

February 1, 2024

#### **Today's Programme**

Valle Verde Country Club February 1, 2024 12:00Noon Pangkat 2 Leader: PE Bernard Dy

Call to Order Pres. Adolf Aran

Invocation Rtn Fr. Kell Ortega

National Anthem Rtn Joseph Gualberto

FOUR-WAY TEST Rtn Paolo Diaz

Introduction of

Visiting Rotarians & Guests Rtn Rod Moreno

Community Singing Pangkat 2

Wise or Otherwise

Fining Moments PP Benny de Guzman

President's Time Pres. Adolf Aran

**Introduction of** 

Guest Speaker Pres. Adolf Aran

#### COACH ANA DULCE YANGO

Topic: Optimizing Sports as an effective tool for modern day parenting

#### **GUEST SPEAKER**

Open Forum Adjournment

Pres. Adolf Aran

PP Henry Uy Emcee

\* FEBRUARY IS WORLD UNDERSTANDING MONTH \*

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## Invocation



Heavenly Father,

May you increase in us, the faith you have given us, make us even more passionate in serving the poor in our midst, and bring to a harvest worthy of heaven the praise we offer you at the beginning of this new day. We as this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen

From: Rtn. Fr. Kell Ortega

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## 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 kina-uukulan?
- 3. Iyon ba ay lilikha ng MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKIPAG-KAIBIGAN?
- **4.** Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kina-uukulan?

# 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 pagkaka-unawaan, mabubuting kalooban at kapayapaan ng mga bansa sa pamamagitan ng isang pangdaigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.



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## Song of the Day



#### **DAHIL SAYO**

Sa buhay ko'y labis Ang hirap at pasakit Ng pusong umiibig Mandi'y wala ng langit At ng lumigaya Hinango mo sa dusa Tanging ikaw sinta Ang aking pag-asa

Dahil sa 'yo nais kong mabuhay Dahil sa 'yo hanggang mamatay Dapat mong tantuin Wala ng ibang giliw Puso ko'y tanungin Ikaw at ikaw rin

Dahil sa `yo ako'y lumigaya Pagmamahal ay alayan ka Kung tunay man ako Ay alipinin mo Ang lahat ng ito'y Dahil sa `yo

Kung tunay man ako Ay alipinin mo Ang lahat sa buhay ko'y Dahil sa `yo



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## From the President

Pres. Adolf Aran



Corinthians Chapter 13 reminds us:

"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Love never ends

So now faith, hope, and love abide, these three; but the greatest of these is love."

Because it's Love Month, we start the month of February with love of parents for our children, through sports. Have we played with our children when they were still young? Or until they are grownup? Do we set aside time to play board games or even video games, amidst our busy schedules? Today, we listen to Coach Ana Dulce Yango from CHED to talk about "Optimizing Sports as an Effective Parenting Tool".

Let's spread the love, RC Pasig, this month and beyond. And let's continue to create hope in the world!



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## **Rotary Notes**

PP Benny P. De Guzman



We start our Love Month today and PP Peter had a nice suggestion for a post-Valentine meeting with our spouses on the Thursday after Valentine's Day. The bad attendance of the spouses last anniversary celebration is due to our not giving a role to ARAP, our very good partners in service.

What is this I heard that our very supportive Rtn Chony has a stem cell preferred outlet? Tell me, what is there to rejuvenate? Is it that good? Kasi medyo mahal? Mas mura cell phone.

A very good open forum was last week's. All PPs and one PNY asked very nice questions and provided added info for our members. PPs Peter, Vic Lim and Henry gave good points that even added to the info of the speakers. First time he learned of a good supply of silica from Negros island. And who is PNY? Know him better – Jake Oh? About rains in Baguio.

Who says Rtn Bien is only for nice body and big muscles? He celebrated his firms' first anniversary as the Multi-Level Direct Marketing with a bang at One Shangri-La. With a bang and big bank deposits to bolster.

What is this that very active baby Rotarian Aris was on zoom? He had a major operation and he was sidelined. I cannot understand kung ano ang sinundot or ang kanyang pangsundot ay involved. But he is on the road to recovery na. Thank God!

Without interrupting his sales force, Rtn Bien can tap our Edgar



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#### **Rotary Notes**

PP Benny P. De Guzman

Continuation 1.

and make him earn on the side by selling to members at special prices. I understand important house cleaning agents are his major items.

Are we participating in the Paeng Hechanova's Youth Awards? Our Rotaract can be tapped as they finished the first half of the Rotary Year without much zonal activities. Or did we participate already?

