for November:

1. Nov. 12 at 8:00AM, Pitong Alay Serbisyo ng Rotaryo sama sama para sa Baras (a District Project). RCP is taking on one of the seven areas of service focus – Education
2. Nov. 14 at 9:00AM, Launching of our Alpabasa project in Sto. Niño Elementary School
3. Nov. 15 at 9:00 am, Turn-over of our Wash Basin and Drinking Stations project and awarding of certificates to teachers who underwent a 2-day Alpabasa Teacher's Training.
4. Nov. 19 at 7:00 am, Tree Planting at the La Mesa Dam in partnership with the Climate Change Commission.

Please support us by attending one of the four (4) service projects we will undertake this month.

Thank you again for joining us today.

Stay strong and healthy, RCP!

Rotary Notes

PP Benny P. De Guzman



When the Rock has fallen, how many will come to pay their respects? PP John, as our Club Secretary, wanted a better show of numbers if his plan to pay our respects and necrological service for PP Sonny was for today. From our meeting and in our polo barong uniform, we will troop there. But, Devi, the daughter of Sonny gave both the 9th & 10th for UNILAB where Sonny was best ever Company President. We had close to twenty attendees but three were our spouses, Lady Minda, spouse Leni and my very own Pura. All of the remaining Hall of Famers were there. Most appreciated was PP Peter who was there still limping in pain due to his lower back ailment but with a care giver. Wala daw makuhang babae si Peter, as sa doorbell pa lang pinapauwi na ni PPA Celia. The HOF absent was the first one pa naman. He was the first to go more than seven months ahead of Sonny - HOF/ PP Rhett.

There were three who did the eulogies from the club. Most well done and full in details was by PRID Raffy. After all, he was the one who called Sonny, the Rock, and he called Sonny the best President of our club. I followed with some basic recognition as Raffy covered all. Pres Bong just narrated how he met PP Sonny already in his wheelchair, some years ago.

UNILAB that Sonny headed in the local market for over 13 years and in the international market for a couple more years, honored him with a full page ad in the papers.

The Anonymous Giiver is now gone. Hard to get a replacement as Sonny was a very generous giver. To the church as well as he was

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

a super major donor in many new churches as well as those having major renovations.

Last week, we had a good speaker in the person of Dr. Nelinda Pangilinan, who talked on Pre-Eclampsia. She considered all of us as doctors who wanted to learn on how to manage this health condition during pregnancy. There was only one confirmed gynecologist in our club. He is not practicing now as he hurt his right shoulder as punishment for his misdeeds. But a promising one emerged in PP Henry. He authoritatively asked sensible questions to show he was listening. Learn from Topax so you will learn more. With actual show of how to use both hands pa. Got his pointers from a pediatrician who is adept in gynecology. Dalawa na pala sila ngayon, Rtn Doc Ato and HOF/PP Jess.

Attendance was noticed by PRID Raffy, who had to rush back to give due respects to the Rock. He had to take the first plane out of Frisco with Lady Minda as he would not miss honoring Sonny. Raffy will have to fly back and may not be in our meeting today. But the attendance woes he noticed while on zoom on our Memorial Day. During his time, there were more than 150 attendees and our membership then was only in the 80s. He was blaming the PPs. If the PPs are not asked, they do not offer. Kaya Memorial Day as you cannot remove it now from your memory?

When we saw Spouse Fe during the Memorial Mass, she said that PP Totoy, at 97 prefers zoom meeting only. We must have a Day for our three Nonagnerarians, PPs Totoy, Peping and Esto.

Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



Jennifer Jones
President 2022-23
November 2022

Being asked to Imagine Rotary can seem like a big, heady exercise, but the most important element of it is something quite small, even personal.

Not too long ago, Rotary members were expected to perform our acts of service quietly. I understood and appreciated the thought behind that — humility is a wonderful trait, and we should continue to nurture it in other ways.

But keeping Rotary to ourselves has a cost. and by sharing our Rotary moments, we are being generous with others and giving them an opportunity to understand the impact of Rotary.

