

Rotary  
Club of Pasig



22 FEBRUARY 2024  
Rotary Year 2023-2024

# TINIG

The Official Newsletter of the Rotary Club of Pasig



**RTN. ROY DELA PAZ MENDOZA**  
**CLASSIFICATION TALK**

## **Today's Programme**

**Valle Verde Country Club**  
**February 22, 2024 12:00Noon**  
**Pangkat 2 Leader: PE Bernard Dy**

<b>Call to Order</b>	<b>PP/Sec. John Javier</b>
<b>Invocation</b>	<b>Rtn. Simon Tantoco</b>
<b>National Anthem</b>	<b>Rtn. Henry Uy</b>
<b>FOUR-WAY TEST</b>	<b>Rtn. Dante Lardizabal</b>
<b>Introduction of Visiting Rotarians &amp; Guests</b>	<b>Rtn. Jimmy Gualberto</b>
<b>Community Singing</b>	<b>Pangkat 2</b>
<b>Wise or Otherwise</b>	
<b>Fining Moments</b>	<b>PP Benny de Guzman</b>
<b>President's Time</b>	<b>PP/Sec. John Javier</b>

### ***RTN. ROY DELA PAZ MENDOZA*** ***CLASSIFICATION TALK***

<b>Open Forum</b>	
<b>Adjournment</b>	<b>PP/Sec. John Javier</b>

**PP Topax Colayco**  
**Emcee**

**\* FEBRUARY IS WORLD UNDERSTANDING MONTH \***



# Invocation



Merciful and forgiving Father you called us to renewal this lenten season. With genuine contrition, we bow down in humility. Bless O Father our gathering this afternoon, bless our families and community we serve. May everything we do and discuss be for your greater glory and honor through Jesus Christ our Lord and Savior. 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?

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## 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



### PASIG ROTARIANS

*(Tune: Dancing Queen)*

Woo, woo, 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

## 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)*

## From the President

**Pres. Adolf Aran**



I will be with all of you in spirit today (and virtually) because I will be in NU Baliwag attending a 3 day mid year review and planning workshop, together with 5 other Rotarians who are also connected with National University.

PP John Javier has accepted the role as presiding officer today, in my absence. Thank you, Brod.

Newly inducted Rotarian Roy Mendoza will be doing his classification talk. This is our traditional way to get to know our new members.

Last Monday, we promoted the Pagpupugay sa Kabayanihan ng Pasig Pulis, during their weekly flag raising ceremony, together with PP John Javier, PE Bernard Dy, Service Director Tet Mallare and Rotarian Bien Sibug.

Let's create hope in the world, RC Pasig!

## Rotary Notes

**PP Benny P. De Guzman**



PN Roy was busy last week for the stipend giving for our Pamantasan ng Lungsod ng Pasig scholars and now seldom seen but highly appreciated super Rotarian Chony will join us for his pet project, Pagpupugay sa Kabayanihan ng Pasig Police. This will afford us the time to ask him about his stem usages that may assist some of us in appreciating its value. PRID Raffy went to the source itself in Germany.

Funny that IPP Bong met a fellow Pasig Rotarian in a MAP meeting. Rtn Nesty is hard to attend our Thursday meeting as it conflicts with his own meeting that he chairs.

When PP Peter suggested to Pres Adolf to have a love theme in one of the February club meetings, he did not mean literally, the heart. But with the help of our HOF Doc Aga, Pres Adolf got a heart doctor. What could be more precise than one talking about the heart. So that when PP Rene mentioned about a certain high end med aht lowered his 300 mg something to less than 100, pertaining to a certain possible block in the veins, even the doctora was impressed.

The open forum was lively as it included even Viagra. Viagra for the heart? To induce a heart attack ps siguro.

