

Rotary  
Club of Pasig



20 APRIL 2023  
Rotary Year 2022-2023

# TINIG

The Official Newsletter of the Rotary Club of Pasig



**PRID RAFAEL "RAFFY" GARCIA III**  
**Guest Speaker**



## **Today's Programme**

**Valle Verde Country Club**

**April 20, 2023, 12:30 P.M**

**Pangkat 4 Leader Dir. Ato Basco**

<b>Call to Order</b>	<b>Pres. Bong Paloma</b>
<b>Invocation</b>	<b>Dir Dekdek Paloma</b>
<b>National Anthem</b>	<b>Rtn Ping Tan</b>
<b>FOUR-WAY TEST</b>	<b>Rtn Gary Ona</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>PP Bert Albano</b>
<b>Community Singing</b>	<b>Pangkat 4</b>
<b>Wise or Otherwise</b>	
<b>Fining Moments</b>	<b>PP RJ Ermita</b>
<b>President's Time</b>	<b>Pres. Bong Paloma</b>

***PRID RAFAEL “Raffy” M. GARCIA III***

***Topic: The Future of Rotary***

***GUEST SPEAKER***

**Open Forum  
Adjournment**

**Pres. Bong Paloma**

**PP Ogie Lim  
Emcee**

***- April is Maternal and Child Health –***

# Invocation



Almighty and loving God we come to you in praise and thanksgiving for the numerous blessings you gave to each one of us. With all humility, we bow down with atonement for our offenses and shortcomings. Bless our fellowship this afternoon. May all our plans and endeavours continue to find favor with you for the greater glory your Holy name. **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 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?
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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 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



### WHAT A WONDERFUL WORLD

*By: Louis Armstrong*

I see trees of green  
Red roses too  
I see them bloom  
For me and you  
And I think to myself  
What a wonderful world

I see skies of blue  
And clouds of white  
The bright blessed day  
The dark sacred night  
And I think to myself  
What a wonderful world

The colors of the rainbow  
So pretty in the sky  
Are also on the faces  
Of people going by  
I see friends shaking hands  
Saying how do you do  
They're really saying  
I love you

# Song of the Day

*Continuation 1.*



I hear babies cry  
I watch them grow  
They'll learn much more  
Than I'll ever know  
And I think to myself  
What a wonderful world  
Yes, I think to myself  
What a wonderful world  
Ooh, yes

# From the President

**Pres. Bong Paloma**



Good afternoon RCP!

Welcome to our club assembly and birthday celebration of one of the great sons of RC Pasig, PRID Raffy Garcia. He will share his Rotary journey during his wisier talk and give us a glimpse of the future of Rotary. Raffy's achievements and generosity are unmatched in our club and the entire Philippine Rotary. Hopefully, another RC Pasig member will rise to the challenge and take such a feat to the next level one day.

Last week, I missed our speaker's (Philippine Football Federation President, Mr. Mariano Araneta) talk because I had to attend an emergency company board meeting. Football is the only sport I excelled at when I was young. Hearing that finally Football is gaining recognition, I would have enjoyed and been delighted by his talk. We now have a concrete and sustainable program to develop and recruit Filipino footballers. I genuinely believe that Football is one sport we Filipinos have the potential to become world-class players.

Congratulation PE Adolf for a successful DISTAS 2023! Finally, the time has officially arrived for the changing of the guards. PE Adolf will take on the presidency of this club effective July 1. I still have two and a half months left as president. Before I say my adieu, I plan to finish three more service projects - the construction of the hand washing and drinking station at the Rizal High School, courtesy of Rtn Flor; the distribution of 100 school bags to elementary students here in Pasig City, courtesy of Rtn Jake Oh and the donation of flood lights and UV air purifiers, courtesy of Rtn Peter Pancho to Barangay Oranbo. Thank you, gentlemen for your generosity and support.

## From the President

**Pres. Bong Paloma**

### *Continuation 1.*

Thank you also to Rtns Dodie Dy, Roy Quejada, Peter Pancho, Jake Oh and PP Jun Zafrá for supporting PE Adolf by attending the DISTAS. PRID Raffy was the guest speaker at DISTAS. Rtn Bart Ronquillo and PP Toti Buhain also joined the District golf tournament. RC Pasig was well represented in Baguio that day. We also organized a Rotary family bonding dinner with our spouses and children at Foggy Mountain. It was a great experience and I suggested to PE Adolf to make this ak konce-in-a-quarter bonding event during his term to bring our families closer.

