

Rotary
Club of Pasig



CREATE HOPE
in the WORLD

27 JUNE 024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



PRES. ADOLF ARAN
RY 2023-2024
CREATE HOPE IN THE WORLD

INCOMING PRES. BERNARD DY
RY 2024-2025
THE MAGIC OF ROTARY RY

Today's Programme

Valle Verde Country Club
June 27, 2024 6:00PM
Pangkat 6 Leader: Dir. Anson Tan

| | |
|--|--------------------------|
| Call to Order | Pres. Adolf Aran |
| Invocation | Rtn Charles Reyes |
| National Anthem | Rtn Ben Baniel |
| FOUR-WAY TEST | Rtn Mike Dolar |
| Introduction of Visiting Rotarians & Guests | Rtn Roy Mendoza |
| Community Singing | Pangkat 6 |
| Wise or Otherwise | |
| Fining Moments | PP Nick Guzman |
| President's Time | Pres. Adolf Aran |

CLUB AWARDS & FELLOWSHIP

| | |
|-----------------------------------|-------------------------|
| Open Forum Adjournment | Pres. Adolf Aran |
|-----------------------------------|-------------------------|

Rtn Roy Mendoza
Emcee

*** June is "Rotary Fellowship Month" ***



Invocation



Almighty Father, as we gather this afternoon to celebrate and nurture our brotherhood, send forth your Divine Spirit to be with us. Fill our hearts with your life giving love. Make us ever mindful of your creation and continue to transform us to be your instruments of renewal and progress. Bless our loved ones and keep them from harm. Through the intercession of our Blessed mother, we lift up to you our 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 kinaukulan?
3. Iyon ba ay lilikha ng **MABUTING KALOOBAN at LALONG MATAPAT NA PAKIKIPAGKAIBIGAN**?
4. Iyon ba ay magiging **KAPAKI-PAKINABANG** para sa lahat ng kinaukulan?

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



HIS WAY

(Adapted from My Way)

And now his term will end
And so today is his final meeting
Face to face they all were
Via zoom for a few Rotarians
He's a led year that's full
With hope creating projects
And so, we all now know
Adolf had his way.

Regrets, he's had his share
But then again so did the others
He led the club in doing good
In Rotary's area of focus
Create Hope In The World
Was RI's theme to guide him
And so, we all now kow
Adolf had his way

Yes, there were times we're sure he knew
When he bit off much more than he could chew
But through it all when there was doubt
He gave it up and threw it out
He faced it all and he stood tall
Adolf had his way.



Song of the Day

Continuation 1.



He's loved, he's laughed and cried
He's had his fill. His share of winning
And now, as his term ends
He finds it all so rewarding
He knows he did a lot and that we know
but in his own way
Oh yes, oh yes, that's him
Adolf is his name

For what is a man, what has he got
If not himself, then he has not
To do the things he truly wants
Not just by words but by good deeds
The record shows he did it all
And did it his way

Yes, Adolf had his way.

(Lyrics adaptation by PP Peter)



From the President

Pres. Adolf Aran



Rotary Year 2023-2024 comes to an end. And after all is said and done, all I have is an attitude of gratitude to the officers and members of the Rotary Club of Pasig.

- 52 weeks.
- 98 members.
- 40 club meetings.
- 2 Joint Zone 6 Club meetings.
- 4 birthday celebrations for our dear senior members.
- 4 memorial masses for our dearly departed.
- 34 service projects.
- 4 continuing legacy projects.

And 10 awards from the District 3800:

- Certificate of Recognition:
- #3 Club with the most number of goals entered in Rotary Club Central
- End Polio Now Countdown to History
- Every Rotarian, Every Year (EREY) & Foundation Giving Club
- 5th Best Club Bulletin Category A (Weekly)
- Host Club: District Oktoberfest
- #3 Service Project in Protecting the Environment
- Leadership Award
- Outstanding President
- Outstanding Club



From the President

Pres. Adolf Aran

Continuation 1.

From the bottom of my heart to the hope-filled communities that we served for the past one year, maraming maraming salamat po!

Mabuhay ang Rotary Club of Pasig!



