

Rotary
Club of Pasig



4 APRIL 2024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



MS. ILUSION FARIAS
GUEST SPEAKER

Today's Programme

Valle Verde Country Club

April 4, 2024 12:00Noon

Pangkat 4 Leader: PP/Dir. Jun Zafra

Call to Order	Pres. Adolf Aran
Invocation	Rtn Rudy Sanguyo
National Anthem	Rtn Karl Contreras
FOUR-WAY TEST	Rtn Pal Bolivar
Introduction of Visiting Rotarians & Guests	PP Toti Buhain
Community Singing	Pangkat 4
Wise or Otherwise	
Fining Moments	PP Bert Albano
President's Time	Pres. Adolf Aran
Introduction of Guest Speaker	Rtn. Dante Lardizabal

MS. ILUSION FARIAS

Executive Director, Hope Foundation

Topic: Creating Hope in the Community

GUEST SPEAKER

**Open Forum
Adjournment**

Pres. Adolf Aran

PP Ogie Lim

Emcee

**** April is Maternal and Child Health ****



Invocation



Lord, as we celebrated the Solemnity of the Resurrection of Our Lord Jesus Christ last Sunday may we learn from this glorious event of our Faith. By Your Grace teach us to rise from our failures, emerge from our defeats, and stand up once more from our disappointments. We ask this through Christ Our Lord.

Amen.

From: Rtn. Fr. Kell Ortega



APAT NA URIAN NG ROTARYO

ng mga bagay na ating iniisip, sinasabi o ginagawa:

1. Iyon ba ang **KATOTOHANAN**?
2. Iyon ba ay **MAKATARUNGAN** para sa lahat ng kinauukulan?
3. Iyon ba ay lilikha ng **MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKIPAGKAIBIGAN**?
4. Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kinauukulan?

Ang Layunin ng Rotaryo

Ang layunin ng Rotaryo ay ***"PASIGLAHIN AT IPUNLA ANG SIMULAIN NG PAGLILINGKOD BILANG BATAYAN NG ISANG GAWAIN KARAPAT-DAPAT*** at lalo't higit pasiglahin at ipunla:

1. Ang pagpapaunlad ng pagsasama bilang pagkakataon sa paglilingkod.
2. Ang mataas na uri ng tuntunin sa pangangalakal at sa hanapbuhay, ang pagkilala sa kahalagahan ng gawain kapakipakinabang at ang pagbibigay dangal ng bawa't Rotaryo sa kanyang hanapbuhay bilang pagkakataon upang makapaglingkod sa lipunan.
3. Ang pagsasakatuparan sa simulain ng paglilingkod sa bawa't Rotaryo sa kanyang pansarili, pangkabuhayan at panglipunang pamumuhay.
4. Ang pag-unlad ng pagkakaunawaan, mabubuting kalooban at kapayapaan ng mga bansa sa pamamagitan ng isang pang-daigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.



Song of the Day



NEVER ON MY ROTARY DAY

Oh you can meet me on a Monday,
A Monday, a Monday is very very good.
Oh, you can meet me on a Tuesday,
A Tuesday, a Tuesday in fact I wish you would.
Or you can meet me on a Wednesday, a Friday,
A Saturday and Sunday is the best
But never, never on a Thursday, a Thursday
A Thursday 'cause that's my Rotary day

Refrain:

Most any day, you can be my guest,
Any day you say but my Rotary day.
Just name the day that you like the best,
Only stay away on my Rotary day.

Oh you can meet me on a cool day,
A hot day, a wet day, whichever one you choose
Or try to meet me on a gray day,
A May day, a pay day, and see if I'll refuse.
And if you make it on a bleak day,
A freak day, a week day, then you can be my guest.
But never on a Thursday, a Thursday,
A Thursday 'cause that's my Rotary day.



From the President

Pres. Adolf Aran



Happy Easter, RC Pasig!

We are down to our last three months! The District 3800 Conference two weeks ago was a clear sign that all good things must come to an end. Including this Hope Creating Rotary Year. And that the ultimate ROI of how we fared versus previous Rotary years is how many people in our community benefited from our #ServiceAboveSelf.

Speaking of service, we still have many ways of serving our community in Pasig. Please join me for the third annual Pagpupugay sa Kabayanihan ng Pasig Pulis (chaired by PE Bernard Dy), our medical missions (OPLAN Bukol and OPLAN Tuli, led by Dr Henry Claravall), our Rotaractors' and Interactors' projects, mostly on education (managed by PN Roy Quejada).