It brings to mind that wonderful aphorism: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So how do we make people feel Rotary? The best way is to share our Rotary moments. We have all had them — when the ordinary collides with intention to create something extraordinary.

Some people have those Rotary moments the first time they go to a meeting. For others, it can take years, before seeing the joy in the eyes of someone we serve. Or perhaps in hearing from another member something that hit close to home.

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

As Nick and I share this journey, we are amazed at the work you are performing and the lives that are transforming. Throughout the year, I'm going to share with you the sights and the stories that made those tours meaningful for us.

I hope you can do the same in your corner of Rotary. It can be something you share in meetings or on social media. For the most savvy and ambitious, it could be an event you publicize with local media. Even sharing your stories with friends has impact.

We need ambassadors for Rotary's message and our dreams for a better world. The best ambassadors are you. The more you share stories — and share them from the heart — the more you encourage others to partner with us, to join us, and to stay.

To give you just one small example, in the months ahead, I will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization. It's important that we hear these stories directly from the people who experienced them as a way of feeling the importance of DEI for the future of Rotary.

In everything we do, what people feel about Rotary will shape our future. I can only imagine what you will inspire through the stories you'll tell.

Our Guest Speaker



MR. CLIFF EALA

Cliff is a behavioral strategist, tech entrepreneur, and author. He helps firms grow revenues and employee engagement through behavioral science, technology and data.

His company provides last mile delivery optimization with big data and AI. They also offer energy efficiency technology solutions for commercial and industrial customers across Asia. These include intelligent lighting and smart voltage control. Prior to this, he founded and managed a software company, and sold to a VC fund in 2007.

He sat on the Board of software company Magenic until it was acquired in 2021, and was Senior Partner at AI consulting firm ADDO AI. He is an innovation consultant, with exposure in telecom, banking, healthcare, and supply chain, and was a Microsoft Most Valuable Professional.

Cliff is the author of the book *Sh*tty Places & Selfish People: 7 Rules of Engagement*. He has two undergraduate degrees in Socio-Legal Sciences and Philosophy, two graduate degrees in Philosophy and Business, and certifications in Positive Psychology. He is completing his Executive Masters degree in Behavioral Science at the London School of Economics.

Tinig Tidbits

By: PP Peter M. Javier



WORDS THAT HAVE COMPLETELY CHANGED THEIR MEANINGS

1. Awful - Meaning: Very unpleasant. Originally, awful meant inspiring wonder, deriving from 'full of awe'.
2. Bully - Meaning: A person who mocks or harms those who are weaker. Originally, a bully meant a good fellow or a darling. It is believed to have evolved from the Dutch word 'boel' meaning lover.
3. Artificial - Meaning: Contrived or false. Originally, artificial meant artfully and skillfully constructed.
4. Villain - Meaning: Evildoer. Originally, villain meant a trusted farm hand. It used to be spelled villein, which then evolved into the version we are familiar with today.
5. Symposium - Meaning: A conference or meeting to discuss a particular subject. Originally symposium referred to a drinking party. The word comes from the Greek word 'symposion' which the ancient Greeks used to describe their boozy banquets.
6. Harlot - Meaning: A promiscuous woman. Originally, a harlot referred to a goofy, mischievous man.

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

7. Moot point - Meaning: A matter of no importance. Originally moot point referred to a hypothetical idea created a specifically to be talked about.
8. Resentment - Meaning: Indignation. Originally resentment meant gratitude.
9. Specious - Meaning: Seeming fair, but falsely so. Originally meant fair or beautiful.
10. Egregious - Meaning: Shockingly bad. Originally referred to anything that separates itself from a group.

