

Rotary
Club of Pasig



CREATE HOPE
in the WORLD

13 SEPTEMBER 2023
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



MS. HEIDI L. MENDOZA

Guest Speaker

Today's Programme

Valle Verde Country Club
September 14, 2023, 12:00 Noon
Pangkat 3 Leader Dir. Jake Oh

Call to Order	Pres. Adolf Aran
Invocation	Rtn Mads Bengua
National Anthem	Rtn Dante Lardizabal
FOUR-WAY TEST	Rtn Bernard Bobadilla
Introduction of Visiting Rotarians & Guests	Rtn Dante Lardizabal
Community Singing	Pangkat 3
Wise or Otherwise	
Fining Moments	Dir. Tet Mallare
President's Time	Pres. Adolf Aran
Introduction of Guest Speaker	Pres. Adolf Aran

MS. HEIDI L. MENDOZA

Topic: Confidentially Your, Intel and Confi Funds

GUEST SPEAKER

Open Forum	
Adjournment	Pres. Adolf Aran

Rtn Dante Lardizabal
Emcee

**** SEPTEMBER IS BASIC EDUCATION
AND LITERACY MONTH ****



Invocation



God our Father, yours is the beauty of creation and the good things you have given us. Help us to begin this day joyfully in your name and to spend it in loving service of you and our fellow man. 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?

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



Hey D u d e ! (*Beatles' Hey Jude*)

Hey Dude, Stop being bad
Sing a sad song
that makes you happieier?
Remember to let her in to your flat,
Then you can start to make her better

Hey Dude, invite your friends
You are made to, GO Bond together
The minute you let her touchin your skin
Then you begin to make her W o n d e r ?

And anytime you feel The Shame,
Hey Dude, Restrain..
Don't carry her tears Up on your shoulders
For well you know that she's NO fool,
who plays it cool,
By making her world a little W i d e r !

Nah nah nah nah nah nah nah nah nah

Hey Dude, don't let her down
You have found her, now Go and get her.
Remember to rest her under your shell
Then you can start to make her Warmer!

So let it Out and let it IN, Hey Dude,
begin You're waiting for someone to perform with
And don't you know that it's Just you,
Hey Dude, you'll do.. the movement you need is on your hipstier!



Song of the Day



Continuation 1.

Nah nah nah nah nah nah nah nah ..yeah!

Hey Dude, Stop being bad
Sing a sad song that makes you crazieeer!
Remember Don't let her touchin your skin
OR you begin to make her W I L D E R !
wilder, wilder, wilder, wilder, wilder, wilder, Wooah!

Na-na-na-Na-na-na-na- Na-na-na-na- Hey Dude!
Dudah.dudah dude!

Na-na-na-Na-na-na-na- Na-na-na-na-
Hey DUDE ! Dudah ddu

Na-na-na-Na-na-na-na- Na-na-na-na-
Hey DUDE ! Dudah dudd

AH AH AH AH Ah ah ah ahhhwaat na .. AWAT NAAA?
Hey Dude

Ta-Ta-Ta-ta-ta-ta-ta- TA Ta.. TAMA NAA! Hey Dude!
TAMA NA!

Ti ti ti ti, TI TI TI TI, ti ti ti ti .Dude, TIGiiiL NAAA!

(f i n a l e)
Na-na-na-Na-na-na-na- Na-na-na-na-
SOBRA NAA???

From the President

Pres. Adolf Aran



“In the Philippines, at least nine out of 10 children aged 10 struggle to read and write simple text, according to the World Bank's latest statistics on learning poverty in 2021. The country also ranked lowest among 79 countries that participated in a 2018 international reading literacy assessment.”

Rotary Club's theme for the month of September is Basic Education and Literacy. Let's remember this as we come up with more ways on how we can further this cause. Today's talk by Heidi Mendoza touches indirectly on this area of focus, while the talk by Mark Yee on September 28 will give us a snapshot of the crisis that we're facing in education.

Let's create more hope in the world.

Mabuhay ang Rotary Club of Pasig!

P.S. Here's a preview of what to look forward to in September and October.