Pangkat 3 Head IP Dodie is keen on his members' participation that the Rotary song was done with gusto. He made sure the program will flow very well that he asked PP Topax to be the emcee. I remember two meetings before the last meeting, Rtn

## **Rotary Notes**

**PP Benny P. De Guzman**

*Continuation 1.*

Philip was to be the one to recite the Four Way Test in Filipino. But Philip was not around. PP Jun did it easily.

IP Dodie, in order to simplify his members' participation tagged me four times na to be finemaster. The only thing I enjoy being a finemaster as I will never make the mistake of fining myself. He made a wrong announcement though. Last week's meeting he said was Kabit Day as the day before was the real Sweetheart's Day. Wrong as Kabit Day is every 15<sup>th</sup> and end of the month. Speaking of kabit, the best kabit daw are from Batangas. Tunay na Tagalog. Ang huling kabit ay mano. Kung dalawa ang kabit, then the last one is mano. Bakit mane? Pagnahuli ng wife, luhod muna tuloy mano. Mano mano lang ang buhay.

Funny thing about my erratic BP. I forget schedules so that keeping the sked for this article, I will mave to make do and articulate the silliness of this column.

Tinig congratulates our very own Mayor Vico for the Emergency Go Bag he is giving the Pasiguenos. With Rotarians in the City Hall's hierarchy, safe ang club. Sana si Konsi Simon pakita namang madalas sa club..

## **Walking the Avenues**

**PP Jun C. Zafra**



### **MORE THAN US\$2 MILLION COLLECTED FOR TURKEY, SYRIA AFTER EARTHQUAKE**

Rotary members continue to provide relief a year later to those affected

A year after the most powerful earthquake in nearly a century devastated parts of Turkey and Syria, Rotary members have helped people rebuild with container homes for hundreds of families, hospital equipment, and other essential support.

A special disaster relief fund created by The Rotary Foundation, now closed to contributions, raised more than US\$2 million from donors around the world and funded about 60 grants that have allowed Rotary members to provide shelter, medical care, and other necessities.

The earthquake on 6 February 2023 killed more than 55,000 people and affected 15 million others across southern Turkey and northern Syria. Hundreds of thousands of people are still living in temporary settlements in Turkey and are enduring a second winter without homes or access to clean water and sanitation facilities. In Syria, the earthquake exacerbated a humanitarian crisis where millions of people were already in need due to conflict, economic crisis, and epidemics.

Many clubs and districts have organized humanitarian initiatives guided by Rotarians in the affected areas. The three

## **Walking the Avenues**

**PP Jun C. Zafra**

*Continuation 1.*

districts in Turkey worked together to implement projects totaling US\$10 million.

Immediately after the earthquake, Rotarians in Turkey set up three tent cities to provide temporary shelter for 2,000 families. The districts have since used US\$50,000 disaster response grants coupled with other funds to establish two container cities while providing support for a third container city built by the local government in Ankara.

Each container city includes units from large shipping containers for 110 families equipped with beds, mattresses, air conditioning units, water heaters, refrigerators, toilets, a bathtub, and kitchens. The Rotarians also built mobile kindergartens and prefabricated schools, a medical clinic, and a laundry facility in or near the container cities.

Refik Kutluer, president of the Rotary Club of Ankara International, says his club arranged for six children whose limbs were amputated from injuries suffered in the earthquake to receive prosthetic limbs at hospitals in the United States. The treatments were provided at no cost to the families.

“All these children have returned home and are again able to walk,” Kutluer says. “They continue to express their gratitude to Rotary saying that after the earthquake, they felt hopeless, but now they have been restored to life.”

The Ankara International club also provided a mobile science laboratory and classroom for Ata College, almost completely

# **Walking the Avenues**

**PP Jun C. Zafra**

***Continuation 2.***

destroyed by the earthquake. The school lost 26 students, two teachers, and two staff members in the quake. Classes are being held in prefabricated buildings.

“All the students are earthquake victims trying to heal while attending classes,” Kutluer says. “The school is like a home to them, and they are thankful for those who have reached out with love and respect.”

