

Rotary  
Club of Pasig



18 MAY 2023  
Rotary Year: 2022-2023

# TINIG

The Official Newsletter of the Rotary Club of Pasig



## **Today's Programme**

**Valle Verde Country Club**

**May 18, 2023, 12:30 P.M**

**Pangkat 5 Leader Dir. Roy Quejada**

<b>Call to Order</b>	<b>Pres. Bong Paloma</b>
<b>Invocation</b>	<b>Rtn. Bebert Lacuna</b>
<b>National Anthem</b>	<b>Rtn. Raj Cordova</b>
<b>FOUR-WAY TEST</b>	<b>Rtn. Dennis Albano</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>PP John Javier</b>
<b>Community Singing</b>	<b>Pangkat 5</b>
<b>Wise or Otherwise</b>	
<b>Fining Moments</b>	<b>PP Vic Aquino</b>
<b>President's Time</b>	<b>Pres. Bong Paloma</b>
<b>Introduction of Guest Speaker</b>	<b>PP John Javier</b>

### ***Top Awardees***

***Pagpupugay sa kabayanihan ng PASIG PULIS***

***PMAJ M.R RAFUSON***

***PMAJ DIOGENES C. GAOAEN***

***PCpl RUNKLE P. DINAMLING***

***PEMS ROCARD C. ACORDA***

***PMS RANDIE B. RANCHES***

***PSMS JOEL T. LARAYA***

***GUEST SPEAKER***

**Open Forum  
Adjournment**

**Pres. Bong Paloma**

**PP John Javier**

**Emcee**

**1.**

# Invocation



Ever loving Father, we thank you for giving us your only begotten son Jesus Christ who offered his life on the cross for our salvation. Send forth your Holy Spirit upon each of us. Bless our fellowship this afternoon. Make it fruitful and meaningful as we continue to think of ways to be of service to the community. May our humble efforts touch people's lives and give glory to your Holy name through Christ our Lord.  
**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



### **BATANG-BATA KA PA**

*Song by APO Hiking Society*

Batang-bata ka pa at marami ka pang  
Kailangang malaman at intindihin sa mundo  
Yan ang totoo  
Nagkakamali ka kung akala mo na  
Ang buhay ay isang mumunting paraiso lamang

Batang-bata ka lang at akala mo na  
Na alam mo na ang lahat na kailangan mong malaman  
Buhay ay di ganyan  
Tanggapin mo na lang ang katotohanan  
Na ikaw ay isang musmos lang na wala pang alam  
Makinig ka na lang  
Makinig ka na lang

Ganyan talaga ang buhay lagi kang nasasabihan  
Pagkat ikaw ay bata at wala pang nalalaman  
Makinig ka sa 'king payo pagkat musmos ka lamang  
At malaman ng maaga ang wasto sa kamalian

Batang-bata ako nalalaman ko 'to  
Inaamin ko rin na kulang ang aking nalalaman  
At nauunawaan  
Ngunit kahit ganyan ang kinalalagyan

# Song of the Day

*Continuation 1.*



Alam ko na may karapatan  
Ang bawat nilalang  
Kahit bata pa man  
Kahit bata pa man

Nais ko sanang malaman ang mali sa katotohanan  
Sariling pagraranas ang aking pamamagitan  
Imulat ang isipan sa mga kulay ng buhay  
Maging tunay na malaya sa katangi-tanging bata

Batang-bata ka pa at marami ka pang  
Kailangang malaman at intindihin sa mundo  
Nais ko sanang malaman ang mali sa katotohanan

Batang-bata ka lang at akala mo na  
Na alam mo na ang lahat na kailangan mong malaman  
Sariling pagraranas ang aking pamamagitan  
Nagkakamali ka kung akala mo na  
Ang buhay ay isang mumunting paraiso lamang (la la)  
La la la la la la

# From the President

**Pres. Bong Paloma**



Good afternoon RCP!

I missed an excellent topic last Thursday, “Food as Medicine” by Mr. Michael Genato of Romlas Health Group. It would have been a fitting talk to remind me to regulate my food intake and consume healthy food to keep my health and weight in check. However, consuming a healthy, balanced diet and regular exercise is preventive medicine. It’s a straightforward course of action to keep us healthy but challenging. I wonder why?

