

Rotary  
Club of Pasig



10 AUGUST 2023  
Rotary Year 2023-2024

# TINIG

The Official Newsletter of the Rotary Club of Pasig



**DRA. GWENDOLYN T. PANG**  
Guest Speaker



## **Today's Programme**

**Valle Verde Country Club**  
**August 10, 2023, 12:00 Noon**  
**Pangkat 2 Leader: PE Bernard Dy**

<b>Call to Order</b>	<b>Pres. Adolf Aran</b>
<b>Invocation</b>	<b>PP Topax Colayco</b>
<b>National Anthem</b>	<b>PP Topax Colayco</b>
<b>FOUR-WAY TEST</b>	<b>Rtn Rod Moreno</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>PE Bernard Dy</b>
<b>Community Singing</b>	<b>Pangkat 2</b>
<b>Wise or Otherwise</b>	
<b>Fining Moments</b>	<b>PP Benny de Guzman</b>
<b>President's Time</b>	<b>Pres. Adolf Aran</b>
<b>Introduction of Guest Speaker</b>	<b>Dir. Anson Tan</b>

### ***DRA. GWEN PANG***

*Secretary General of the Philippine Red Cross (PRC)*  
*Topic: Bringing Humanitarian Service to the Next Level*

### ***GUEST SPEAKER***

<b>Open Forum</b>	
<b>Adjournment</b>	<b>Pres. Adolf Aran</b>

**PP Henry Uy**  
**Emcee**

**\* AUGUST IS MEMBERSHIP AND EXTENSION MONTH \***



## Invocation



Ever loving and forgiving God, we glorify your Holy Name. Thank you for the blessings we receive everyday. As we come together for our fellowship, bless each one of us. May this continue to inspire us to become blessings to our community. Bless all our endeavors and may all of them bear fruit through 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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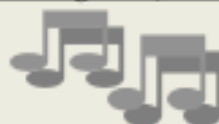
## Ang Layunin ng Rotaryo

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 makapaglilingkod 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



### 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)*



## **From the President**

**Pres. Adolf Aran**



**"We do not see things as they are; we see things as we are." - Anais Nin**

Service for RC Pasig flows in our blood stream. As the donations to typhoon affected areas up North were distributed, new cash donation was turned over to the Binangonan community, where the capsized boat tragedy took place.

Today, our club remains true to our commitment to support our 30 scholars in the Pamantasan ng Lungsod ng Pasig, for their monthly allowance, with matching book donation from Rotarian Alex Lacson.

There's so much to be done. We have more medical missions to do (a partnership with The Medical City OBGYN Department scheduled on September 17), more sports clinics and more ways to serve. But, we don't stop here. We continue to serve because that's who and what we are: Rotarians who serve.

Let's (continue to) Create Hope in The World.

P.S. Supporting the Golf Tournament, headed by Project Chair Bart Ronquillo, on August 18 will allow our club to fund the many service projects that we have earmarked in RY 2023-2024. Please give your time, talent and most especially your treasure. Or at least, refer us to those who can be our golf sponsors. Thank you in advance.



## **Rotary Notes**

**PP Benny P. De Guzman**



An additional business aside from their mainline business gave meaning to entrepreneur Paco Magsaysay, a pedigree of sorts based on family background of parents and grandparents. Carmen's Best Ice Cream, named after his only daughter earned good points in the marketplace to get the powerful MVP, known to get the money makers to grab the controlling interest in his usual approach. Paco can now engage in his most rewarding mainline and learn corporate styles from MVP as he sits still on the Board of their dairy company.

Our speakers' bureau is doing a great job with well-balanced subjects and very good speakers. Cong Manik Manaog, weeks after his talk can still give us reason to smile as he had gems in between his rich Batangueno accent Pilipino and his Ateneo accent use of English.

Our very own Rtn Doc Ato is now in Korea as part of the Mancom of Valenzuela for a meeting with their counterparts in Korea. He was on his way to the airport on his birthday last Sunday but he had a very nice suggestion – a belated birthday blowout for him and an advance birthday blowout for Dir Tet. So our lechon today is jointly a treat from both. The other celebrants may plan it as well on how to share.

