

Rotary
Club of Pasig



CREATE HOPE
in the WORLD

2 MAY 2024
Rotary Year 2023-2024

TINIG

The Official Newsletter of the Rotary Club of Pasig



PBGEN. RIZALITO G. GAPAS
GUEST SPEAKER

Today's Programme

Valle Verde Country Club
May 2, 2024 12:00Noon
Pangkat 5 Leader: Dir. Roy Quejada

Call to Order	Pres. Adolf Aran
Invocation	Rtn Dennis Albano
National Anthem	Rtn Roy Mendoza
FOUR-WAY TEST	Rtn Roland Vasquez
Introduction of Visiting Rotarians & Guests	PP Rel Gomez
Community Singing	Pangkat 5
Wise or Otherwise	
Fining Moments	PP Vic Aquino
President's Time	Pres. Adolf Aran
Introduction of Guest Speaker	PP/Sec. John Javier

PBGEN. RIZALITO GUERRERO GAPAS
District Director, Northern Police District
Topic: The Threats to Peace.
GUEST SPEAKER

Open Forum Adjournment	Pres. Adolf Aran
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PP Rel Gomez
Emcee
*** May is Youth Service Month ***
1.



Invocation



O God, who restore us to eternal life in the Resurrection of Christ, grant your people constancy in faith and hope, that we may never doubt the promises of which we have learned from you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

— **Amen.**

From: Rtn. Fr. Kell Ortega



THE FOUR-WAY TEST

of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- First** : The development of acquaintance as an opportunity for Service;
- Second** : High Ethical standards in business and professions; the Recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- Third** : The application of the ideal of service in each Rotarian's personal, business and community life;
- Fourth** : The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



Song of the Day



SMILE

Song by Nat King Cole

Smile though your heart is aching
Smile even though it's breaking
When there are clouds in the sky, you'll get by
If you smile through your fear and sorrow
Smile and maybe tomorrow
You'll see the sun come shining through for you

Light up your face with gladness
Hide every trace of sadness
Although a tear may be ever so near

That's the time you must keep on trying
Smile, what's the use of crying?
You'll find that life is still worthwhile
If you just smile

That's the time you must keep on trying
Smile, what's the use of crying?
You'll find that life is still worthwhile
If you just smile



From the President

Pres. Adolf Aran



“Leadership should be born out of the undershtanding of the needs of those who would be affected by it.” Marian Anderson

On May 9, we honor the servant leaders of the Philippine National Police in Pasig City. This is the 3rd time that RC Pasig is doing the Pagpupugay sa Kabayanan ng Pasig Pulis, with benefactor Rotarian Ignacio Gimenez. Thank you, Chony. And congratulations to all winners and nominees.

It also timely that we have a public servant as our special guest speaker from Norther Police District, Brigadier General RIZALITO Guerrero Gapas who will talk about “Threats to Peace”.

Let’s congratulate Rotarian Richie Defensor who plunged into the world of entrepreneurship, with his recently opened Game Time barbershop in Quezon City. May your business thrive and flourish.

May is the month of Youth Service. Youth Service Director and President Nominee Roy Quejada and Rotarian Raj Cordova will be announcing a service project with the Rotaract Club of the Pamantasan ng Lungsod ng Pasig. Watch out for the details.

Currently, we have 97 members in our club. We still have two months to reach our goal of hitting 100 members before the end of RY 2023-2024. Sponsor a friend, a servant leader or a business leader in your community.

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



Rotary Notes

PP Benny P. De Guzman



We are one of the biggest clubs if not the biggest in our District and presumably in attendance too. But last week's attendance was a shameful about 26% only, Madami ang sumama kay PP Hermie in no show on Thursday noon.

The call for donation for our late Rtn Demy sounded off by IPP Bong should not be just given up. A good reminder that we care should be made.

Rtn Richie's invite for his barbershop opening yesterday must be a big turn off sa kanya as it was a holiday and the heat wave is on. I think if he got about 20, that is a grand showing na. Next time, if you will open another branch and you invite the Pasig Rotarians, you insert free shave. On the site, make a bigger sign, Free Shave of Eye Brows for Rotarians only and tatoo after. Whoever avails I am sure after mangungurot yan.

