

Rotary
Club of Pasig



CREATE HOPE
In the WORLD

8 FEBRUARY 2024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



MR. FRANCIS DIAZ
PRESIDENT, LUNA SECURITIES
GUEST SPEAKER

Today's Programme

Valle Verde Country Club
February 8, 2024 12:00Noon
Pangkat 2 Leader: PE Bernard Dy

Call to Order	Pres. Adolf Aran
Invocation	Rtn Fr. Kell Ortega
National Anthem	Rtn Dante Lardizabal
FOUR-WAY TEST	PE Bernard Dy
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

Francis Diaz
President, LUNA Securities
Topic: Hiding in Plain Sight:
Revisiting a Timeless Investment - Stock Investing in 2024
GUEST SPEAKER

Open Forum	
Adjournment	Pres. Adolf Aran

Rtn Ato Basco
Emcee

*** FEBRUARY IS WORLD UNDERSTANDING MONTH ***



Invocation



Almighty Father, we gather this afternoon to celebrate and nurture our brotherhood, send forth your Divine Spirit to be with us. Fill our hearts with you life giving love. Make us ever mindful of your creation and continue to transform us to be your instrument of renewal and progress. Through the intercession of our Blessed mother, we offer this prayer in Jesus' name. **Amen**

From: Rtn. Fr. Jojo Opinio



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 kapaki-pakinabang 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 pang-daigdig na kapatiran ng mga propesyonal na nabubuklod sa simulain ng paglilingkod.

Song of the Day



I WILL

By: The Beatles

Who knows how long I've loved you
You know I love you still
Will I wait a lonely lifetime
If you want me to, I will

For if I ever saw you
I didn't catch your name
But it never really mattered
I will always feel the same

Love you forever and forever
Love you with all my heart
Love you whenever we're together
Love you when we're apart

And when at last I find you
Your song will fill the air
Sing it loud so I can hear you
Make it easy to be near you
For the things you do endear you to me

You know I will
I will

From the President

Pres. Adolf Aran



How do we LOVE Rotary Club of Pasig? Let's count the ways.

Serve our community. Ilugin Community Center, Rotary GK Village, LUXID Rotary Microfinance and Credit Cooperative, Rizal High School, Pamantasan ng Lungsod ng Pasig, the rest of Pasig City, the District 3800 and the rest of the Philippines.

Attend the weekly club meetings and other fellowship activities.

Pay our annual membership dues and other contributions.

Donate for certain causes.

Contribute to the virtual and online discussions.

Can you think of other ways that you show your love to RC Pasig?

And why do we love Rotary Club of Pasig? It's time to reflect and go back to our WHY so we can find more ways to show how we love our club.

Share the love, RC Pasig! And create hope in the world!

Rotary Notes

PP Benny P. De Guzman



It is lechon day today as yesterday was PN Roy's birthday and the grand win of PP Rel in the 36th Mango Tee of Alabang Country Club. Dapat nga lechon baka pa. Did Rtn Ben join that tournament?

We start our column with worthwhile celebration but to the oldtimer, a sad note for the demise of former member Poch Makalintal. He had a distinguished law career and was very suave that even his personal life was so enriched with many goods stories. He was near mid-80s, a life well lived.

Getting back to the golf award of PP Rel, this must be the most prestigious of his many trophies as this is a truly major event in golf especially with the number of talented golfers participating.

Sports was also the center of our meeting last week with a very talented beauty as coach and disciplinarian in her field. With brains, beauty and bearing, Coach Dulce Yango, aside from being a sports dancer, is a black belter in judo-karate and mother of talented kids. Rtn Jake was impressed on how she placed discipline as a major requirement for all sports.

What happened to our Four Way Test? Baby Rtn Paolo gave us a hard time to follow him. Hirap talaga pag walang practice.

PP Peter is a remarkable columnist for the multi-faceted interests he has projected in our daily lives. His well selected items week after week is a source of many useful info from basic items to stressful. All of us have to face stress daily, some

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

minor others more serious. My doctor believes I was having many unnecessary worries that my BP for two weeks cannot be stabilized. Now it is steady at normal, Stressed? Relax and enjoy. You spell that backwards, desserts, nakaka-high blood naman.

Did you notice weekly, the community singing is truly being prepared to make every one join? And to give meaning to our invocation, Rtn Fr. Kell was asked to lead the invocation he wrote,

The suggestion to have a post Valentine affair did not get off the ground so we have not really involved our spouses.

Reminder to Pres. Adolf and his Board to start the meeting exactly at 1 pm. Madalas past 2 natatapos.

Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



R. Gordon R. McNally

President 2023-24

February 2024

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

Our Guest Speaker



Francis Diaz
President, LUNA Securities

Francis Diaz has been a finance professional for almost 25 years, having had stints with Metrobank, Multinational Investment Bancorporation and Citibank. He has broad experience in investment banking, treasury and wealth management with a specific emphasis on trading, and sales. He would eventually join the largest online stockbroker in the country, helping to establish its Private Client and Institutional businesses as Head of Business and Sales.

In 2021, Francis would pivot from financial executive to fintech entrepreneur when he co-founded and became president of Luna Securities, Inc., a digital only stock brokerage firm and member trading participant of the Philippine Stock Exchange.

LUNA, the stock trading mobile app of Luna Securities, is the first cloud-based Philippine Stock Exchange certified trading engine in the Philippines.