- Sept 28, Thursday, 12-2pm, Guest Speaker: Mark Yee, EdCom Executive Director, On Literacy Poverty
- Sept 17, Sunday, 8am-12nn, Pilipina, Ikaw Ay Mahalaga, a medical mission with The Medical City, Ilugin Community Center
- October 7, Saturday, 5-10pm, District 3800 Oktoberfest Party 2023, The Tent, Metrowalk, Ortigas Center

From the President

Pres. Adolf Aran

Continuation 1.

- October 12, Thursday, 12-2pm, Weekly Club meeting, Guest Speaker: Baguio City Mayor Benjamin Magalong, on Good Governance
- October 19, Thursday, 12-2pm, Guest Speaker: Grace Padaca, Polio survivor
- October 26, Thursday, 12-2pm, Memorial Mass for Pasig Rotarians who passed away

Rotary Notes

PP Benny P. De Guzman



A proud PP Celso had his daughter Pia, herself a camera addict like our guest speaker Patrick Mateo in our meeting last week. Later in the week, PP Ogie was honoring PP Celso but missed giving the real name of spouse Enya. Ogie claims it was a fingering mistake. You get that if at your age, you are still fingering.

Two doctors in our club are FB regulars. Rtn Doc Ato's latest 2 were on basic, the umbilical cord and the ear infection. Rtn Henry Claravall is always worth looking more intensely now. Panay beauties, before and after? Pwede ba yung sa lower parts naman!

Congratulations to IPP Bong for his company's golf tournament. He is donating to the club half a million pesos. Invariably, he is helping his company and he is helping three barangays in Pasig as well.. If he expands more what he is doing to Barangay Oranbo of our Rtn Kap Richie, that will be a clear case of letting the residents know what he is doing to help the barangay and will not be electioneering for Bokap Richie.

Meanwhile, the book launching of the Camera Club of PP Garrick was successfully held at a fancy club in Athens, Greece.

We don't know if PP Vic Aquino is already here but he is always in our meetings via zoom. Anyway, if he is around, he will not miss popping up in our meeting.

Prayers are pouring for a successful operation on our well loved Rtn Chony. The operation was successful but there is another

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

major one that was postponed for the coming week. Kulang ang prayers? No, he is just being primed to be in good shape before the knife starts its business. Chony made sure he will have a lively birthday celebration and still attend to the UP grounds for acknowledging his many contributions to the university.

Congratulations to HOF/PP Conrad for the success of his Luxid-Rotary group. From out of nowhere his staff is texting that we have our interests checks coming this meeting. A better reciprocal undertaking was when he took his credit coop seminar to Rtn Kap Richie's barangay to which the reception was very good. Kap Richie even invited to group for lunch.

I am amazed that even in food there is a technique about getting pictures. It makes the food tastier when the right photos are taken?

I saw a Rotarian bring in a Pasig councilor to be a prospective member. We will have in our roster the Mayor, his Vice Mayor, a councilor and a barangay captain. From Kapitolyo, may kagawad pa tayo.

Last week, I mentioned a kababata of PP Ner in Batangas, a week apart in their ages and both are PPs of their respective clubs. Both attend their club's meetings every other Thursday. Ner by his own needs as he is based in Batangas while his kababata, PP Ruben Torres attends regularly their meeting every other Thursday too. I told my brother, a PDG why they allowed the the Rotary Club of Makati-Forbes to meet twice a month. My brother to me in his Rotary club, after the pandemic they have yet to meet. Up to now!

Walking the Avenues

PP Jun C. Zafra



ROTARY PROJECTS AROUND THE GLOBE

September 2023

Belize

Since 2014, members of the Rotary Club of Seminole Lake, Florida, have ventured on service trips to Belize with a focus on the welfare of children: constructing school playgrounds and providing educational assistance, clothing, and medical screenings. “The kids had a recess period but little for them to do,” says David Buzza, a past club president. Three years ago the club forged ties with the Rotary Club of Belmopan, Belize. In February, Rotary members helped construct a seventh playground in Belize and helped hand out 1,500 pieces of new clothing, along with toiletries and backpacks. The Florida Rotarians added to the Belmopan club’s existing wheelchair distribution project with a May shipment of 30 wheelchairs.