I was looking at our members who have gone after our 53rd Anniversary and it saddened me to note that there are 92 members who have gone ahead. In a hurry? No, as many have gone normally. Except for two who had freak accidents and the post accident trauma not duly addressed. Two by gunshots, hard to stop. Now, may the Stem Cell Therapy of Rtn Chony may be a way? Let him be a speaker in our meeting. My BP again is bothering me but writing a short article is not really that bad. Stay well everybody!



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## Walking the Avenues

PP Jun C. Zafra



#### RI PRESIDENT-ELECT ANNOUNCES 2024-25 PRESIDENTIAL THEME

Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is The Magic of Rotary and called on members to recognize and amplify the organization's power to save lives.

"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," Urchick told incoming district governors at the Rotary International Assembly on 8 January. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."

Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, said she saw the magic of Rotary on display when she was helping install water filters in the Dominican Republic. Two boys were watching as dirty water entered the filter, then ran out clean at the other end.

"One of the boys grabbed my sleeve and said, 'Show me the magic again," she said. "Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with community leaders in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life."



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## Walking the Avenues

PP Jun C. Zafra Continuation 1.

#### **Prioritizing peace**

Urchick urged members to champion Rotary's Action Plan, find a balance between continuity and change, and work for peace. She plans to host a presidential peace conference in 2025 with the theme "Healing in a Divided World."

Rotary has a long history of promoting peace through its network of peace centers, Urchick noted. Located at top universities around the globe, the centers have trained nearly 1,800 peace fellows who are now working in more than 140 countries. The newest center, located at Bahçeşehir University in Istanbul, Turkey, will welcome its first class of fellows in early 2025.

"The Rotary Peace Fellowship began more than 20 years ago to equip peace and development professionals from communities around the world to become effective catalysts for ending and preventing conflict," Urchick said. "This conference will focus on Rotary's peace efforts and provide opportunities to learn together."

In addition to emphasizing peacebuilding, Urchick reiterated Rotary's commitment to eradicating polio. She urged the incoming governors to join or initiate PolioPlus Societies in their districts and do all they can to help end the disease.

"Contact elected officials and other government leaders. Remind them that polio is still a threat. Push them to support polio eradication," she said. "Polio remains our top priority and requires our fullest commitment, but there is so much important work to do."



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## Walking the Avenues

PP Jun C. Zafra Continuation 2.

#### Balancing continuity and change

Urchick also underscored the necessity of balancing continuity and change, both of which animate Rotary's Action Plan.

"The plan is all about building on our best ideas, not abandoning them," she said. "We face a tough balancing act. We must change ourselves and stay true to who we are."

She asked the governors to do whatever is needed to make the club experience irresistible to members.

"That might mean changing how things are done in your district," she said. "If your district has been doing things one way for 50 years, it's probably time to reassess. If a club in your district isn't active or is losing members, maybe it's time to start a new club that fits better with the community. Just because a club or district hasn't changed in a while doesn't mean no one is hungry for change."

One way to make positive change, she said, is to embrace the principles of diversity, equity, and inclusion within clubs.

"I hope you'll join me in opening your arms to future people of action, even if – and in some cases, especially if – they don't look or act like the typical member of your local club," she said.

"With DEI, it is easier to be united in a common purpose. It's in those moments when we are committed and focused that we are the most effective and relevant." Tinig Newsletter February 1, 2024

## **Our Guest Speaker**



COACH ANA DULCE YANGO

Our Guest Speaker today holds a Bachelor of Science Degree in Advertising from Miriam College. She boasts an impressive career as a former 5-time undefeated National Champion in Dancesport (1996-2001) and twice Southeast Asian gold medalist Singapore Millennium **Dancesport** at the Championship (1999-2000). She represented also Philippines as a team member and held a top-ranking position as an amateur dancesport champion in modern standard from 1996 to 2001. With a string of international awards, she is recognized as a multi-awarded competitor in Dancesport.

Her contributions extend beyond the dance floor, as she has been honored with the Most Outstanding Coach and Innovative Sports Leader award by the International Association of Physical Education and Sports this year and a Dancesport Legend Award from the Hard Rock Foundation on 2016, Coach Ana holds an international dance teaching licenses from the United Kingdom Alliance of Dance Teachers and the International Dance Teachers Association in the UK. She serves as an International Adjudicator and has contributed to education as a former consultant in the Department of Education under the office of the Palarong Pambansa General Secretary from 2016

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### Our Guest Speaker

#### Continuation 1

to 2019. National Tournament Director of Dancesport in Palarong Pamabansa Additionally, she served as a consultant in the Philippine Sports Commission for youth sports and development under the Chairman's office from 2017 to 2019.

