

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

JAGEd

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aimed his gold-tipped arrows at the hearts of young men and women making them fall in love. There was also Lupercalia, celebrated on Feb. 15 after the Roman god Lupercus who protected people from wolves. During the festival, people danced, sang and played games. Men wore the names of the women who would be their partners on their sleeves, giving rise to the phrase 'wearing his heart on his sleeves' to describe men who are obvious in their admiration for a woman. I guess this 'corny' practice gave rise to the 'corniness' we associate with lovers. Nevertheless, I believe that couples should continue to be 'corny' and whisper 'sweet-nothings' in each other's ear. Without the 'sweet-nothings,' nothing 'sweet' is left in your relationship!

It is fortuitous that the Rotary theme for this troubled year is 'sow the seeds of love'. So much hate and bigotry is going around that perhaps we should remember the Biblical admonition, 'we reap what we sow.' Palestinians and Jews have been killing each other for centuries following the rule of 'an eye for an eye, a tooth for a tooth!' Jesus tells us that the solution is 'to love one another as ourselves' and to meet hatred by 'turning the other cheek.' In a sense, Jesus was the first hippie advising us 'to make love not war!'

So the real challenge for us lovers, Rotarians very much included, is not to define what love is, but to 'sow its seeds' in our daily lives. Maybe in the future, our children or our children's children, may reap a bountiful harvest- the delicious and non-fattening 'chocolates' of love and peace.

TIPS

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testing for lipid and glucose levels. Cholesterol lowering therapy (statin) is effective with a goal of less than 100-160 mg/dl of low density lipoprotein depending upon the number of risk factors present. Diabetics should maintain a tight control of their blood sugar with a goal of normal fasting glucose of less than 110 mg/dl by diet, exercise and medicines.

5. Make a coach potato out of him by gifting him with a flat wide TV screen and a DVD player. Counter attack with moderate intensity physical activity like brisk walking, cycling, jogging for at least 30 minutes preferably every day of the week or a target pulse rate of 60% - 85% of (220 minus age).

6. Tell him you prefer and desire an obese man for a husband. Whisper to his ears that being obese he is handsome and sexy then feed him like a hog. Counter attack by limiting caloric intake and increase caloric expenditure. The goal is to achieve and maintain a preferred weight of body mass index of 18.5 to 24.9 kg/m². When BMI is 25 the waist circumference must be 40" for the husband and 35" for the wife.

Dissuade him from taking preventive drugs. Convince him that they are poisonous and not good for his system. Counter attack with aspirin and folic acid. Low dose aspirin reduces the risk of heart attack by about one-third, however, this benefit must be weighed against potential risks of aspirin. While folic acid supplied with the majority of multiple vitamin preparations lowers the level of homocysteine, a newly discovered risk factor of heart attack.

PROGRAMME

VALENTINE'S PARTY – SPOUSE NIGHT
CAP Development Center

PART I. 6:30 PM

COCKTAILS

PART II. 7:00 PM

Call to Order Pres. Rex Mendoza

Prayer &
Four-Way Test Ric Marquez

National Anthem PP Tony Yee

DINNER

Intermission Number

Welcome & Greetings Rtn. Ruel Tana

Birthday Celebrants:

Bennie Alo - Feb. 13
Tess Chan - Feb. 16
Tita Salvador - Feb. 16

Valentine's Message Pres. Rex Mendoza

GAMES

DANCES

Adjournment Pres. Rex Mendoza

Night Chairman & Master of Ceremonies
PP Canor & Tita Salvador

February is World
Understanding Month

Centerstage



PP Domingo "Canor" J. Salvador
Team Leader

Members of Vision Team

Bennie Alo
PP Ben Ang
Joseph Barrozo
PP Aldy Dy
PP Paquito Dy
Edward Gaerlan
PP Bob Kaiser
Tante Licudine
Ric Marquez
PDG Ces Mendoza
Tito Orros
Ruel Tana
PP Rudy Yabes
PP Tony Yee

JAGed

Editor Jerome Gaerlan

HAPPY VALENTINE!

What is love? I've gone through my encyclopedia and surfed the Internet for an objective and comprehensive definition of this emotion but so far I've come up empty. Perhaps, it is really impossible to be objective and thorough, when it comes to 'love' which is the most subjective of all feelings.

Al Pacino, playing Satan in the 'Devil's Advocate' tried to downplay 'love' calling it the biochemical equivalent of a box of chocolates. It gives you a temporary high but it usually gets lost in a sea of more selfish emotions, like lust, greed and pride. In the aftermath of another movie, 'Love Story', 'love' was defined as 'never having to say you're sorry.' It makes it appear that lovers can get away with anything without feeling apologetic! My favorite, albeit subjective, definition of love, is that in the hit song by the Lettermen, 'Love is a Many Splendored Thing.' In the song, 'love' is defined as 'nature's way of giving a reason to be living, a golden crown which makes a man a king!' Very poetic!

Speaking of poets, among my favorites is Elizabeth Barrett-Browning. It was she who wrote, "How do I love Thee, let me count the ways." She, and husband Robert Browning were among England's greatest poets but they are remembered more for their personal romance.

Perhaps, one of the reasons 'love' is difficult to define is that there are many kinds of love. So let us count the 'ways' of loving. Between lovers, love can be the red-hot 'romantic' type of love, wherein partners always seek the other's physical presence, being unable to sleep and eat when the other is absent. You feel that ala 'Romeo and Juliet' you would die if separated from your beloved. Ironically, this type of love burns out after the lovers stay together constantly and become less 'blind' to

each other's faults. At the other extreme is the 'Platonic' kind of love, wherein all physical intimacy is avoided, and lovers just appreciate each other's intellect and sensibilities. I guess the best and most lasting type of love among couples lies somewhere in between.

Aside from love between couples, there is also love among other kin- between parent and child, among siblings and so on. It is also possible to love other species- like your pet dog or cat. Or even inanimate objects- just look at how kids relate to their toys and how grown men clean their guns and SUV's. Or even non-objects; Michael Jordan really means it when he says that he loves his 'game' and Jose Rizal died for love of country. Saints and theologians however, maintain that the purest form of love is love of God. Holy Writ tells us to love God with all our heart and soul, which is logical if you believe that everything comes from the Lord. But without the help of Divine Grace I don't think this is humanly possible.

Perhaps, in a general sense, 'love' is simply an intense feeling of 'longing' for what one loves. Given the intensity of this feeling it is but natural that eventually one day of the year would be set aside to celebrate 'love' although oftentimes the celebration is restricted to the 'love' between 'lovers.' Christendom set the date on February 14, commemorating the execution of a priest named Valentine, who disobeyed the order of his king, not to marry young couples in love. It is also said that St. Valentine sent the forerunner of the Valentine card to the daughter of his jailer who brought him food, signing 'From Your Valentine' on his message. A touching gesture, although not advisable for present-day priests!

Even before Christian times, lovers already had their 'time' of the year. Early February was believed to be the time when birds mate and when a chubby, winged god named Cupid

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roTAWA

Dir. Alan D. Sy

HAPPY VALENTINE'S DAY!

Three guys were debating which of their languages was the most pleasing to the ear.

ITALIAN: Consider the phrase, 'I love you.' In Italian, it is : 'Ti Amo.' What s lovely sound!

FRENCH: 'True, but in French it is: 'Je t'adore.' An even more beautiful sound!

GERMAN: Okay. But what's wrong with 'Ick Leiber dik?'

contributed by Dir. Jerry Parlan

- Guy meets ex-girlfriend during Valentine's day and asks her if she has a 'date.'

GIRL: Yes, I do have a date! He is so adorable and clever. In fact, he is so smart he has enough brains for two people!

EX-BOYFRIEND: I'm glad that you finally found someone who is so right for you!

- A guy was trying to set up his friend for a blind Valentine's date.

GUY: I have exactly the right girl for you! She has eyes like a doe, lips like rosebuds, ears like coral shells, a neck like a swan and a voice like a nightingale. She'd be ideal for you!

GUY'S FRIEND: I'm not sure. She doesn't seem human!

contributed by PP Jerome

- Husband came home from work during Valentine's day and carried his wife around the house.

WIFE: Why? What brought this about?

HUSBAND: On my way home I met our Pastor and we had a short chat.

WIFE: Did he tell you to be extra-romantic with me today because it's February 14?

HUSBAND: No, he told me to carry my cross!

contributed by Pres. Rex

- A desperate woman walks into a restaurant during Valentine's day, bringing her cat.

WAITER: I'm sorry but you can't bring that pig into this place!

WOMAN: It's not a pig, it's a cat, you moron!

WAITER: I wasn't talking to you. I was talking to the cat!

- One Valentine's day, man passed a vendor selling a bunch of roses.

VENDOR: Take a bunch of flowers home for you wife, mister.

MAN: I haven't got a wife.

VENDOR: Then buy a bunch for your girlfriend!

MAN: I don't have a girlfriend, either.

VENDOR: Well then, buy a couple of bunches to celebrate your good luck!

COPE (Crosswords & Other Puzzles for Enthusiasts)

PD Tim Warden

Valentine's day is a day for lovers. Try to see if you can match the lovers given below. Connect with lines

ROMEO	BEAUTY
SAMSON	JULIET
ANTHONY	APHRODITE
CES	OLIVE
POPEYE	COURTNEY LOVE
PYGMALION	HIMSELF
BEAST	GALATEA
ADONIS	MIN
KURT COBAIN	DELILAH
NARCISSUS	CLEOPATRA

* Answers are with our Secretarial Aide, Lydia.

TIPS

(Tidbits, Information & Practical Suggestions)



How to Kill Your Husband (or Wife) (even without trying)

Heart is a fitting subject in this month of love. Are you aware that your heart can pump 7,600 liters of blood through 112,000 kilometers of blood vessels, and can beat 115,000 times every 24 hours? It is the first organ of your body to be created and the last to die. So it behooves that you should take good care of your heart.

However, if you are sick and tired of your husband or wife here is a well established and proven formula of killing him or her softly. When is the best time to commit this dreadful act? After the age of 45 for the husband and after the age of 55 for the wife specially when there is a premature family history of heart attack.

For guaranteed results follow the steps listed below. The steps are not necessarily sequential but considered as interrelated risk factors:

1. Keep him smoking or induce him to

smoke; when in public places stay in the smoking areas. Counter attack with smoking cessation which reduces the risk of both heart attack and stroke. One year after quitting the risk of heart attack is reduced by one half and, after 15 years, it approaches that of nonsmokers.

2. Do not take him to the doctor to learn if he has high blood pressure, do not buy or do skin on his blood pressure pills. Counter attack with a lifetime daily intake of drugs. Remember that high blood pressure is not curable but controllable only with a goal of less than 140/90 mmHg. The combination of smoking and high blood pressure is the most lethal. You can utilize it for your coup de grace.

3. Feed him with lots of fats and carbohydrates. Counter attack with a diet high in fruits, vegetables, cereal fiber, and low in saturated fats. Moderate alcohol use (one drink per day for the wife and up to two drinks per day for the husband) is likely to provide a net benefit.

4. Discourage him to have his blood tested for fat and sugar. Counter attack with annual blood

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PD Paqing Peralta

TEST

(Ten Exercises for Students of Trivia)



Valentine's Day Trivia – Just to check your knowledge on matters related to Valentine's Day



1. Who is Valentine's Day named after?
2. Why was the name 'Asterius' important to the Valentine's Day story?
3. Who declared February 14th to be "Saint Valentine's Day" in 498 A.D.?
4. Who sent the earliest surviving Valentine's Day card?
5. The son of Venus, Roman goddess of love and beauty, is associated with Valentine's Day. What is his name?

6. What type of bird symbolized Valentine's Day?
7. What is romantic about doves?
8. Which Shakespearean character said, "Good morrow! 'Tis Saint Valentine's Day?"
9. A person who is quick to show feelings of love are said to wear his/her heart on his/her _____?
10. Born in Italy in 1895, who was known as cinema's first "great lover"?

Answers last issue

- | | |
|---------------------|------------------|
| 1. Hamlet | 6. Verona, Italy |
| 2. Romeo and Juliet | 7. England |
| 3. Cassius | 8. Duncan |
| 4. Horatio | 9. Fourteen |
| 5. No | 10. Caliban |

Answers next issue

Rotarian Ruel T. Tana

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

Sec. Reggie Chan

The Pro Active Team, the leading team, is determined to stay ahead. A few days before the meeting, they were texting everyone of an added attraction to the meeting that everyone would look forward to. Three gorgeous babes were invited to attend as indicated in the text message. This undoubtedly was PP Reybo's idea. It was like giving candy to a child, and sure enough, many Rotarians came to attend last Tuesday. The meeting was filled with unexpected surprises though. Like, only two ladies came instead of three, and the Guest of Honor and speaker failed to arrive. Nevertheless, the host team managed to do an excellent job by making the most of what was available.

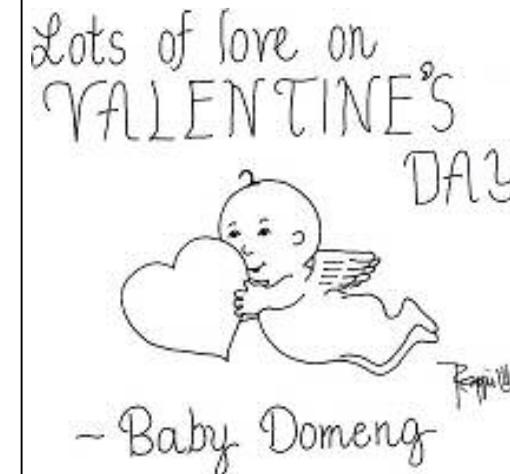
Pres. Rex called the meeting to order at 12:45 pm. The debonair emcee, PP Reybo, called PP Cres to lead the Prayer and 4 Way Test. Louie, one of Reybo's Angels, led the National Anthem. During lunch, we were enter-

tained, as promised, by two pretty ladies (Reybo's Angels minus one), Louie and Theresa with a couple of soothing song numbers. During Welcome and Greetings, PP Albert acknowledged the dignitaries at the Head Table, the visiting Rotarians, and had the Celebrants, Rtn. Tim, PP Tony and Dir Jun stand in front to be greeted. The traditional two-scoop ice cream was served after this. A one of a kind Club Singing followed, conducted by PP Jerome ala musical guru Ryan Cayabyab. It was indeed impressive! Not satisfied with one remarkable performance, he also conducted the Friendship Session with me as his first victim. His topic revolved mainly on the US- Iraq conflict. Free Immuvit Vitamins were given to those who gave correct answers. Almost forgotten, Pres. Rex was called to give his President's Time message. The expected Guest Speaker never came but the resourceful host team got somebody of equal importance to take his place, Rtn. Ed Merrion of RC of Michigan who was properly introduced by PP Dan Bolong. He is a lawyer and a real state co. owner. He is here in our country as a participant of a medical mission being held in La Union. Through the open forum, he expressed his appreciation of the hospitality of Filipinos. He disliked the terrible traffic in Manila though, but impressed with the beautiful sceneries outside the big city.

WE CARE

(Weekly Cartoon Editorial)

Sec Reggie Chan



e-QUIP (Quotes from the Internet)

Sec. Reggie C. Chan

"When love is great, there's no need for words... for even in silence love is heard."

- Text Thots

Club FulFILMent

SPED project San Fernando City, La Union



Prex

PRESIDENTS' CORNER
President Rex O. Mendoza, Jr.

Happy Valentines Day!

As they say, we celebrate valentine to remember "love" but valentine would not be valentine unless we really value the essence of it. I keep on telling my students, the real meaning of a word is in the word itself, let the letter "V" swell and it will become a big ♥. How will it swell? Give it away. Where to start? ON YOURSELF, because you cannot give anything that you do not have – not only love, everything – reflect? Once you feel and believe that you love yourself that is the time that you can give it away. Now, have you realized why we have a lot of problems in this earth (not world – we only have one earth but we live in different worlds), in our country, in our community and in our family - everything starts from US and will always end with US. A nice thing to review and reflect on this valentine's day.

We rested for the past one and half month in terms of projects and community activities.

Why? We took a break and we have no available funds? We'll start again and we will try to squeeze everything in the next two weeks – please make yourself available. And to do this, those who have not yet paid their dues, their induction and anniversary assessment, their Rotary magazine, other financial obligations, please pay.

This week we also will visit possible people whom we may invite into the Club. Please provide us a list of those whom you are considering to invite, and why not be with us and let your friend feel that you are proud to be a Rotarian. **Are you really proud to be one? I challenge you, SHOW IT!**

The President is contemplating organizing a 5 to 7 day candle lighting and prayer for EARTH PEACE the soonest. At least to soften the impact of impending WAR if not to avert it. It involves money and commitment. If you are willing to join him, please respond.

Treas. Romy Chan

RCSFLU (Romy Chan's Summary of Funds, Liabilities & Utilization)

FINANCIAL STATEMENT AS OF JANUARY 31, 2003

CASH IN BANK AS OF JANUARY 1, 2003		P34,181.06
Receipts:		
Annual dues	31,745.00	
Advertisement	12,200.00	
Fines	8,050.00	
Anniversary	3,000.00	
Subs. To Philippine Rotary Magazine	3,770.00	
Induction Fee	950.00	
	<u>59,715.00</u>	59,715.00
TOTAL RECEIPTS		P93,896.06
DISBURSMENTS:		
RI Dues	67,095.00	
Office Expense	8,143.16	
Sec. Aide's Salary	6,500.00	
Subscription to "The Rotarian"	3,240.00	
Gold Leaf	972.00	
Wreath to the Father of Pres. Rex	900.00	
SSS & ECC Contribution	789.90	
Meals of Special Guests and Sec. Aide	750.00	
Certificate to Guest Speaker	220.00	88,610.06
	<u>88,610.06</u>	
CASH IN BANK AS OF JANUARY 31, 2003		P 5,286.00