

ClubInformation

RotaryClubofSanFernando(LU),Inc.
District3790
ClubNo.16918
Chartered:November25,1959

Sponsor:
RotaryClubDagupan
ClubEmail:rotarylu@sflu.com
Telephone#:072 -700-2468

DREAMTEAM

PPFerdinandFernandez - *TeamLeader*

PPAndyAstom
EdgarBiteng
RomydeCastro
EdwardDy
RonaldDy
PPArsingIgnacio
DaveParkman
PaquingPeralta
PPKitPurugganan
JoelSalvador
AnsonSian
RobertoSibayan
FrederickSo
BillyTininty

VISIONTEAM

PPCanorSalvador - *TeamLeader*

PPBenAng
JosephBarroso
TerryBugarin
PPAldyDy
PPPaquitoDy
EdwardGaerlan
PPBobKaiser
TanteLicudine
RicMarquez
PDGCesMendoza
NestorMitra
RuelTana
PPRudyYabes
PPTonyYee

PRO-ACTIVETEAM

PPJeromeGaerlan - *TeamLeader*

PPDanBolong
PPReyBonifacio
ElvieBugaoan
EdwinCanonizado
RomyChan
ArnelChanpinco
PPAlbertDy
RayEspinosa
PPCresFernandez
NinoyGazmen
QuielGuzman
PPRufiMacagba
PPMarcPrieto
HarveyTan
SammySo

EAGLETEAM

IPPRichardDy - *TeamLeader*

FrankBuenaventura
PPVirCabading
ReggieChan
DeeDyquiango
PPMartindeGuzman
MingYanJao
JongKomiya
PPWetKomiya
PPChitoNibungco
PPIvesNisce
VicOrtega
MikePaderon
PPSilverSarmiento
TimWarden

PROGRAMME*Centerstage*

CalltoOrder

Pres.RexMendoza

Invocation&
FourWayTest

BillyTeninty

NationalAnthem

EdgarBiteng

Luncheon

Welcomeand
Greetings

FrederickSo

BirthdayCelebrants:

MilaMitra -July25

FriendshipSession

DaveParkman

President'sTime

Pres.RexMendoza

IntroductionoftheGuestof

Honor&Speaker

PPFerdinandFernandez

GuestofHonor&Speaker

Mr. WilsonL. Chua

President&GeneralManager
BitstopInc.

Response

RonaldDy

Adjournment

Pres.RexMendoza

DayChairman&MasterofCeremonies
AnsonSia

JULYisLiteracyMonth

MR.WILSONL.CHUA

President&GeneralManager
BITSTOP,INC.

Birthday:May9,1963

Address:59NationalRoadMalabago,Man-
galdan,Pangasinan

Status:Marriedwith4children

EducationalAttainment:

*MCSEMicrosoftCertifiedSystem Engineer+
Internet

* MCDBA Microsoft Certified Database Ad-
ministrator

Member:NetworkProfessionalAssociation
RotaryClubofDagupan

DagupanBangusJaycee

PICPA

*CPA,14thplacer1984boardexamination

* Magna Cum Laude, Bachelor of Science in
Business Administration and Accountancy,
UniversityofthePhilippines,Diliman

*CCNACiscoCertifiedNetworkAssociate

*CCDACiscoCertifiedDesign Associate

*CiscoCertifiedWirelessLANEngineer

Training/Seminars/Conferencesattended :

*MSWindowsNTServer4.0Enterprise

*MSWindowsNTServer4.0CoreTechnolo-
gies

*MSTCP/IP

*Programming & MS SQL Server 2000 Data-
base(Course2073)

* Updating Support Skills from MS Exchange
Server5xtoMSEExchange2000

* MS Windows 2000 Professional and Server
(Course2152)