(From BabaMail)

Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Friends with Benefits

As a parish priest, I rarely use the Book of Psalms in my homily or preaching. But since this month will be Our Rotary Foundation Month, nothing more relevant to this than a passage from the Book of Psalms:

“How good and pleasant it is
when God’s people live together in unity!” (Ps. 133:1)

This passage may be a simple sentence but really loaded with a lot of meaning, especially what true friendship can do. According to the official website of Rotary Foundation, “The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world (<https://www.rotary.org/en/about-rotary/rotary-foundation>).” But sharing one’s gifts into forms of service can only be more meaningful and impactful if we all share ourselves together as friends. Thus, if we are truly friends with one another, then think how strong our unity as a Club. Then and only then, I believe, we can really highlight our mottow which is “Service Above Self.”

With our unity, we were able to achieve great things for our fellowmen and society like establishing our Luxid Cooperative and sending poor but gifted students to school. Not only that, our true friendship with one another helped us survive the devastating Covid-19 pandemic that almost crippled our economy. Thus, it is my prayer that we may continue to nurture our friendship with one another so that we continue to grow and progress as a club.

May we be truly friends with one another and continue to invite more friends to our Club that we may continue to grow as such.

Climpses of Our Last Meeting



IATP Bong calls meeting to order with PP John as emcee. Rtn Fr Jojo leads invocation and...



and singing of Pambansang Awit. Rtn Bebert recites The Four-Way Test. HOF/PP Jess introduces guests from RMC.



Pangkat 5 singing Stand By Me.

Climpses of Our Last Meeting



IATP Bong on Tree Planting on Nov. 19. PP Benny on necrological service for PP Sonny. PP Ramy on invitation to RC Makati Gems induction.



PP John starts with his "Rotary trivia time". Fining by PP Vic A. It's President's time.



HOF/PP Jess introduces Dr Nelinda Pangilinan, Quality Assurance Chair & Section Head of OB-Gyn Ultrasound Unit at Rizal Medical Center.

Climpses of Our Last Meeting



Dr Pangilinan talks on Pre-Eclampsia, its incidence, complications, treatment and prevention.

DEFINITION

- Multisystem progressive disorder in the last half of pregnancy or postpartum characterized by
 - New onset of hypertension and proteinuria OR
 - New onset of hypertension and significant end-organ dysfunction, + proteinuria

GLOBAL INCIDENCE

1990 to 2019
increase by 10.92 %
16.30 to 18.08 million



Epidemiological trends of maternal hypertensive disorders of pregnancy at the global, regional, and national levels: a population based study

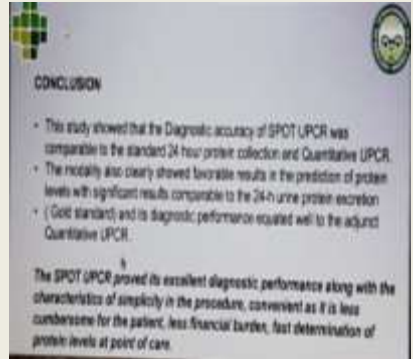
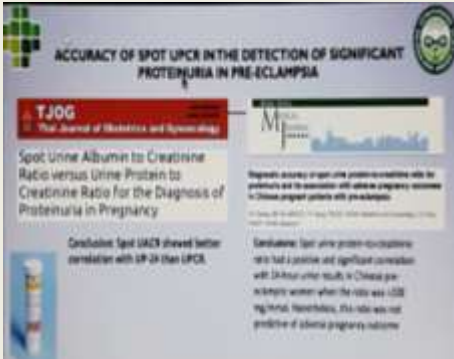
COMPLICATIONS OF PRE ECLAMPSIA

MATERNAL	FETAL
• Cerebrovascular accidents / stroke	• Intrauterine growth restriction
• HELLP syndrome	• Intrauterine FETAL DEATH
• Pulmonary edema	• Abruptio placentae
• Pulmonary Failure	• Preterm delivery
• Renal failure	
• Death	

PRE ECLAMPSIA PREVENTION

LOW-DOSE ASPIRIN	HIGH DOSE CALCIUM
• 10 to 20 percent, it reduces <ul style="list-style-type: none"> ➢ frequency of preeclampsia ➢ adverse pregnancy outcomes (preterm birth, growth restriction) 	• 1200mg/day or higher <ul style="list-style-type: none"> • Effective in women who have low dairy intake, other calcium deficient states, or live in an area of endemic calcium deficiency
• low-dose, 60 to 150 mg/day, to start before 16 weeks	

Climpses of Our Last Meeting



Questions and comments from PP Henry, PP Rene,.



