

Rotary  
Club of Pasig

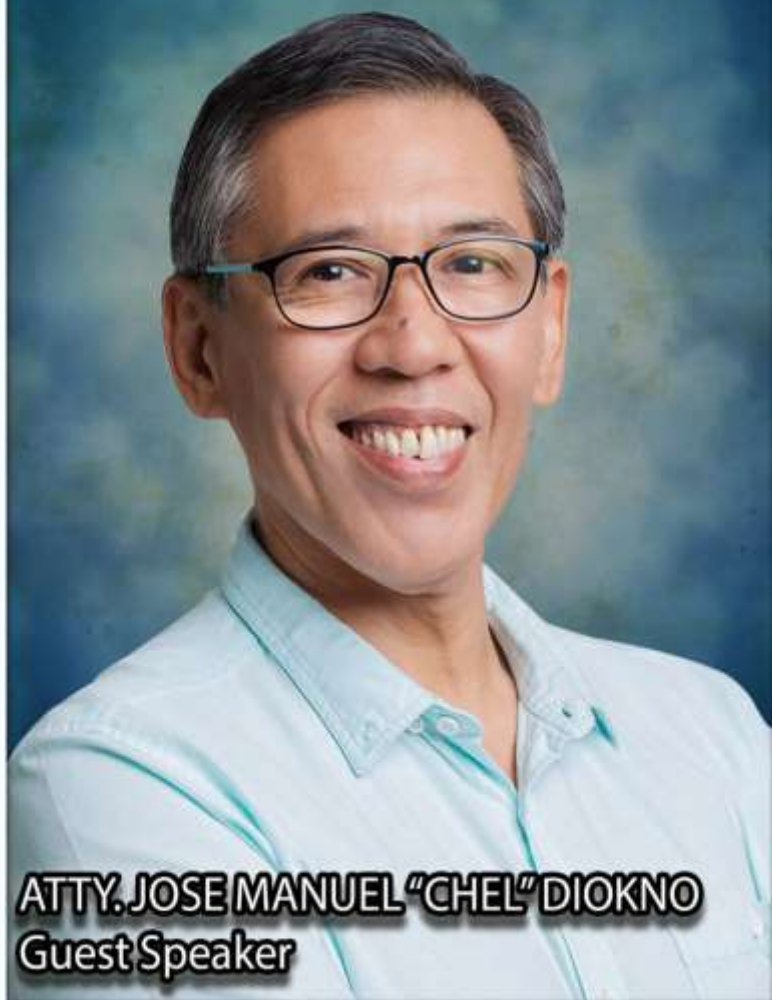


IMAGINE  
ROTARY

2 FEBRUARY 2023  
Rotary Year 2022-2023

# TINIG

The Official Newsletter of the Rotary Club of Pasig



**ATTY. JOSE MANUEL "CHEL" DIOKNO**  
Guest Speaker



## Today's Programme

Valle Verde Country Club  
February 2, 2023, 12:30 P.M  
Pangkat 2 Leader Dir. Bernard Dy

Call to Order	Pres. Bong Paloma
Invocation	Rtn. Fr. Kell Ortega
National Anthem	Dir. Bernard Dy
FOUR-WAY TEST	Rtn. Rod Moreno
Introduction of Visiting Rotarians & Guests	Rtn. Flor de Pano
Community Singing	Pangkat 2
Wise or Otherwise	
Fining Moments	PP Benny de Guzman
President's Time	Pres. Bong Paloma
Introduction of Guest Speaker	PP John Javier

***ATTY. JOSE MANUEL I. DIOKNO***

***Topic: Upholding the Truth in the Age of Disinformation:  
The Challenge of our Time***

***GUEST SPEAKER***

Open Forum	
Adjournment	Pres. Bong Paloma

PP Topax Colayco  
Emcee

- FEBRUARY IS WORLD UNDERSTANDING MONTH -

# Invocation



Father, keep in mind your holy covenant,  
sealed with the blood of the Lamb.  
Forgive the sins of your people and let  
this new day bring us closer to salvation.  
We ask this through our Lord Jesus  
Christ, your Son, who lives and reigns  
with you and the Holy Spirit, God, for  
ever and ever. 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



### IT'S THE 4-WAY TEST

*(Tune: It's The Real Thing)*

We'd like to help Pilipinos live  
In perfect harmony  
We'd like to help Pilipinos grow  
As honest as can be.

