

Rotary  
Club of Pasig



23 MARCH 2023  
Rotary Year 2022-2023

# TINIG

The Official Newsletter of the Rotary Club of Pasig



**MS. GHICKA BERNABE-KRISTOFF**  
Guest Speaker



## Today's Programme

**Valle Verde Country Club  
March 23, 2023, 12:30 P.M  
Pangkat 3 Leader Dir. Jake Oh**

<b>Call to Order</b>	<b>Pres. Bong Paloma</b>
<b>Invocation</b>	<b>Rtn Philip Yoon</b>
<b>National Anthem</b>	<b>Acapela with all Members</b>
<b>FOUR-WAY TEST</b>	<b>Rtn. Dante Lardizabal</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>Rtn. Mads Bengua</b>
<b>Community Singing</b>	<b>PP Rene Bocaya</b>
<b>Wise or Otherwise</b>	
<b>Fining Moments</b>	<b>PP Peter Javier</b>
<b>President's Time</b>	<b>Pres. Bong Paloma</b>
<b>Introduction of Guest Speaker</b>	<b>PE Adolf Aran</b>

**Ms. Ghereeeka Mae T. Bernabe- Christoff**  
***GUEST SPEAKER***

<b>Open Forum</b>	
<b>Adjournment</b>	<b>Pres. Bong Paloma</b>

**Dir. Jake Oh**  
**Emcee**  
**- MARCH IS LITERACY MONTH-**

# Invocation



Lord, true light and source of all light, listen to our prayer. Turn our thoughts to what is holy and may we ever live in the light of your love.

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.**

# 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?

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## 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



### **Knock Three Times**

*Song by Tony Orlando and Dawn  
January 1971*

Hey girl, whatcha doing down there  
Dancing alone every night  
While I live right above you?

I can hear your music playing  
I can feel your body swaying  
One floor below me  
You don't even know me, I love you

Oh, my darling, knock three time  
On the ceiling if you want me  
Twice on the pipe  
If the answer is no

Oh, my sweetness  
Means you'll meet me in the hallway  
Oh-oh, twice on the pipe  
Means you ain't gonna show

If you look out your window tonight  
Pull in the string with the note  
That's attached to my heart

Read how many times I saw you

# Song of the Day

*Continuation 1.*



How in my silence, I adored you  
And only in my dreams did  
That wall between us come apart  
Oh, my darling, knock three times  
On the ceiling if you want me  
Mm-mm, twice on the pipe  
If the answer is no

Oh, my sweetness  
Means you'll meet me in the hallway  
Whoa, twice on the pipe  
Means you ain't gonna show

Whoa, I can hear the music playing  
I can feel your body swaying  
One floor below me  
You don't even know me, I love you

Oh, my darling, knock three times  
On the ceiling if you want me  
Whoa, twice on the pipe  
If the answer is no  
(I love you, I love you, I love you)

Oh, my sweetness  
Means you'll meet me in the hallway  
Mm-mm, twice on the pipe (twice on the pipe)  
Means you ain't gonna show...

*Songwriters: Irwin Levine / L.russell Brown*

## Contributed

By: PP Rene Bocaya



### Story behind Knock Three Times

"Knock Three Times" is a popular song credited simply to "Dawn". Tony Orlando was not named on the record. The actual singers were Tony Orlando, Toni Wine, and Linda November, prior to the creation of "Dawn" with Telma Hopkins and Joyce Vincent Wilson. The song was released as a single, which hit No. 1 on the Billboard Hot 100 in January 1971 and eventually sold six million copies.

The composers of this song, L. Russell Brown and Irwin Levine, were thinking of the song "Up on the Roof" and they wanted to write a song with that kind of lyrical flavor, about tenement living. In the song, the singer has fallen in love with a woman who lives in the apartment directly below his but has no clue as to her interest, so he asks her to respond by either knocking three times on the ceiling (yes) or banging twice on the pipe (no), and the chorus includes sound effects of the two choices.

Orlando was, at the time of the recording, working as a producer/singer for a rival record label, and first heard the tune recorded by another artist and immediately knew the song could be a hit if produced as he envisioned. Orlando cut the track discreetly under the name "Dawn", hoping that his current record label would not find out. Upon release, the song became a great success.[4]

## From the President

**Pres. Bong Paloma**



Good afternoon RCP!