Treas. Jake & HOF/PP Jess are replied to by Dr. Nelinda Pangilinan & Dr. Nerissa de Guzman

Climpses of Our Last Meeting



Receiving club's token from IATP Bong who then adjourns meeting.



Drs Pangilinan & De Guzman with IATP Bong, PPs Rene & John.



and with f2f attendees.

Preeclampsia Test Kit Donations to RMC



PP Rene hands over RC Pasig's Preeclampsia Test Kit donations to RMC's Medical Director, Dr.Rica Lumague with HOF/PP Jess, PP John & Saving 2Lives Matter! Preeclampsia Clinic Team.



Preeclampsia Awareness Posters & "Saving 2Lives Matter" patients' brochures to RMC Preeclampsia Clinic Team.



Necrological Service & Mass of PP Sonny Samson



Rotary  **IMAGINE**
Club of Pasig  **ROTARY**

**NECROLOGICAL
SERVICE & MASS IN
HONOR OF RC
PASIG'S PAST
PRESIDENT SONNY
SAMSON**

WHEN: Nov. 8, 2022 @ 4:00PM
WHERE: Sta. Marita Delta Strada Parish
Kutlumun Avenue, Q.C.
ATTIRE: RC Pasig White Barding
or White Polo Shirt



Mass begins with PP Sonny's spouse Nene & family & RCP Rotarians.

Necrological Service & Mass of PP Sonny Samson



Celebrant is Rtn Fr Kell with PP John as commentator & Rtn Alex as lector.



Homily time.



Necrological Service & Mass of PP Sonny Samson



Blessing of PP Sonny's urn.



Necrological service by PRID Raffy, PP Benny and IATF Bong.



RCP Rotarians Ferd, John, Benny, Alex, Rene, Jess, Peter, Bong, Bart & Rel.

Rotarian's Scholarship Pledges RY 2022-2023

As of November 10, 2022

1. Anonymous	50k Pd
2. Anonymous	50k Pd
3. PP Ner Laino	25k Pd
4. PP Conrad Cuesta	25k Pd
5. Rtn Manfred Guangko	25k Pd
6. PP Jun Zafra	12k Pd
7. PP Peter Javier	12k
8. Rtn Dennis Albano	12k Pd Bal. 6k
9. Rtn Henry Claravall	6k Pd
10. Rtn Mads Bengua	6k Pd
11. Rtn Ato Basco	6k Pd
12. Rtn Richard Berganos	6k Pd
13. Rtn Gary Ona	5k Pd
14. PP Celso Ylagan	6k Pd
15. Rtn Nicky Ty	6k
16. Rtn Sammy Lazo	6k
17. PP Vic Lim	6k Pd
18. Rtn Noel Go	6k Pd
19. PP Ferd Rivera	6k Pd
20. Rtn Philip Yoon	6k
21. PP Hermie Orbe	6k
22. PP Tito Henson	6k
23. Rtn Flor de Pano	6k Pd

Pangkat Members RY 2022 - 2023

PANGKAT NO. 1

- 1. Pres Bong Paloma - Leader**
2. PP Jun Zafra - Co-L
3. Rtn Jay Bautista
4. Rtn Nesty Carolina
5. PP Conrad Cuesta
6. Rtn Nico David
7. Rtn Rovic De Jesus
8. Rtn. Rtn Tony Diaz
9. Rtn Roehl Fontanilla
10. Rtn. Noel Go
11. Rtn Sammy Lazo
12. PP Esto Lichauco
13. Rtn Demy Magpantay
14. Rtn Gene Menor
15. PP Hermie Orbe
16. Rtn Bart Ronquillo
17. Rtn Vico Sotto