Our weekly club meetings are getting more and more exciting. Today's "hope-filled" talk, and next week's inspiring talk by Pinky Yee on her exciting road to entrepreneurship, and our second Joint Zone 6 Club meeting, featuring the indefatigable retired Chief Justice Hilario G. Davide. Fellowship follows after the club meeting, our first since the anniversary celebration in January. There will be more inspiring and educational talks by equally exciting speakers during our club meetings, so please standby.



From the President

Pres. Adolf Aran

Continuation 1.

How are you doing so far, Pasig Rotarian? It's never too late to reach out to your sponsor, or to someone you have not seen, nor to participate in any of 7 areas of course of Rotary Club.

Contact me or any of the board members if you want to volunteer your time, talent and treasure. We still have so much to do, yet so little time.

Let's continue to create hope in the world! Maraming salamat po!



Rotary Notes

PP Benny P. De Guzman



A week's vacation is relaxing from writing my column. I then realized it is the last quarter of our RY too. Enough time to announce after decades that it is time to retire na.

We ended with Alfabasa with two successful Saturdays in Barrio Pineda. April is a big month for our club and for our No. One Rotarian, PRID/HOF Raffy for his 80th birthday with his major announcement to all and another one for our club. I can recall that 20 years before, he had a week long celebration for his 60th birthday as his father and two brothers did not pass mid-50's when they went to their graves. A week long celebration with open bar and gourmet foods. After that, wala ng good rich spender ang hotel and Mandarin Hotel in Makati closed shop.

Raffy gave more to Rotary than many in the international level. He is major contributor of the Arch Klumph Society with his son, PP Ramy and son-in-law PP Nick as members too. He had the major room of Paul Harris renovated to a first class showroom. I recall during his club presidency, he made all members Paul Harris Fellows. But those who were already Paul Harris Fellows, he did not give additional though, May years not rob him off to become the second Filipino to get the RI presidency. The Philippines deserve a second RI president with Raffy as the front runner.

When Raffy made his invitation, there is a clincher for invitees to donate for a very worth cause. But with his big dole outs, any amount will be barya. Imagine long time not seen nor felt, Balut

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

King Rtn Albert was offering to bring balut in a five star hotel? Balik sa weekly Thursday na lang Albert.

Cebu City is having a big water problem. Problem is really Too Big for the city government to make the needed budget appropriation. Anything about water is Too Big a problem.

Incoming President Dodie and his family took part in our village's Way of the Cross on Palm Sunday and even before that, his brother was with me at the Ateneo for the same celebration under Fr. Manoling Francisco.

We must thank PP Peter for getting our very own Rtn Fr, Kell for the recollection the other Thursday. Aside from his weekly column, Fr. Kell can give us good pointers for our spiritual needs. Si PP Ogie lang hindi niya pinayagan as his opening prayer was Father, forgive me for I am about to commit a sin. Commit it first saka ka mangumpisal.

We have a very good member visiting other clubs. Rtn Aris is not only making up but must have extra meetings as well.

When PRID Raffy was guest of the Charter Anniversary of RC Marikina, he noted the many sister club they have. What happened to ours? Pati sa USA we had. Nawala?

Rotary Notes

PP Benny P. De Guzman

Continuation2.

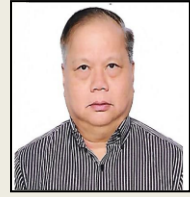
telling the doctors that he would rather die than go blind as six days after the freak accident, he was still driving his car with good eyesight. He'd rather die than go blind. He got both within the day.

We will have better news on our 54th and 55th Aniversaries. Stay well all of you!



Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



R. Gordon R. McNally
President 2023-24
April 2024

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace — I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our vision statement: "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves." We must never lose track of that last call — that to bring about change in the world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.



Our Guest Speaker



MS. ILUSION FARIAS

Ilusion (Ilu) oversees all the non-profit community programs in her capacity as Managing Director of Friends of Hope, which include Education, Environmental and Agriculture impact areas. Ilu has 9 years of experience in different sectors within the nonprofit environment. She worked for over 6 years as Executive Director in Guatemala where she organized and led initiatives with the City Garbage Dump community. During that time, she also founded and developed an NGO that provided sustainable economic and social programs for the women of these communities. Her vast experience has given her a deep understanding of the economic and social impacts of recycling programs for aggregators and specifically, for women. She holds a Master's in Public Administration from the Harvard Kennedy School of Government, Harvard University and a Master's in International and Developing Economics from the HTW University of Applied Science in Berlin



