

March 30, 2023

Today's Programme

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

Call to Order Pres. Bong Paloma

Invocation Rtn. Dante Lardizabal

National Anthem Acapela with all Members

FOUR-WAY TEST Rtn. Bernard Bobadilla

Introduction of

Visiting Rotarians & Guests Rtn. Mads Bengua

Community Singing PP Rene Bocaya

Wise or Otherwise

Fining Moments PP Peter Javier

President's Time Pres. Bong Paloma

Introduction of

Guest Speaker PP Celso Ylagan

BGEN MARCELO B JAVIER JR, AFP, (Res.)

Topic: A Strategic Program to Prepare
Our Citizens for Natural or Man-made Disaster
GUEST SPEAKER

Open Forum Adjournment

Pres. Bong Paloma

PP Rene Bocaya
Emcee
- MARCH IS LITERACY MONTH—

March 30, 2023

Invocation



Loving God, we give glory and honor to you holy name. may everything we do begin with your inspiration. Bless our fellowship today. May we grow in love and respect for each other as we plan and work together for the common according to you holy will. We ask you all these throught Christ our Lord. **Amen**



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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?

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



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Song of the Day



Roll out the Beer Barrel Polka Lyrics by Bobby Vinton

There's a garden, what a garden Only happy faces bloom there And there's never any room there For a worry or a gloom there

Oh there's music and there's dancin'
And a lot of sweet romancin'
When they play the polka
They all get in the swing

Every time they hear that oom-pa-pa Everybody feels so tra-la-la They want to throw their cares away And (Polish) "Loopde shpay devashteva"

Then they hear a rumble on the floor It's the big surprise they're waitin' for And all the couples form a ring Und miles around you'll hear them sing

CHOROUS:

ROLL OUT THE BARREL, we'll have a barrel of fun ROLL OUT THE BARREL, I've got the blues on the run Sing boom tara rel, sing out a song of good cheer Now's the time to ROLL OUT THE BARREL, cause the gang's all here



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Song of the Day

Continuation 1.



La-la-la-la, la-la-la-la-la-la Hey, hey, hey (Yeeeah!) La-la-la-la-la, la-la-la-la-la-la Hey, hey, hey (Yeeeah!) La-la-la-la-la, la-la-la-la-la-la

Now's the time to roll a barrel, cause the gang's all here

La-la-la-la, la-la-la-la-la-la Hey, hey, SHAKE! (Yeeeah!) La-la-la-la, la-la-la-la-la-la Hey, hey, hey (Yeeeah!) La-la ...



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From the President

Pres. Bong Paloma



Good afternoon RCP!

Welcome again to our Thursday club meeting. I hope to see better attendance this week as most of us prepare for a long Holy week break starting April 3.

For Christians, Holy week is the most sacred week in our liturgical year that begins in Lent. Lent is a 40-day prayer, fasting, and almsgiving season that starts on Ash Weds and ends at sundown on Holy Thursday.

As Rotarians, we are a people of action, and service is at the core of everything we do in Rotary, and this is what keeps us busy most of the time.

So this coming holy week, I urge everyone to feel the the peace and quiet that comes with the season, and spend time in prayer, reflecting on the passion, suffering, and death of our Lord Jesus Christ and thanking Him for all the blessings we received and for keeping us all safe.

Last week, we listened to the beautiful and winningest coach of NU Pep Squad, Ms. Ghicka Bernabe Christoff. And we learned that although winning is substantial, the journey of how you get there matters the most. It is not about being strict and disciplinarian that makes your squad or players follow you, but your empathy and desire to uplift everyone inspire them. A caring heart, a listening ear, and your ability to harness every member's potential to the fullest will create real champions.



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From the President

Pres. Bong Paloma

Continuation 1.

Today, we have a gentleman and an officer as our guest speaker. He will remind us on how to prepare for natural or man-made calamities and disasters. Recently, we all witnessed natural calamities (earthquakes and flooding) in other parts of the world; it's no longer a question of where but when it will happen in the Philippines. We all know that the Philippines is one of the most disaster-prone countries in the world. We are located along the Pacific ring of fire and are highly susceptible to seismic and volcanic risks. We are also one of the most cyclone-prone countries in the world, lying on what is often described as the 'Typhoon Belt'. We experience, on average, around 15 typhoons every year. Thus, we should practice mitigating these risks with a proactive risk management program with a significant focus on preparedness and resilience building.

Our speaker today will share his thoughts on the steps we can take on disaster preparedness and will give us an idea of whether our government has done enough to prepare its citizens

Thank you for coming and enjoy the rest of the week!

