



September 1, 2023

Today's Programme

Valle Verde Country Club September 1, 2023, 12:00 Noon

Call to Order Pres. Adolf Aran

Invocation Dir. Anson Tan

National Anthem Dir. Anson Tan

FOUR-WAY TEST PN Roy Quejada

Introduction of

Visiting Rotarians & Guests PP Jun Zafra

Community Singing RCP Board Members

Wise or Otherwise

Fining Moments IPP Bong Paloma

President's Time Pres. Adolf Aran

Introduction of

Guest Speaker PP John Javier

RONALD "Pope" SOLIS
District Governor 3800
GOVERNOR'S VISIT

Open Forum Adjournment

Pres. Adolf Aran

PP John Javier Emcee

* SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH *

September 1, 2023

Invocation



All-powerful and ever-living God, shine with the light of your radiance on us all who are so grateful to you for the bountiful blessings we received from you. Let the dawn from on high break upon us: your Son our Lord Jesus Christ, 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?

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.



September 1, 2023

Song of the Day



PASIG ROTARIANS

(Tune: Dancing Queen)

Woo, woo, woo, woo, woo, woo, woo
You can see, you can feel
Having the time of our life
Oh see us now, watch us now
Pasig Rotarians

Thursday noon and we're on the go
Meeting in a place you know
Breaking bread with one another
Getting in the swing
We come to meet with friends
Pasig Rotarians we all are
Young and old, wise and otherwise
With a sense of service
Everything we do
for the community
And when we get the chance
Pasig Rotarians
Young and old, since seventy one
Pasig Rotarians serves the need
of the community

You can see, you can feel Having the time of our life Oh see us now, watch us now



September 1, 2023

Song of the Day

Continuation 1.



Pasig Rotarians
We're Rotarians, we're on the go
Looking for opportunities
Where we can serve our brothers
Looking beyond ourselves
We're in the search to serve
And when we get the chance
Pasig Rotarians
Young and old, since seventy one
Pasig Rotarians serves the need
of the community

You can see, you can feel Having the time of our life Oh see us now, watch us now Pasig Rotarians, Pasig Rotarians

(Lyrics adaptation by PP Peter)



September 1, 2023

From the President

Pres. Adolf Aran



"We judge ourselves by our intention; we judge others by their behavior." - unknown author

As we present our plans and programs to our District Governor Pope Solis and his team today, let's reflect on our commitment to serve above self, amid a backdrop of fellowship.

The first 2 months are filled with such manifestations, with 9 service projects, 7 club meetings, 1 Zone 6 club assembly, 1 District 3800 golf tournament, 1 LUXID Rotary Microfinance and Credit Cooperative and its 340 members, 1 Ilugin Community Center operational for the almost 20 years, and priceless moments with the community that we serve.

There's more work to be done. Let's continue to create hope in the world.

Mabuhay ang Rotary Club of Pasig!



September 1, 2023

Rotary Notes PP Benny P. De Guzman



Today is a significant day. This is the first day of the Ber months. It is a first Friday and the one first Friday ever that a Governor's visit is given to a Thursday club like ours since our very start. We are a club with more than 200 members who joined us and the highest membership we ever had was 102 members. More than 84 have since died, mostly when they were still members and a few after their return of classification.

We must be one of the better clubs in the district from all areas of consideration but to reset an important meeting out of our regular meeting day and a week only after the announcement is certainly not nice.

Thanks to PP Peter who inquired if we have a dress code for the meeting. May our Edgar be able to catch up with his text to remind us of wearing our polo barong for today.

Congratulations to the eight Pasig Rotarians who were at last Sunday's giving of school items to the school children of Baras Pinugay Elementary School in partnership with Rotary Club of Baras. It was a tremendous sacrifice meeting at 6:00 am on a Sunday. PP John and his team must be congratulated and those sitting besides them today must be fined.

I texted super Rotarian Chony for my birthday greetings yesterday. Many greeted him in our Noble Men of RC Pasig viber group. Why super? Every year, Chony solely on his own is hosting the Pasig Outstanding Policemen Awards. From our club's participation in screening and his monetary awards to the



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Rotary Notes

PP Benny P. De Guzman

Continuation 1.

awarding ceremony he is hosting. Physically, Chony has difficulty moving around but remains SUPER. Another SUPER but now in great pain is PP Peping. In his mid-ninety, Peping has been in his care giver attended wheel chair for over a year already but he is regular in his weekly attendance. Lately, we haven't seen him. Why? Two weeks ago he had a knee operation and it was truly hurting. If our meeting was yesterday, he was sure not to attend. Today, he has a more than 70% chance to attend. Even in pain as he wants to be part of a Governor's visit. Peping is one of the remaining 3 charter members of our club and the most consistent of the three in attending meetings.. PP Arjan is next while PP Esto always attends via zoom.

