

Rotary
Club of Pasig



IMAGINE
ROTARY

8 JUNE 2023
Rotary Year 2022-2023

TINIG

The Official Newsletter of the Rotary Club of Pasig



RTN. AMERIGO SGBAUTISTA, JR, MD, FPCP, FPSN
Guest Speaker



Today's Programme

Valle Verde Country Club

June 8, 2023, 12:30 P.M

Pangkat 6 Leader PE Adolf Aran

Call to Order	Pres. Bong Paloma
Invocation	Rtn. Alex Lacson
National Anthem	Rtn. Alex Lacson
FOUR-WAY TEST	Rtn. Bien Sibug
Introduction of Visiting Rotarians & Guests	PE Adolf Aran
Community Singing	Pangkat 6
Wise or Otherwise	
Fining Moments	PP Nick Guzman
President's Time	Pres. Bong Paloma
Introduction of Guest Speaker	Rtn. Ike Ona

Rtn. Amerigo SG Bautista, Jr, MD, FPCP, FPSN

Topic: How to Take Care of Your Kidney

GUEST SPEAKER

Open Forum

Adjournment

Pres. Bong Paloma

PE Adolf Aran

Emcee

*** * June is "Rotary Fellowship Month" * ***

Invocation



God our Savior, hear our morning prayer: help us to follow the light and live the truth. In you we have been born again as sons and daughters of light: may we be your witnesses before all the world. 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 kinauukulan?
3. Iyon ba ay lilikha ng **MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKIPAGKAIBIGAN**?
4. Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kinauukulan?

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 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 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



“FATHER AND SON”

By: Cat Steven’s

It's not time to make a change
Just relax, take it easy
You're still young, that's your fault
There's so much you have to know

Find a girl, settle down
If you want you can marry
Look at me, I am old
But I'm happy

I was once like you are now
And I know that it's not easy
To be calm when you've found
Something going on

But take your time, think a lot
Think of everything you've got
For you will still be here tomorrow
But your dreams may not

How can I try to explain?
When I do he turns away again
It's always been the same
Same old story
From the moment I could talk

Song of the Day



Continuation 1.

I was ordered to listen, now there's a way
And I know that I have to go away
I know I have to go

It's not time to make a change
Just sit down, take it slowly
You're still young, that's your fault
There's so much you have to go through

Find a girl, settle down
If you want you can marry
Look at me, I am old
But I'm happy

All the times that I've cried
Keeping all the things I knew inside
It's hard, but it's harder to ignore it
If they were right I'd agree
But it's them they know, not me
Now there's a way
And I know that I have to go away
I know I have to go

From the President

Pres. Bong Paloma



Good afternoon, RCP.

It's a pleasure to welcome you to yet another club meeting. As we kick off National Kidney Month in June, our very own Doc Jay Bautista will enlighten us on how to care for our kidneys properly. Doc Jay, the consultant and head of the Organ Donation Advocacy Committee at Rizal Medical Center promises to impart valuable insights on this vital topic.

As my tenure as your Imaginative Amazing Treasure President (IATP) draws to a close, I am thrilled to announce that PE Adolf will take over leadership in the upcoming term. With the Rotary International 2023-2024 theme "Create Hope in the World," I am confident that he is fired up to take on the challenges of the Presidency.

I want to extend a special invitation to all club members for our June 15 luncheon and club meeting. We are pleased to have Miss Earth Philippines 2023, Yllana Marie Aduana, from Sinoloan, Laguna as our guest during our luncheon activity. I arranged a meeting with her to explore how RC Pasig and Miss Earth organization could collaborate on environmental sustainability projects. Her three-member team will also accompany Yllana. During our luncheon, we will also sample some of the exceptional rum and liquors of Disteleria Limtuaco. Fingers crossed that Ms. Olivia doesn't forget!