Bong



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Rotary Notes PP Benny P. De Guzman



How nice and easy to type my column now with a typewriter with ribbon already. For three years, I was just using carbon paper and making the editing work of PP Peter much harder. Anyway, birthday boy last Monday Peter adjusted very well. How comforting when in a rare invitation of a 90 years old kumpare who owned for many years the lone typewriter shop in Manila gave me me a big break by fixing my old reliable typewriter.

There are plenty of warnings to many of us about dehydration and the need to frequently drink water even if not thirsty because of the long hot summer we are facing. Our Noble Men of Pasig viber group exchanged notes on how a 49 years old vice president of GSIS died while playing basketball. No, not of high blood pressure but of heart attack. And this is fair warning to many of us "na akala natin kaya pa". The heat is deadly but dehydration is deadlier.

The "baba luksa" of first Hall of Famer Rhett is to be delayed a few days due to the Holy Week, Due to the time constraint and the need to coordinate with ARAP, let the Board of Directors and the original Hall of Famers handle the affair by coordinating with spouse Bella and PP RJ. Baka some Rotarians have bigger transport vans to improve the fellowship and attendance. With PPs Rhett and Proning Ona, both noted Batanguenos already gone, another from Batangas left us. She is the spouse of PP Proning, Atty Fe Calanog Ona. The wake is using three rooms at Heritage Park and will be up to 31st March. Inurnment will be on 1st April.



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Rotary Notes

PP Benny P. De Guzman

Continuation 1.

PP Jun brought the Barangay Captain Richard Pua of Barangay Oranbo last March 16 meeting. I hope he is sponsoring the guy whose barangay is where VVCC is located.

A surprise is that Rtn Dante also brought a guest. Who? Your guess is as good as mine.

I was requesting PP Tito for some details about his apo who got three gold medals and a silver in an international gymnastics competition in Bangkok just last Saturday. Except for our usual text congratulations, there were no additional news details that our eager spouses are raring to hear.

PDG Benny Ricafort, charter president of our first daughter club celebrated quite a milestone last Tuesday, their club meeting pa. It was his 85th birthday the day before and spose Nona's 80th and the 28th was their 60th wedding anniversary. Congratulations on your Grand Slam and more achievements for this wonderful pair. A bishop and three priests made sure Benny will stick to his words. He was drinking a lot after. To celebrate of course!



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Walking the Avenues PP Jun C. Zafra



FIRST ROTARACT RPIC TALKS ABOUT CREATIVITY, COMMUNITY, AND HATS

On an ordinary day last August, people at a park in Copenhagen, Denmark, saw something extraordinary: a stream of runners all adorned with floating, bobbing pink balloons. The balloon carriers were part of Run With Rotaract, a three-year-old event organized by District 1470's Rotaract clubs. This year, it raised money for education in Malawi.

The balloons served as tickets for the approximately 65 participants. And, says Philip Flindt, a member of the Rotaract Club of København Nord, they performed the equally important function of attracting public attention.

"It created something weird for people to look at — people running with pink balloons," Flindt says. "It was a way to reach people in the community around the park. They were asking, 'Is this a bachelor party, a bachelorette party? Why are you running with these balloons?"

Flindt never seems to lack creative, eye-catching ideas. It's clear why he's the Rotary public image coordinator for Zone 18, the first Rotaractor to serve as an RPIC. He's been promoting Rotaract since he helped found his club on 13 March 2013. That date, he's quick to note, is the anniversary of the certification of the first Rotaract club in 1968.

"Philip is a fantastic advocate for Rotaract," says Becky Giblin, a dual member of the Rotaract Club of Auckland City, New Zealand, and the Rotary Club for Global Action District 5150.

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Walking the Avenues

PP Jun C. Zafra

Continuation 1.

"When he's given an opportunity, he not only represents all Rotaractors in the best way possible, but he works to make sure other Rotaractors are given similar opportunities."

As one of Rotaract's biggest fans, Flindt is always seeking ways for it to grow and thrive. At the height of the COVID-19 pandemic, he was part of a group that started World of Rotaract, a 24-hour-a-day video call to keep people connected. It eventually evolved into a worldwide network.

"At first, the point was to make sure people were well — to just talk to each other," Flindt says. "We hosted conferences for 500 people. We had online parties. I'm a DJ, so I played about 10 parties online for a couple hundred people. We had talks, we had game nights, we had movie nights. It became a way to work together, all because we got to know each other on Zoom."

World of Rotaract has helped people cooperate on projects and has generated very close bonds, Giblin says, including her friendship with Flindt.

"It has built a level of trust and friendship that is surprising, considering we have never met in person," she says. "The World of Rotaract team is not just a community, but a family that is spread out to all corners of the world."

Failing fast and sharing hats

To find successful new ideas, like World of Rotaract, Flindt recommends using an entrepreneurial, "fail fast" approach.