United States

The Indian River Lagoon along Florida’s Atlantic coast is home to some 3,500 plant and animal species. In January, District 6970 and the Rotary clubs of New Smyrna Beach and Edgewater introduced a tide pool exhibit in the Marine Discovery Center in New Smyrna Beach. The display is home to horseshoe crabs, sea stars, sea urchins, hermit crabs, marine snails, and other small oceanic creatures. “Having that opportunity to see the animals up close is a very engaging experience,” says Chad Truxall, the center’s executive director. “It’s been fun for us to have this additional tool to share the story of the Indian River Lagoon.” A district grant provided

Walking the Avenues

PP Jun C. Zafra

Continuation I.

\$20,000, the New Smyrna Beach club devoted \$10,000, and the Edgewater club another \$5,000 toward the cost of the exhibit, representing just a portion of the financial and volunteer contributions Rotarians have made to the marine center over the past decade.

Canada

The pandemic's toll on older people struck especially close to home for the Rotary Club of Cornwall Sunrise in southeastern Ontario. "Until COVID, our club met at a seniors residence, and the need for the residents to be able to get out was made clear to us," says club member Elizabeth "Bette" Miller, a past governor of District 7040. To ease the isolation of the town's older population, the Cornwall Sunrise club teamed up with the Rotary Club of Cornwall and their city government to introduce Seniors on Wheels tours on three-wheeled cycle rickshaws. Volunteers pedal seniors around on seasonal tours along the St. Lawrence River. "The trishaw is used primarily by local seniors who would otherwise be unable to enjoy the beautiful scenery," says Miller, whose club contributed an initial CA\$3,000 (US\$2,500) for the project. "The routes for the trishaws follow the bike paths with stops at points of interest, many of which are projects Rotary has partnered on with the city." Volunteers and their passengers covered a cumulative 300 miles last year.

India

In Visakhapatnam, along the Bay of Bengal, Rotary members launched an innovative plastics recycling and youth employment project. Participants from the nonprofit India Youth for Society collect plastic bottles from drop-off locations

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

and beaches and process the plastics into small chips that are sold to recyclers. The nonprofit's goal is to make the operation self-supporting. About eight young people were working on-site as the processing plant scaled up production in June, and as many as 25 people eventually could work at the facility. The roughly \$120,000 project is supported in part by a global grant sponsored by the Rotary clubs of Lake District Moinabad, India, and Naperville Sunrise, Illinois, with contributions from other Rotary clubs in the United States and India. Among its accolades is an award from the American Academy of Environmental Engineers & Scientists. "I wanted to get the academy's feedback and make [the project] more robust using their suggestions," says Prakasam "Prakash" Tata, a retired environmental engineer and a member of the Rotary Club of Naperville, Illinois. "But lo and behold, I heard, 'You won the grand prize.'"



Our Guest Speaker



MS. HEIDI L. MENDOZA

Heidi L. Mendoza was a long time state auditor at the Commission on Audit before she was appointed as one of its commissioners in 2011. In December 2015, she was appointed as Undersecretary General for the Office of Internal Oversight Services (OIOS) at the United Nations Headquarters in New York, a post she held until 2018. She also worked as a consultant for the Asian Development Bank (ADB) and the United Nations Development Program (UNDP). Currently, she teaches part time at the Ateneo School of Governance (ASOG) and is Dean for Accountancy of PHINMA Schools in Laguna. She is also an avid painter and "plantita" in her spare time.



Tinig Tidbits

By: PP Peter M. Javier



FASCINATING FACTS ABOUT THE FOOD WE EAT

- 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.
- It's better to make your own spice mixes than buy store-bought. The reason is that manufacturers often use salt and cheaper ingredients to reduce costs.
- There's a reason Swiss chocolate is the best in the world. The Swiss are the world's number one consumers of chocolate, with a yearly average of 10 kg per person.
- The only food that contains all the nutrients the body needs is breast milk.
- “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.
- At the beginning of the 20th century, lobsters 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.
- Chicken is considered to be healthier than red meat, but since 1970s, the fat levels of chicken breast have risen by

Tinig Tidbits

By: PP Peter M. Javier

Continuation 1.

226%. Further research found that the protein value of chicken has decreased by 33%.