Summer is officially here and we braced ourselves for hot weather, a 15% increase in water demand and possibly some power interruptions due to power plant maintenance (a warning from DOE). These are some challenges we face this summer (March to May). Luckily, our speaker, Atty Jocot De Dios of Manila Water Co. said they are doing everything possible to keep the water flowing in our faucets 24/7 during the summer months by tapping alternative water sources in the central portion of Laguna Lake.

During his talk, we learned the value and importance of water and the impact of climate change on our 50-year-old Angat Dam (the major water source). He also shared that they have earmarked 100B pesos in CAPEX investment to put up world-class treatment facilities, tap and build alternative water sources and maintain an efficient water distribution system with less than 13% water leakage. As consumers, let us do our part to conserve this precious commodity. Until they can find enough alternative water sources, PP Peter and the rest of the Rotarians must keep their overhead tanks in place.

Today, we have a beautiful and the winningest coach of the NU Pep Squad as our speaker. Being an all-male club, it is always refreshing to have a female speaker sharing her trade secrets on building and keeping a winning team. Thank you, PP RJ and PE Adolf for lending us coach Ghicka. Her sharing would be an excellent lesson to an all-male club, and who knows, we can

# From the President

**Pres. Bong Paloma**

## *Continuation 1.*

pick some tips on how to win over our wives. Her talk is also a good continuation of the building positive habits talk of Chicago's Top Dawg – Howard Wallach. Thank you, coach for joining us today and we wish you safe travels to Germany.

Again, the next stop is DISTAS on April 15 and 16 at Baguio Country Club in Baguio City. Let us support our PE Adolf by attending DISTAS. See you in Baguio!

Thank you for joining us today. Stay strong and healthy!

Bong

## **Rotary Notes**

**PP Benny P. De Guzman**



A dedicated HOF/PP Peter is so keen on monitoring the weekly attendance by zoom and face-to-face and his updates though regular and alarming has yet to get a good reaction from the Imagining Board.

A future president of our club, PN Dodie as Pangkat Leader, mildly told his members that last week was a disappointment as his Pangkat 2 where I am a member, fared the worst of all the failing Pangkats. I told him it was my first absence and I will make up before our next meeting. How many of our members are aware of the great make up system? And for that matter, the other Pangkats? How many other Pangkat Leaders goes to the extend of a follow up?

The beauty of being a member of a Rotary club is in the fellowship and what better fellowship if you attend another Rotary meeting, meet other Rotarians and interact and perhaps, get a much needed business boost? If not make up, even to have an additional meeting if you need to get fresher ideas from their guest speaker. And for our club members to see what a club with mixed members are enjoying.

Last Tuesday night, I had the pleasant experience of a very good make up. I even left before the meeting ended in excess of the minimum 60% for a good make up as I was there for fellowship at 7:15 pm and the meeting started promptly at 7:30 pm. The effective president, Fr. Rodel Enriquez is a Davao-based priest and goes to Pasig for his Rotary obligations. They regularly sing before the start of the meeting proper the Rotary song of the

# **Rotary Notes**

**PP Benny P. De Guzman**

*Continuation 1.*

late PP George Canseco which was beautifully played on video. They also recite the Object of Rotary and The Four Way Test. I left at 9:43 pm, a good 2-1/2 hours.

Interesting was their meeting. It was their spouses' night and there was even the widow of their PDG Ferdie Fuentes to support. An ever smiling spouse brought chocolate cookies. Once the program started, up to when I left, there was no single break. They presented a video of the very successful Discon, their shortfalls even with 863 attendees and support of the other clubs. I was so embarrassed to hear that only one club returned the full set of tickets for the car raffle. Why embarrassed? Mother club tayo and we returned all. If PP John in Wise & Otherwise presented the tickets baka 50% or baka most would have been sold. I did not bother to ask how much will go to selling club as I understood this was a help to any club as less that a third will be paid to the sponsoring club.

Lessons learned. From PN Dodie, Pangkat Leaders must help absent members how to make up. Better, a lead guy with the Pangkat to bring one or two to make up even if it means an extra meeting.