We have a very generous support for the golf tournament as almost all members are participating. The reach of the organizers have been shown with the response with many prizes that even our long foreign-based PP Doc Ferd has willingly given. He might surprise us by being a golf participant. From



## **Rotary Notes**

**PP Benny P. De Guzman**

*Continuation 1.*

the T-shirt to all the minutest details, leave it to presidential shyster Bart, sigurado patok.

Big congratulations to the three biggest newsmaker of our club in recent weeks. When members wer doling out 2K and 3K mostly, Rtn Flor gave more than what were pledged. God in His goodness has blessed the company owned by him to make good and Flor is never wanting in reaching out. Flor can reach out to any call except the club's presidency. To Rtn Doc Henry who brought his team of high end specialists to our Operation Bukol truly is an exceptional gesture for him and his team. These guys the beautiful more beautiful, the ugly to be acceptably good looking and those with less bukol they make good looking ones pa. Their specialties are for the breasts up. But they can repair also the down portion to be virgin-like once again. And to the very studious Rtn Raj, for the award he got from the Pasig Police. He will be receiving many awards later base on his many directions in his collegiate pursuits. Aside from a PHD, he is also taking up law. I think he has got two masteral degrees na. What is inspiring Raj? Is it because he is always with collegialas?

The many goodies in the golf prizes from the lights of Rtn Peter who did a good emceeing job last week to the native delights of Rtn Roland who brought bibingka for his birthday treat last week. For the golf tournament, he is going to bring taho.

August is Membership and Extension Month. Each member is urged to bring a prospective member to our August meetings. Congrats to Rtn Kap Richie and PP Jun for sponsoring new ones. Yung iba?



## **Walking the Avenues**

**PP Jun C. Zafra**



### **R. Gordon R. McNally**

President 2023-24

Rotary Club of South Queensferry  
Scotland

R. Gordon R. McNally was educated at the Royal High School in Edinburgh and at the University of Dundee, where he earned his graduate degree in dental surgery. He operated his own dental practice in Edinburgh until 2016. McNally was chair of the East of Scotland branch of the British Paedodontic Society and has held various academic positions. He has also served as a presbytery elder, chair of the Queensferry parish congregational board, and commissioner to the general assembly of the Church of Scotland.

Gordon joined Rotary in 1984 at age 26. A member of the Rotary Club of South Queensferry, he has served as president and vice president of Rotary International in Great Britain and Ireland. He has also served RI as a director and on several committees, most recently as an adviser to the 2022 Houston Convention Committee and chair of the Operations Review Committee.

Gordon says he looks forward to working with members to build new Rotary clubs and groups. "My vision is that Rotary should exist everywhere in a style to suit everyone who has the desire to be part of us and to help us do good in the world," he says.



## **Walking the Avenues**

**PP Jun C. Zafra**

***Continuation 1.***

He is a patron of the UK-based nonprofit Hope and Homes for Children and led a partnership between that organization and RIBI to support children in Rwanda who had been orphaned in the genocide there. He is a patron of Trade-Aid, an initiative of the Rotary Club of Grantham Kesteven, England, that provides sustainable humanitarian aid to individuals, families, and businesses in the developing world. He is also an ambassador for Bipolar UK, a national mental health organization. In August 2022, he was made a laureate of the Sino Phil Asia International Peace Awards Foundation.

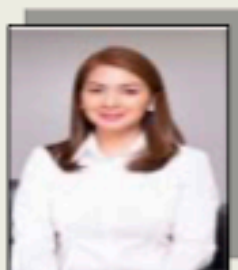
In his free time, Gordon enjoys rugby, good food and wine, and stick dressing, the traditional Scottish craft of making walking sticks.

Gordon describes The Rotary Foundation as "the engine that provides the energy to do Rotary service." He and his spouse, Heather, also a Rotarian, are Paul Harris Fellows, Major Donors, Benefactors of The Rotary Foundation, and members of the Bequest Society.

Gordon wishes to dedicate his presidency to making the world a better place for his granddaughters, Ivy and Florence, and all the children of the world, to live and thrive.