Rotary Notes

PP Benny P. De Guzman



Tinig offers our prayers for the soul of ;Mita C. vda de Ampil, spouse of our CM/PDG Mike Ampil, 3rd president of our club and our very first district governor during RY 1983-84. I was privileged and battered as I served my presidency during his governorship. But it was the late PP Rody Cruz who was a thorn to then Governor Mike, when Rody was not yet president. While we pray for Mita, may we also pray for the successful knee operation of PP Ferd's better half, Linda. Amboy is yet to come to join us sa term na ni IP Dodie.

We congratulate the two apos of PP Tito and idol PP Celso as they graduated from college at the Ateneo. Two apos of the late Rtn Dodie Carlos, Doding to oldtimers graduated also from Ivy League universities in the United States. At Sta. Clara and Cornell, proud Lola Gigi attended so Gigi was out when brother of Doding, the well respected PP Ito Carlos and one of our ninongs died the other month.

Well attended like a usual poorly attended Thursday Rotary meeting was the birthday celebration of PP Ner, the 3rd oldest Pasig Rotarian at 88 in Malvar, Batangas.

An impromptu singing celebration was held with Ner's son and granddaughter as the main singers with added attraction of HOF/PRID Raffy adding colors to the songs. HOF/PP Conrad gave his own version and at A.I.M., tawag daw kay Conrad ay A.I.M. Too. Ayaw Iwanan ang Mike when it comes to singing. Ang requests daw for additional songs ay perception lang ni Conrad. Sayang late dumating si Rtn. Doc Ato. Sayang hindi

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

nakahawak ng mike si Pres. Adolf. Kung hindi humorous singing surely for the delight of the crowd. Only three spouses joined the part of Ner.

I am glad the Oplam Tuli and Oplan Bukol of our club with the team that Rtn Doc Henry assembled was a tremendous success. Only 2 boys backed out. All the doctors and nurses who did the tuli were very attractive that some new Rotarians were tempted to have remedial ones. I forgot the term used by HOF/PP Jess who also assisted many. The bukol patients were just a handful but a few were denied as their BP were high and Doc Henry would not want to take the risk. It was a nice sight to see many of our younger members seldom seen in our regular meetings to be there. Even lead guy, Doc Henry is seldom seen in out meetings.

Many were asking if Rtn Albert made it to the Board of VVCC. I would not know. When his face was not regularly seen in the meetings nor his balot, I did not know Albert is up to. I cannot forget though his T-shirt for a golf tournament he ordered for our club which was soft as a panty.

Before our last meeting tonight, HOF/PP Conrad was to report on the Coop General Assembly Meeting. Since all he handled were successes from scholastics to corporate world, I am sure that reaping successes will be reported. And needed expansion pa. So no need to attend, just plain congratulations and carry on.



Walking the Avenues

PP Jun C. Zafra



World Refugee Day highlights a misunderstood group

Rotary clubs engage with refugees by training teachers, organizing medical care, and offering other assistance

When people think of refugees, they may imagine a group that is utterly without means and dependent on others. But that's a misleading assumption, says Quentin Wodon, chair of the Rotary Action Group for Refugees, Forced Displacement, and Migration.

“There are studies suggesting that refugees actually contribute more to the economy than the value of the services provided to them,” says Wodon, a member of the Rotary Club of Washington Global, Washington, D.C., USA. “Refugees often have amazing skills. They’re often very driven. And they can be assets for a country as opposed to liabilities.”

World Refugee Day on 20 June puts a spotlight on this misunderstood group, many of whom have fled war, persecution, or violence. More than 117 million people around the world were forcibly displaced at the end of 2023, according to UNHCR, the United Nations refugee agency.

That includes refugees who fled their home nations, people who were displaced within their countries, people who weren't recognized as citizens of any nation, and others. The countries with the most refugees protected or assisted by UNHCR are Syria, Ukraine, and Afghanistan.

The Rotary action group coordinates projects worldwide, such

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

as promoting social entrepreneurship in the Nakivale Refugee Settlement in Uganda, delivering meals and other necessities to Venezuelan refugees in Colombia, and sponsoring webinars about refugees in the United States who have become successful entrepreneurs.

