

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

TIPS

continuation from page 6

- Cough with no phlegm-Diffuse Chypre
- Cough with phlegm-Diffuse Thyme Flower or a mixture of Eucalyptus and Chypre
- Diabetic patient-Diffuse Ginseng
- Eye Surgery-Diffuse Chypre after operation. Chypre can contract blood vessels. The wound will heal faster
- Gastric or Intestinal Problems-Diffuse Sandalwood to improve the digestion process
- Gout problems-Diffuse Basilic
- Heart problems-Diffuse a mixture of Eucalyptus and Rose Rouge (1:4 ratio). Increase proportion of Rose gradually
- High blood pressure-Diffuse either Green Tea or Lavande
- High Cholesterol-Diffuse Green Tea
- High Sugar Level-Diffuse a mixture of Ginseng and Eucalyptus
- Hormonal imbalances-Diffuse Rose Rouge
- Indigestion-Diffuse Agrume
- Influenza with cough-Diffuse Eucalyptus or Chypre
- Insomnia-Diffuse Citronelle, or Muguet, or Lavande
- Kidney problems-Diffuse Lotus Flower
- Lack of appetite esp. Pregnant women & children-Diffuse Agrume which helps improve appetite & prevents vomiting
- Lack of appetite for normal people-Diffuse Green Tea
- Menopause-Diffuse Rose Rouge
- Migraine-Diffuse Citronelle or Lavande
- Nasal Congestion-Diffuse and Eucalyptus
- Osteoporosis-Diffuse Green Bamboo
- Patients after operation-Diffuse Chypre or Eucalyptus or a mixture of Eucalyptus & Ginseng (1:4 ratio)
- PMS/PMT-Diffuse a mixture of Rose Rouge and Lavande
- Rheumatism-Diffuse Green Bamboo
- Sinusitis-Diffuse Eucalyptus
- Snoring-Diffuse Citronelle it will reduce snoring
- Sore Throat-Diffuse Lotus Flower, Chypre, or Green Tea
- Stroke patient-Diffuse a mixture of Green Tea & Ginseng (1:4 ratio) or Lavande & Ginseng (1:4 ratio) or Eucalyptus & Ginseng (1:4 ratio)
- Stomach-ache-Diffuse Lotus Flower & Eucalyptus
- Thyroid-Diffuse Lavande
- Weight Control-Diffuse Green Tea

PROGRAMME

Centerstage

Call to Order **VP Rey Nisce**

Prayer &

Four-Way Test **PVP Frank Buenaventura**
National Anthem **PVP Frank Buenaventura**

LUNCHEON

Welcome and

Greetings **PP Silver Sarmiento**

Wedding Anniversaries:

PP Vir & Myrna Cabading - January 20
PP Silver & Pat Sarmiento - January 24

Club Singing

IPP Richard Dy

Friendship Session

A/Sec. Mike Paderon

President's Time

Pres. Rex Mendoza

Introduction of the Guest of

of Honor & Speaker **SAA Ming Yan Jao**

Address:

Mr. John Kutz

President, Kutz International

Response

PP Martin De Guzman III

Adjournment

Pres. Rex Mendoza

Day Chairman

Sec. Reggie Chan

Master of Ceremonies

PD Tim Warden

John Lenahan Kutz

Birthdate: 04/12/1943 Current Age: 59

Born: Miami, Florida, USA

Address: Sta. Catalina St.,

Raios, Bacnotan, La Union

Married: Wilma T. Lamtocon, Chief Librarian,
SLC, San Fernando, LU

Children: John Andrew Kutz 3 yrs, Mary Jacqueline Kutz, 10 months

College Degree: BA Mathematics, 1965

Professional Experience:

· International Computer Consultant 1970 - 1999.

· Computer Consultant 1967 - 1970

· Teacher of Mathematics 1965 - 1967

Professional Highlights

· President of Kutz International Inc. a Management/Computer Consulting firm

· Part of NASA team to land the first man on the moon

· Manager of first non-Oil Company, Computer Center in Saudi Arabia

· Developed software systems for UNDP projects in the 5 Central American

countries

· Developed Software systems to improve life in Indonesia, and Bangladesh

for the World Bank

· Developed Software for worldwide communication companies. ie WorldCom, ATT

Personal Highlights

· Traveled/worked in 35 countries. The Philippines is the BEST!!!!