## **Our Guest speaker**



***DRA. GWENDOLYN T. PANG***

***Secretary General of the Philippine Red Cross (PRC)***

Dr. Gwendolyn Pang has over 25 years of leadership experience in humanitarian works. Dr Pang is currently the Secretary General of the Philippine Red Cross. (PRC) Prior to her present role, she has held various leadership positions in the following offices:

January 2022 to September 2022 – Member of the Board of Governors of the PRC

- October 2020 to January 2022 – Deputy Regional Director for Asia Pacific of the International Federation of Red Cross and Red Crescent Societies (IFRC)
- 2019 to present – Adviser and Guest Professor to the International Academy of Red Cross and Red Crescent based in Suzhou, China.
- October 2017 to March 2018 – Interim Head of Country in the Democratic People's Republic of Korea, IFRC
- June 2016 to October 2020 – Head of East Asia Cluster Delegation, IFRC (covering China, Japan, South Korea and Mongolia)



## **Our Guest speaker**

### ***Continuation 1.***

- April 2009 to June 2016 – Secretary General, PRC

Dr. Pang developed her passion and expertise toward the areas of public health, organizational development, partnership and resource development, humanitarian diplomacy, disaster management and resilience building. She is highly regarded for her execution of simple, scalable and sustainable models of organizational transformation, which was evident in PRC's transformation into an organization that is 'always first, always ready and always there' in practice.

Her work with the government authorities, United Nations agencies, international institutions, private sector and academia fostered new and strengthened existing partnerships in the Philippines and Asia Pacific. Dr. Pang has managed large, complex initiatives, which was evident during the Red Cross Red Crescent Movement-wide Typhoon Haiyan response and recovery and other major disaster and crisis operations to include the recent COVID-19 pandemic response. During the pandemic response, she supported development of COVID-19 guidance document to Red Cross Red Crescent national societies and in developing new services such as COVID-19 Molecular Laboratory Testing facilities, isolation centers, contact tracing, vaccination centers, addressing socio-economic impact, etc.

Considering her great contributions to humanity in the field of health, disaster management and social welfare, in April 14, 2013, she was conferred with an Honorary Degree of 'Doctor of Humanities' by the Lyceum of Northwestern University in the



## **Our Guest speaker**

### ***Continuation 2.***

Philippines. In May 12, 2015, she received the Florence Nightingale Award, which is the highest international distinction for a professional nurse to recognize great courage and devotion to victims of armed conflict or natural disasters. In December 15, 2021, she was awarded by the Philippine Red Cross with the Doña Aurora Aragon Award for her dedicated and exemplary service to humanity. Recently, she was awarded as Global Most Influential Filipina Women 2022 in Lisbon, Portugal on November 2022 and was honored as an Asian Hero 2022.



## Tinig Tidbits

By: PP Peter M. Javier



### DID YOU KNOW...

1. If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee. *(Hardly seems worth it!)*
2. If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb. *(Now that's more like it!)*
3. The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet. *(Oh my God!)*
4. A pig's orgasm lasts 30 minutes. *(In my next life, I want to be a pig!)*
5. A cockroach will live nine days without its head before it starves to death. *(Creepy...but I'm still not over the pig!)*
6. Banging your head against a wall uses 150 calories an hour. *(Do not try this at home...maybe at work?)*
7. The male praying mantis cannot copulate while its head is attached to its body. The female initiates sex by ripping the male's head off. *("Honey, I'm home. What the...?")*
8. The flea can jump 350 times its body length. It's like a human jumping the length of a football field. *(30 minutes...lucky pig...can you imagine?)*
9. The catfish has over 27,000 taste buds. *(What could be so tasty on the bottom of a pond?)*



## **Tinig Tidbits**

**By: PP Peter M. Javier**

***Continuation 1.***

10. Some lions mate over 50 times a day. *(I still want to be a pig in my next life...quality over quantity!)*
11. Butterflies taste with their feet. *(Something I always wanted to know!)*
12. The strongest muscle in the body is the tongue.  
*(Hmmmmmm....)*
13. Right-handed people live, on average, nine years longer than left-handed people. *(If you're ambidextrous, do you split the difference?)*
14. Elephants are the only animals that cannot jump. *(OK, so that would be a good thing?)*
15. A cat's urine glows under a black light. *(I wonder who was paid to figure that out?)*
16. An ostrich's eye is bigger than its brain. *(I know some people like that!)*
17. Starfish have no brains. *(I know some people like that too!)*
18. Polar bears are left-handed. *(If they switch, they'll live a lot longer!)*
19. Humans and dolphins are the only species that have sex for pleasure. *(What about that pig?)*



*Tinig Newsletter*

*August 10, 2023*

## Glimpses of Our Last Meeting



HCP Adolf calls meeting to order with Rtn Peter as emcee. PE Dodie leads invocation and...



singing of Pambansang Awit. PP Henry recites Apat Na Urian Ng Rotaryo and Rtn Rod introduces visiting Rtns & guests.