*SingaporeNetworld+InterOpConference, '97,
'98, '99

* Participant ATM University, Singapore Net-
world+InterOp'98

JAGed

Editor Jerome Gaerlan

HUNGERPANGS

“Okay ka ba tiyan?” This query is now often heard in prime time T.V. in a commercial promoting the ‘probiotic’ drink, Yakult. It is a clever play on the familiar question we ask of friends and kin who are suddenly unsmiling and unusually quiet, “Okay ka ba diyan?” The ‘diyan’ has been replaced by ‘tiyan’ and so the question is directed not to the person but to his stomach. Yakult is supposed to contain the friendly bacteria, ‘Lactobacillus, Shirota strain’, which allegedly helps in the digestion and absorption of food thereby preventing an upset stomach. I don’t remember taking that up in Medical School, although at that time Yakult was already a known beverage. Assuming Truth in Advertising is really being enforced, I would have to conclude that I was absent when our Microbiology Professor touched on the topic. So well and good for people suffering from a painful tummy but the problem that remains is when the painful tummy is due to fact that there is no food to digest or absorb. Statistics done by the FOOD and NUTRITION RESEARCH INSTITUTE show that 72% of households in the entire world live below the ‘food threshold’ - the amount and quality of food necessary to keep the members of the family healthy. This lack of food translates into all sorts of problems ranging from susceptibility to infectious diseases to stunting of physical and mental growth among children. In fact, about 31,000 people die daily throughout the world because of hunger or hunger-related causes. UNICEF statistics point to about 2/3 of children in the developing countries who are stunted in height and 1/3 who are underweight worldwide. Specific lack of nutrients in the diet is also prevalent. Half of all pregnant women in the world are anemic, often due to lack of dietary iron. About 1.6 billion people worldwide are at risk of iodine deficiency which leads to goiter and mental retardation. Statistics in our country are no better with 32% of the popula-

tion 0-59 months being underweight and stunted. Specific lack of nutrients is also common. A recent study done showed 40% of Filipino kids have Vitamin A deficiency which leads to blindness. Obviously the answer of most stomachs to the question in the opening paragraph is “Di ako O.K, and hapdi ko sa gutom” or worse “O.K. na, nalipasan na ako.” The answer to that is not something which begins with ‘Y’ but rather one which ends with ‘Y’. ‘Charity’ is good when properly directed. The bulk of money that is donated for humanitarian purposes is for the alleviation of hunger. However, much of these ‘Monetary Aid’ is lost to graft and corruption. Even Aid that is in kind, like canned goods and sacks of rice, is diverted to the stores owned by supposed workers of Charitable agencies. So one has to choose an organization that has credibility. That is where ‘Rotary’ comes in. Rotary has been undertaking nutrition projects for sometime now. We have the Vitamin A project for preschoolers being piloted in our country. There is ROTA MILK, the pet project of our current District Governor who is a Pediatrician. This is inexpensive but nutritious goat’s milk prepared in powdered form, ready for mixing with clean water for drinking. Our Club has now started with its feeding programs since July is Nutrition Month for the DOH. I suggest that we also pursue an Iodized Salt project. We cannot close our eyes to the Nutritional Problems in our midst. A study done during my term, showed that 60% of our Club’s members are overweight, meaning we have food to spare. Let’s not be like the rich man in the Bible who kept feasting, ignoring the beggar who was asking for scraps. In the afterlife, this fellow found himself in Hell. A person doesn’t have to be wicked to be damned, just apathetic. So find out about our Nutrition projects and give your time, effort and resources. Maybe the answer to hunger, really begins with the letter ‘Y’, namely ‘You’.

roTAWA

DUMB and DUMBER

Who is the dumbest superhero of all?
 First answer: SUPERMAN. Because he likes to put on his pants before wearing his briefs.
 Better answer: BATMAN. Because he puts on his pants, then his briefs and then puts on a belt around his briefs.
 Final answer: WONDERWOMAN and DARNA. Because they not only like to move around in their underwear but they like to wear their belts around their heads
 Contributed by JERARD MATTHEW GAERLAN, 5y/0son of PPJEROME

Two friends went inside a tall building and entered an elevator. Upon entering the elevator, one pulled out his wallet and asked his buddy a question. How much should we pay the elevator boy for a trip up to the 12th floor? His buddy was aghast and said, “Don’t be so stupid, no

Dir. Alan D. Sy

one pays anything upon boarding an elevator.” The first guy who was embarrassed, put his wallet back into his pocket and said, “I’m sorry, this is the first time I’m riding an elevator.” His friend advised, “So next time just wait until you reach your floor, then the elevator boy will give you your ticket and then that is the time to pay for your fare!”

Three guys were complaining about the low I.Q. of their wives.
 First guy: My wife is dumb. She is so dumb she keeps several rolls of photographic film in her handbag although we do not have a camera.
 Second guy: My wife is dumber. She keeps several compact discs in her handbag although we do not have a CD player.
 Third guy: My wife is the dumbest of all. She always keeps several packs of condom in her handbag, although she does not have a penis.