"Get all the bad ideas out of the way as fast as possible, and run with the ideas that work," he says. "When you do a project, don't



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Walking the Avenues

PP Jun C. Zafra

Continuation 2.

just think about the project. Put on your 'membership' hat, your 'foundation' hat, and your 'public image' hat at the same time. Or get together in a group and share the hats."

All this hat-switching has led to initiatives like one that supports the Give Every Child a Future campaign. GECAF aims to vaccinate 100,000 children in nine Pacific Island countries to protect them from human papillomavirus, rotavirus, and pneumococcal bacteria. For an event called Move for GECAF, Rotaractors got moving — literally. They flooded social media with pictures and videos of people running, dancing, doing pushups, or holding signs showing how much money they'd raised.

Flindt likes projects that accomplish several goals at once. He says the success of Run With Rotaract wasn't just in the US\$2,000-3,000 it raised.

"We didn't just fund a scholarship for a student in Malawi. We created awareness in our local community," he says. "It's about creating impact. If you couldn't run, you could walk, or join the crowd of onlookers. We had people who were pregnant, we had kids in strollers — all different types of people. That's kind of the fourth point of Rotary's Action Plan, the ability to adapt to the environment."

Flindt has learned a lot since he became an RPIC. Zone 18, which includes his home country of Denmark, as well as the Faroe Islands, Greenland, Iceland, Lithuania, Norway, Poland, and Sweden, is extremely diverse. Recognizing this, Flindt is

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Walking the Avenues

PP Jun C. Zafra

Continuation 3.

reconsidering his initial plan to refrain from spending much of his budget on travel.

"I see that I need to get out there," he says. "I need to go to the districts, to be there physically. I need to create these connections and make sure we're communicating."



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Our Guest Speaker



BGEN MARCELO B JAVIER JR, AFP, (Res.)

Marcelo Bonifacio Javier, Jr, is a Crisis Management Specialist by profession who has been involved in numerous natural and human-induced disaster relief, recovery and rehabilitation operations nationwide.

He is an Adjunct Professor and a Distinguished Fellow at the Asian Institute of Management

He has had more than 50 years of voluntary service with the Philippine National Red Cross and the Philippine Army and at present he is the Executive Director of the Muntinlupa Branch of the Philippine Red Cross and a Brigadier General in the Reserve Force of Armed Forces of the Philippines.

He was a resource person at the Department of National Defense and the Philippine Senate during the crafting of R.A.10121, the Philippine Disaster Risk Reduction and Management Act of 2010 and R.A.7077, the Citizens Armed Forces or Armed Forces of the Philippines Reservist Act of 1991.

He was Commanding Officer of the 15th Infantry Ready Reserve Division of the Philippine Army commanding 5 Ready Reserve Brigades from 2006-2015 covering the National Capital Region.



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Our Guest Speaker

Continuation 1.

He has received numerous awards for his leadership role in various natural and man-induced crisis and disasters, notably the 2009 flooding caused by Typhoon Ondoy, the 1990 Luzon earthquake, the Mount Pinatubo eruption of 1991, the Lanao Sur Election Crisis of 1971, the 2007 Glorietta 2 explosion, the 1986 EDSA People Power Revolution the Coup d'Etat of 1989 and the EDSA Dos and Tres.

He provides Emergency and Crisis Management Consultancy Services to industries and communities all over the country including for less privileged Barangays.

In recognition of his efforts the U.P. Alumni Association conferred on him the Distinguished Alumni Award for Community Empowerment during the Centennial Celebration of the University of the Philippines in 2013.



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Tinig Tidbits

By: PP Peter M. Javier



FASCINATING FACTS THAT WILL ASTOUND YOU

- 1. One teaspoon of honey is the life's work of 12 bees.
- 2. The average human has their eyes closed for 10% of the time during waking hours.
- 3. Santa Claus received 670 votes in the US presidential election.
- 4. Coca-Cola is used as a pesticide by farmers in India. It's inexpensive and effective.
- 5. Some species of starfish can regenerate an entire body from a single arm.
- 6. Ethan Zuckerman, the man who invented pop up ads, officially apologized to the world.
- 7. Grey whales often mate in threesomes with two males and one female
- 8. If you lose your thumb, it can be replaced with your big toe.
- 9. New drivers are more likely to make mistakes when listening to their favorite song as opposed to unfamiliar music.
- 10. As a form of tickle torture, Romans would dip a person's toes in saltwater and have goats lick their feet.



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Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

- 11. You would have to click a mouse 10 million times to burn one calorie.
- 12. The inventor of Vaseline used to eat a spoonful of it every single day.
- 13. The world's shortest escalator is a 4.6 seconds ride.
- 14. In the 18th century, you could bring a cat or dog to the zoo to feed the lions.
- 15. Drinking too much grape soda can turn your poop blue.
- 16. Trees can send each other warning signals about insect attacks.
- 17. The average human spends one year searching for misplaced things.
- 18. 28% of delivery drivers have admitted to taking food from a customer's order.
- 19. 86% of women in the US are turned off on a date if the person has a cracked phone.
- 20. Rabbits can smell if their dead relatives in the poop of predators.