May is full of activities, eating, and drinking for me. I have five members in the family who are celebrating their birthdays this month (so many lunches and dinners. I attended our Ruby high school reunion in Butuan City last week. For three days, I went thru endless reminiscing of the past, eating, and drinking. And when I landed in Manila, I had to host the RCP board meeting at my house yesterday (another eating and drinking fellowship). As I look forward to resting my liver towards the weekend, another Manila High School reunion is happening at my place tomorrow (expect another eating and drinking) for those who failed to attend our Ruby anniversary celebration in Butuan City. And for sure, during our club meeting today, expect sinampalukang manok, lechon, balut, wine, and whisky courtesy of the other RCP May birthday celebrators (PE Adolf, Rtn Pal, PP Benny, PP Ner, and Rtn Albert & Rtn Marlo). May is a taxing month, but full of activities that created new memories and were fun.

Today, we will have the four gentlemen and officers of the

# From the President

**Pres. Bong Paloma**

## *Continuation 1.*

Pasig Police as our guests. It's a testimonial lunch for the best four awardees. So let's hear from the horse's mouth how this RCP-PNP Awarding activity inspired and drove them to become the best.

Lastly, please join us on May 21 from 7 AM to 12:00 noon for our joint RCP-PNP Medical Mission at the Ilugin Elementary School. Together with the PNP, our doctors, and nurses partners, we will deliver health check-ups for the young and old and conduct tooth/teeth extraction and circumcision. We will also distribute vitamins and medicines.

Unfortunately, as I will be leaving for the US this Saturday, I will miss this activity again, but I will ask my wife and daughters to be present on my behalf. In addition, please join us on Sunday and support our joint medical mission with the Pasig PNP and medical practitioner partners.

Mabuhay ang RC Pasig!

Bong



# Walking the Avenues

PP Jun C. Zafra



## FORMER AVIATOR MENTORS NEXT GENERATION OF SCIENTISTS

This U.S. Rotarian has worked with young people from urban neighborhoods for two decades. Many of them now work in science, technology, and engineering jobs.

JonDarr Bradshaw, a former military aviator and contractor for the U.S. space agency, has a different kind of mission now: mentoring the next generation of scientists and engineers, especially youth from underserved neighborhoods.

Bradshaw grew up fascinated by science and technology through watching his father, an air traffic controller, and his mother, a biology teacher. Bradshaw's father was one of the few nonwhite people in his profession, and Bradshaw found himself in the same situation early in his own career at the National Aeronautics and Space Administration.

"But NASA has worked very hard to change that," says Bradshaw, a member of the Rotary E-Club of World Peace, D5330. "They have been in the forefront in regard to integration."

Helping NASA continue that has been a big part of Bradshaw's work for more than two decades, as he finds young people from backgrounds that have been traditionally underrepresented in science and engineering and gotten them interested in those topics. His bosses at NASA were partly motivated by the desire to increase diversity, but also to overcome what they perceived as a shrinking pool of qualified candidates to carry on the agency's mission.

# Walking the Avenues

PP Jun C. Zafra

*Continuation 1.*

Bradshaw also helped popularize science for the masses, appearing on U.S. television programs such as “Space Age” to talk about Mars and as the Science Guy on “Nashville Tonight.”

His career trajectory took him through roles at various science centers before he landed at the Great Lakes Science Center in Cleveland, Ohio, USA, where he’s the community engagement coordinator and leads aerospace education programming. He visits schools, libraries, and community centers throughout the area to get young people excited about science, technology, engineering, and math (STEM).

“You start by having somebody who looks like them who is doing science and engineering and doing it in a fun way, who can engage kids while they are young,” Bradshaw says. “Because if you can engage them while they are young and ignite the flame early, that flame will burn long after I am gone.”

## Robotics for teens

His education work for NASA introduced him to the FIRST robotics competition, where he is a volunteer. The Science Center also has a robotics program for high school students, in partnership with the Cleveland Metropolitan School District. Bradshaw and two other retired scientists mentor more than 60 students from economically underserved neighborhoods. Four teams design and build industrial-sized robots to compete in national competitions while developing skills that expand their job opportunities.

“I’m celebrating 21 years as a FIRST volunteer working with young people,” Bradshaw says. “Most of those are in STEM fields

# Walking the Avenues

PP Jun C. Zafra

## *Continuation 2.*

and many of them are working in aerospace. And that is pretty cool.”