PP Ramy showed a nice picture of Ascott Hotel. Quick to the draw, HOF/PP Conrad texted wrong spelling. Bakit dapat K, hindi C? Askott, mas unique.

I saw on text a good practice supposedly in Thailand where every fruit bearing seeds you get, have it dried and throw in any raw land you will pass by. Mango, avocado, sampaloc and even guava seeds that small, will germinate and be part of the wild growth. It is a big help to combat excessive heat and will provide shades to others.

This heat wave is terrible and it can weaken you a lot.

Rotary Notes

PP Benny P. De Guzman

Continuation 1.

The Pangkat system was well thought off but it is a failure now. Those who fail to plan ng to fail. In golf, you address that as a good follow through. Follow up and kung kailangan, have a monthly contest amongst the pangkats. Dami ang gumagaya kay Rtn Chony but he has a regular club project that is recognized a winner by the District. How about Rotarians Nesty, Albert and many others who if I see them out of Rotary, I may not even know they are still members.

How about coordinating thru our secretariat a service that can our serve our entire membership? If we have excess hands that may be employed by other members such as extra maids, drivers, gardeners or even food or other items that may benefit other members and create additional opportunities for the ones listing, it can be a good major service for all of us.

Last week, PP Bert went to the club just to pay his Rotary jacket and left. He was the finemaster. Emcee PP Jun made me instant finemaster and it was the worst ever for me. It is hard to fine with a measly attendance and on the spot. Luckily, our two charter members were seated in my table and they were complaining they were given free jacket by Pres Adolf but both jackets did not fit them. Hindi lahat ng libre ay magaling. Subukan niyong bayaran at husto ang sukat at better ang material. Is it the truth?



Walking the Avenues

PP Jun C. Zafra



PRESIDENTIAL MESSAGE



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

I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable impact on the people and communities we serve.

Walking the Avenues

PP Jun C. Zafra

Continuation 1.

One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

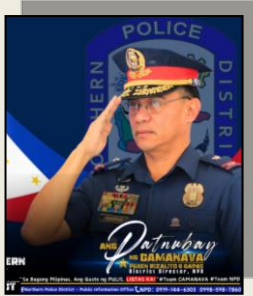
In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves



Our Guest Speaker



RIZALITO GUERRERO GAPAS
Police Brigadier General
District Director, Northern Police District

PBGEN RIZALITO GUERRERO GAPAS was born in Manila on December 30, 1968. Proud of being a pure-blooded Bicolano, he was born to parents Geronimo G. Gapas who hails from Sorsogon, and Nelly P. Guerrero from Catanduanes. Braving the hazards of growing up in the busy neighborhood of Caloocan City where he spent his formative years, he finished his primary and secondary education at Andres Bonifacio Elementary School and Caloocan City High School, respectively. He first attended college at the Christ the King Mission Seminary with a degree in AB Philosophy in 1991. But destiny took its course and his fate led him to Silang, Cavite, home of the Philippine National Police Academy, the country's premier public safety institution where he belonged to the Patnubay Class of 1995. In 1999, he graduated from another prestigious Service Academy, the National Bureau of Investigation Academy.

Upon entering the police service, he joined the Elite PNP Special Action Force from 1995 to 2002. He harnessed his capabilities as a junior officer and trained in various disciplines: Commando training; Airborne; Scuba diving; Search and



Our Guest Speaker

Continuation 1.

rescue; Explosive Ordnance; and other relevant training.

As a member of the Police Anti-Crime Emergency Response (PACER) specializing in anti-kidnapping and counter-terrorist operations, he trained in Hostage negotiation by the UK's Scotland Yard Police; Terrorist Crime Scene Investigation training by the Federal Bureau of Investigation (FBI) and Counter Terrorist Operations by the Australian Federal Police.

He also served in two peacekeeping missions of the United Nations: 2 years in Ivory Coast in West Africa; and 1 year in Darfur, Sudan in East Africa, where he distinguishly represented the country and the Philippine National Police.

His multifaceted exposure in crime operations and administrative supervision has tested his capabilities as a law enforcer which further exhibited his brilliance as an officer. In his 30 years of police service, he has gone practically from north to south of the country and worked remarkably in various significant command and staff positions mainly in the areas of operations and planning which displayed his exceptional work ethic and earned him various awards and distinctions, such as; Medalya ng Kadakilaan; Medalya ng Kagalingan; Medalya ng Kasanayan; Medalya ng Papuri; Medalya ng Katangitanging Gawa; Medalya ng Pagkilala; and adjudged as Best PCO in the field of Operations, to mention a few; and numerous commendations and appreciations from other local government units/ agencies and non-governmental organizations.

To further improve his stature and efficiency as a police officer, he finished his Master's Degree in Criminal Justice at the Philippine College of Criminology in 2016.



Our Guest Speaker

Continuation 2.

As a senior officer of the PNP, he served as the Regional Chief of the Regional Investigation and Detection Unit 5 of the Criminal Investigation and Detection Group, Chief of Police of Pasig City, and Provincial Director of Negros Oriental Police Provincial Office. Ladderizing up through the command group, he served as the Chief of Staff of the Integrity Monitoring and Enforcement Group, Deputy Director for Operations of the Intelligence Group, Chief of Staff of the PNP Special Action Force, and later Deputy Director of the PNP Special Action Force where he earned the coveted star rank.

Determined to consistently demonstrate commitment to accomplish the mandated task in his every assignment, he demanded diligence and devotion in the performance of duties and responsibilities from his men when he assumed the post of District Director of Northern Police District on July 18, 2023. Being relatively familiar with the AOR, he vowed to establish constant communication with the four CAMANAVA local government executives to harmonize law enforcement efforts against all forms of criminalities and the fight against illegal drugs.

Under his leadership as District Director, NPD has achieved remarkable operational accomplishments and witnessed significant events that have left an indelible mark on the community. He has spearheaded numerous successful police operations, resulting in the neutralization of criminal elements, apprehension of wanted persons, and the stringent and proactive implementation of the priority programs of the CPNP's 5-Focused Agenda; RD, NCRPO's 7 Point Agenda.



Our Guest Speaker

Continuation 3.

As the Top Cop of NPD, he goes beyond just enforcing the law. He envisioned to transform the NPD personnel into a Noble, Professional, and Disciplined community partner through effective, and improved programs and initiatives such as the Continuing Character & Competency Development Program (C3 DP) that ensures that all NPD police officers are equipped with the skills and mindset needed to navigate the ever-evolving challenges of law enforcement. He likewise prioritizes the continuous conduct of evidence-based police interventions such as Investigative training thru the Continuing Legal Education for Police Investigators (CLEPI) that aims to strengthen the investigative capabilities of investigators, and make them well-informed in the latest legal developments, fostering a more effective and legally sound approach to solving crimes; and continuous conduct of various seminars and workshops, Armed and Unarmed Tactics , Tactical Motorcycle Course, and Marksmanship Training to all personnel of NPD for better performance of duties resulting in better services to the CAMANAVA people in general; Launching of the District Council of Interfaith Leaders and Life Coaches that promote unity, understanding, and support from diverse religious and community leaders, creating a stronger bond between the police and the community; and Creation of various Community-Oriented Groups such as Vendors in Peace, Vendors into Progress, and NPD Riders Federation, initiatives that primary objectives are to gain public trust and prevent the occurrence of crimes. The Northern Police District, under his guidance, has become a formidable force against those who threaten the safety of the communities, true to his given service name, "Ang Patnubay ng CAMANAVA".



Our Guest Speaker

Continuation 4.

Ladies and gentlemen, it is my honor and pleasure to present to you our Guest of Honor and Speaker, a bemedalled officer with vast experience in investigation, intelligence, and operations and a sterling reputation of integrity and professionalism.... the beloved District Director of Northern Police District, a certified “Batang Kankaloo”, PBGEN RIZALITO GUERRERO GAPAS.