Wodon says Rotary members can help refugees by applying for global grants to fund projects and engaging the power of Rotary at the local level. “Rotary clubs can mobilize the community,” he says, suggesting that clubs first learn which organizations are active in their area. “You can be involved either in the provision of education or skills, or in helping people find jobs. There are so many things that you can do, and the personal connection you can have is very important.”

Rotary clubs around the globe have implemented a wide variety of projects involving refugees. Some examples:

A training program for teachers in Malaysia

Some schools for refugees in Malaysia don’t have the funding to train teachers. The Rotary Club of Bukit Kiara Sunrise, Malaysia, collaborated with Veritas University College to offer a training program to teachers in refugee schools. The four-month, online program included practical sessions and modules about learning and cognition, curriculum development, and measurement and evaluation. Teachers who completed the program received proficiency certificates. The club also conducts a leadership training camp for refugee students and organized a concert to benefit Afghan refugees. About 189,000 refugees and asylum-seekers are in Malaysia, most from Myanmar.

A Medical trip to Cambodia

Walking the Avenues

PP Jun C. Zafra

Continuation 2.

The Rotary E-Club of Greater Sydney, New South Wales, Australia, collaborated with the local Vietnamese community to bring medical care to Vietnamese refugees in Cambodia. More than 30 volunteers from Australia, Cambodia, and Vietnam traveled to rural Cambodia to treat people in the province of Kampong Chhnang and the village of Kampong Luong. They provided care to 1,300 families and vaccinated 92 girls against human papillomavirus (HPV). Of the 180,000 Vietnamese people who live in Cambodia, many are stateless and thus face significant barriers to obtaining health care.

A shelter that helps Ukrainian refugees

Members of the Rotary Club of Kraków Wyspianski, Poland, worked with the nonprofit Challenging Hope at Intervention House, a shelter that assists people displaced by the conflict in Ukraine. The members contributed financial support and maintained contact with the residents. The shelter provided services including psychological and legal assistance and child care. About 100 people were housed in the facility, including families with children and dogs. In the two years since Russia invaded Ukraine, around 960,000 Ukrainian refugees have gone to Poland.

A medical convoy for Sudanese refugees in Egypt

The Rotary Club of Cairo Platinum, Egypt, organized a medical convoy in the Faisal area to bring health care to 170 Sudanese refugees. Medical staff distributed medicines and tested people's hearing, balance, heart health, and blood sugar levels. The convoy also provided education in early detection of uterine cancer and breast cancer. About 450,000 refugees have fled to Egypt from Sudan, where a civil war began in April.



Tinig Tidbits

By: HOF/PP Peter Javier



20 BENEFITS OF WALKING 30 MINUTES PER DAY

1. Reduces rise of heart disease.
2. Helps to maintain weight.
3. Reduces you stress levels.
4. Increases your energy levels.
5. Helps to boost your mood.
6. Gets the blood pumping.
7. Prevents obesity.
8. Can help to reduce anxiety.
9. Increases functioning of the lungs.
10. Increases the body's access to vitamin D.
11. Reduces the risk of cancer.
12. Can improve quality of sleep.
13. Gives you time to practice self care.
14. Improves coordination and balance.
15. Improves quality of life.
16. Reduces chance of diabetes.
17. Walking can improve creativity.
18. Strengthens bones and muscles.
19. Can improve blood pressure.
20. Can help to boost your immune system.

Glimpses of Last Meeting



HCP Adolf calls meeting to order with PP Vic as emcee. PN Roy leads the invocation,



singing of the Pambansang Awit and recitation of Apat Na Urian Ng Rotaryo.



Batang Bata Ka Pa of Apo Hiking Society is sung by PP Vic, HCP Adolf, PN Roy, Rtns Mike & Rod.



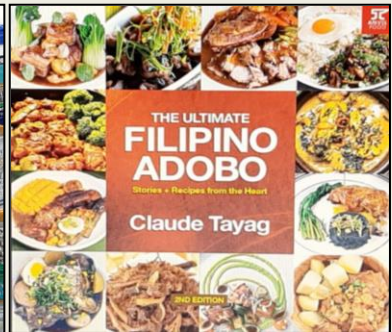
Glimpses of Last Meeting



HOF/PP Conrad on coop meeting. PP John on ads deadline for induction program. Fining by HOF/PP Conrad.