Please also mark your calendars for my last club assembly and

From the President

Pres. Bong Paloma

Continuation 1

fellowship on Wednesday, June 28 at 6:00 pm. Our tentative venue is at the Valle Verde 1 Clubhouse. I will keep you posted if there are any changes. Please note that June 29 is Eid al-Adha (Feast of the Sacrifice) and a public holiday; thus we are moving our club assembly to June 28.

Once more, thank you for joining us today, and see you all next week.

Mabuhay ang Rotary Club of Pasig!

Bong

Rotary Notes

PP Benny P. De Guzman



We are still a prayerful country as super Typhoon Mawar battered Guam and when it was to hit the country, first it missed us for a great while and when it did, it was not that super typhoon anymore. Then when it left as Typhoon Betty, it went to Taiwan with great devastation once again.

Last week's guest speaker, Ms. Olivia Limpe Aw is a well blended lady with Brains, Beauty and Bearings and, has given her role as CEO of Destileria Limtuaco a significant role like the long list of prominent family leaders. And she is the first lady to handle that role. Her nationalistic fervor is manifested not only on the many product lines using native products as lead ingredients. A few days after she spoke to us, she was featured in Inquirer where she was acknowledged to have a replica of their distillery featured in Intramuros as a tourist attraction featuring the production capabilities of her firm dating back to the Spanish times.

The the Limpe Aw line will stay for much longer years since she has three big grownup boys to follow her track. Let's drink to the continued success of her distillery. She will send some drinks on our June 15 meeting.

PP Luz Cotoco as one of the best PP of Rotary Club of Ortigas Center is asking for support when their club hosts the Awards Night for the District on 17th June. To those active in District affairs, why not bring some of our baby Rotarians for them to feel the warmth of fellowship in District affairs?

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

June is a lean month for birthday celebrants as no sign of any lechon on Thursday which is close to a celebrant's birthday. Independence Day lechon sana but early for PP John and much earlier for PP Ogie. Pag si Ogie nag host, nagka onsehan na talaga as 11th birthday niya.

My teaser last week did not get the support from the members. I wonder if the two PPs with their offers of cars for sale got even a few responses thru our Edgar. More so for other lines. But the idea is still worth pursuing and improving as these were not suggestions at all. Services, food and related personal matters can be used as others may find this a convenient way of reaching out to a good market.

Walking the Avenues

PP Jun C. Zafra



ROTARY INTERNATIONAL CONVENTION CONCLUDES WITH A MESSAGE OF HOPE

After imagining the future of Rotary in Melbourne, Australia, members and speakers at the 2023 Rotary International Convention looked ahead to next year's gathering in Singapore and being able to share hope with the world by focusing on mental health and well-being.

"Singapore is a city that embodies the spirit of service and giving back to the community," said Jennifer Scott, chair of the 2024 International Convention Committee. "This city-state is a hub of culture, cuisine, and innovation, and is renowned for its architecture, natural beauty, and bustling nightlife. There is something for everyone in Singapore."

During the convention's closing session, 2023-24 Rotary International President R. Gordon R. McNally explained why he's asking members to make mental health a priority. When his only brother took his own life, McNally said, he became determined to fight the stigma around mental health issues and expand access to care.

"I might venture to suggest that one of the main reasons that my brother and so, so many others like him reach the point they do is that mental health remains such a taboo subject, and that mental health services remain in such short supply," he said. "I know that Rotary can do something about that. I am confident we can illuminate mental health needs near and far."

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

"We can help one another feel more supported as fellow Rotary members and as neighbors," McNally continued. "We can advocate for mental health services. And we can build bridges with experts in the mental health space to help expand access to treatment."

McNally urged Rotary members to Create Hope in the World by getting involved and taking action at a critical moment in history.

"To create hope, we must continue doing our important work, and do it better than ever before," he said. "We must refocus our efforts to build peace across the globe. And we must help each other find peace within — and share that ethic of care to the people we serve."

Earlier in the day, Kunle Adeyanju, president of the Rotary Club of Ikoyi Metro A.M., Nigeria, reflected on how to fulfill the promise of a polio-free world. In 2022, Adeyanju rode a motorcycle from London, England, to Lagos, Nigeria, to raise money and draw attention to the cause.