Yesterday, the Pasig Police Awards committee of RCP got busy. They interviewed the nominees and reviewed voluminous docs to determine the deserving winners among the nominees submitted by the Pasig Police. The following awards are at stake: individual awards, best administration unit, best operations unit and best sub-station unit. A total of 25 awards and PhP 620,000.00 in cash rewards are at stake, courtesy of our very own Rtn Chony Gimenez. The official awarding ceremony will be on May 4 at the Tanghalang Rizal Auditorium.

That's it for now clubmates. Hopefully, we will break the record in terms of attendance today (44 is the number to beat). Enjoy our fellowship and thank you PRID Raffy for the lunch and drinks. Happy Birthday again and may God bless you always!

Mabuhay ang RC Pasig!

Bong



## Rotary Notes

PP Benny P. De Guzman



Free lunch anyone? If this is an offer from PRID Raffy, expect the best attended club meeting in years. Not because of the free lunch but because Raffy in his elements will share about Rotary and what he will expect from us. I will commit to most of his major points except accepting lady members. And AKS? With three in our club that is good enough. Raffy must be the biggest contributor of generous dollars to Rotary International from the entire world of Rotary in our country. Those who learn to share are more than blessed. If you cannot ride his plane baka when his yacht arrives, you can see it at least. If there is aplenty on the 20<sup>th</sup> baka mas marami sa 22<sup>nd</sup>?

19 years ago, a bigger celebration was given by Raffy and for a week. That was when he reached his 60<sup>th</sup> birthday as he claimed his dad and two brothers died without reaching age 55. He had a week of steak dinner and all the drinks at the Mandarin then. Mandarin eventually closed shop as they cannot get a client like Raffy at least once a month.

Two outstanding past presidents of the prestigious Management Association of the Philippines died recently. A former member of our club, Jun Berba was so honored. Unfortunately, his passing away was at the start of the Holy Week and even at the wake, many of us failed to attend. He needed prayers better. And the second one was Ambassador Albert del Rosario, a well respected gentleman and a great Filipino achiever. He died a few minutes before his US bound plane landed. Six days before he died, I saw him at the wake of Leni Panganiban and he looked 1 or 3 inches shorter than me in his wheelchair but he was really 1 or 2 inches taller than me. Even his handshake then was loose and not the

## **Rotary Notes**

**PP Benny P. De Guzman**

### *Continuation 1.*

usual firm grip he was noted for. Even if not from our club, the honor he has given our country and the many times he took a hard stand on China's bullying endeared him to many of us.

The new senior citizen's card of Pasig has plenty of small but needed information needed to have your Pamaskong Handog from our Mayor Vico. Now, you must identify where you are voting. If you are a Pasig resident but you are not a Pasig voter, bakit may pamasko ka? Sinuswerte?

Speaking of recent deaths and a one year old one. The 15<sup>th</sup> of April hosted by PPA Belle and the Ermita family did not merit the attendance it did not get? Even on the first anniversary, those who attended the novena prayers and rosary were indeed a handful 5. Of course you do not count the Ermitas in our club. PP RJ said a different schedule for Rotarians will be made. Two big factors about delays. The first one was Holy Week and the second was Distas. And some road repairs too. Belle and RJ, can we have another sked? Even if I am not allowed by doctors to travel due to my consistent high blood, I will surely find time to attend. First Hall of Famer and very well liked si Rhett.

What a timing for a driver to be on emergency leave. PP Ner is now Batangas based. His driver went on leave as he attends our Rotary meeting once every other week. His driver said wala kayong Rotary this week mag off muna ako. The free lunch is not extendable. And next year wala.

Last week was a rare instance that Rtn Cesar was around. Only PRID Raffy and PP Ramy are seen often together in attendance. Rare last week was Cesar and Rtn Bebert attending together.

# **Walking the Avenues**

**PP Jun C. Zafra**



## **PRESERVING PAUL HARRIS MEMENTOS FROM TRIP TO CENTRAL, SOUTH AMERICA**

Rotary members past and present hold Paul Harris in high regard for his role as the founder of Rotary and his vision for fostering friendship and international understanding. Rotary's archives include letters and gifts from members to Harris during his lifetime that reflect this admiration.