- “Chinese” fortune cookies are actually an American invention. While a similar concept existed in 19th-century Japan, the famous fortune cookies was invented in San Francisco in the early 1900s.
- The invention of the popsicle is attributed to an 11-year-old boy named Frank Epperson. The story claims that Frank forgot a glass of juice with a stirring stick on his porch on a cold night, only to discover the following morning that he had invented the popsicle.
- The plain cucumber in your fridge is much more complex than you'd think. From a botanical perspective, it is a fruit and from a culinary perspective it is a vegetable. It's comprised of 96% water, has very low caloric value, as well as healthy levels of potassium, vitamins and antioxidants, most of which can be found in its skin.
- In most advertisements for milk, the white liquid you see is actually thinned-down white paint.
- Of all the food produced in the world every year, about 50% ends up in the garbage. Instead of being part of the problem, ask restaurants to let you take leftovers home, check the expiration date on products in your fridge and always put less food on your plate than you think you'll eat.

(from BabaMail)

to be continued...

Glimpses of Our Last Meeting



HCP Adolf starts his 9th meeting with Rtn Jake as emcee. Rtn Dante leads invocation.



Rtn Jake leads singing of Pambansang Awit. Rtn JS recites The Four-Way Test. Introduction is done by Rtn Jake.



Pangkat 3 singing Beatles' "Ob Ladi Ob Lada" retitled Si Mareng Suplada

Glimpses of Our Last Meeting



HOF/PP Conrad thanks Rtn Kap Richie for hosting credit coop seminar. PP John on club's hosting of Oktoberfest. IPP Bong on AMTI's golf for a cause tournament



PP Garrick & PP Celso are the jokers for the day. Fining by HOF/PP Peter.



HCP Adolf with his message and introduction of Mr Patrick Mateo, a professional photographer.

Glimpses of Our Last Meeting



Mr mateo talks on food photography with use of appropriate



Prop with proper lighting and letting the main ingredient do th talking



Replying to questions from PP Garrick and Rtn Dante.

Glimpses of Our Last Meeting



Also from HOF/PP Conrad and PP Rene.



A handshake with HCP Adolf who then adjourns meeting.



A group photo with speaker and guests.

Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Correcting, Not Punishing

I remember when I was still a child, my father punished harshly whenever I committed mistakes by uttering injurious and sometimes foul words. That really hurt me a lot. But what was hurting was the fact I developed a mentality that I should always live the virtues like diligence in work and study not because it was morally right but because of fear of being punished, ridiculed, or excluded. In short, I strived to live a good life out of my childhood trauma.

We are human beings and we are bound to commit mistakes. That's a fact. If that is the case, we can say that we have the right to commit mistakes for as long as we learn from them. But how do we approach fellow sinners and address their wrongdoings? Jesus, in the Gospel according to Matthew (Matthew 18:15-20), proposed a better way of correcting other people. Instead of punishing physically or verbally an erring person, we should approach him/ her in private and correct him or her with understanding and mercy. In this way, none of us have to be hurt or humiliated just because we committed a mistake or we told the concerned individual their mistake. Ultimately, through fraternal correction (as it is called), preserves our genuine relationship with other people no matter who they are.

Everybody commits mistakes, but only a few know how to correct others with mercy and understanding. So let's be part of the few.

Pangkat Members RY 2023 - 2024

PANGKAT NO. 1

- 1. IPP Bong Paloma - Leader**
2. Dir. Demy Magpantay - Co-L
3. Rtn Jay Bautista
4. Rtn Nesty Carolina
5. PP Conrad Cuesta
6. Rtn Roehl Fontanilla
7. Rtn. Richie Defensor
8. Rtn Noel Go
9. 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**
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**
2. 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

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. 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 Santos
15. Rtn Vico Sotto
16. Rtn. Roland Vasquez

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

13. Rtn. Ping Tan

14. Rtn. Stephen Valera

15. PP Celso Ylagan

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present39

% of Attendance (09/07/23).....41%

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
2. SP Donna Lacuna
3. Cia Ylagan, Daughter of PP Celso Ylagan
4. Ricdenel Alila, Lawyer

Editorial Staff

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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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