"We're in the last mile of the push toward polio eradication. That's quite encouraging," Adeyanju said. "But when you're so close to the tipping point, the whole gain you've achieved in the last 30 years could go away in one day."

He compared the commitment to end polio to his marathon ride. "There were several instances where I was in the Sahara and I kept asking myself, 'Why am I doing this? Why did I get myself

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

here?' But the resilient spirit in us says, 'Yes, it's difficult, but it's doable.' That's the same mindset we need to put into eradicating polio around the world."

During another session that focused on the difficult but doable, past Rotary Peace Fellow Ryan Rowe introduced Haitian Rotarians who have been working to bring clean water to 770,000 people in seven counties throughout the country as part of HANWASH, or the Haiti National Clean Water, Sanitation, and Hygiene Initiative.

Over the last three years, the organization has raised US\$1.8 million to dig wells, build latrines, and modernize water systems around the country. Organizers also plan to invest US\$400,000 in a mentoring and training program for local engineers.

This "is an incredible story of Rotary impact that the entire world needs to hear," Rowe said.

In her closing remarks, Rotary International President Jennifer Jones, who made history as the organization's first female president, made the connection between imagining Rotary — the idea of her presidential theme — and hope, an element of McNally's.

"We don't imagine yesterday — and we also don't look for hope in past actions," Jones said. "'Hope' and 'imagine' are words for tomorrow — words that propel us forward. They build upon each other and offer a path forward. A path of continuity."

Our Guest Speaker



Rtn. Amerigo SG Bautista, Jr, MD, FPCP, FPSN

Associate Professor

Chinese General Hospital Medical Center Medical School

Active Consultant and Head of Organ Donation Advocacy
Committee

Rizal Medical Center

Consultant and Training Core Member

National Kidney and Transplant Institute and Chinese General
Hospital

Assistant medical director, kidney foundation of the Philippines

Tinig Tidbits

By: PP Peter M. Javier



13 ACTS YOU WON'T HAVE HEARD ABOUT

1. Steven Spielberg wanted to direct a James Bond movie, but he was rejected. He discussed his problem with his friend George Lucas who told him that he has an idea about how to make a James Bond movie but better. This is how Indiana Jones was created.
2. Baby elephants suck on their trunks for the same reason human babies suck on a pacifier.
3. 1/10th of the world's gold reserves belong to Indian housewives. This is more than the US, Germany and Switzerland have combined.
4. In 1981, a man somehow managed to sneak into Buckingham Palace. He ate their cheddar cheese and walked around the place. After sitting on the throne and drinking half a bottle of wine, he left.
5. Apples that we purchase at grocery stores were actually picked up 6-12 months ago. Before they are put in stores, they are kept in special fridges with very low oxygen levels so that they don't start to go bad.
6. People from Kalachi, Kazakhstan have a strange sleep syndrome. They feel tired and sleepy most of the time and some of them even fall asleep for an entire week. Scientists have conducted many studies in this village, but they are yet to find the cause of this phenomenon.
7. There is an episode of Mythbusters that nobody will ever see. They made a very powerful explosive using scrap materials but

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

when they realized the possible consequences of what they had just achieved, they quickly deleted the episode and warned the police that terrorists can use the results of their experiment for their own purposes.

8. Atoms are 99.9999999% empty space. If you collected all the world's people together and removed any empty space out of them, humanity would be the size of an orange.
9. The US Navy replaced the old submarine control system with Xbox 360 controllers. This helped new soldiers learn to control submarines much faster.
10. There are way more bacteria in a human belly button than in the bathroom. Scientists compared ten belly buttons of volunteers and compared them with germs found in the bathroom. They found 1,500 kinds of bacteria in a belly button that were unknown to science.
11. At the end of the Vietnam War, an American ship had to throw away \$10 million worth of helicopters so that a pilot could land with this family.
12. Very few people know that Elvis Presley's natural hair color was very light. When he was young, he dyed his hair and kept it this way.
13. At the beginning of the 19th century, Ketchup was advertised as a cure for diarrhea and jaundice. It was even made into pills. However, this information was proven wrong and Ketchup has only been sold as sauce since.