Rotary International is committed to preserving Rotary's legacy and honoring key figures in our history. We achieve this through building and maintaining an archive that accurately and effectively documents the history of Rotary. As part of this effort, archivists at Rotary's World Headquarters in Evanston, Illinois, USA, worked with a professional paper conservator to treat four hand-crafted gifts to Paul Harris.

All four documents were spot cleaned using a dry process that reduces superficial dirt. Before being placed in custom storage mats as a preservation measure, the three items made of vellum underwent additional conservation work to stretch and flatten them after being rolled for an unknown number of years. Conservation of one document made of paper included mending tears with Japanese tissue paper and wheat starch paste.

Harris' visit to the port city of Guayaquil, Ecuador was commemorated by the Rotary Clubs of Cuenca and Riobamba with beautifully illustrated messages featuring hand-painted national and cultural symbols.

## **Walking the Avenues**

PP Jun C. Zafra

*Continuation 1.*

In January 1936, Harris and his wife Jean embarked on a three-month journey to Panama and several South American countries, where they met with numerous clubs. Several members joined Harris, introducing them to local customs and people, and providing language assistance.

District Governor Cesar Andrade, of the Rotary Club of Guayaquil, Ecuador, joined them in Columbia and again in his home country. Jaime Linares of the Rotary Club of Lima, joined the Harris' as they visited clubs in Peru and Chile, explaining that it would be an opportunity to practice his English. Rotarian Armando Pereira, who would later serve as RI President, accompanied them for most of their time in Brazil.

Three of the items featured here are mementos of that trip.

The conservation work was possible because of generous support from the Paul Harris 711 Club.

The vellum documents from Guadalajara, Riobamba, and Rio de Janeiro before conservation. The document from Rio de Janeiro was originally attached to a wooden rod, which needed to be removed (but which we retained, intact) as part of the conservation work.

# Tinig Tidbits

By: PP Peter M. Javier



## 12 NBELIEVABLE BODY FACTS

1. A human body is comprised of 10% human cells and 90% bacterial cells. It's hard to believe but much of our body is made of water.
2. Humans have a compass in their nose. It contains small amount of magnetite.
3. The strongest muscles in the human body are in the jaws. The jaw muscles can produce as much as 200 psi at any given time.
4. Humans can outrun all land animals. We may not be the fastest but we can outrun any animals when given time.
5. Humans can throw objects with accuracy and power. While many apes can throw with force, it's humans who can combine both force and accuracy.
6. There's gold in your blood. There are about 0.2 milligrams of gold in the human body but it isn't the most expensive compound we have.
7. Ears are like fingerprints – each person's ears are unique. Every person's ears also carries a unique structure.
8. We're born with more bones than we have as adults. When you are born, you have 300 bones in your body but long after, the number drops to 206. Shortly after birth, many of the bones fuse becoming bigger and stronger bones.

# Tinig Tidbits

By: PP Peter M. Javier

*Continuation 1.*

9. The liver performs over 500 functions. It is the true jack-of-all-trades in the human body. It performs over 500 functions including producing bile, cleaning the blood from toxins and lots more.
10. Splashing water on your face makes your body go into “swimming mode”. When splashing water on your face, your body enters a state called *Mammalian diving reflex* which slows down your heart rate by 10-25% and optimizes your breathing.
11. Human bones are stronger than steel. Pound for pound, human bones can withstand more pressure than steel.
12. Human hair is surprisingly strong. A single human hair can hold up to 100 grams of weight. A whole head of hair can hold as much as 2 grown elephant! (150,000 hairs = 15 tons)

*(from BabaMail)*

## Glimpses of Our Last Meeting



38th meeting is started by IATP Bong with PP Bert as emcee. PP Toti leads invocation.



PP Bert leads singing of Pambansang Awit. Dir Dekdek recites Apat. Na Urian Ng Rotaryo. Rtn Gary introduces guests.



Pangkat 4 quintet singing This Land Is My Land with lyrics adaptation by PP Bert.



## Glimpses of Our Last Meeting



PP Bert is also finemaster. PE Bert on President's message. HOF/PP Peter introduces...