Tinig Tidbits

By: HOF/PP Peter Javier



MORE ADDITIONAL AMAZING FACTS ABOUT THE HUMAN BODY

1. Only after you've lost more than half of your hair will people begin to notice.
2. Your stomach acid is powerful enough to dissolve a razor blade.
3. Your body has around 60,000 miles of blood vessels.
4. Your stomach lining renews itself every 3-4 days.
5. A human lung's surface area is roughly the same as that of a tennis court.
6. The liver has over 500 unique functions.
7. Your adrenal glands keep changing size throughout your life.
8. Your right lung is larger than your left lung.
9. The aorta has a diameter that's similar to that of a garden hose.
10. Your brain can store five times the amount of information as the Encyclopedia Britannica.
11. Your brain itself is unable to experience pain.
12. Around 10,000 human cells could fit on a pin head.

Tinig Tidbits

By: HOF/PP Peter Javier

Continuation 1.

13. It is the waste products of sweat and not sweat itself that smell bad.
14. A passionate kiss causes the same chemical reactions to take place that firing a gun and bungee jumping do.
15. A drop of blood contains around 250,000 platelets.
16. You have taste buds in other places besides your tongue.
17. You have approximately 2,000 different taste buds.
18. Children grown faster in the spring.
19. Your eyes can distinguish around 10 million different hues.
20. Ingrown toenails are hereditary.

(from BabaMail)

Glimpses of Our Last Meeting



HCP Adolf calls meeting to order & PP Henry is emcee. Rtn Fr Kell leads invocation.



Rtn Joseph leads singing of Pambansang Awit; Rtn Paolo recites Apat Na Urian Ng Rotaryon & Rtn Rod introduces visiting Rotarians.



Pangkat 2 singing Dahil Sa Yo.

Glimpses of Our Last Meeting



District team led by PP Frank Levi Ugsad of RC Marikina West campaigning for Discon 2024.



PP Jun on dues payment. PP Benny is finemaster. It's president's time.



HCP Adolf introduces Coach Ana Dulce Yango, Project Head for Tertiary School Sports Development Programs at CHED.

Glimpses of Our Last Meeting



Her talk on optimizing sports as an effective tool for modern day parenting, as



an invisible type of parenthood and as part of the wholistic development of children



elicits questions from PP Ramy, Dir Jake, FP Noel, Rtn Rod, Rtn Doc Ato & Jerry Quibilan.

Glimpses of Our Last Meeting



Club's token & bouquet of flowers from HCP Adolf who then adjourns meeting.



A pose with PP RJ, her boss at NU & HCP Adolf, PP Henry, Rtns Doc Ato & Rod.



With the Noble Men & visiting Rotarians.

Membership Recruitment/Sponsorship Process

by: PE Bernard Dy



- 1) A candidate for membership should be invited by the sponsor to attend one or more club meetings to learn more about Rotary. At the said meetings the Sponsor shall bring the candidate to each table and introduce him to the Rotarians present.

During the first meeting, the Sponsor shall be asked to give a short introduction of the candidate during the Introduction of visiting Rotarians and guests.

- 2) If after the first meeting, the candidate wishes to pursue membership, he shall complete the Membership Candidate Nomination Form (attached).
- 3) The Proposal for Membership Candidate Nomination Form will be posted in the Bulletin vibergroup and published in the next Tinig. It should be made clear to the candidate that said form shall be published and shared with RC Pasig members in order to allow the members to check his credentials and so they be able to voice any concern or reservation. Should any member have any reservation about a candidate for membership to the club, he should follow the club's procedure to object to the membership of the candidate as detailed below.

Membership Recruitment/Sponsorship Process

by: PE Bernard Dy

Continuation 1.

- 4) The Candidate shall be required to attend 2 more meetings. The Candidate shall then be asked if he wishes to pursue his application.
- 5) An orientation shall be conducted before the scheduled induction.

*Recommended procedure for a member to object to a candidate for membership.

Should any member have reservations regarding the prospective candidate, they should inform either the Membership Director, Secretary or President about the same. Upon receiving said information, the 3 said officers shall meet to discuss the matter and if necessary confer with the concerned member. Should they find merit on the matter raised they shall talk to the Sponsor to advise the candidate to defer his application for membership in the club.

Announcement

Delisted members as of December 31, 2023:

1. CM/PP Esto Lichauco – deceased
2. Rtn Dickson Berberabe – resigned
3. Rtn Fr. Vincent Amores – resigned
4. Rtn Jeffrey Sonora – resigned
5. Rtn Gerard Estrada – resigned

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. HOF/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. 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
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. 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

Pangkat Members RY 2022 - 2023

Continuation 1.

PANGKAT NO. 4

- 1. PP Jun Zafrá – 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. 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 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. Rtn Paolo Diaz

From the Secretary's Desk

Sec. PP John Javier



Attendance

Members Present40
% of Attendance (02/01/24).....41.6%

Birthday Celebrants for the Month of February 2024

Wedding Anniversaries for the Month of February 2024

Guest and Visiting Rotarians

1. Glenda Belandres, RC Ortigas Center
2. Jana Santiago, RC Pasig Sunrise
3. Frank Levi Unsad, RC Marikina West
4. Magi Esteves, RC Cainta Rizal
5. Jerry Quibilan, Host: PP Peter Javier

Editorial Staff

TINIG STAFF RY 2023-2024	FEATURE WRITERS	
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ANSON TAN Club Bulletin Admin.	BENJAMIN P. DE GUZMAN Rotary Notes	JUN C. ZAFRA, JR. Walking the Avenues
	PETER M. JAVIER Tinig Tidbits	RTN. FR. KELL ORTEGA RTN. FR. JOJO OPINIO Invocation

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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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