The 4-Way Test is what we offer  
To guide their way through life  
It teaches them to tell the truth  
And not to tell a lie.

#### ***Refrain:***

It's the 4-Way Test  
It's Rotary's way  
We're all proud to say  
It's the 4-Way Test

We'd like to help Philippines grow  
In the most beneficial ways  
And bring Pilipinos all together  
In harmony and peace.

The 4-Way Test is what we offer  
To bind them all as one.  
They'll cherish truth as their ideal  
Put lying out of mind

#### ***(Repeat Refrain)***

*(Adaptation from It's The Real Thing for Rotary by PP Peter)*

## From the President

**Pres. Bong Paloma**



Good afternoon RCP!

Welcome to our 1st Love Month club meeting. This month's theme is "Peace and Conflict Prevention and Resolution." I hope peace and love abound within your circle of friends and families.

Last Thursday, we heard from Mr. Ed Francisco about where to invest your hard-earned money. I'm sure some of you have channeled some of your extra cash and have followed Ed's investment advice. If you are among the lucky ones, don't forget to share some of your profits with the club to support our flagship projects.

This month promises to be exciting in terms of speakers line up. Our speaker bureau has lined up exciting and prominent speakers to deliver on relevant topics to keep us abreast of the most pressing issues affecting our personal and professional life and society.

Today, we have Atty Chel Diokno, who will discuss "How to Uphold the Truth in the Age of Disinformation." It's not the first time that we heard of such a topic. Last year, we had Mr. Rico Hizon, a credible broadcast journalist. Now, let's listen to it from the point of view of a lawyer, educator, and human rights advocate. Hopefully, such a series of talks will equip us with the right intellectual capabilities to discern the truth from the plethora of fake news.



## From the President

**Pres. Bong Paloma**

### *Continuation 1.*

Lastly, we still need to recruit three more new members to bring us back to a century club. Please refer your friend, colleagues, and partners to this great club, and I'm sure they will love you for doing so.

Have a great weekend ahead. Mabuhay ang RCP!

Bong

# Walking the Avenues

PP Jun C. Zafra



## SECOND WOMAN NOMINATED AS ROTARY INTERNATIONAL PRESIDENT

EVANSTON, Ill. (January 24, 2023) — Stephanie Urchick, member of the Rotary Club of McMurray, PA, USA, will become the second woman to take office as president of Rotary International on 1 July 2024.

During her one-year term, Urchick will lead the global service organization in adapting its systems and structures to enable Rotary's 1.4 million members in 200 countries and regions to deliver impactful and lasting solutions to the continued challenges facing the world today in a more efficient and regionally effective manner.

To that end, Urchick will strive to foster an understanding of how regional differences affect the way Rotary members work together, and how to leverage and embrace different perspectives to create a strong foundation for innovation, sustainability, and growth.

"Rotary is not the same for everyone everywhere. Understanding how culture, religion, geography, language and so much more inform how Rotary members work together is critical to furthering Rotary's impact," said Urchick. "By acknowledging, respecting and responding to these differences, Rotary can increase cooperation and create and sustain meaningful change everywhere we live, work, and serve."

Urchick will also seek to bridge information and communication gaps and foster connections through technology.



# Walking the Avenues

PP Jun C. Zafra

*Continuation 1.*

“Rotary successfully pivoted to the digital world at the outset of the pandemic, and I want to continue to maximize the benefits,” said Urchick. “Virtual platforms remain a great way for members to engage with Rotary and spread the word about its causes and work.”

Rotary members throughout the world develop and implement sustainable, community-driven projects that fight disease, promote peace, provide clean water, support education, save mothers and children, grow local economies and protect the environment. Over US\$5.5 billion has been awarded through The Rotary Foundation – Rotary’s charitable arm that helps clubs work together to perform meaningful, impactful service.

About Stephanie Urchick: Urchick holds a doctorate in leadership studies from Indiana University of Pennsylvania. A Rotary member since 1991, Stephanie has served Rotary in many roles and capacities. Her service includes building a primary school in Vietnam; installing water filters in the Dominican Republic; mentoring new Rotary members in Ukraine; and coordinating a Rotary Foundation grant project in Poland.

About Rotary: Rotary unites a global network of volunteer leaders dedicated to tackling the world’s most pressing humanitarian challenges and creating lasting change. Rotary connects 1.4 million people of action from more than 46,000 Rotary clubs in almost every country in the world. Their service improves lives both locally and internationally, from helping those in need in their own communities to working toward a polio-free world. For more information, visit [Rotary.org](https://www.rotary.org).