Last week, only runner up HOF/PP Conrad was in attendance among the golf tournament winners. Rtn Ben, the over all Class A Champion was out and so was PP Rel.

Last month was Rotary's Membership and Extension Month. Only PP Jun, Rtn Kap Richie and Rtn Dante have sponsored the last two months

Before, we used to see every now and then Rtn Henry Claraval. But now. I seen him only in FB with beautiful patients, before and after. Kaya pala beautiful before and after, hindi pala facial nirepair niya but the hidden part below?

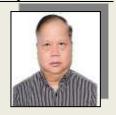
Out unusual Pasig Rotarian Raj, a PNP awardee has two masteral degrees, a PhD and now taking up law. Ano ba yan? Mahilig magbarka sa colegialas?

Ber month na, may bagyo pa!

September 1, 2023

Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



R. Gordon R. McInally President 2023-24 August 2023

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in

our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.



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Walking the Avenues

PP Jun C. Zafra Continuation 1.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to



September 1, 2023

Walking the Avenues

PP Jun C. Zafra Continuation 2.

members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

Tinig Newsletter September 1, 2023

Our Guest Speaker



RONALD "Pope" SOLIS District Governor 3800 RY 2023 - 2024

District Governor Ronald "Pope" O. Solis. In his more than 20 years as a Rotarian, he has been voted many times as Rotarian of the Year of RC Marikina West, that his Club had to elevate him to become a Hall of Famer to give way to other deserving club members. He had served the district in various key positions, he became district secretary for operations, Chair of the District Training Assembly (DISTAS) twice, DRM Chair, and he also chaired the one of the most successful Oktoberfest in our District.

As a lawyer he co- founded his now established law firm the SOLIS MEDINA FAJARDO and MALILONG LAW with offices in Tektite Towers, Ortigas Center, which is engaged in several aspects of the legal practice. In his early years of practice, our Governor did a lot of trial work. However, in 2004, at a young age of 44 years old, he was appointed by Pres. Gloria Macapagal-Arroyo as Commissioner or Head of the National Telecommunications Commission (NTC), the country's regulator for telecoms and broadcast. Our Governor is a proud product of the public schools. He considers as one of his endearing achievements is his becoming the President of the

September 1, 2023

Our Guest Speaker

Continuation 1.

MSAT High School Class of 1977, who led to organize a scholarship program for the best and the brightest students of the Marikina Science HS.

Our Governor is happily married to the beautiful and talented Victoria Baterina Solis or Spouse Tita Vcky, who hails from Baguio City, and who herself is a successful entrepreneur with many philanthropic causes. They have 3 children, who are now all professionals, namely, Jesse Pauline or Jesse, a lawyer who finished her undergrad in UP and pursued her law studies in Dela Salle. Jose Miguel or Mijo, also a lawyer who graduated from UPLaw just like his dad and is married to Maxine Abigale, and Jillian Samantha or Sam, who a licensed Electronics Engineer who finished BSECE also in UP, where she now pursues a masteral degree in data science. With all his achievements in life, our Governor will not hesitate to say to anyone who asks that his greatest accomplishments in life are having seen Jesse and Mijo passed the bar on the same year and knowing that Sam is now surely on her way to develop competitive edge in the niche field of data science and analytics. By the way, Jesse and Sam and Abbi are charter members of the RC San Juan Supreme.



September 1, 2023

Tinig Tidbits

By: PP Peter M. Javier



MORE SURPRISING FACTS THAT ARE REAL

- The Scots language has 421 words for snow.
- Thanks to high-resolution flat-screen TVs, dogs are able to to see TV screens as well as humans.
- The IKEA catalogue is as widespread as the Bible.
- Cheerleading started as an all-male activity.
- Queen Elizabeth as a mechanic during WWII.
- Some cities in the US used to have 'ugly laws', fining people \$1 to \$50 for how they looked.
- A sheep, a duck and a rooster were the first passengers on a hot air balloon
- For the Wizard of Oz, 16-year-old actress Judy Garland was forced to take on a diet of chicken soup, coffee and 80 cigarettes a day.
- Trees can send secret warning signals to other trees about incoming insect attacks.
- Bay giraffes are born falling 1.5 meters to the ground.
- A donut-shaped planet is technically possible.
- Crows can hold grudges.

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Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

- About once a week, sloths make a trip to the bottom of their tree in order to poop.
- The most frequently password is 123456.
- UPS trucks save 10 million gallons of gas every year by avoiding left turns.
- Leonardo da Vinci could write with one hand and draw with the other hand at the same time.
- Humans put a man on the Moon before they put wheels on luggage.
- Scientists have found evidence of take-out restaurants in the remains of Pompeii.
- Neil Armstrong's boots are still in space.
- 400 million years ago, the Earth was covered with giant mushrooms that were 8 meters tall.