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Wheat not Weeds

By: Rtn. Fr. Jojo Opinio



Lent: a time for an intense prayer

One of the resounding messages of the Catholic Church to all her members during Lent is intense prayer. Going back to the Gospel reading at the opening day of Lent last Ash Wednesday from the gospel of Matthew 16:1-18, Jesus spent 40 days of prayer with fasting. In line with this, it is therefore necessary to revisit and examine how dowe pray to God. While there are other types of prayer, the most widely utilized one is oral prayerwherein one focuses much on praying the novenas for the saints, offer intercessory prayers or reading books, meditative prayer is another type which is very personal in nature and enables us to manifest a more matured and intimate expression of faith in God. Meditative prayer is discursive in character because it utilizes our reasoning power to fathom the Word of God and understand what is He telling us in a personal level. It enlightens the person about the doctrines of the church as he/she tries to make sense its meaning to his/her life as a disciples of Jesus.

Why we must adopt Meditative prayer as a way of communicating with God?

First of all, it manifests genuine sincerity. Experience tells us that we can very well say that a person is interested with you if he/she listens to you talking and sharing stories and ask clarificatory questions.



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Wheat not Weeds

By: Rtn. Fr. Jojo Opinio

Continuation 1.

Secondly, meditative prayer manifests genuine love. Love presupposes knowledge. It grows as you continue to know and understand the one loved.

Finally, meditative prayer manifests genuine discipleship. According to St. Ignatius of Loyola, we must listen to Him very intently, to understand Him with clarity, love Him more dearly and follow Him more closely.

As we prepare ourselves to be worthy of the gift of Jesus' resurrection during Lent and this coming Holy week, let us develop a more intense way of communicating with God with intimacy.



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IATP Bong starts meeting with Treas Jake as emcee. Rtn Philip leads invocation







Rtn Philip leads invocation Treas. Jake leads singing of Pambansang Awit. 4 Way Test is recited by IPP Garrick.



Pangkat 3 quintet sings Knock Three Times



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HOF/PP Peter is finemaster. IATP Bong with his message.





PE Adolf introduces Ms Ghereeka Mae Bernabe-Christoff who talks on...





Woman Leadership in Sports with emphasis on how to be a winner 21.



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and coaching a winning team.







Replying to questions from HOF/PP Peter on scholastics & athletics & PP Benny on losing her.







Rtn Richie on her struggles & PP RJ thanking her NU stint.



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Rtn Flor suggesting more recognition by NU.





IATP Bong handing club's token after a bouquet of flowers & adjourning meeting.



A woman in an all male Rotary club!



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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. 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

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
 - 12. Rtn. Dante Lardizabal
 - 13. Rtn Nilo Ocampo
 - 14. PP Arjan Ramnani
 - 15. Rtn. Jeffrey Sonora
 - 16. Rtn. Philip Yoon



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Pangkat Members RY 2022 - 2023

Continuation 1.

PANGKAT NO. 4

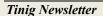
- 1. Dir. Ato Basco Leader
- 2. Dir. Dekdek Paloma-Co L
- 3. PP Bert Albano
- 4. Rtn Fr. Vincent Amores
- 5. Rtn Richard Berganos
- 6. Rtn Pal Bolivar
- 7. PP Toti Buhain
- 8. PP RJ Ermita
- 9. PP Ramy Garcia IV
- 10. Rtn Cesar Lacuna
- 11. PP Ogie Lim
- 12. PP Peping Mabanta
- 13. Rtn Albert Mendiola
- 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



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Rotarian's Scholarship Pledges RY 2022-2023

As of March 30, 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
	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
	PP Hermie Orbe	6k
23.	PP Tito Henson	6k
24.	Rtn Flor de Pano	6k Pd
25.	PP Topax Colayco	6k Pd
	1	



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From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present	.38
% of Attendance (03/23/23)	39.6%

Birthday Celebrants for the Month of March 2023

Wedding Anniversaries for the Month of March 2023

Guest and Visiting Rotarians



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Editorial Staff

TINIG STAFF RY 2022-2023	FEATURE WRITERS		
K1 2022-2025	BONG PALOMA	JOHN JAVIER	
PETER JAVIER	From the President	Secretary's Desk	
Editor in Chief			
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	DE GUZMAN	Walking the Avenues	
ROY QUEJADA	Rotary Notes		
Club Bulletin Admin.	RTN. FR. KELL ORTEGA		
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MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian	
Ç	
Name of Rotary Club	
RC – Pasig Club Secretary:	Date: