

Club Information

Rotary Club of San Fernando (LU), Inc.
District 3790
Club No. 16918
Chartered: November 25, 1959

Sponsor:
Rotary Club Dagupan
Club Email: rotarylu@sflu.com
Telephone #: 072 -700-2468

JAGged

continuation from page 2

repeatedly collecting sputum from individuals who already tested positive, in order to earn more incentives. Patients sold their free supply of Medicines to have money for other needs, including their vices. Most persons I worked with were honest but a few 'rotten apples' can contaminate the whole 'basket'. Poverty can also make people do things they don't usually do. So now, resistant TB has to be cured by a 4 drug regimen.

Rotary, with its fine organization can make a difference in the battle against the above mentioned lung infections. Polio is close to being eradicated, thanks largely to the efforts of R.I. In our area, the Leprosy project during PP Bob Kaiser's term, has virtually eradicated Leprosy from our area. Mycobacterium Leprae which causes Leprosy, is closely related to Mycobacterium Tuberculosis which causes T.B. The DOH is doing what it can but it needs help. This is the way it is in the 'Anti -Polio' and 'Vitamin A' Campaigns, with Government teaming up with Rotary to attack disease at different levels. I think PDG Ces Mendoza's idea of getting a 'Grant' for Primary Pulmonary Tuberculosis, the initial lung TB infection affecting kids, is good. This group has largely been ignored by the DOH because TB is supposedly not infective at this stage. The expensive 6 month triple drug regimen has to be shouldered by the family of the child, so the kid is not treated at all. Dr. Jose P. Rizal, our National Hero, said that our youth is the hope of the Motherland. Well, if this 'hope' is tubercular and can't breathe, you know where our Motherland is headed.

TIPS

continuation from page 6

ware that uses [computer networks](#) and security holes to replicate itself. A copy of the worm scans the network for another machine that has a specific security hole. It copies itself to the new machine using the security hole, and then starts replicating from there, as well.

♦ **Trojan horses** - A Trojan horse is simply a computer program. The program claims to do one thing (it may claim to be a game) but instead does damage when you run it (it may erase your [hard disk](#)). Trojan horses have no way to replicate automatically.

How They Spread

Early viruses were pieces of code attached to a common program like a popular game or a popular word processor. A person might download an infected game from a [bulletin board](#) and run it. A virus like this is a small piece of code embedded in a larger, legitimate program. Any virus is designed to run first **when the legitimate program gets executed**. The virus loads itself into [memory](#) and looks around to see if it can find any other programs on the [disk](#). If it can find one, it modifies it to add the virus's code to the unsuspecting program. Then the virus launches the "real program." The user really has no way to know that the virus ever ran. Unfortunately, the virus has now reproduced itself, so two programs are infected. The next time either of those programs gets executed, they infect other programs, and the cycle continues.

If one of the infected programs is given to another person on a [floppy disk](#), or if it is uploaded to a bulletin board, then other programs get infected. This is how the virus spreads.

PROGRAMME

Centerstage

Call to Order **Pres. Rex Mendoza**

Invocation & Four Way Test **Ronald Dy**

National Anthem **Frederick So**

Luncheon

Welcome and Greetings **Edgar Biteng**

Birthday Celebrants:

PP Rey Bonifacio - August 20
Susan Prieto - August 22
Jane Marquez - August 24

Club Singing **Terry Purugganan**

Friendship Session **Rev. Romy De Castro**

President's Time **Pres. Rex Mendoza**

Introduction of the Guest of Honor & Speaker **PP Ferdinand Fernandez**

Address: **Spouse Soledad J. Go**

Response **Paquing Peralta**

Adjournment **Pres. Rex Mendoza**

Day Chairman & Master of Ceremonies
Dave Parkman

**AUGUST is Membership
Development & Retention Month**

Sol, as she is fondly called by her friends and associates, is the Managing Director and Treasurer of S.J. Go and Sons' Realty Development Corporation. She is the prime mover of their family-owned construction and Realty Company engaged in the building, interior designing and selling of residential houses in Baguio City. Sol also manages a Shell gasoline station. Her new baby - Berkely Learning Center - a nursery and elementary school will be in full operation this coming year June 2003.

Sol graduated salutatorian both in the elementary and high school. She was an entrance and college scholar at the University of the Philippines, where she finished Bachelor of Arts degree in Political Science and History and Master's degree in Public Administration from the College of Public Administration, University of the Philippines. Because of her outstanding academic performance, she was conferred membership to the Phi Gamma Mu Honor Society. Sol took up special studies in Social Research at the Ateneo de Manila University under the sponsorship of the Philippine Social Science Research Institute.

Sol served as a faculty member at the UP College Baguio where she taught courses in History, Political Science and Public Administration both in the undergraduate and graduate level. As an entrepreneur, she had also the opportunity of managing a family owned trading company.

Like her husband, she is also involved in Rotary, she being a member and former president of the Association of Rotary Anns of the Rotary Club of Baguio North. Sol is a Multiple Paul Harris Fellow and a Benefactor of the Rotary Foundation. Sol is the proud mother of eight children

JAGed

Editor Jerome Gaerlan



AIR-BORNE LUNG INFECTIONS

I guess the observance of lung month would not be complete without a brief discussion of air -borne lung infections. So here it goes. Infectious agents, whether viruses, bacte-

ria, rickettsiae, fungi or protozoa, have to enter the human body and overcome its defenses before disease sets in. This can be done through infected body fluid transmitted to another person's bloodstream via transfusion or needle puncture or through disruption of a person's mucosal membranes during sexual intercourse. This is how the virus causing AIDS enters our system. A different route is through the bite of infected animals, like mosquitoes, which transmit the Dengue virus, or the dog which transmits the Rabies virus. Then there is ingestion of contaminated food and drink like what occurs with the Salmonella bacteria which causes typhoid. Lastly, there is airborne infection. This mode of transmission, unlike the others is difficult to prevent unless one is prepared to permanently wear a mask covering one's nose and mouth. Luckily, the common lung infections, like pneumonia and pulmonary tuberculosis, have effective treatment regimens. The tragedy is that despite available treatment, these diseases still rank high in the developing world as causes of illness and death. This is due to poverty with lack of nutrition to build disease resistance, poor housing facilities with lack of ventilation and overcrowding, ignorance and of course, inability to buy the needed medicines. Pneumonia results from inflammation of lung tissue filling our air sacs with fluid and so we drown in our own secretions. It tends to

affect the very young sector of our society. Recent statistics in our country show that 60 out of every 1000 kids below 5 years have pneumonia and that of these, 5 out of 11000 will die. An experience which stuck to my mind during my Medical Clerkship, was that of a cuddly child who was brought to the UST E.R. because of rapid breathing. As clerk, I immediately elicited a history of recent Measles infection and noted several skin lesions in the child's arms and legs. After an oxygen mask was placed on the child and before an X -ray to confirm pneumonia could be done, the child stopped breathing. The hapless mom who was only half -aware that her child was seriously ill, was hysterical with grief and guilt while a futile resuscitation was being undertaken. This spectacle is still being repeated countless times in the developing world. The sad thing is that Measles, Mumps, Chicken Pox and Influenza w/c make kids susceptible to bacterial pneumonia, can be prevented by vaccination. Even after the pneumonia has set in, the prompt use of appropriate antibiotics would cure the child. Then we have Pulmonary Tuberculosis w/c even today kills 75 Filipinos daily. Lung TB also has a way of causing debilitation of active bread-winning family members turning them into dependents. This is sad because we could have eradicated TB several years ago. During my short stint as a Rural Health physician in Santol, La Union, I became witness to loopholes of our government's public health programs. Midwives who were collecting sputum specimen from members of each barangay were given incentives for every sputum specimen that tested positive for TB. The individual who tested positive was given free medicines for 6 months of a double -drug regimen, which was then adequate. Alas, some midwives took to

roTAWA

Dir. Alan D. Sy

Mens Women

1. A man will pay \$2 for a \$1 item he wants. A woman will pay \$1 for a \$2 item that she doesn't want.
2. A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife.
3. A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.
4. To be happy with a man you must understand him a lot & love him a little. To be happy with a woman you must love her a lot & not try to understand her at all.
5. Married men live longer than single men but married men are a lot more willing to die.

6. Any married man should forget his mistakes - there's no use in two people remembering the same thing.
7. Men wake up as good -looking as they went to bed. Women somehow deteriorate during the night.
8. A woman marries a man expecting he will change, but he doesn't. A man marries a woman expecting that she won't change and she does.
9. A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.
10. There are 2 times when a man doesn't understand a woman - before marriage & after marriage.

Contributed by Rtn. Ruel Tana

COPE

PDTim L. Warden

(Crosswords & Other Puzzles for Enthusiasts)

Across:

3. host for the next games
5. land of bagpipes
6. land of rising sun
8. origin of Olympics

Down:

1. formerly siam
2. home of fort knox
4. where people fight bulls
7. tumakboako

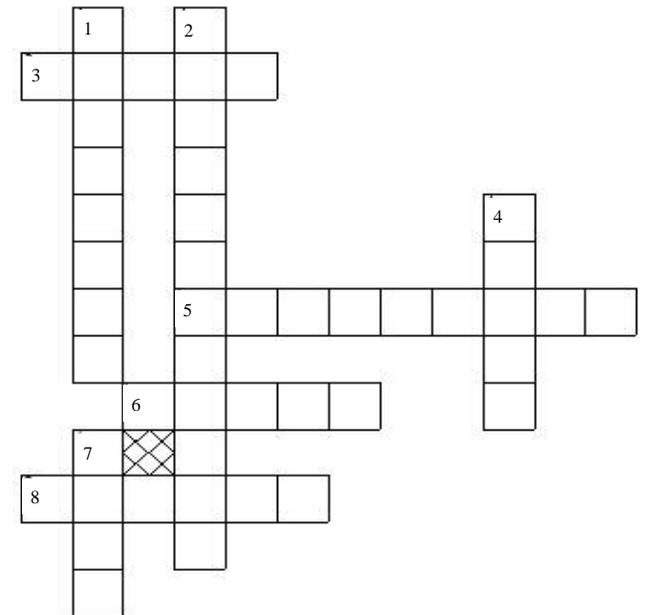
Answers of August 6 issue

Across

1. Arizona
3. Ohio
5. Alabama
9. Kansas
11. Iowa
13. Illinois
15. Texas
16. Kentucky
18. Georgia

Down

1. Alaska
2. Idaho
4. Hawaii
6. Arkansas



TIPS (Tidbits, Information & Practical Suggestions)

Computer Virus (IT Tips)

Computer viruses are mysterious and grab our attention. On the one hand, viruses show us how vulnerable we are. A properly engineered virus can have an amazing effect on the worldwide Internet. On the other hand, they show how sophisticated and interconnected human beings have become. For example, the [Melissa virus](#) -- which became a global phenomenon in March 1999 -- was so powerful that it forced Microsoft and a number of other very large companies to completely turn off their [e-mail systems](#) until the virus could be contained. The [ILOVEYOU virus](#) in 2000 had a similarly devastating effect. That's pretty impressive when you consider that the Melissa and ILOVEYOU viruses are incredibly simple.

Types of Infection

When you listen to the news, you hear about many different forms of electronic infection.

TEST (Ten Exercises for Students of Trivia)

World History Trivia - this is just a general knowledge history test.



1. Who was said to have power that could heal the Russian Prince Alexei Romanov of haemophilia?
2. When Vietnam was initially split into north and south, what was the name of North Vietnam?
3. Who was the Mexican General who besieged the Alamo?
4. What was the code name given to the Anglo-American invasion of Normandy, France on June 6, 1944 to liberate Europe from German occupation?
5. What was the name of the ship captained by James Cook that claimed Australia for Britain?
6. What was the nickname of the US plane that dropped the atomic bomb on Hiroshima, Japan?

The most common are:

- **Viruses** - A virus is a small piece of software that piggybacks on real programs. For example, a virus might attach itself to a program such as a spreadsheet program. Each time the spreadsheet program runs, the virus runs, too, and it has the chance to reproduce (by attaching to other programs) or wreak havoc.
- **E-mail viruses** - An e-mail virus moves around in [e-mail messages](#), and usually replicates itself by automatically mailing itself to dozens of people in the victim's e-mail address book.
- **Worms** - A worm is a small piece of soft-

IPPRichardDy



Turnonpage8

Rotarian Ruel T. Tana

7. How many years was The Hundred Years' War between England and France actually lasted?
8. What was the occupation of Mao Tse Tung before he became a leader of China's Communist Revolution?
9. What was President Gorbachev's term for his administration's policy of reconstructing the Russian economy?
10. Ferdinand Lesseps designed what engineering marvel?

-Answer on the next issue

- Answers to previous:
- | | |
|--------------------------|-----------------------|
| 1. Histology | 6. The Milky Way |
| 2. Isaac Newton | 7. 373 degrees |
| 3. Hippopotamus | 8. Bats |
| 4. Hydrogen | 9. Optics |
| 5. The Antarctic Ice cap | 10. Alexander Fleming |

C.P.R. (Club Pass & Review)