Rotary and Rotaract members have also purchased essential equipment for a hospital in Antakya. Using two US\$50,000 grants, District 2430 provided an ultrasound machine that hospital administrators requested as well as equipment to perform colonoscopies and endoscopies.

A year after the earthquakes, Rotary members are continuing to respond.



# Classification Talk



***Rtn. Roy Mendoza***

Last Name : Mendoza

First Name : Roy

Middle Name: Dela Paz

Date of Birth : November 7, 1960

Place of Birth : Quezon City

Civil Status : Married

Residence : 9H Narra cor. Katipunan St. Marikina Heights  
Marikina City

Business : Dept. of History, Ateneo de Manila University  
Loyola Heights, Quezon City

Mobile # : 0966-6950242

Email Address: roy.mendoza@gmail.com

## **FAMILY BACKGROUND**

Spouse : Heidi L. Mendoza

Nickname : Heidi

Birthday : November 3, 1960

Wedding Anniv. Sept. 19

## **BUSINESS/PROFESSIONAL/INSTITUTION POSITIONS**

Present            Lecturer            Ateneo de Manila University  
1999 – to present

# Classification Talk

## *Continuation 1.*

Adj. Prof. Setoy Hall University 2018  
South Orange, New Jersey

Res. Association JICICI – 1994 – 1999  
Loyola Height, Quezon City

## **EDUCATIONAL / TRAINING BACKGROUND**

Graduate School University of the Philippines  
Deliman 1999 – 2010 MA & Ph.D

College/University University of Sto. Tomas  
1978 – 1982 AB Economic

High School Pasig Catholic College 1973 – 1977

Elementary Pasig Catholic Collge 1967 – 1973

## **PROFESSIONAL / CIVIC / SOCIAL MEMBERSHIP**

Philippine Historical Association Member – 2014 – present

NY SEA Network Member – 2018 - present

# Tinig Tidbits

By: HOF/PP Peter Javier



## SOME MORE ADDITIONAL AMAZING FACTS ABOUT THE HUMAN BODY

- Your memory is affected by your body position, meaning that you remember things differently when you're standing to when you're sitting.
- Your brain can make you think you are hearing loud noises is a condition known as 'exploding head syndrome'.
- You use around 200 different muscles in order to take a single step forward.
- Men also have a uterus, which lies dormant on one side of the male prostate gland.
- Similarly, women's bodies also contain an undeveloped *vas deferens*.
- The pinkie toe is largely unnecessary in today's world, and some evolutionary scientists think that it will eventually be lost to evolution.
- The brain physically changes shape during puberty.
- A quarter of the bones in your body are found in your feet.
- Pound for pound, babies are stronger than oxen!
- Adrenaline can give you a temporary strength boost.
- A bite from a human being will almost always become infected if left untreated.

# Tinig Tidbits

By: HOF/PP Peter Javier

## *Continuation 1.*

- A human fetus is able to heal its mother's wounds.
- Your fingers don't contain a single muscle.
- Your body contains around 2 kilograms of bacteria.
- Your body contains enough blood to satisfy the appetites of 1,200,000 mosquitoes.
- When you blush your stomach lining blushes with you.
- Fingertips are actually capable of regrowing.
- Your eyes see the world upside down but the brain automatically corrects it for you.
- Your sense of smell is the last sense to activate each morning.
- Your body contains ten times more bacteria cells than human cells.

*(from BabaMail)*

## Glimpses of Our Last Meeting



HCP Adolf calls meeting order which PE Dodie emcees. Rtn Fr Kell leads invocation.



PP Henry sings Pambansang Awit; PP Jun recites Apat na Urian ng Rotary & PP John introduces guests.



Pangkat 2 singing My Rotary Day.

## Glimpses of Our Last Meeting



HOF/PP Conrad on golf tournament update; PP John on PLP stipend giving & PE Dodie on police awards launching.