Last year, Bradshaw’s teams did well in a regional match against teams from six states, many from much more affluent school districts. After the competition, he issued a challenge to the students: Now that you’ve learned a bit, how will you use your skills to make your community and the world a better place?

### **From robotics to prosthetics**

An answer came quickly. After Bradshaw offered a few examples of what other schools had done, the students decided on a new goal: using 3D printers and computer-aided design software to make affordable prosthetics for children.

Bradshaw learned about a candidate during a presentation to his Rotary club by representatives from the group IMAHelps, who talked about their trips to provide health care to more than 100,000 people in nine countries.

The group’s cofounder, Ines Allen, and communication director, Jeff Crider, mentioned meeting the father of a 12-year-old who’d been injured in a bus crash in Ecuador. Samantha had lost her left arm and could no longer use her right arm. Samantha’s father hoped that the team could fit her for an arm. But IMAHelps couldn’t do so because of Samantha’s young age and the difficulty of customizing devices for hands and arms.

As is often the case in Rotary, people connected over an opportunity to help. Bradshaw told Allen and Crider about the work his students had been doing, and they discussed collaborating to design a simple device that could fit onto Samantha’s arm and allow her to write again. The idea strongly

## **Walking the Avenues**

**PP Jun C. Zafra**

### ***Continuation 3.***

resonated with one student, whose family had emigrated from Guayaquil, Ecuador.

“She convinced not only the kids on her team, but the other three teams we mentor, that this was something they needed to do,” Bradshaw says. The students used photos and information from Allen and Crider to design the device, which IMAHelps volunteers delivered to Samantha in October. After some adjustments, Samantha was able to write and hold items, and says she wants to pay it forward and help others by being a doctor.

The students are currently working on a new and updated version of the prosthesis for Samantha and continue to work with IMAHelps to identify other children they can help. Bradshaw has begun a fundraiser to allow some of his students to join an IMAHelps mission trip to Ecuador.

These kinds of opportunities to do good are part of what Bradshaw enjoys about Rotary. His wife, Julie Boswell, is a member of the same Rotary club. Her father was a Rotarian, and their family often hosted exchange students. Boswell’s sister was a Rotary Youth Exchange student to Demark, and Boswell was an exchange student to what was then West Germany.

### **Someday is now**

Recent events have given Bradshaw and Boswell a renewed zest for giving back. Bradshaw was diagnosed with throat cancer seven years ago and wondered if he would see his first grandchild. He’s presently cancer-free and happy to spend time with both his grandkids. More recently, Boswell also had health issues. Bradshaw says they both feel that the time to make change is now.

## Our Guest Speaker

### Top Awardees :

#### *Pagpupugay sa Kabayanihan ng PASIG PULIS*



**PSMS Joel Tamba Laraya** is this year's recipient of the Best Senior Non-Police Commissioned Officer of the Rotary Club of Pasig's Pagpupugay sa Kabayanihan ng Pasig Pulis (The Ignacio Gimenez

Awards). This is the second time that PSMS Laraya has been recognized by the RC Pasig.

PSMS Laraya, though born in Malabon spent his childhood years in Pasig City. He obtained his B.S. Criminology in 1998 from the Philippine College of Criminology. He joined the PNP in 2000. He was assigned to the Pasig City Police Station Intelligence Section since August 2017.

As an Intelligence Operative PSMS Laraya has been involved in several entrapment operations, implementation of search warrants, service of arrest warrants and various covert security operations. His involvement in these operations has led to the capture of various suspects involved in drugs, robbery and murder. Among them is the arrest in Camarines Sur of the accused tagged as the Estafa King of Pasig.



**PMAJ Medel R. Rafuson - Most Outstanding Police Commissioned Officer & 2 time Awardee**

Police Major Medel R. Rafuson is this year's Ignacio B. Gimenez

## **Our Guest Speaker**

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

Award's Most Outstanding Police Commissioned Officer. PMaj Rafuson also holds the distinction of being a 2nd time awardee of the RCP Police Awards.

He is the Sub Station Commander of the most awarded station in 2022. His substation, Substation 6, has been adjudged as the Pasig Police Station Best Sub-station of the year, the 48th Eastern Police District's Best Police Substation as well as the Best Substation during the 121st Police Service Anniversary. One of the secrets for the laurels of his substation is his substation's weekly Squad Weekly Interaction Meeting (SWIM), where the commander encourages the squad to share Life Lessons as part of the Internal Cleansing Program of the organization to help the personnel put GOD first while performing their jobs to enable them to discern 'Right from Wrong'.