Tinig Tidbits

By: HOF/PP Peter Javier



UPLIFTING NEWS STORIES

1. A new study from Japan found that owning a dog not only brings joy but can significantly reduce the risk of developing dementia by 40% in adults over 65.
2. Living near water, whether it's the ocean, a lake or a river, isn't just nice scenery; studies show there are many health benefits like less stress, more creativity and a general sense of happiness.
3. Walking just 4,000 steps per day, less than half of the 10,000 steps often recommended for maintaining an active lifestyle is enough to help extend your life, the largest analysis to date suggests.
4. A ground-breaking study has revealed that indoor plants can efficiently remove 97% of cancer causing toxins, leaving us with better air quality in a short time. Ready to become a new plant parent?
5. A new study shows that listening to or practicing music can prevent brain aging and cognitive decline as we age by stimulating the production of gray matter in key brain areas. Rock on!
6. A new poll shows that adults who regularly say hello to multiple people in their neighborhood have higher wellbeing than those who greet fewer or no neighbors.
7. According to research, when you are kind to another



Tinig Tidbits

By: HOF/PP Peter Javier

Continuation 1.

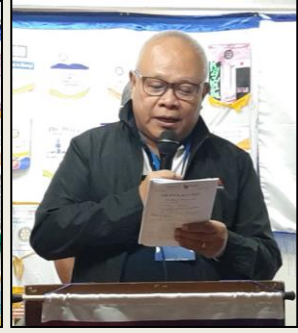
person, your brain releases feel-good chemical that give you a feeling of euphoria. This phenomenon is called the “helper's high”.

8. An 85-year Harvard study found the No. 1 thing that makes us happy. And it's not wealth or fame or working harder. Positive relationships (even just one) keep us happier, healthier and help us live longer.
9. Yale University's most popular class in over 300 years designed to increase our own happiness, “The Science of Well-Being” is available free online for adults and teens.
10. New study from England finds that dropping into a park or other urban green spaces 3 or 4 times a week can cut people's chances of taking medications for anxiety or depression by a third!
11. Petting other people's dogs, even briefly, can boost your health! Levels of the stress hormone cortisol drop in people after just 5 minutes spent interacting with dogs, even if it's not their pet.
12. Scientists made the biggest breakthrough in treating cervical cancer in 20 years. Trials show the new therapy cut the risk of women dying or the cancer returning by more than a third!
13. Generation Z and millennials are visiting libraries at a higher rate than older generations, according to a new study by the American Library Association.

(From BabaMail)



Glimpses of Our Last Meeting



HCP Adolf starts his 33rd meeting with Dir Jake as emcee & Rtn Mads leads invocation &



singing of Pambansang Awit; Rtn Philip recites Four-Way Test & PP Garrick introduces guests.



Pangkat 3 singing Amazing Grace with lyrics adaptation.

Glimpses of Our Last Meeting



Joke time by CM/PP Arjan; HOF/PP Peter is finemaster & HCP Adolf with his message.



Lenten Recollection by Rtn Fr Michael "Kell" Ortega.

SEVEN MOMENTS OF FOOTWASHING

1. ACT OF MOVING AWAY FROM THE HEAD-TABLE

A servant-leader is willing
to take a "servant-role".

*"For the Son of Man did not come
to be served but to serve."*

(Mark 10:45)

Fr Kell talks of the seven moments of footwashing



Glimpses of Our Last Meeting

2. ACT OF REMOVING THE OUTER GARMENT AND WEARING THE TOWEL

A servant-leader is willing to be stripped off all his securities and be vulnerable.

"Have among yourselves the same attitude that is also yours in Christ Jesus, Who, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance." (Phil 2:1-5)

3. ACT OF POURING WATER INTO THE BASIN

A servant-leader must live up to his baptismal identity.

"Unless I wash you, you will have no inheritance with me.... Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all."

(John 13:10)

as it relates to servant-leadership and the qualities

4. ACT OF STOOPING AND KNEELING DOWN

A servant-leader is willing to humble himself and be humbled.

"He humbled himself, becoming obedient to death, even death on a cross."

(Phil 2:5)

7. ACT OF GOING BACK TO THE HEAD- TABLE

A servant-leader must take a "leadership-role".

"I am the way and the truth and the life. No one comes to the Father except through me."

(John 14:6)

of a true leader such as total involvement,

6. ACT OF PUTTING ON THE SANDALS

A servant-leader enables others to servant-leadership.

"If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

(John 13:14-15)

QUESTION FOR PRAYER & REFLECTION

What qualities of servant-leadership do I want to live out as a Rotarian, a professional or entrepreneur, and a husband/father/(elder) brother in my family?

leading by example, enabling others and show of humility.

Glimpses of Our Last Meeting



PP Henry, Rtn Alex & PP Jun sharing their group's qualities of servant-leadership.



HCP Adolf hands over club's token then adjourns meeting.



Seldom seen Cong Roman, Doc Henry, Rudy, Mike & Aris with PP John.