Tinig Tidbits

By: HOF/PP Peter Javier



BODY FACTS WORTH KNOWING

1. A human body is comprised of 10% human cells and 90% bacterial cells.
2. Humans have a compass in their nose.
3. The strongest muscles in the human body are in the jaws.
4. Humans can outrun all land animals.
5. Humans can throw objects with accuracy and power.
6. There is gold in your blood.
7. Ears are like fingerprints – each person's ears are unique.
8. We're born with more bones than we have as adults.
9. The liver performs over 500 functions.
10. Splashing water on your face makes your body go into “swimming mode.”
11. Human bones are stronger than steel.
12. Human hair is surprisingly strong.

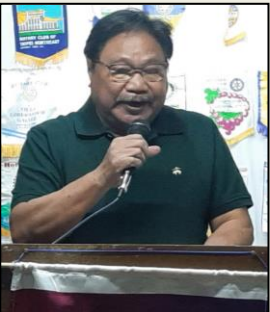
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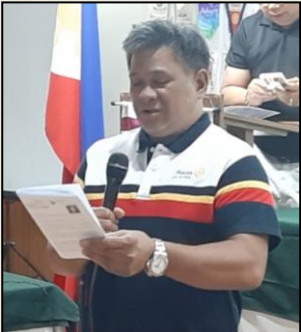
Glimpses of Our Last Meeting



HCP Adolf calls his 37th meeting to order with PP Jun as emcee. Rtn Roy leads invocation.



Rtn Bien leads singing of Pambansang Awit while Rtn Dennis recites Apat na Urian ng Rotaryo. Rtn Noel introduces guests.



PP Ramy leads singing of Never On My Rotary Day. PP John on Pagpupugay sa Kabayanihan ng Pulis Pasig. PP Conrad on 2 AVPs needed for Luxid Rotary.



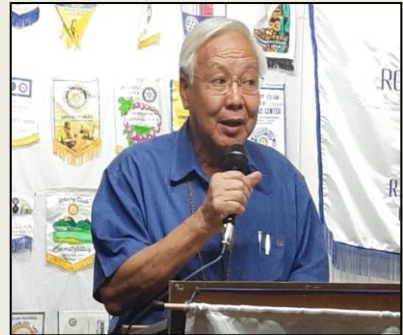
Glimpses of Our Last Meeting



PP Benny is instant finemaster gain. It's HCP Adolf's time.

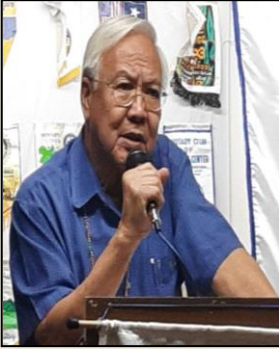


Rtn Ike introduces Dr. Fernando Melendres, a practicing surgeon in general, cancer, thoracic & vascular surgery & former Executive Director of Lung Center of the Philippines.

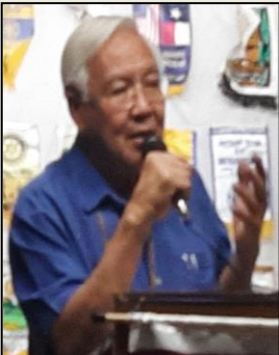


His talk is on promoting primary health care as provided in the Universal Health Care Act and his advocacy of providing such out-patients benefits thru health centers focusing on Pasig City.

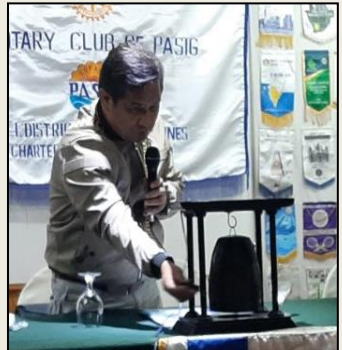
Glimpses of Our Last Meeting



Replying to questions from Dir Jake on PhilHealth; Rtn Rod on health care for seniors & PWDs;



Rtn Noel on Malasakit Centers & PP John on access to PhilHealth.