## Our Guest Speaker



### **Dean Jose Manuel I. Diokno**

Dean Jose Manuel I. Diokno is the founding dean of the De La Salle University (DLSU) College of Law, and Chair of the Free Legal Assistance Group (FLAG). He has been practicing law for over 30 years, and gained prominence as a human rights lawyer and litigator. The DLSU College of Law, which opened in 2010, is the first law school in the Philippines to highlight human rights and legal aid as part of its educational program, while the Free Legal Assistance Group (FLAG) is the oldest organization of human rights lawyers in the Philippines, known for handling cases involving civil, political, economic, social, and cultural rights.

Though already well-known in legal and human rights circles, Dean Chel gained wider public prominence when he ran on a platform of justice and judicial reform during the 2022 senatorial elections. He emerged as one of the leading opposition senatorial candidates largely because of his connection with young voters, who made sure he consistently topped nearly all pre-election polls and surveys in schools and universities all over the country. Though he actually has no grandchildren yet, these young Filipinos adopted Dean Chel as their “Woke Lolo” during the campaign because of his progressive stands on issues, his advocacy for youth empowerment, and his witty remarks. Even

## **Our Guest Speaker**

### *Continuation 1.*

with the elections over, Dean Chel continues to engage with his "Cheldren" by serving as speaker for various events for numerous schools and organizations all over the country, with speaking engagements serving as a venue for continuing his advocacy for justice, human rights, and empowering the youth.

In response to the COVID-19 pandemic, and in line with his belief that justice should be accessible to every Filipino, Atty. Chel set up a Free Legal Helpdesk on his Facebook page ([www.facebook.com/cheldiokno](http://www.facebook.com/cheldiokno)). In its first seven months, the help desk helped almost twenty thousand Filipinos with their legal queries. Atty. Chel continues to find ways to bring the law closer to the people and to push for accountability and people's empowerment.

# Tinig Tidbits

By: PP Peter M. Javier



## 17 SURPRISING FACTS AND BENEFITS OF DRINKING COFFEE3

### 1. Your body doesn't need coffee when you wake up.

We naturally produce a hormone called cortisol which has a very similar effect to caffeine. This hormone is made at certain times of the day based on our circadian rhythm. It's important to identify the best time to drink your coffee so you can enjoy its maximum efficacy.

### 2. Coffee isn't as dehydrating as people think.

Caffeine was once thought to be a significant diuretic, but it's really not true unless it's consumed in large quantities. So long as you enjoy your coffee in normal amounts, there's no reason to fear dehydration.

### 3. The “powers” of coffee were discovered by goats.

According to legend, Ethiopian shepherds were the first to notice the caffeinating effects of coffee. They were herding their goats in the area where the coffee plants grew and noticed their coats started “dancing” after eating the coffee berries.

### 4. Coffee can lead to a longer and healthier life.

Coffee has lots of antioxidants that help our body fight chemicals called “free radicals”. Thanks to that, coffee drinkers are at a lower risk of diseases such as Parkinson's, Type II diabetes and certain heart problems. However, coffee drinkers are also more likely to have unhealthy habits such as smoking and drinking alcohol.

# Tinig Tidbits

By: PP Peter M. Javier

*Continuation 1.*

## 5. Coffee contains important nutrients.

A single cup of coffee contains 11% of the daily recommended amount of vitamin B2, 6% for vitamin B5, 3% of manganese and potassium, an much more. As long as you drink good coffee, with no added chemicals or too much sugar, you're doing your body a favor.

## 6. Coffee can help you burn fat.

Studies have proven that caffeine can increase your metabolism by 3% to 11%. It's one of the few natural chemicals that have the power to encourage the process of burning fat.

## 7. All coffee is grown in "The Coffee Belt".

All the regions that have the conditions needed for coffee growing are located in the Coffee Belt. The plants require lots of sunshine and warmth and the tropical belt has plenty of those.

## 8. There's a reason why iced coffee is more expensive.

The resources needed for iced coffee are more numerous and expensive than your regular coffee drink. From plastic cups, extra napkins, double brewing, and extra electrical power to make it all work. Those things add up and so establishments charge more for their iced drinks.

## 9. Caffeine is a crystal.

The true form of caffeine isn't liquid but rather tiny 0.0016-inch crystals. As small as they are, they still have a powerful energizing effect on us.