Pangkat 2 trio sings Pasig Rotarians, an adaptation of Abba's Dancing Queen.



## Glimpses of Our Last Meeting



HOF/PP Conrad on golf sponsorship, PP Henry on tournament donor & PP John on new club T-shirt.



Joke from PE Dodie, fining by PP Benny & message from HCP Adolf.



HCP Adolf introduces Mr Paco Magsaysay, founder of Carmen's Best Ice Cream.



*Tinig Newsletter*

*August 10, 2023*

## Glimpses of Our Last Meeting



His talk is on shifting one's mindset from employee to entrepreneur focusing on family's ice cream Carmen's Best patronized by Pope Francis & PAL.



Replying to questions from Rtn Noel on carabao milk & PP RJ on decision to sell business.



Answering queries from Rtn Flor and Rtn Dante on franchising.



*Tinig Newsletter*

*August 10, 2023*

## Glimpses of Our Last Meeting



Answering questions from Rtn Doc Ato on using probiotics & PP Vic on pricing & IPO.



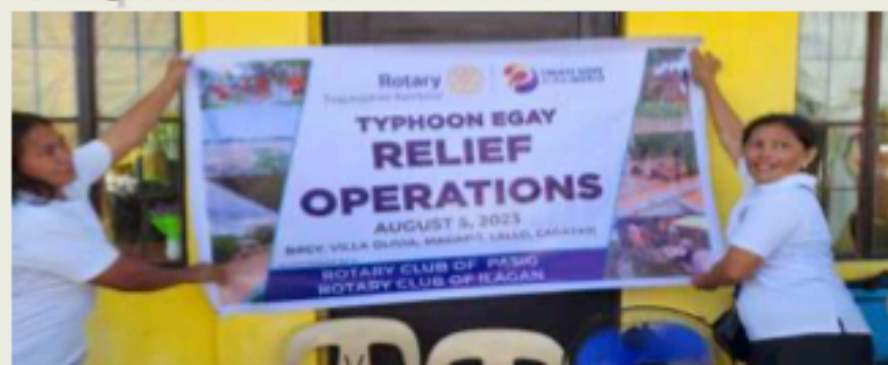
HCP Adolf gives club's token the adjourns meeting.



Pasig Rotarians with speaker.



## Glimpses of other Activities



A joint undertaking of RC Pasig, RC Ilagan & RC Tuguegarao Rainbow in Lallo, Cagayan.



In sacks are packs of rice, sardines, corned beef, meat loaf & noodles for transport & distribution.



Rotarians from RC Tuguegarao Rainbow distributing packs.



*Tinig Newsletter*

*August 10, 2023*

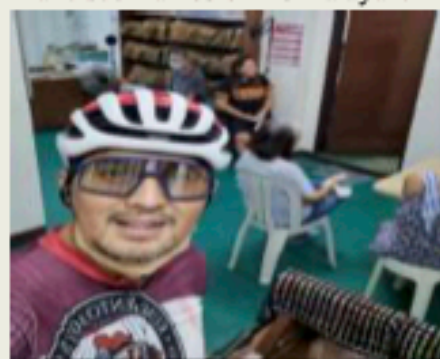
## Glimpses of other Activities



PP Bert, Rtns Dante & Aris representing club in joint induction & handover ceremonies of RC Balayan & RC Calatagan of D3820.



Signing of renewal of sister club agreement by PP Bert & HCP Francisco Ramos of RC Balayan.



Rtn Doc Henry...from biking to removal of sutures for patients of Operation Bukol last Sunday.