Request of other clubs especially daughter clubs for assistance and if the Board refuses, to offer to Pangkat Leaders, PPs and HOFs. We are part of a greater community. We know how to respond, We are Pasig Rotarians!

## **Walking the Avenues**

**PP Jun C. Zafra**



### **SMALL ROTARY CLUB IN ECUADOR'S ANDES DELIVERS BIG ON WATER PROJECT**

High in the Andes, an indigenous community had been waiting more than a decade for clean drinking water.

They had worked with a regional water agency on a plan, but didn't have the funding to put it into effect – until they met a new Rotary club willing to apply for their first global grant.

The village of Cochapamba lies in the shadow of Ecuador's highest peak, Chimborazo, about 250 kilometers (155 miles) south of Quito. Residents had to journey an hour to bathe or wash their clothes. They would draw a small weekly allotment of water for drinking from an irrigation basin meant for crops — and risk getting sick from the untreated water.

Villagers had formed a water board and worked with the regional water agency to design a system for pulling water down from a mountain catchment and treating it. But their plan couldn't be implemented without more funding. Meanwhile, some of the residents who occasionally came into Guaranda, a town about 8 kilometers (5 miles) away, got to know members of the Rotary Club of Guaranda, Bolivar, which had just chartered in 2019.

"We have been dealing with this problem for many years. We had a project ready, but nobody could help us," says Doroteo

## **Walking the Avenues**

**PP Jun C. Zafra**

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

Santillan, a Cochapamba resident interviewed by the station GuarandaTV in a video made by the club. "But then we found the Rotary club ... and they helped us access the water."

"My wife saw how the women had to carry water on their backs and started thinking, 'How could we help?'" says Alfonso Camacho, service chair for the Guaranda club.

The new club had never applied for a global grant from The Rotary Foundation. But its members got lots of advice from others in Rotary, found a partner, and worked with people in Cochapamba on the system that now provides safe drinking water to 133 families.

Camacho's wife, Virginia Soto, is the club's treasurer. She and officials from the regional water agency met with the Cochapamba water board and others from the community. They told her about the water system plan that had been made but not carried out. Because Cochapamba already had a water board, it could provide liaisons, create a financial system, and set up a fee to cover maintenance.

"We like to help people, so we said, 'We can do it,'" Camacho recalls.

Under the new system, water from the mountain source is treated and channeled into a series of tanks before it's distributed to homes. The club worked closely with the community and engineers from the water agency, and the system was completed in June 2022.

## **Our Guest Speaker**



### **Ms. Ghereeeka Mae T. Bernabe- Christoff**

BSC Legal Management @ Far Eastern University  
Women's Artistic Gymnast Representative, Palarong Pambansa  
(Reg 3)

- Co-Captain, FEU Cheering Squad
- 1st Runner-Up, UAAP Cheerdance Competition (FEU)
- 3x 2nd Runner-Up, UAAP Cheerdance Competition (FEU)
- 2015 & 2016 Coach of The Year

### **NU Pep Squad**

- 7x Champion, UAAP Cheerdance Competition
- 5x National Champion, National Cheerleading Championship
- 6x NCR Champion, National Cheerleading Championship
- Bronze Medalist, 2015 Worlds Cheerleading (Orlando, Florida)

### **School of Sainth Anthony, SSA Cheerbellas**

• 3x Champion, National Cheerleading Championship  
Bank of the Philippines

• Champion, Ayala Olympics Meralco  
1st Runner Up, MVP Olympics

Office of the President (Blue Team)

- Champion, Office of the President Sportsfest

# Tinig Tidbits

By: PP Peter M. Javier



## WONDERFUL LIFE QUOTES FOR WOMEN'S MONTH

- “I believe in being **strong** when everything seems to be going wrong. I believe that **happy** girls are the prettiest girls” - Audrey Hepburn
- “Always be a first rate version of yourself instead of a second rate version of somebody else.” - Judy Garland
- “One of the best things that ever happened to me is that I'm a woman. That is the way all females should feel.” - Marilyn Monroe
- “WOMEN are the real architects of SOCIETY.” – Cher
- “If you want something said, as a man: if you want something done, ask a woman.” - Margaret Thatcher
- “A **strong woman** is a woman determined to do something others are determined not be done.” - Marge Piercy
- “Do not live someone else's life and someone else's idea of what womanhood is. Womanhood is you.” - Viola Davis
- “I have learned over the years that when one's mind is made up, this diminishes fears; knowing what must be done does away with fear.” - Rosa Parks
- “Women are like teabags. We don't know our true strength until we are in hot water.” - Eleanor Roosevelt
- “I'm not going to limit myself just because people won't accept the fact that I can do something else.”- Dolly Parton