(from BabaMail)

September 1, 2023







HCP Adolf Starts meeting with PE Dodie as emcee. PP Henry leads invocation and...







singing of Pambansang Awit. Rtn Rod recite Apat Na Urian ng Rotaryo and PE Dodie introduce visiting Rotarian.



Pangkat 2 singing Never On My Rotary Day.



Tinig Newsletter September 1, 2023







PP John on Sunday's school bag distribution in Baras. Acting Treasurer PP Jun on dues payment. PP Bert is the day's joker.







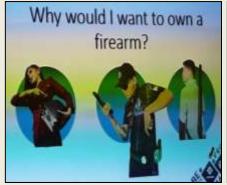
It's not a joke from Rtn Noel. PP Benny is finemaster again. It's HCP Adolf's time.





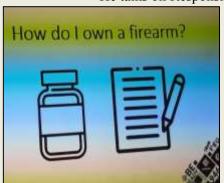
Rtn Gary introduces Mr Patricio Dionisio of P.B. Dionisio & Co.

September 1, 2023





He talks on Responsible Gun Ownership





with focus on how to own firearms,





the kinds of firearms one can own and firearms safety.

September 1, 2023







Replying to questions from PP Ferd and PE Dodie.







Answering queries from PP Henry and Rtn Noel.





A handshake with HCP Adolf who thereafter adjourns meeting.



September 1, 2023

1st Leg District Golf Tournament at Hallow Ridge Filipinas Golf Club



Club hosts 1st Leg of D8000 Golf Tournament at Hallow Ridge.



It's registration time.



Tournament Chair Rtn Bart and the RCP Tigers. **20.**



September 1, 2023



Some D3800 Rotarian golfers.





Flights of PPs Conrad & Toti and Rtn Bart & PP Hermie.



It's tee off time!



September 1, 2023





Eyes on the ball!



Ay naku...I missed it!





After a missed putt, an ice cream to refresh and energize.



September 1, 2023



Golf Tournament Awarding & Fellowship at Bar IX in Alabang.



PP Rel emcees program and HCP Adolf welcomes the golfers.



Trophies prepared by tournament organizer Rtn Bart 23.



September 1, 2023



Some of the many raffle prizes.



Rtn Ben is Class A Champion & PPs Rel & Conrad are runners up of Class B & C.



Tournament winners with Bar IX models.



September 1, 2023





It's fresh chicken being raffled! A birthday cake for PE Dodie!



Entertainment number from Bar's IX Sideways.



An afternoon of food, fun & fellowship for D3800 golfers!



September 1, 2023

Bag Para Sa Batang Baras





All ready to do good on an early Sunday morning...IPP Bong, PE Dodie, Rtn Bien, PP John, Dir Roy, Dir Peter, PP Jun & Rtn Gary.



Awaiting eagerly distribution of bags, books, notebooks & paper pads.

September 1, 2023

Bag Para Sa Batang Baras



PP John's message to the students & parents..." sa konting tulong namin, sana'y makasuporta kami sa inyong pagaaral."



Bags, books, notebooks and paper pads all ready for distribution.



Rtns Peter & Gary handle the bags giving while HCP Jeng Santos & Baras Rotarians the contents



September 1, 2023

Bag Para Sa Batang Baras



PP Jun, IPP Bong & PE Dodie are at it too.



The Batang Baras with their filled up bags.



The 8 Noblemen with the school principal & RC Baras Rotarians. 28.

September 1, 2023

Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Jesus as Our Model

And he gave some as apostles, others as prophets, others as evangelists, others as pastors and teachers, to equip the holy ones for the work of ministry, for building up the boy of Christ. (Ephesians 4:11-12)

One of the things that I admire in Rotary Club Pasig is the diversity of its members. There are doctors, engineers, lawyers, businessmen, police officers, priests, and others. Yet they are all united with the desire to serve the less fortunate above oneself. And that's one reason why I chose to remain as a Rotarian member. It is like what St. Paul said in his Letter to the Ephesians. We may came from different families or graduated from different schools. But, as long as we share our talents and skills and pool our resources together, then unity among us, Rotarians, is something very doable to achieve.