On a personal note, from year 2019 to 2022 he has garnered five (5) medals ng Kagalingan, eleven (11) Kasanayan, eighteen (18) Papuri, twelve (12) Kadakilaan, three (3) Pagtulong sa nasalanta, three(3) Ugnayang Pampulisya, Five (5) Certificates of Recognition, Marksmanship Badge and three Hundred fifty (350) Commendations for both operations and administrative.

To ensure the safety, security and peacefulness of our city, for the Period November 1, 2021 to December 31, 2022 alone, he has spearheaded 114 operations and arrested 146 persons, confiscated 69.14 grams of Shaba and other drugs with an estimated street price of Php475,260.40. He has also arrested 143 persons on illegal gambling, 17 persons on illegal possession of fire arms, recovered 17 firearms, arrested 4 Most Wanted Person and 9 Wanted Persons.

## Our Guest Speaker

*Continuation 2.*



### **PEMS Rocard C. Acorda - 2 Time Awardee/Exemplary Service Awardee**

Police E Master Seargent Richard C

Acorda believes that the job of the police is not just to respond to incidents, but also to help solve community problems. He further believes that the effectiveness of a police force is not only measured by the number of arrested criminals but also in the willingness of the community to partner with the police to reduce low level community problems. He quotes Robert Peel "The Police are the public and the Public are the Police".

PEMS Acorda convinced twenty eight (28) groups they organized from different sectors of the community to join and participate through Memorandum of Understanding to partner with the Pasig City Police Station to serve as Pasig CPS Force Multipliers in the maintenance of peace and order and the delivery of public safety services. Part of his everyday job is also to conduct lectures and seminars on Crime Prevention, Modus Operandi of Criminals and awareness on illegal drugs. He is also active in community engagement and trust building efforts of the Pasig CPS. In line with Pasig CPS "Adopt a Sitio Program", PEMS Acorda chose to adopt Sibol compound, a community of about one hundred (100) household located in Barangay Ilugin, Pinagbuhatan Pasig. The program envisions to support the community with better living conditions, enhanced police services and ultimately strengthen neighborhood participation and reduction of crime and lawlessness. One such service provided by his team, with the guidance of then COP Rotarian PCol Roman C. Arugay, was to renovate the typhoon battered home of Tatay Mario and Nancy

## Our Guest Speaker

### *Continuation 2.*

Salvacion Tanael. Roof and wall reconstruction was completed on the 19th day of November 2021 which was a big help to a person with disability and indigent couple living in very poor habitable conditions.

From the period November 1, 2021 to December 31, 2022, PEMS Acorda received 83 letters of commendation, 9 medals , 30 certificates of appreciation, 14 certificate of recognition and 4 plaques of recognition.



**PMSG Randie Ranches** is a distinguished PNCO known for his hard work, diligence, and outstanding achievements. He is recognized as one of the most exemplary Senior Police NonCommissioned Officers (PNCO) of the Pasig Police. He is well-

known for his work ethic and commitment to excellence.

He is an RCP awardee in 2021. He was also awarded outstanding PCAD Senior PNCO in 2022 and received 61 letters of commendations in the last 12 months. His excellent work has led to the awarding of 9 medals and 11 certificates of appreciation also in 2022, which is a testament to his unwavering dedication to his job and his passion for service.

Aside from his work in law enforcement, **PMSG Ranches** is also active in outreach community programs, working tirelessly to help uplift and empower his fellow citizens.

In all, **PMSG Randie B Ranches** is an exceptional policeman who has made significant achievements and impacted the community he serves. He is a true inspiration and a role model to his peers and fellow citizens.



## Our Guest Speaker

*Continuation 3.*



**Police Corporal Runkle Dinamling** is a dedicated law enforcement officer working tirelessly to protect and serve the community for many years. He has participated in various outreach community programs to fight crime and strengthen police-community relations. His unwavering commitment to public service has made him a valuable asset to his department.