Glimpses of Our Last Meeting



PP Topax, CM/PP Peping, HOF/PP Conrad & Rtn Philip.



Rtn Alex, Jerry Quibilan, PP Vic, HOF/PP Peter & PP Bert.



Rtn Mads, PP Henry, Rtn Bien & Dir Tet.

RCP Rotarians at Discon 2024



PRID Raffy & Lady Minda at Opening Ceremony. PP John on Membership Committee report.



HCP is new Paul Harris Fellow. HCP Adolf singing D3800 anthem for RY 2023-24.



PE Dodie & PP John with PRID Raffy and DG-elect Bobby Zamora.



RCP Rotarians at Discon 2024



First time Discon attendees Rtn Mads & Aris with AKS PP Ramy & PP Nick.



With Talent Night participants HOF/PP Jess & Rtn Bien. HOF/PP Jess in his Talent Night costume.



RCP attendees with PRID Raffy, Lady Minda & Spouse Nana.



Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Not All Kinds of Emptiness Are Negative

When we hear about “empty safe boxes”, “empty water tank”, “empty refrigerator”, and even “empty can of beer”, we usually conclude that it’s negative. But not all kinds of emptiness are negative. An example of that is the *empty tomb of Jesus*.

Last Sunday we celebrated Easter Sunday, the day when Our Lord Jesus Christ rose from the dead. The God who became Man like us truly died on the cross really rose from death. And the Gospel of St. Mark (Mark 16:1-8) narrates this truth. The disciples of Jesus went to the tomb to anoint His supposedly lifeless body, only to find out that there was no dead Messiah inside the tomb. Instead, they found an angel who informed them that He was truly risen. Thus, the empty tomb of Jesus pointed to His Resurrection, affirming Him that He is indeed true God and not just true Man.

May this empty tomb of Jesus teach us one important lesson. I would even say a paradox. May we learn to empty all of our selfishness, pride, and sinfulness so that we can be truly filled with the love and grace of Our Lord Jesus Christ.

Happy Easter!

Officers and Directors

ROTARY CLUB OF PASIG (RY 2023-2024)

President	Adolfo “Adolf” D.J Aran, Jr.
Vice President/PE	Bernard “Bernard” C. Dy
Club Secretary	PP Peter John “John” U. Javier
Treasurer	Rtn. Damito “Demy” Magpantay
Auditor	Rtn. Joaquin “Jake” Oh
Sgt-at-Arms	Rtn. 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



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. Rtn. Gene Menor
12. Rtn Albert Mendiola
13. Rtn. Richie Pua
14. Rtn. Bien Sibug
15. Rtn. Aris Marfil
16. Rtn Simon Tantoco

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. Jimmy Gualberto
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. Tet Mallare – Leader**
2. PP Garrick Ang – Co-L
3. Rtn. Jake Oh
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
17. Jojo Estolano



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. Joseph Gualberto

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. Chito Bernardo
7. PP Nick Guzman
8. Rtn. Alex Lacson
9. PP Vic Lim
10. Rtn. Ike Ona
11. PP Ferd Rivera

12. Rtn. Ping Tan
13. Rtn. Stephen Valera
14. PP Celso Ylagan
15. Rtn Mike Dolar
16. Paolo Diaz



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



From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present45
% of Attendance (03/21/24).....46.8%

Birthday Celebrants for the Month of April 2024

Wedding Anniversaries for the Month of April 2024

Guest and Visiting Rotarians

1. Nida Lorenzo, Luxid Rotary
2. Lina Anelito, Luxid Rotary



Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS	
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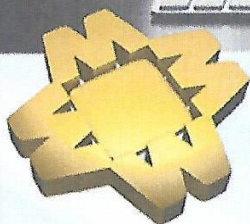
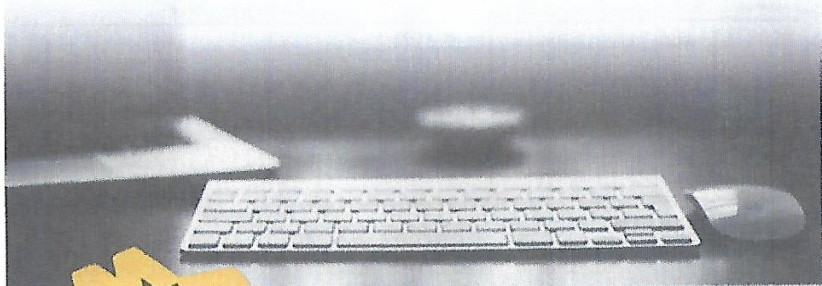
MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

RC – Pasig Club Secretary: _____ **Date:** _____



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