Let our motto "Service Above Self" be our unifying battle cry as a Rotary Club of Pasig



September 1, 2023

Officers and Directors

ROTARY CLUB OF PASIG (RY 2023-2024)

President Adolfo "Adolf" D.J Aran, Jr.
Vice President/PE Bernard "Bernard" C. Dy
PP Peter John "John" U. Javier
Treasurer Rtn. Damito "Demy" Magpantay

AuditorRtn. Joaquin "Jake" OhSgt-at-ArmsRtn. Peter Pancho

DIRECTOR:

Club Administration Rtn. Anson Tan

Membership Rtn. Bernard "Bernard" C. Dy

Public Relations Rtn. Peter Pancho

Service Community Rtn. Saturnino "Tet" G. Mallare III

The Rotary Foundation PP Marcelo "Jun" C. Zafra, Jr. **Youth Service** Rtn. Roy Marvin Quejada

Ex-Officio IPP Josefino "Bong" M. Paloma

September 1, 2023

Pangkat Members RY 2023 - 2024

PANGKAT NO. 1

- IPP Bong Paloma Leader 1.
- 3. Rtn Jay Bautista
- 4. Rtn Nesty Carolina
- PP Conrad Cuesta
- 6. Rtn Roehl Fontanilla
- 7. Rtn. Richie Defensor
- 8. Rtn Noel Go
- PP Dodot Jaworski
- 10. Rtn Sammy Lazo
- 11 PP Esto Lichauco
- 12. Rtn. Gene Menor
- 13. Rtn Albert Mendiola
- 14. Rtn. Richie Pua
- 15. Rtn. Bien Sibug
- 16. Rtn. Aris Marfil

PANGKAT NO. 2

- 1. PE. Bernard Dy Leader
- Dir. Demy Magpantay Co-L 2. Dir. Peter Pancho- Co-L
 - 3. Rtn Ato Basco
 - 4. Rtn. Henry Claravall
 - 5. PP Topax Colayco
 - 6. PP Benny de Guzman
 - 7. Rtn Gerard Estrada
 - 8. PRID Raffy Garcia III
 - 9. Rtn. Chony Gimenez 10. Rtn. Edison Go
 - 11 PP Ner Laino
 - 12. Rtn. Rod Moreno
 - 13. Rtn Fr. Kell Ortega
 - 14 Rtn Roman Romulo
 - 15. Rtn Nicky Ty
 - 16. PP Henry Uy

PANGKAT NO. 3

- 1. Dir. Jake Oh Leader
- Dir. Tet Mallare Co-L
- 3. PP Garrick Ang
- 4. Rtn Mads Bengua
- 5. Rtn Benard Bobadilla
- 6. PP Rene Bocaya
- 7. Rtn Flor de Pano
- 8. Rtn. Carlo Doce
- 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. Philip Yoon
- 16. Rtn. JS Zamora

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Pangkat Members RY 2022 - 2023

Continuation 1.

PANGKAT NO. 4

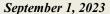
- 1. PP Jun Zafra Leader
- 2. Rtn. Gary Ona-Co L
- 3. PP Bert Albano
- 4. Rtn Richard Berganos
- 5. Rtn Pal Bolivar
- 6. PP Toti Buhain
- 7. Rtn. Karl Contreras
- 8. PP RJ Ermita
- 9. PP Ramy Garcia IV
- 10. Rtn Cesar Lacuna
- 11. PP Ogie Lim
- 12. PP Peping Mabanta
- 13. PP Hermie Orbe
- 14. Rtn Dekdek Paloma
- 15. Rtn Rudy Sanguyo
- 16. Rtn Jeffrey Sonora

PANGKAT NO. 6

- 1. Dir. Anson Tan Leader
- 2. Pres. Adolf Aran Co-L
- 3. Rtn Roman Arugay
- 4. Rtn Oyie Averilla
- 5. Rtn Ben Baniel
- 6. Rtn Dickson Berberabe
- 7. Rtn. Chito Bernardo
- 8. PP Nick Guzman
- 9. Rtn. Alex Lacson
- 10. PP Vic Lim
- 11. Rtn. Ike Ona
- 12. PP Ferd Rivera

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 Bebert Lacuna
- 12. Rtn Fr. Jojo Opinio
- 13. Rtn Bart Ronquillo
- 14. Rtn Jecko Santos15. Rtn Vico Sotto
- 16. Rtn. Roland Vasquez
 - 13. Rtn. Ping Tan
 - 14. Rtn. Stephen Valera
 - 15. PP Celso Ylagan



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.



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



September 1, 2023

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present	40	
% of Attendance (08/24/23)	42.	1%

Birthday Celebrants for the Month of September 2023

Wedding Anniversaries for the Month of September 2023

Guest & Visiting Rotarians

1. PP Tom Thong, RC Shanghai, China

Tinig Newsletter September 1, 2023

Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS	
PETER JAVIER	ADOLF ARAN From the President	JOHN JAVIER Secretary's Desk
Editor in Chief ROEHL FONTANILLA ANSON TAN	BENJAMIN P. DE GUZMAN Rotary Notes	JUN C. ZAFRA, JR. Walking the Avenues
Club Bulletin Admin.	PETER M. JAVIER Tinig Tidbits	RTN. FR. KELL ORTEGA RTN. FR. JOJO OPINIO 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:		



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