Aside from his active participation in community-based initiatives, Corporal Dinamling has also made it his mission to improve the lives of persons with disabilities (PWDs). He executed the adopt a PWD program for the Police and has been actively advocating for their rights and welfare. He is also an awardee of the Pagpupugay sa Kabayanihan ng Pasig Pulis – the Ignacio Gimenez Awards in 2021. In 2022, he received another recognition for his outstanding service to the PNPs Personnel Capability Development (PCAD). He was lauded for his unwavering commitment to the development of his fellow officers, which has resulted in significant improvements in the quality of police service in Pasig City.

**Corporal Dinamling** has received numerous commendations, medals, plaques of appreciation, and certificates of recognition throughout his career. He has been recognized for his acts of bravery, dedication, and excellence in the service. In addition, he inspires his fellow law enforcement officers and is a role model for the Pasig Police Force.

## Our Guest Speaker

### *Continuation 4*



#### **PMAJ DIOGENES CUTA GAOEN**

hails from Taguig City. He earned his Bachelor's Degree in Criminology from Emilio Aguinaldo College (EAC), Manila.

He was placed 4th in the Criminologist Licensure Exam in 2003. After passing the board exams, he taught at EAC for 3 semesters before entering the police service.

Pmaj Gaoen finished at the top his being member of PSBRC Class "Lingkod Bayan" 2005. He later joined the PNP Officers Corps as a Lateral Entry in 2011.

Pmaj Gaoen has been assigned to the Pasig City Police Station since 2015. He has occupied several key positions such as Chief Station Anti-Illegal Drugs Special Operations Task Group, Police Community Precinct Commander and Sub-Station Commander. He is currently the Chief of the Station Patrol and Operation Section.

Because of his firm commitment and dedication to his job, PMaj Gaoen is the recipient of numerous awards and commendations, the latest if which is the Gawad ng Marangal na Paglilingkod award from the Rotary Club of Pasig. This awards in recognition of his involvement in the robbery by several scalawag policemen in Kapitolyo, Pasig involving 30 Million Pesos in cash.

# **Tinig Tidbits**

**By: PP Peter M. Javier**



## **FASCINATING FACTS ABOUT THE FOOD WE EAT**

1. Frequent consumption of “junk food” affects the body in a similar way to Hepatitis. The effect the fats in such foods have on the liver leads to drastic changes in enzyme production.
2. It's better to make your own spice mixes than buying store-bought ones. The reason is that manufacturers often use salt and cheaper ingredients to reduce costs.
3. There are more than 7,500 kinds of apples in the world. If you were to try to eat one species per day, it would take you over twenty years to be able to say you've tried them all.
4. If you want to improve your mood, try concentrating and thinking about your favorite food for a minute. The thought will cause your brain to release dopamine, a neuron transmitter that, amongst various functions, also controls your feeling of pressure.
5. In a recent statistical study conducted in the United States, it was found that the average human consumes approximately 80 tons of food in their lifetime. For comparison, that is the weight of a battle-ready tank.
6. There's a reason Swiss chocolates are the best in the world. The Swiss are the world's number one consumer of chocolate, with a yearly average of 10 kg (22 lbs) per person.
7. In 2014, German researchers managed to create conditions

# Tinig Tidbits

By: PP Peter M. Javier

## *Continuation 1.*

Similar to those in the Earth's core, compressing peanut butter in to diamonds. While the diamonds were tiny and imperfect, it is still an impressive feat.

8. The only food that contains all the nutrients in the body is breastmilk.
9. "Rare" meat can be hazardous to your health, but recent studies found that overcooked meat can be just as bad, causing diseases such as diabetes and Alzheimer's.
10. At the beginning of the 20<sup>th</sup> century, lobster were considered cheap and subpar food . In the US, they were sometimes served to prisoners as punishment. Nowadays, you can find lobster dishes that can cost as much as \$1,000.
11. Chicken is considered to be healthier than red meat, but since the 1970s, the fat levels of chicken breast have risen by 226%. Further research found that the protein value of chicken has decreased by 33%.
12. "Chinese" fortune cookies are actually an American invention. While a similar concept existed in 19<sup>th</sup> century Japan, the famous fortune cookie was invented in San Francisco in the early 1900s

*(from BabaMail)*

# Wheat not Weeds

By: Rtn. Fr. Jojo Opinio



## To err is human, to forgive is divine

Some of us might have thought that the quotation, “**to err is human, to forgive is divine**”, carries a force of a proverb that one might expect to find it in the Biblical Book of Proverbs in the Old Testament. It was actually Alexander Pope, a neoclassical poet in the middle of 18<sup>th</sup> century who first mentioned this line in his first great poem in 1711: a didactic work titled *An Essay on Criticism*. “To err is human, to forgive is divine” in summary, is Alexander Pope’s admonition to all critics and writers not to be oblivious of their own humanity when criticizing or judging others. The commission of mistakes or erring is natural part of being human due to imperfections. He further explained that forgiving others for their minor faults is not only a humane act, but one which elevates us on the side of the angels: a divine act.