## **Pangkat Members RY 2023 - 2024**

### **PANGKAT NO. 1**

- 1. IPP Bong Paloma - Leader**
- 2. Dir. Demy Magpantay - Co-L**
- 3. Rtn Jay Bautista**
- 4. Rtn Nesty Carolina**
- 5. PP Conrad Cuesta**
- 6. Rtn Roehl Fontanilla**
- 7. Rtn. Richie Defensor**
- 8. Rtn Noel Go**
- 9. PP Dodot Jaworski**
- 10. Rtn Sammy Lazo**
- 11. PP Esto Lichauco**
- 12. Rtn. Gene Menor**
- 13. Rtn Albert Mendiola**
- 14. Rtn. Richie Pua**
- 15. Rtn. Bien Sibug**
- 16. Rtn. Aris Marfil**

### **PANGKAT NO. 2**

- 1. PE. Bernard Dy - Leader**
- 2. Dir. Peter Pancho- Co-L**
- 3. Rtn Ato Basco**
- 4. Rtn. Henry Claravall**
- 5. PP Topax Colayco**
- 6. PP Benny de Guzman**
- 7. Rtn Gerard Estrada**
- 8. PRID Raffy Garcia III**
- 9. Rtn. Chony Gimenez**
- 10. Rtn. Edison Go**
- 11 PP Ner Laino**
- 12. Rtn. Rod Moreno**
- 13. Rtn Fr. Kell Ortega**
- 14. Rtn Roman Romulo**
- 15. Rtn Nicky Ty**
- 16. PP Henry Uy**

### **PANGKAT NO. 3**

- 1. Dir. Jake Oh – Leader**
- 2. Dir. Tet Mallare – Co-L**
- 3. PP Garrick Ang**
- 4. Rtn Mads Bengua**
- 5. Rtn Benard Bobadilla**
- 6. PP Rene Bocaya**
- 7. Rtn Flor de Pano**
- 8. Rtn . Carlo Doce**
- 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. Philip Yoon**
- 16. Rtn. JS Zamora**



## **Pangkat Members RY 2022 - 2023**

### ***Continuation 1.***

#### **PANGKAT NO. 4**

**1. PP Jun Zafra – Leader**

2. Rtn. Gary Ona-Co L
3. PP Bert Albano
4. Rtn Richard Berganos
5. Rtn Pal Bolivar
6. PP Toti Buhain
7. Rtn. Karl Contreras
8. PP RJ Ermita
9. PP Ramy Garcia IV
10. Rtn Cesar Lacuna
11. PP Ogie Lim
12. PP Peping Mabanta
13. PP Hermie Orbe
14. Rtn Dekdek Paloma
15. Rtn Rudy Sanguyo
16. Rtn Jeffrey Sonora

#### **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 Bebert Lacuna
12. Rtn Fr. Jojo Opinio
13. Rtn Bart Ronquillo
14. Rtn Jecko Santos
15. Rtn Vico Sotto
16. Rtn. Roland Vasquez

#### **PANGKAT NO. 6**

**1. Dir. Anson Tan – Leader**

2. Pres. Adolf Aran - Co-L
3. Rtn Roman Arugay
4. Rtn Oyie Averilla
5. Rtn Ben Baniel
6. Rtn Dickson Berberabe
7. Rtn. Chito Bernardo
8. PP Nick Guzman
9. Rtn. Alex Lacson
10. PP Vic Lim
11. Rtn. Ike Ona
12. PP Ferd Rivera

**13. Rtn. Ping Tan**

14. Rtn. Stephen Valera
15. PP Celso Ylagan



*Tinig Newsletter*

*August 10, 2023*

## **From the Secretary's Desk**

*Sec. PP John Javier*



### **Attendance**

Members Present .....52

% of Attendance (08/03/23).....54.7%

### **Birthday Celebrants for the Month of August 2023**

### **Wedding Anniversaries for the Month of August 2023**

### **Guest & Visiting Rotarians**

1. PP Rolly magat, RC Mutya ng Pasig
2. Mary Antonette Alcana, GK Village
3. Veronica Gonzales, GK Village
4. Jerry Quibilan, Host: PP Peter Javier



## Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS	
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<b>ANSON TAN</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> <b>RTN. FR. JOJO OPINIO</b> 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: \_\_\_\_\_



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