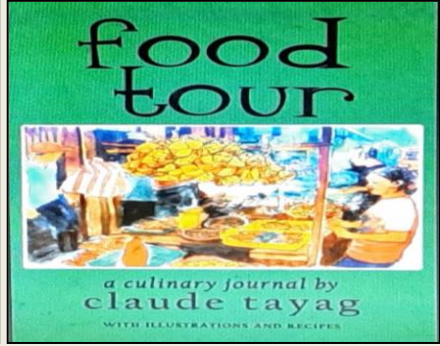


President's penultimate message. HCP Adolf introduces Chef Claude Tayag, known chef, painter, sculptor, food writer & columnist.



Chef Claude's talk focuses on the Filipino adobo, the country's most popular yet controversial dish,

Glimpses of Last Meeting



its many variations in ingredients, aromatics & seasonings and cooking techniques.



Replying to questions from Rtn Rod and HCP Adolf.



A plaque of appreciation & handshake from HCP Adolf who then adjourns meeting.



PP Ner 88th Birthday Celebration



Birthdays cakes from PP Rene & Spouse Lena who baked them.



Ner blowing his 88th birthday cake candles.



A message by and a song from the celebrant.



PP Ner 88th Birthday Celebration



With spouse Chit and spouses Celia Javier and Lee Aquino.



Ner with the 22 Pasig Rotarians who motored to Malvar, Batangas for his 88th birthday treat.





Schoolbags & Notebooks Distribution



A message from HCP Adolf.



Pre-school children participants of Reach Out & Read Program



at Ilugin Community Center receiving schoolbags



Schoolbags & Notebooks Distribution



& notebooks donated by Rtns Jake & Anson



from HCP Adolf, PN Roy, Rtns. Jimmy, Roland, Jojo, JS & Karl.





Oplan Bukol and OplanTuli Medical Mission



HCP Adolf, Dir Tet, Rtn Doc Henry & HOF/PP Doc Jess lead Oplan Bukol/Oplan Tuli at Ilugin Elementary School.



Rtn Doc Henry's team of doctors from Philippine Academy of Aesthetic Surgery.



Cosmetic surgeons with Pasig Rotarians.



Oplan Bukol and OplanTuli Medical Mission



Oplan Tuli waiting patients.



Surgical room for Oplan Tuli handled 57 patients.



Oplan Bukol patients undergoing surgical procedures.



Oplan Bukol and OplanTuli Medical Mission



Doc Henry's at it himself and conferring with Doc Jess.



A morning of surgery ends with lunch of PopEye's chicken.



PopEye's chicken for the Pasig Rotarians too!



Pangkat Members RY 2024 - 2025

PANGKAT NO. 1

1. **Pres Bernard Dy** - Leader
2. **Dir. Gary Ona** -Co-Leader
3. PP Vic Aquino
4. PP Conrad Cuesta
5. Rtn. Flor De Pano
6. Rtn. Carlo Doce
7. Rtn. Roehl Fontanilla
8. Rtn Chony Gimenez
9. Rtn. Edison Go
10. PP Rel Gomez
11. PP Dodot Jaworski
12. PP Peping Mabanta.
13. Rtn. Aris Marfil
14. Rtn. Bart Ronquillo
15. Rtn. Bien Sibug
16. Rtn. Philip Yoon

PANGKAT NO. 2

1. **Dir. Tet Mallare** - Leader
2. **Sec. John Javier**- Co Leader
3. Rtn. Chito Bernardo
4. Rtn. Bernard Bobadilla
5. PP Topax Colayco
6. Rtn. Joseph Gualberto
7. PRID Raffy Garcia III
8. PP Tito Henson
9. Rtn Bebert Lacuna
10. Rtn. Gene Menor
11. Rtn Rod Moreno
12. Rtn Nilo Ocampo
13. Rtn Jojo Opinio
14. Rtn. Vico Sotto
15. Rtn Nicky Ty
16. Rtn. Stephen Valera

PANGKAT NO. 3

1. **IPP Adolf Aran**- Leader
2. **Dir Roy Mendoza** – Co Leader.
3. Rtn. Oyie Averilla
4. PP Totoy Bartolome
5. Rtn Mads Bengua
6. Rtn Paolo Diaz
7. Rtn. Richie Defensor
8. Rtn Jimmy Gualberto
9. Rtn Marlo Guillano
10. PP Peter Javier
11. Rtn. Sammy Lazo
12. PP. Ogie Lim
13. PP Vic Lim
14. Rtn. Richard Pua
15. Rtn. Roman Romulo
16. Rtn. DekDek Paloma



Pangkat Members RY 2024 - 2025

Continuation 1.