· Developed Arthritis at age 3. Have used crutches ever since.

· Managed Boys Junior Olympic Gymnastics Team for 17 yrs. Produced 1 Olympic Silver Medalist, 6 NCAA Collegiate Champions

**January is ROTARY
AWARENESS MONTH**

JAGed

Editor Jerome Gaerlan

PEOPLE WITH DISABILITIES

Last month, the U.N. set aside a month for the "Disabled." I was not able to have an article on this topic printed on time because we were short of meetings last December. This was due to the 2-week holiday vacation. However, I still think the timing of this present article is still appropriate. This is because of our scheduled Guest Speaker for today, Mr. John Kutz.

John is one of the members of our Club. He is a man of many accomplishments. He was part of the team which made possible the vision of his namesake, President John F. Kennedy, who declared that before the end of the 1960's man should be able to set foot on the moon. John Kutz has also been part of the training staff preparing young kids for the Olympics, in the physically demanding sport of Gymnastics. And today he is lecturing us on "Aromatherapy." He is indeed, a man of many talents, and you would be even more impressed if you learn that he has been afflicted with deformed arms and legs since childhood. Yet, John refuses to dwell on these obstacles. He moves around on his own and even drives his own car.

Last December our Club hosted a Christmas party for the kids of the SPED school. For those of you who had just joined our Club, the SPED school is an educational facility set up within the premises of the North Central School of SFU, providing special educational programs for kids with physical and mental disabilities. The school was officially adopted by our Club during my term as President. Now, during the party program, our President Rex Mendoza gave a truly inspirational talk. Talking to the kids in the vernacular, he told them about Mr. John Kutz - I hope John does not mind people talking about him behind his back. President Rex told the kids about the many achievements of John and the fact that he had to hurdle formidable physical 'challenges' - this is the correct

term rather than 'deformities' or 'disabilities' which connotes something intrinsically wrong with an individual (as if it were his fault). Well, John, according to Rex, never considered himself deformed or disabled. His mom, encouraged this attitude and never gave him special treatment. So this was a clear message to the parents of the 'special' children, who were present during the occasion. The message is in fact relevant for all parents and teachers - 'encouragement' is okay but 'spoon-feeding' and 'babying' are not.

Having said all that, I think that our Club should be in the forefront in the campaign to encourage people with disabilities to help themselves. We can do this by conducting awareness campaigns, so builders of public buildings would make some adjustments for those faced with these 'challenges' such as ramps for those on wheelchairs and special rest rooms for those who move around with crutches. We can even start with our own Rotary Service Center - remember that the function rooms would also be used by people with various mental and physical 'challenges.'

Let me also do some plugging for the SPED school we adopted. It has indeed been adopted by other organizations, like the Lions Club, after we made the community aware of its plight. However, the population of kids in the school has grown tremendously. This is partly because we have made people in surrounding areas aware that there is now an educational facility accepting their 'special' kids. With about 200 kids now enrolled in the school, the school's requirements have also risen markedly. They need more chairs and teachers. The number of visually-impaired students has increased so they need Braille equipment. Let's not give up on the education of these kids just because of their 'disabilities.' Who knows, one day one of them may be part of the team responsible for sending the first human being to Mars.

roTAWA

Dir. Alan D. Sy

HIGH I.Q.

Loi to Erap: Hon, hon, and chedeng mo kina-carnap!

Lumabas si Erap para humabol and later bumalik

Loi: Nahuli mo ba?

Erap: Hindi, ang bilis kasi. Kaya lang O.K. lang kasi nakuha ko naman yung plate number!

DEFINITION

Define sex object. Easy! Since my teenage days I have always been a sex object. Everytime I ask women for sex...they object!