### MARIANO ARANETA, JR.

PRESIDENT - PHILIPPINE FOOTBALL FEDERATION  
(2010-PRESENT)  
MEMBER - FIFA COUNCIL  
(2017-PRESENT)  
CHAIRPERSON - ORGANIZING COMMITTEE FOR  
AFC ASIAN CUP 2023 AND 2027 (2023-PRESENT)  
CHIEF DE MISSION - PHILIPPINE DELEGATION  
2020 TOKYO OLYMPICS



Mr. Mariano V. Araneta, Jr., president of Philippine Football Federation.



His talk covers status of men & women





football teams, coaching education, player



development, referees development, youth



development programs, technical programs,

## Glimpses of Our Last Meeting



good governance & keys to success.



Replying to questions from HOF/PP Peter & PP Vic on playing fields availability & grass quality required.

## Glimpses of Our Last Meeting



Queries by Rtns Dante & Bebert on singing of Pambansang Awit & LGUs' summer programs are replied to.



FP Noel's comment on limited playing months is negated.



Treas Jake & PP Tito's suggested contest & competition are answered.



## Glimpses of Our Last Meeting



PE Adolf hands over club's token then adjourns meeting.



Rarely seen Rtn Cesar Lacuna with FP Noel, PP Rel, Rtn Philip & PP Ner.



So seldom Rtn Chito Bernardo with Dir Dodie, PP Jun & soon to be RCP Rotarian Richard Pua.

## Rotarian's Scholarship Pledges RY 2022-2023

*As of April 20, 2023*

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 Ogie Lim	25k Pd
7. PP Jun Zafra	12k Pd
8. PP Peter Javier	12k Pd
9. Rtn Dennis Albano	12k Pd
10. Rtn Henry Claravall	6k Pd
11. Rtn Mads Bengua	6k Pd
12. Rtn Ato Basco	6k Pd
13. Rtn Richard Berganos	6k Pd
14. Rtn Gary Ona	5k Pd
15. PP Celso Ylagan	6k Pd
16. Rtn Nicky Ty	6k
17. Rtn Sammy Lazo	6k Pd
18. PP Vic Lim	6k Pd
19. Rtn Noel Go	6k Pd
20. PP Ferd Rivera	6k Pd
21. Rtn Philip Yoon	6k Pd
22. PP Hermie Orbe	6k
23. PP Tito Henson	6k
24. Rtn Flor de Pano	6k Pd
25. PP Topax Colayco	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 Roehl Fontanilla
8. Rtn. Noel Go
9. Rtn Sammy Lazo
10. PP Esto Lichauco
11. Rtn Demy Magpantay
12. Rtn Gene Menor
13. PP Hermie Orbe
14. Rtn Bart Ronquillo
15. Rtn Vico Sotto
16. Rtn. Richie Defensor

### ***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. Rod Moreno
14. Rtn Fr. Kell Ortega
15. Rtn Roman Romulo
16. 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. 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. PP Nick Guzman
8. Rtn Alex Lacson
9. PP Vic Lim
10. Rtn. Ike Ona

***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 Fr. Jojo Opinio
14. Rtn James Porter
15. Rtn Sonny Rivera
16. Rtn Jecko Santos

11. Rtn. Peter Pancho
12. PP Ferd Rivera
13. PP Henry Uy
14. PP Celso Ylagan
15. Rtn. Bien Sibug

## From the Secretary's Desk

*Sec. PP John Javier*



### Attendance

Members Present .....39  
 % of Attendance (04/13/23).....42.2%

### Birthday Celebrants for the Month of April 2023

### Wedding Anniversaries for the Month of April 2023

### Guest and Visiting Rotarians

1. Richard Pua, Brgy. Capt. Oranbo
- 2.
- 3.



# Editorial Staff

TINIG STAFF RY 2022-2023	FEATURE WRITERS	
<b>PETER JAVIER</b> Editor in Chief <b>ROEHL FONTANILLA</b>	<b>BONG PALOMA</b> From the President	<b>JOHN JAVIER</b> Secretary's Desk
<b>ROY QUEJADA</b> Club Bulletin Admin.	<b>BENJAMIN P. DE GUZMAN</b> Rotary Notes	<b>JUN C. ZAFRA, JR.</b> Walking the Avenues  <b>RTN. FR. KELL ORTEGA</b> <b>RTN. FR. JOJO OPINIO</b> <b>RTN. FR. VINCENT AMORES</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**

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