Currently, She is the Project Head for the Tertiary School Sports Development Programs under the Office of the Executive Director of the Commission on Higher Education. Her dedication to holistic sports development for youth transformation is evident, making her a notable advocate in her field. Ladies and gentlemen please welcome our guest speaker today. Coach Ana Dulce B. Yango.



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### **Tinig Tidbits**

By: HOF/PP Peter Javier



# ADDITIONAL AMAZING FACTS ABOUT THE HUMAN BODY

- ➤ More than 9 out of 10 diseases are caused or aggravated by stress.
- ➤ Heart attacks are 20% more likely to occur on Mondays
- ➤ By the age of 60, 40% of women and 60% of men will snore regularly.
- > Identical twins have the same natural smell.
- ➤ A nose can remember up to 50,000 unique scents.
- ➤ There are actually 14 different basic nose shapes.
- > Approximately a third of humanity has 20-20 vision.
- Your eyes start to develop 2 weeks after you are conceived.
- Everyone once spent around half an hour as a single cell.
- ➤ One out of every 2,000 babies is born with at least one tooth.
- You lose about 4 kilograms of skin cells each year.
- Your teeth begins to grow around 6 months before birth.
- The average person farts around 14 times a day.
- Your feet can produce over a pint of sweat each day.
- Around 75% of human waste is composed of water.
- A full bladder can swell to the size of a softball.

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## **Tinig Tidbits**

By: HOF/PP Peter Javier

Continuation 1.

- > Germs from coughs travel at around 60 miles per hour.
- > Human hair is practically indestructible.
- ➤ The small intestine is the biggest internal organ.
- A sneeze is able to travel at over 100 miles per hour.

(from BabaMail)



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## Glimpses of Our Last Meeting







HCP Adolf starts his 25<sup>th</sup> meeting with IPP Bong as emcee. Rtn Kap Richie leads invocation.







IPP Bong leads singing of Pambansang Awit. The Four Way Test is recited by Rtn Roehl. Introduction of guests by IPP Bong.



Pangkat 1 sextet singing 15.



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## Glimpses of Our Last Meeting







Reminder on 40<sup>th</sup> day mass for PP Esto by PP Topax. Finemaster is HOF/PP Conrad. It's president's time.







HCP Adolf introduces Dr. Carlos Primo David, USEC of DENR whose topic is Future Proofing the Philippine Water Situation.



His topic covers DENR's overall goal

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### Glimpses of Our Last Meeting

#### Overall Goal and Strategy

To efficiently utilize the country's natural resources for immediate but long term economic gains and community development

- 1. Resource mapping and accounting
- 2. Policies to unlock resources
- 3. Improve the application and regulatory procedures
- 4. Insertion of environment sustainability and climate resilience
- 5. Development through government initiatives and partnerships

#### and strategy on natural resources

Mapping &	Unlocking	Procedure	Sustainability	Developmen
Accounting	Policies	Improvement	Strategies	Strategies
/ Resources / Water users	ANIA-NWEE MCA /Cancellation of non- performing assets (NWRE)	AWater rights assignment Dedicated months commitse water info (EWE)	internative built	Convergence budgeting (NECA) 499 (DOF) Vibranisaded NA funds

h with >200,000 Population	EGUs with >100,000 Population	SGUs with >50,000 Populat
Cavite	Balluag	Kalibo
Bollo	Daet	Surafiah
Tarlac	Lacag	Roxas
Bacolod	Koronadal	Sablayan :
Tagum	Capas	Cabadbaran
Butuan	Tuguegarao	Prosperidad
Gen5an	Tayabas	Asingan

#### primarily on water resources and





also forest resources, mineral resources

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## **Glimpses of Our Last Meeting**

COASTAL RESOURCES				
Mapping & Accounting	Unlocking Policies	Procedure improvement	Sustainability Strategies	Development Strategies
-Mangroves mapping (Philsa/NAM RIA/GDO) -FLAs (LMB)			-Marine Research Stations	-Blue Carbon economy strategy

#### and coastal resources.







Answering the question of HOF/Peter & PP Henry







Replying to queries of Dir Jake & PP Vic L.

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## Glimpses of Our Last Meeting





HCP Adolf handing out club's token and then adjourning meeting.



A photo with the Noble Men.



with fellow UP Alpha Sigmans PPs Conrad & Celso, HCP Adolf, PP John & guest brods.



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## Glimpses of Our Last Meeting January 11, 2024







HCP Adolf starts his 23rd meeting with IPP Bong as emcee. FP Noel leads invocation







and singing of Pambansang Awit, Rtn Kap Richie recites the Four-Way Test and Rtn Dante introduces guests.