# Tinig Tidbits

By: PP Peter M. Javier

*Continuation 1.*

- “Every woman's success should be an inspiration to another. We're strongest when we cheer each other on.” - Serena Williams
- “It's important to teach our female youth that it's ok to say, 'Yes, I am good at this,' and you don't hold back.” Simone Miles
- “Wpmen have discovered that they cannot rely on men's chivalry to give them justice.” - Helen Keller T
- “There is no gate, no lock, no bolt that you can set upon the freedom of my mind.” - Virginia Woolf
- “I do not wish women to have power over more men; but over themselves.” Mary Woolstonecraft
- “They'll tell you you're too loud, that you need to wait your turn and ask the right people for permission. Do it anyway.” Alexandra Ocasio-Cortez
- “A woman with a voice is, by definition, a strong woman. But the search to find that voice can be remarkably difficult.” - Melinda Gates
- “My mother told me to be a lady. And for her, that meant be your own person, be independent.” Ruth Bader Ginsburg
- “Females are the most beautiful, gorgeous creatures in the whole world. And I think that we are gorgeous no matter what size we are.” - Alicia Keys

## Glimpses of Our Last Meeting



PE Adolf call 35th meeting to order with Rtn Dante as emcee. Rtn Bernard leads invocation.



Emcee Dante leads singing of Pambansang Awit & recites The 4-Way Test. HOF/PP Peter introduces a former member, PP Ammie Llona of RC Pasig East.



Pangkat 3 singing "Love" by John Lennon.

## Glimpses of Our Last Meeting



PP John on club resolution to support RICON 2028. PP Bert & Rtn Albert are the day's jokers.

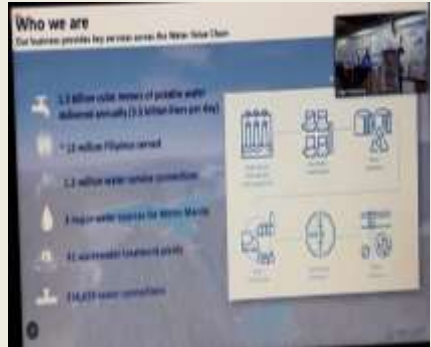


Fining by IPP Garrick. It's PE Adolf's time. Dir Dodie introduces Mr J. V. Emmanuel de Dios, Manila Water Co. President & CEO.



Talk is on who MWC is and its business footprint and its growth

## Glimpses of Our Last Meeting



strategy in providing world-class water and wastewater services.



Replying to questions from PP Celso & Rtn Albert on wastewater projects.



Questions from PP John on no access due no land title & Treas Jake on impact of Covid-19 are answered.

## Glimpses of Our Last Meeting



Inquiries from PP Rene on who regulates MWC; from PP Bert on water treatment & FP Noel on ground water.



A handshake after club's token is given by PE Adolf and meeting is adjourned.



Photo with Dir Dekdek, Rtn Ping & Roland, Treas Jake, AG Jenny Ortega, PP John & PE Adolf.

## **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

## Rotarian's Scholarship Pledges RY 2022-2023

*As of March 23, 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
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

## From the Secretary's Desk

*Sec. PP John Javier*



### Attendance

Members Present .....30

% of Attendance (03/16/23).....31%

### Birthday Celebrants for the Month of March 2023

### Wedding Anniversaries for the Month of March 2023

### Guest and Visiting Rotarians

1. PP Ammie Llona, RC Pasig East
2. Richard Pua, Brgy. Captain Ugong, Host: PP Jun Zafra
3. Oliver Duka, Host: PP Jun Zafra
4. Gabriel Dano, Host: Rtn. Dante Lardizabal

# Editorial Staff

TINIG STAFF RY 2022-2023	FEATURE WRITERS	
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<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:** \_\_\_\_\_