PANGKAT NO. 2

- 1. Dir. Bernard Dy - Leader**
2. Dir. Tet Mallare- Co-L
3. Rtn Henry Claravall
4. PP Topax Colayco
5. PP Benny de Guzman
6. Rtn Flor de Pano
7. Rtn Gerard Estrada
8. Rtn Vince Ermita
9. PRID Raffy Garcia III
10. Rtn. Chony Gimenez
11. Rtn Edison Go
12. PP Ner Laino
13. Rtn Ferdie Legaspi
14. Rtn. Rod Moreno
15. Rtn Fr. Kell Ortega
16. Rtn Roman Romulo
17. Rtn Nicky Ty

PANGKAT NO. 3

- 1. Dir. Jake Oh – Leader**
2. IPP Garrick Ang – Co-L
3. Rtn Mads Bengua
4. Rtn Dickson Berberabe
5. Rtn Benard Bobadilla
6. PP Rene Bocaya
7. Rtn Carlo Doce
8. Rtn Phillip Go
9. Rtn Manfred Guangko
10. Rtn Marlo Guillano
11. PP Peter Javier

12. Rtn. Dante Lardizabal
13. Rtn Nilo Ocampo
14. PP Arjan Ramnani
15. Rtn. Jeffrey Sonora
16. Rtn. Philip Yoon

Pangkat Members RY 2022 - 2023

Continuation 1.

PANGKAT NO. 4

- 1. Dir. Ato Basco – Leader**
2. Dir. Dekdek Paloma-Co L
3. PP Bert Albano
4. Rtn Fr. Vincent Amores
5. Rtn Richard Berganos
6. Rtn Pal Bolivar
7. PP Toti Buhain
8. PP RJ Ermita
9. PP Ramy Garcia IV
10. Rtn Cesar Lacuna
11. PP Ogie Lim
12. PP Peping Mabanta
13. Rtn Albert Mendiola
14. Rtn Gary Ona
15. Rtn Rebo Saguisag
16. Rtn Ping Tan
17. Rtn Roland Vasquez

PANGKAT NO. 5

- 1. Dir. Roy Quejada -Leader**
2. PP John Javier – Co-L
3. Rtn Dennis Albano
4. PP Jess Acantilado
5. PP Vic Aquino
6. PP Totoy Bartolome
7. Rtn Raj Cordova
8. Rtn Arnel Estaniel
9. PP Rel Gomez
10. PP Tito Henson
11. Rtn Dodot Jaworski
12. Rtn Bebert Lacuna
13. Rtn Ike Ona
14. Rtn Fr. Jojo Opinio
15. Rtn James Porter
16. Rtn Sonny Rivera
17. Rtn Jecko Santos

PANGKAT NO. 6

- 1. PE Adolf Aran – Leader**
2. Rtn Anson Tan - Co-L
3. Rtn Roman Arugay
4. Rtn Oyie Averilla
5. Rtn Ben Baniel
6. Rtn Chito Bernardo
7. Rtn Johan De Guzman
8. PP Nick Guzman
9. Rtn Charlie Jaramillo
10. Rtn Alex Lacson
11. PP Vic Lim
12. Rtn. Peter Pancho
13. Rtn Charles Reyes
14. PP Ferd Rivera
15. PP Henry Uy
16. Rtn Stephen Valera
17. PP Celso Ylagan

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.

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present	33
% of Attendance (11/03/22).....	32.3%

Birthday Celebrants for the Month of November 2022

Wedding Anniversaries for the Month of November 2022

Guest and Visiting Rotarians

1. Nelinda Pangilinan, RMC OB-Gyn
2. Nerissa de Guzman, RMC OB-Gyn

Editorial Staff

TINIG STAFF RY 2022-2023	FEATURE WRITERS	
<p>PETER JAVIER Editor in Chief</p> <p>ROEHL FONTANILLA</p> <p>ROY QUEJADA Club Bulletin Admin.</p>	<p>BONG PALOMA 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</p> <p>RTN. FR. JOJO OPINIO</p> <p>RTN. FR. VINCENT AMORES 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:** _____