HCP presents appreciation gifts then adjourns meeting.



The Medical City's Internal Medicine joins Ilugin Community Center



Messages from Dr. Agnes Alba, Director, Institute of Pediatrics, Dr. Arniel Dela Cruz, Chair, Internal Medicine & HCP Adolf.



Showing signed MOA between TMC's Internal Medicine & Ilugin Community Center.



Also signed by HCP Adolf & Bgy Capt. Robin Salandanan.



The Medical City's Internal Medicine joins Ilugin Community Center



MOA signatories with ICC's pediatrics staff.



HCP Adolf & HCP/PP Jess with TMC's Internal Medicine's Dr. Dela Cruz, Dr. Karl Henson & internists.



With Asst. Principal Merlie Franco, Dr. Alba, Bgy. Capt. Salandanan, Kagawad Arci Lucas & ICC's Dr. Sean Ramos.



Wheat not Weeds

By: Rtn. Fr. Kell Ortega



Work for Others

Yesterday we observed Labor Day where we remember and honor all. All professionals, be it blue-collared or white-collared workers, or even business owners, I believe they deserve recognition and affirmation from society for their diligence and sense of industry despite our current economic status. But what does God say about our workers or professionals?

According to the Book of Deuteronomy, “The Lord blesses our work so that we may share its fruits with others (Deut. 14:28-29)”. I believe our work, our means of living, becomes a source of grace for us when we do it according to God’s Will. What’s His Will when it comes to work? We share the fruits of our labor to others, especially to our families who depend on us for food, education, and shelter. Thus, God wills us that we must work for someone or the people we care and love, not just ourselves.

What does it imply? I believe that, without losing respect to one’s job or profession, we all deserve to enjoy the fruits of our labor and share with others whom we care if we are talking about wages. All of us deserve to just wages appropriate to our jobs or profession. No one should be lacking and to be taken advantage of. So, those who are blue-collared workers and rank-and-file employees should be given just wages and not underpaid especially they have families to care for, and management and business owners should see to it that they are well-compensated in accordance with the labor standards. In this way, no one will be treated as “beasts of burden” that they can work without pay and complaint, as Karl Marx would say.

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

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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



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

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10. Rtn. Edison Go
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13. Rtn Fr. Kell Ortega
14. Rtn Roman Romulo
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9. Rtn Manfred Guangko
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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**
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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

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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**
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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
17. Roy Mendoza

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



***DECLARATION OF ROTARIANS
IN
BUSINESS AND PROFESSIONS***

As a Rotarian engaged in a business or profession, I am expected to:

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship;
5. Recognize the honor and respect due to 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. Adhere to honesty in my advertising and in all representations to the public concerning my business or professions;
8. Neither seek from nor grant to 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 Present34
% of Attendance (04/25/24).....35%

Birthday Celebrants for the Month of May 2024

Wedding Anniversaries for the Month of May 2024

Guest and Visiting Rotarians

1. Redge Tolentino, Host: Rtn Mads Bengua
2. Dr. Fernando Melendres, guest speaker



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

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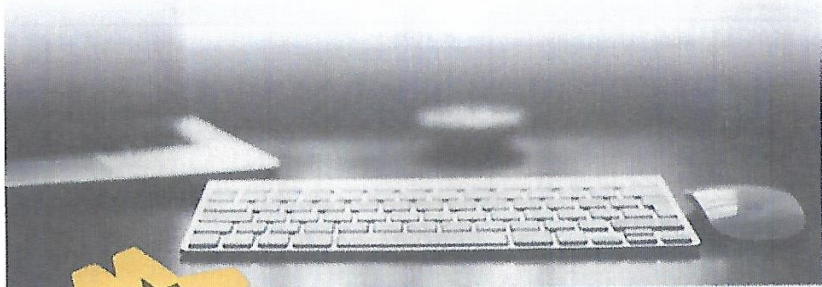
MAKE-UP SLIP

This serves as proof of your attendance

Name of Visiting Rotarian

Name of Rotary Club

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



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