During one of the appearances of Jesus after His resurrection, he commissioned his apostles to forgive sins. In other words, He is telling His apostles that the process of redemption on the part of humanity never ceases. Having been saved by the redeeming act of Christ, we too share in the mission entrusted to the apostles and empowered with the divine act of forgiveness.

We must make use of such a liberating divine power shared to each one of us when we were baptized. The world is full of sins. Let us invade it with the power of forgiveness each of us has been gifted with. This is not just a noble act of an educated gentleman but a Christian mission we all are called for as we journey and await the day of our own justification before Him who has the ultimate power to judge us.

## Glimpses of Our Last Meeting



PE Adolf presides at club's 41st meeting with Dir Roy as emcee. Rtn Dennis leads invocation.



and singing of Pambansang Awit.



HOF/PP Jess recites The Four-Way Test & Dir Roy introduces guests.



## Glimpses of Our Last Meeting



"Young At Heart" is sung by quintet.

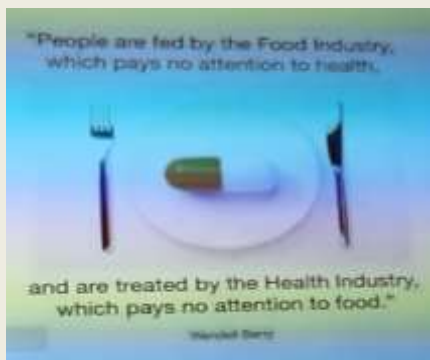


HOF/PP Jess on medical mission on May 21. Fining is done by PP Vic A. President's Time by PE Adolf.



PE Adolf introducing Mr Michael Angelo Genato, CEO of Romlas Health Group whose topic is "Your Food As Your Medicine".

## Glimpses of Our Last Meeting



His talk covers food industry not health conscious & health industry



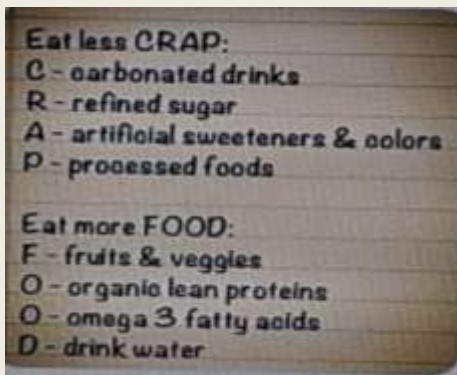
not food conscious; present health system;



functional medicine; food is medicine, energy &



## Glimpses of Our Last Meeting



information; we are what eat and diet guide.



Replying to questions from PPs Benny and Arjan.



PE Adolf hands over club's token and then adjourns meeting.

## Rotarian's Scholarship Pledges RY 2022-2023

*As of May 18, 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

## 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

***DECLARATION OF ROTARIANS  
IN  
BUSINESS AND PROFESSIONS***

***As a Rotarian engaged in a business or profession, I am expected to:***

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to 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. Adhere to honesty in my advertising and in all representations to the public concerning my business or professions;
8. Neither seek from nor grant to 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 Present .....33

% of Attendance (05/11/23).....34.3%

### Birthday Celebrants for the Month of May 2023

### Wedding Anniversaries for the Month of May 2023

### Guest and Visiting Rotarians

1. Jiniel Zamora, Host: Rtn. Richard Pua



# 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>RTN. FR. KELL ORTEGA</b> <b>RTN. FR. JOJO OPINIO</b> <b>RTN. FR. VINCENT AMORES</b> Invocation

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ADB Avenue Corner Garnet Road  
Ortigas Center, Pasig City Tel. No. 635-2234

**Edgar Manalang:** **0927-9414528; [rcpasig@hotmail.com](mailto:rcpasig@hotmail.com)**

## 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:** \_\_\_\_\_