(from BabaMail)

Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Giving What is Due to God

Nowadays we live in a secularized, modernized, and even atheistic world where God is seemingly no longer relevant to recognized. That's why we face everyday moral issues like abortion, murder, euthanasia, oppression, bullying, and theft. All are results of not recognizing God in each people. But is that the case always?

True, we live in a secular or material world where our lives is dictated almost by material and financial economy. However, we are human beings (God-fearing humans to be precise) are endowed with free will - i.e., we can choose to live as secular beings or God-fearing ones. Thus, a passage from the Bible will help us understand this: "Give back to Caesar what is Caesar's and to God what is God's (Mark 12:17)." In my reflection, this is what Jesus is telling us through the Evangelist Mark: we either live the teachings of God like mercy, compassion, integrity, honesty, and humility, or live whatever we want even at the expense or total disregard of other people.

Thus, no matter who we are, let's choose to live the virtues God has taught us through the Bible. In this way, we give what is really due to Him as His children.

Glimpses of Our Last Meeting



IATP Bong calls meeting to order with Rtn Anson as emcee. PP Henry leads invocation.



And singing of Pambansang Awit. Rtn Stephen recites Apat Na Urian Ng Rotaryo. PE Adolf introduces guests.



Pangkat 6 quintet sings Pumapatak Na Naman Ang Ulan.

Glimpses of Our Last Meeting



Mr Paul Cristobal thanks Rotarians & ARAP for their donation to open heart surgery for 2 month old son.



Rtn Rod prematurely asking for White Castle calendar! PP Celso is finemaster. It's President's time.



PE Adolf introduces Olivia Limpe Aw, President & CEO of Destileria Limtuaco & Co., Inc.

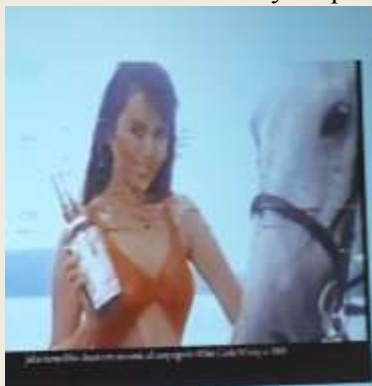
Glimpses of Our Last Meeting



Ms Aw, a 5th generation master blender & distiller talks of her company



the oldest distillery & quality leader in the liquor industry in the



Philippines and her developing & promoting internationally Philippine

Glimpses of Our Last Meeting



craft spirits from mango, calamansi, dalandan, coffee, cacao, etc.



Replying to questions from Rtn Rod on calendar & Rtn Noel on outlets for local sales.



Answering questions from PP Celso on offering shares to public & PP Rene on sourcing Banawe rice.

Glimpses of Our Last Meeting



IATP Bong offers a toast!



A handshake after giving club's token then adjournment.



Rotarian's Scholarship Pledges RY 2022-2023

As of June 8, 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
16. Richard Pua
17. Stephen Valera

Officers and Directors

ROTARY CLUB OF PASIG (RY 2022-2023)

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

DIRECTOR:

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

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present33

% of Attendance (06/01/23).....34.3%

Birthday Celebrants for the Month of June 2023

Wedding Anniversaries for the Month of June 2023

Guest and Visiting Rotarians

1. Vic Berroya, Host: PP Celso Ylagan
2. Jiniel Zamora, Host: Rtn. Richard Pua
3. Karl Contreras, Host: Rtn. Richie Pua
4. Rudy Sanguyo, Host: Rtn Richie Pua

Editorial Staff

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

Website: www.rcpasig.org

Email : rcpasig@hotmail.com

Secretariat Office: Ylagan Law Office
Unit 809, City & Land Mega Plaza
ADB Avenue Corner Garnet Road
Ortigas Center, Pasig City Tel. No. 635-2234

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:** _____