USE IN A SENTENCE

1. TENACIOUS: Bepor you go out and play, put your 'tenacious' on.

2. DEPOSIT: Call the plumber, 'deposit' is leaking.

3. SPLAT: Oh my goodness, my tire 'splat.'

4. HOSTESS: When da phone rings, I ask 'hostess?'

5. BEEF STEW: My beeper beeps, does yours 'beef stew?'

6. PERSUADING: This month will be my friend's 'persuading' anniversary.

7. DEPRESSED: 'Depressed' is da one who says mass on Sunday.

8. DEFICIT: Bepor you jump in da pool, check how 'deficit.'

9. PENIS: Bepor you go out and play, 'penis' your homework!

10. STATUE: Oy, Alan Sy, 'statue?'

Contributed by PP/IP/VP Rey Nisce

COPE (Crosswords & Other Puzzles for Enthusiasts)

PD Tim Warden

WORDFIND- Look for the names of Ten (10) common flowers (vertical, horizontal & diagonal only, forwards & backwards, no crooked lines).

9-10 - Excellent

7-8 - Very Good

5-6 - Good

3-4 - Fair

1-2 - Poor

0 - Go Back To School

F L O W I R O O D C K F L I N
P A P O I N S E I Y A D I H O
Y I R T Y Y X P H O R B Y C I
I L L L S V P O C J A Y O R T
S O R U Y I V P R O L S C O A
A N N T T T E L O I V T E G N
M G A O P R T U L P U Y S U R
P A D D A N D E L I O N O M A
A M M U M E H T N A S Y R H C

* Get answers from the Editor-in-Chief who contributed this puzzle.

TIPS

(Tidbits, Information & Practical Suggestions)

WHAT IS AROMATHERAPY?

Aromatherapy is the practice of using volatile plant oils, including essentials, for psychological and physical well being. Aromatherapy is not about fragrance, but about healing. In aromatherapy, aroma- is –therapeutic. The healing properties come from highly concentrated extracts taken from herbs, flowers, and other plant parts. These extracts are called essential oils and are full strength. Certain properties in essential oils trigger therapeutic effects in the body. When inhaled deeply, or applied to the skin surface in carrier oils, these properties produce very specific beneficial results. Remember aromatherapy does not cure illnesses. Aro-

Rtn. John Kutz

matherapy is an alternative form of preventive medicine.

HOW DOES AROMATHERAPY WORK

The scent of the essential oils is conveyed by the olfactory nerve to areas of the brain that can influence emotions and hormonal response.

Common Illnesses-Recommended Essential Oil

- Arthritis-Diffuse Green Bamboo
- Asthma-Diffuse Eucalyptus
- Blood Circulation-Diffuse Rose Rouge
- Body odor-Spray Pyrethre onto clothes. It lasts 3-4 hours
- Cardiac Problems-Diffuse a mixture of Eucalyptus and Rose Rouge (1:4 ratio).
- Cold & Flu-Diffuse Thyme Flower

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TEST

(Ten Exercises for Students of Trivia)

Rotarian Ruel T. Tana

History of the Philippines – Let's see how well you still remember your history.



1. He arrived in Cebu in 1565 to establish the first Spanish settlement in the Philippines, marking the beginning of Spain's colonization and Christianization of the archipelago. Who was he?
2. She is one of Filipino heroines. After her husband died, she continued the war against Spain, was caught and hanged.
3. Who is known as the 'Great Dissenter'?
4. In what city was Jose Rizal's novel 'Noli Mi Tanager' first published?
5. Who is the Filipino historian who claimed that there was no Philippine history before the execution of the three nationalist priests known as GomBurZa?
6. What is the name of the Filipino armed contingent that helped the American capture General Aguinaldo?
7. Who is the highest-ranking American military

officer that was killed in action during the Philippine-American war?

8. Who was the last Filipino general who fought the American forces and established the so-called 'Tagalog Republic'?
9. Who designed the Rizal monument at Luneta Park?
10. In 1851, the first commercial bank in the Philippines and the Far East Bank was established. What is the present name of this bank?