Sec. Reggie C. Chan

The Vision Team showed us last week that they are not just thinkers but also doers. After all, vision is useless without action. They were alive, dynamic and vigorous. PP Canor's voice alone made everyone wide-awake as he guided us through the program. VIP's like PDG C. and PPAldy certainly showed us that there is not a task that is too little, too simple or insignificant when they led us the Invocation, 4WAY Test and National Anthem. Another notable person with the same caliber and stature, PP Beng gave a pleasant Welcome and Greetings and announced the celebrants of the week who gave us an ice cream treat. Thank to Rtn Dave and Mike. Rtn Terry did terrible, with an unlikely taste in music, made us sing "Tie a Yellow Ribbon". Dir. Jerry called them the "Back Side Boys" because all we saw were their backs as we tried to get a glimpse of the videoke TV screen. Rtn Ruel, probably an

expert of the topic he chose, gave a Friendship Session on sex education. He surely got our attention... and our money. Our Guest of Honor and Speaker was our very own PP Albert Dy. Being the chairman of the Rotary Service and Training Center project, he gave us a thorough report on the history, objectives, status, accomplishments and financial standing of the said project. We are still left with quite a large amount of money to be raised in order to cover construction costs. Decisions were made after a lengthy deliberation and they are the following: 1. Every past president is to donate P20,000. If one cannot, he may donate less than that and solicit the remaining balance. 2. Every member is to donate P5,000 and solicit from 3 people P5,000 each. 3. We can use our trust funds with no specific objectives for the completion of the building construction. Once again we have seen that Rotarians of this club are a bunch of comedians who know how to have fun and enjoy life. On the other hand, we are also serious people with a vision of making this world a better place.

WE CARE

(Weekly Cartoon Editorial)

Sec. Reggie C. Chan



e-QUIP

(Quotes from the Internet)

Sec. Reggie C. Chan

"As I see it every day you do one of two things: build health or produce disease in yourself"

-Adelle Davis

Club Film



Sharing a Balloon to Pediatric Ward at ITRMC



Regular Tuesday meeting IPP Jerpy Erquiza



The Mummy starring Pres. Rex and First Lady Jocel



Ibaang may pinagsamahan... patikantahan



Motorcade Awareness Project with Inner Wheel & La Union Medical Society Breathe Clean Air



IWCHusbands' Day at the house of Pres. Susan Prieto & PDS Marc.

- editor

Prex

PRESIDENTS' CORNER President Rex O. Mendoza, Jr.

To a very strong, willed, devoted mother and wife, a dear friend and a person who will represent the Rotarian partners, Spouse Sol, welcome back to your home CLUB!

Last week has been a very important meeting of our Club. What transpired will always be remembered and will always be a part of the RCSFU, Inc. history. May we share to you some of the salient points that we have discussed and approved last week, as follows:

- a. the CLUB TRUST FUND, amounting to PHP 354,466.64, will now be used for the Rotary Youth and Service Center
- b. that in order to continue the legacy made by the different Past Presidents to help future Club leaders, part of the building rental will be used for whatever project of their administration;
- c. that the scroll of honor will be adopted as a strategy to raise funds

- d. that all regular members will share PHP 5,000.00 and will look for at least three (3) more possible scrolls of honorees
- e. that all Past Presidents will share PHP 20,000.00 or its equivalent on scroll of honorees

Sometimes, not all decisions are popular. Sometimes, decision will always be a cause of miscommunications and misunderstanding, but if decisions were based in good faith and will benefit majority of our people, in the end, the unpopular decision will always be the best decision.

With these, may we request the general membership to be us in attaining something MONUMENTAL this year, that is to finally make the ROTARY YOUTH AND SERVICE CENTER fully operational.

God be with us as we open our heart and mind to understand, and more blessing as we share our riches.

R2 D2

(Review of Rotary Details & Dynamics)

The Sponsor of a New Member

The bylaws of Rotary clearly outline the procedure for a prospective member to be proposed for Rotary club membership. The 'proposer' is the key person in the growth and advancement of Rotary. Without a sponsor an individual will never have the opportunity to become a Rotarian.

The task of the proposer should not end merely by submitting a name to the club secretary or membership committee. Rotary has not established formal responsibilities for proposers or sponsors, however, by custom and tradition these procedures are recommended in many clubs. The sponsor should:

- 1. Invite a prospective member to several meetings prior to proposing the individual for mem-

PVP Frank C. Buenaventura

- bership.
 - 2. Accompany the prospective new member to one or more orientation/informational meetings.
 - 3. Introduce the new member to other club members each week for the first month.
 - 4. Invite the new member to accompany the sponsor to neighboring clubs for the first meeting to learn the process and observe the spirit of fellowship.
 - 5. Ask the new member and spouse to accompany the sponsor to the club's social activities, dinners or other special occasions.
 - 6. Urge the new member and spouse to attend the district conference with the sponsor.
 - 7. Serve as a special friend to assure that the new member becomes an active Rotarian.
- When the proposer follows these guidelines, Rotary becomes stronger with each new member.