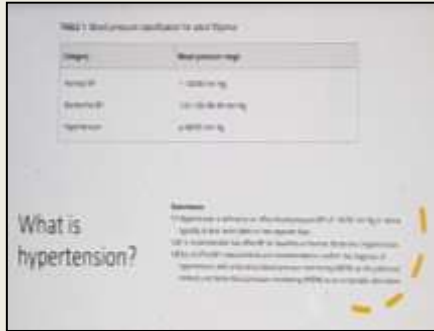
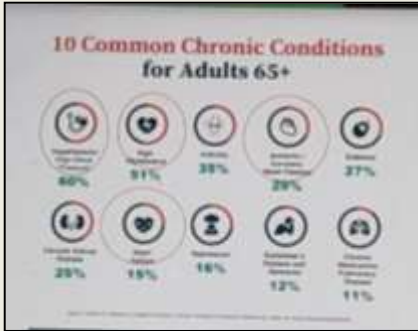


PP Rene's warning on slips & falls; fining by PP Benny & message by HCP Adolf.



HOF/ PP Jess introduces Dr Marian Lopez, adult cardiologist, who talks on how to be careful & how to take care of one's heart.

# Glimpses of Our Last Meeting



Her talk focuses on 10 common chronic conditions for above 65 adults with emphasis on hypertension,



high cholesterol, coronary artery disease and heart failure.



Questions from Rtn Fr Kell, Dir Jake, PP Bert,

## Glimpses of Our Last Meeting



PP Vic & PP Henry are replied to.



Also from PP Topax & PP Rene.



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

## Scholars Stipend Giving at Pamantasan Lunsod ng Pasig



Messages from Rtn Vice Mayor Dodot, PLP President Dr Glicerio Maningas & HCP Adolf.



Message from Ms Vilger Peñoso, Rotaract Club president; a song rendition by Rotaractor Carlos Ferrer & message from PN Roy, Youth Service chair.



Photo of scholars & Rotarians with the PLP president & Rtn Vice Mayor Dodot.

## Scholars Stipend Giving at Pamantasan Lunsod ng Pasig



5 months stipend given out by HCP Adolf, Rtn Raj, PE Dodie,



PE Dodie,  
21.



*Tinig Newsletter*

*February 22, 2024*

## Scholars Stipend Giving at Pamantasan Lunsod ng Pasig



PP John & baby Rtn Joseph.



Recipients of Rtn Alex Lacson's book with HOF/PP Peter & HCP Adolf.

## Scholars Stipend Giving at Pamantasan Lunsod ng Pasig



Message by Ms Arlene Daniel, Director of Student Success.



Group photo of scholars & Rotarians with Ms Daniel & Rtn Vice Mayor Dodot.



Officers of PLP Rotaract Club with Rtn Vice Mayor Dodot, HCP Adolf & Rtn Raj, adviser of PLP Rotaract Club.

## Officers and Directors

### ROTARY CLUB OF PASIG (RY 2023-2024)

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

#### **DIRECTOR:**

<b>Club Administration</b>	Rtn. Anson Tan
<b>Membership</b>	Rtn. Bernard “Bernard” C. Dy
<b>Public Relations</b>	Rtn. Peter Pancho
<b>Service Community</b>	Rtn. Saturnino “Tet” G. Mallare III
<b>The Rotary Foundation</b>	PP Marcelo “Jun” C. Zafra, Jr.
<b>Youth Service</b>	Rtn. Roy Marvin Quejada
<b>Ex-Officio</b>	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
17. Rtn. Roy Mendoza

### ***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 Present .....39  
% of Attendance (02/15/24).....40%

### Birthday Celebrants for the Month of February 2024

### Wedding Anniversaries for the Month of February 2024

### Guest and Visiting Rotarians

1. Victor Tuazon, Host: Rtn. Richie Pua
2. Ian Sayson, Host: Pres. Adolf Aran

## Editorial Staff

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

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**Email Address** [rcpasig@hotmail.com](mailto: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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