Answers next issue

Answers last issue:

- 1.1. John Wilkes Booth
2. Leon F. Czolgosz
3. Lee Harvey Oswald
4. Jack Ruby
5. John F. Schrank
6. John Hinckley, Jr.
7. Jodie Foster
8. Gerald Ford
9. Andrew Jackson
10. Puerto Rico

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

Sec. Reggie Chan

In the absence of Pres. Rex, VP Rey Nisce presided over our meeting last Tuesday. Call to Order was done on time. Baby Rtn. Bennie Alo led the Prayer and 4 Way Test and National Anthem. Day Chairman and Master of Ceremonies, PP Aldy Dy carried on with the program and was perhaps over zealous and had the Celebrants greeted in advance. While having lunch, PP Tony sang a few soothing lovesongs giving us a relaxing and friendly ambiance enhanced by the aromatherapy coming from a bottle-burner that was supplied by Rtn. Jon Kutz (we'll know more about this the following meeting). Welcome and Greetings (at least half of it) was enthusiastically conducted by Rtn. Ric Marquez and managed to get a delightful (2 scoops) announcement from the Celebrants. Following this, PVP Tante Licudine gave us an exciting "high-tech" Fining Session with a theme that revolved on cellphones. Since every-

one has one, almost everyone was fined with varying amounts depending on our answers and model of our cellphone units. For the President's Time, Acting Pres. Rey gave important announcements mostly on upcoming activities. Going to the highlight of the meeting, PP Tony appropriately introduced our Guest of Honor and Speaker, His Excellency, Ambassador Justo "Tito" O. Orros, Jr. His speech was enlightening, touching mainly on the Philippine-Mexico Bilateral Relations. He ended with an honest conclusion that there is still no place like home, our country, the Philippines, and we have to be thankful because we are by far better off than other countries in the world. An interesting Open Forum followed with Rotarians asking only "sensible" questions such as who is prettier the Filipina or Mexican women? Similar questions were thrown putting our Guest Speaker in a difficult position. But he satisfied everyone with his safe (always in the middle) answers. After this, Rtn. Ruel Tana was privileged to give the response. We ended on time. VP Rey, who by now got the "feel" of running the club, adjourned the meeting.

WE CARE

(Weekly Cartoon Editorial)
Sec Reggie Chan



e-QUIP (Quotes from the Internet)
Sec. Reggie C. Chan

*"You may find
the worst enemy
or the best friend
in yourself"*

anonymous

Club FulFILMent



Delegation Mid-Year Review
Leisure Coast, Dagupan City



Christmas Party at the residence of PP/Mayor Martin de Guzman



Free movie to SPED School children at the Eso-Nice Cinema II



- editor

R2 D2

PVP Frank C. Buenaventura

(Review of Rotary Details & Dynamics)



Centennial Countdown

Register centennial projects by 1 January

Rotary's centennial on 23 February 2005 may be more than two years away, but it's not too early to begin the countdown to the big event. RI's Centennial

Planning Committee encourages Rotarians to focus on three key goals for 2005 in support of the Rotary Centennial: eradicate polio, increase membership to 1.5 million members, and support The Rotary Foundation of RI's goal of US\$100 per member in donations to the Annual Programs Fund.

The Committee urges clubs and districts to form their own centennial planning committees this year to plan and launch special observances

and projects.

Rotary Clubs are also encouraged to plan a new community service project that will commemorate Rotary's centennial. To participate in this effort, clubs must register their project with RI by 1 January 2003, using the online registration form at www.rotary.org. All projects must be completed by February 2005.

In order to qualify as a Rotary Club Centennial Community Project, a project must:

- Fulfill a clearly identifiable community need
- Provide a solution that has measurable results
- Involve the active participation of Rotarians (as opposed to simply providing funding to another organization)
- Create a permanent sign, plaque, or inscription at the project site that identifies the sponsoring Rotary club and Rotary's centennial year.



AFTER 3 ROUNDS DAY CHAIRMANSHIP CONTEST RESULT

Name of Team	1 st Round	2 nd Round	3 rd Rounds	Total After 3 Rounds	Rank
Pro-Active Team	21.73	22.48	20.4	64.61	1
Eagle Team	21.97	18.30	18.46	58.73	2
Vision Team	20.58	18.68	18.25	57.51	3
Dream Team	20.30	20.15	16.9	57.35	4

By: VP Rey Nisce