Beatles' Here Comes The Sun is sung by reinforced Pangkat 1.



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# Glimpses of Our Last Meeting January 11, 2024







IPP Bong on 53rd Anniversary celebration. PN Roy on stipend giving at RHS. Fining by HOF/PP Peter.







After his message, HCP Adolf introduces Dr. Cielo Magno, Associate Professor of UP School of Economics who talks on measures to fix the economy.







Replying to questions on her topic on how to ensure economic growth covering strategies on institutional reforms, strategic sectors -



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## Glimpses of Our Last Meeting January 11, 2024







BPO, maritime & mining and fiscal consolidation; addressing macroeconomic conditions, trade policies, institutional quality & control of corruption to attract investments.





Dr. Magno receiving club's token & bouquet of flowers from HCP Adolf who thereafter adjourns meeting.



Noble Men pose with Dr. Magno.



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### Wheat not Weeds

By: Rtn. Fr. Kell Ortega



#### **Love According to God**

In a few weeks time, we will celebrate Valentine's Day with our boyfriends and girlfriends, or with our spouses. We are now even, by then, planning where to go and eat with our beloved on February 14. Yes, love can be popularly defined in a romantic, exclusive and intimate way between a man and a woman, or a boy and girl. What is really LOVE?

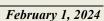
Love according to God through Paul the Apostle means like this (1 Corinthians 13:4-13):

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. For we know in part and we prophesy in part, but when the perfect comes, the partial will pass away. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.

So now faith, hope, and love abide, these three; but the greatest of these is LOVE.

In short, let's love others like God because God loves everyone no matter who they are without expecting anything in return.



## 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:** 

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**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

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## Pangkat Members RY 2023 - 2024

#### PANGKAT NO. 1

#### IPP Bong Paloma - Leader 1.

- 3. Rtn Jay Bautista
- 4. Rtn Nesty Carolina
- HOF/PP Conrad Cuesta
- 6. Rtn Roehl Fontanilla
- 7. Rtn. Richie Defensor
- Rtn Noel Go
- PP Dodot Jaworski
- 10. Rtn Sammy Lazo
- 11. Rtn. Gene Menor
- 12. Rtn Albert Mendiola
- 13. Rtn. Richie Pua
- 14. Rtn. Bien Sibug
- Rtn. Aris Marfil
- 16. Rtn Simon Tantoco

#### 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. Jimmy Gualberto
  - 8. HOF/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
- 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. HOF/PP Peter Javier
- 12 Rtn Dante Lardizabal

- 13. Rtn Nilo Ocampo
- 14. CM/PP Arjan Ramnani
- 15. Rtn. Philip Yoon
- 16. Rtn. JS Zamora
- 17. Rtn Jojo Estolano

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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. CM/PP Peping Mabanta
- 13. PP Hermie Orbe
- 14. Rtn Dekdek Paloma
- 15. Rtn Rudy Sanguyo
- 16. Rtn Joseph Gualberto

#### 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

#### PANGKAT NO. 5

- 1. Dir. Roy Quejada -Leader
- 2. PP John Javier Co-L
- 3. Rtn Dennis Albano
- 4. HOF/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 Ronquillo14 Rtn Jecko Santos
- 15. Rtn Vico Sotto
- 16. Rtn. Roland Vasquez
  - 12. Rtn. Ping Tan
  - 13. Rtn. Stephen Valera
  - 14. PP Celso Ylagan
  - 15. Rtn Mike Dolar
  - 16. Rtn Paolo Diaz



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## From the Secretary's Desk

Sec. PP John Javier



#### Attendance

Members Present	31
% of Attendance (01/25/24)	32%

Birthday Celebrants for the Month of February 2024

Wedding Anniversaries for the Month of February 2024

#### **Guest and Visiting Rotarians**

- 1. Owen Tiam, Host: Pres. Adolf Aran
- 2. Ian Sayoon, Host: Pres. Adolf Aran



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# **Editorial Staff**

TINIG STAFF RY 2023-2024	FEATURE WRITERS		
K1 2025-2024	ADOLF ARAN	JOHN JAVIER	
PETER JAVIER	From the President	Secretary's Desk	
Editor in Chief		·	
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	DE GUZMAN	Walking the Avenues	
ANSON TAN	Rotary Notes		
Club Bulletin Admin.	·	RTN. FR. KELL ORTEGA	
	PETER M. JAVIER	RTN. FR. JOJO OPINIO	
	Tinig Tidbits	Invocation	
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#### **MAKE-UP SLIP**

This serves as proof of your attendance

Name of Visiting Rotarian	1		
Name of Rotary Club			
RC – Pasig Club Secretary:	Date:		



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