*(From BabaMail)*

*To be continued...*

# **Wheat not Weeds**

**By: Rtn. Fr. Kell Ortega**



## **Love According to God**

It is already February, and what is usually associated with that month. It's always LOVE because of Valentine's Day. Surely, lovers and couples will quote many meanings of Love. But do they, or even we even asked God what is Love for Him?

We can define Love in different ways according to our own beliefs we held, backgrounds we came from or educational level we attained. But Love, if we are going to ask God about it, is defined through the words of St. Paul the Apostle: "Love is patient; love is kind; love is not envious or boastful or arrogant or rude.. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. (1 Cor. 13:4-7)" In other words, Love is never selfish geared towards self-gratification. Real love is always inclined towards the good of the other and less of self. One of the best ways of defining Love is through charitable acts for the least fortunate like the homeless and those who lacked schooling.

May we continue to love our brethren by helping others help themselves through own little acts of love.

Rtn. Fr. Kell T. Ortega

## Glimpses of Our Last Meeting



PE Bong presides at club's 28th meeting with Rtn Roehl as emcee. FP Noel leads invocation.



Rtn Roehl sings Pambansang Awit, Baby Rtn leads 4-Way Test & PP Jun introduces visiting Rotns.



Pangkat 1 sextet singing Pasig Rotarians.



## Glimpses of Our Last Meeting



Visiting Rtn Geoffrey Little sings. "Wise" remarks from PP Benny and PP John.



HOF/PP Conrad is finemaster. President's time for PE Adolf.



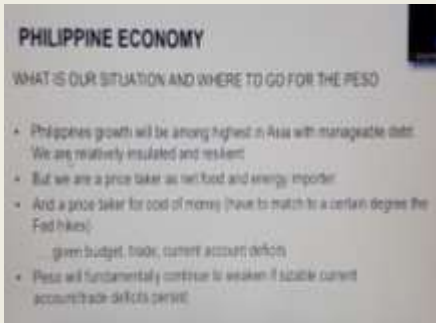
Handing out club's bannerette to visiting Rtns Geoffrey Little of RC Sydney & Randal Eastman of RC Shanghai.



## Glimpses of Our Last Meeting



PP Vic Lim introduces Mr Eduardo Francisco, president of BDO Capital & Investment Corp.



His topic is on where you should put your hard earned money.



Replying to questions from visiting Rtn Geoffrey Little and Rtn Rod.

## Glimpses of Our Last Meeting



Also from FP Noel and HOF/PP Conrad.



Answering questions from PP Vic L. and PP Jun.



Receiving club's token from PE Adolf who thereafter adjourns meeting.





## Pasig Rotary GK Village Gift Giving



## Pasig Rotary GK Village Gift Giving





## Pasig Rotary GK Village Gift Giving



## **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 Ping Tan
16. 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 Fr. Jojo Opinio
14. Rtn James Porter
15. Rtn Sonny Rivera
16. 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. PP Nick Guzman
8. Rtn Alex Lacson
9. PP Vic Lim
10. Rtn. Ike Ona

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



## Rotarian's Scholarship Pledges RY 2022-2023

*As of February 2, 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 Ogie Lim	25k Pd
7. PP Jun Zafra	12k Pd
8. PP Peter Javier	12k Pd
9. Rtn Dennis Albano	12k Pd Bal. 6k
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

## Officers and Directors

### ROTARY CLUB OF PASIG (RY 2022-2023)

<b>President</b>	Josefino “Bong” M. Paloma
<b>Vice President/PE</b>	Adolfo “Adolf” de Jesus Aran
<b>Club Secretary</b>	PP Peter John “John” U. Javier
<b>Treasurer</b>	Rtn. Joaquin “Jake” Oh

#### **DIRECTOR:**

<b>Club Administration</b>	Rtn. Roy Marvin “Roy” Quejada
<b>Membership</b>	Rtn. Bernard “Bernard” C. Dy
<b>Public Relations</b>	Rtn. Marthony “Ato” Basco
<b>Service Community</b>	Rtn. Saturnino “Tet” G. Mallare III
<b>The Rotary Foundation</b>	PP Marcelo “Jun” C. Zafra, Jr.
<b>Youth Service</b>	Rtn. Roderick “Dekdek” C. Paloma
<b>Ex-Officio</b>	IPP Garrick “Garrick” L. Ang

## ***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

# 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>PETER M. JAVIER</b> Tinig Tidbits	<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:** \_\_\_\_\_