PANGKAT NO. 4

1. **Dir Roy Quejada** – Leader.
2. **Dir. Noel Go** -Co-Leader
3. PP Garrick Ang
4. Rtn Ato Basco
5. Rtn Pal Bolivar
6. PP Toti Buhain
7. Rtn. Karl Contreras
8. Rtn Raj Cordova
9. PP Nick Guzman
10. Rtn. Cesar Lacuna
11. PP Ner Laino
12. Rtn. Kell Ortega
13. PP Arjan Ramnani
14. Rtn. Charles Reyes
15. Rtn. Simon Tantoco
16. Rtn. Arnel Estaniel

PANGKAT NO. 5

1. **PP Jun Zafra** - Leader
2. **Dir. Jake Oh**– Co-Leader
3. PP Jess Acantilado
4. Rtn. Roman Arugay
5. Rtn Richard Berganos
6. Rtn Nesty Carolina
7. Rtn. Henry Claravall
8. Rtn Mike Dolar
9. PP RJ Ermita
10. Rtn Manfred Guangko
11. Rtn. Alex Lacson
12. PP Hermie Orbe
13. Rtn Rudy Sanguyo
14. Rtn Ping Tan
15. PP Henry Uy
16. Rtn Jay Bautista

PANGKAT NO. 6

1. **PP Bong Paloma** – Leader
2. **Dir. Roland Vasquez**-Co-Leader
3. PP Bert Albano
4. Rtn Dennis Albano
5. Rtn Ben Baniel
5. PP Rene Bocaya
6. PP Benny De Guzman
7. Rtn Jojo Estolano
8. PP Ramy Garcia
9. Rtn. Dante Lardizabal
10. Rtn. Albert Mendiola
11. Rtn. Ike Ona
12. PP Ferd Rivera
13. Rtn. Anson Tan
14. PP Celso Ylagan
15. Rtn JS Zamora
16. Rtn. Jecko Santos



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 Present44
% of Attendance (06/20/24).....45.3%

Birthday Celebrants for the Month of June 2024

Wedding Anniversaries for the Month of June 2024

Guest and Visiting Rotarians

Editorial Staff

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

Website: www.rcpasig.org

Email : rcpasig@hotmail.com

Secretariat Office: Ylagan Law Office
 Unit 809, City & Land Mega Plaza
 ADB Avenue Corner Garnet Road
 Ortigas Center, Pasig City Tel. No. 635-2234
Edgar Manalang: **0927-9414528; rcpasig@hotmail.com**

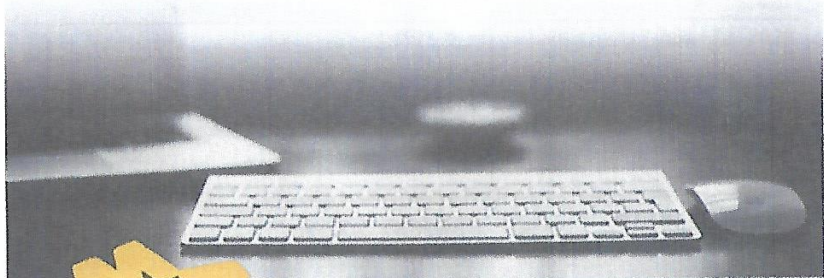
MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

RC – Pasig Club Secretary: _____ Date: _____



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MEGA-RMG3 Building
667 Sgt. Bumatay Street, Barangay Plainview
Mandaluyong City, 1550, Metro Manila, Philippines



+63 2 532-3061 to 65 +63 2 532-3070 (fax)

inquire@megagroup.net www.megagroup.net