COPE

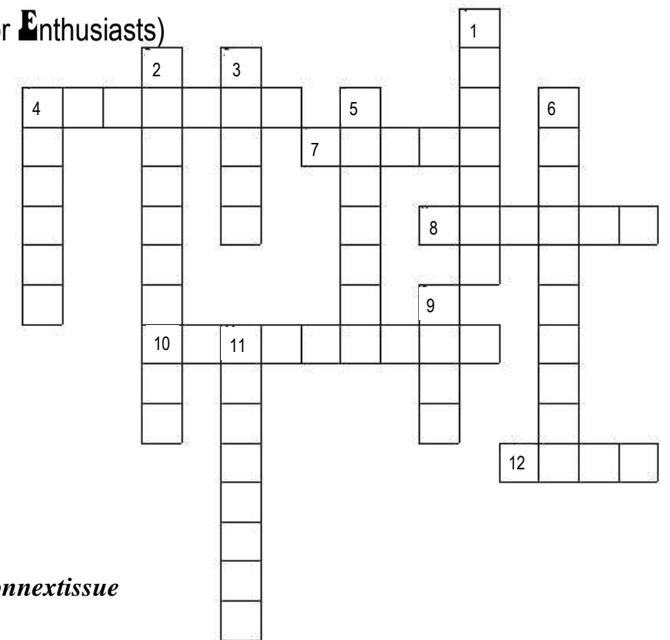
(Crosswords & Other Puzzles for Enthusiasts)

PDTim L. Warden

- Down
1. day of meeting
 2. _Rotarian (a publication)
 3. Call to _
 4. International organization
 5. 4 _
 6. Of being at a meeting
 9. _Leaf
 11. region

- Across
4. most awarded President in 3790
 7. remote watering hole
 8. to compensate for
 10. annual gala for Rotarians
 12. Rotary_2002 -2003

-Answer on next issue



TIPS

(**T**idbits, **I**nformation & **P**ractical **S**uggestions)

Preventing Dehydration

Not only do you need to eat the right food to get in shape, but you also need to drink lots of liquids. The more you sweat, the more fluids your body loses. A common result? DEHYDRATION.

Dehydration, a severe shortage of water in the body, causes your muscles to tighten up and eventually cramp. Basically, your muscles are short-circuiting. Your cells need water to perform their functions and rid themselves of lactic acid, a cellular waste material. When your muscle cells do not get enough water, the excess lactic acid initiates cramping, which is very painful but, thankfully, short-term.

Dehydration can occur in any aerobic sport but basketball is one of the most widely plagued sports. In the 1997 NCAA championship game between Kentucky and Arizona, for example, Kentucky star Ron Mercer missed parts of the second half because dehydration caused spasms in his calf muscle. (Because of the leaping that

occurs, the calf muscle is taxed more and thus is more prone to cramping.)

And did you know that while your body is inadequately hydrated, you can lose up to 15 percent of your cognitive ability? Fatigued players are more prone to make mistakes; it's scientific fact.

Following are some tips to help you avoid becoming dehydrated:

a. Drink plenty of water. Don't bloat yourself - you're not a camel - but drink before playing and during breaks in play. Gatorade and other sport drinks are also good because they replenish your cells with electrolytes and other minerals lost due to dehydration. Bring a water bottle with you to the gym or the park and fill it with water, Gatorade, or a similar product.

b. Watch your diet before the game. Bananas, potatoes and meat, extra salt on your food, and oranges are good pregame menu ideas. These foods do not necessarily prevent dehydration, but they help lessen its effects.

PP Ferdinand Fernandez

TEST

(**T**en **E**xercises for **S**tudents of **T**rivia)



Now it's time for Sports Trivia!

1. Who was the first professional golfer ever to earn a million dollars on the PGA Tour?
2. Who was the only NBA player to average a triple double for an entire season?
3. Who was known as the 'Corduroy Killer' in chess?
4. Who was the first professional boxer to floor Muhammad Ali?
5. Who was the youngest Olympic gold medal winner ever?
6. What sport did Ted Turner participate in?

7. Who was known as the 'Amazing Amazon' in tennis?
8. In Major League Baseball, who hit the first All-Star Game grand slam?
9. For how many consecutive years was Wayne Gretzky MVP in the National Hockey League?
10. In Olympic Games, which country is first in line during the Opening Ceremony's 'Parade of Nations'?

-Answer on the next issue

Answers to previous:

- | | |
|-------------------------|-----------------|
| 1. Greek | 8. Wealth |
| 2. Greek thins | 9. Dryness |
| 3. Children | 10. Phobophobia |
| 4. Achluophobia | |
| 5. The Pope | |
| 6. Religious Ceremonies | |
| 7. Arachinbutyrophobia | |

Rotarian Ruel T. Tana

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

Sec. Reggie C. Chan

Last Tuesday was bright and sunny (just like Pres. Rex's personality). It was our 1st Club Assembly for this Rotary Year. In the beginning of the program, VP Rey Nisce performed most of the duties which is why he wore a different barong to express his protest, he jokingly said.

Dir. Arnold almost did not make it that meeting but arrived just on time to lead the

Friendship Session. We played a message relay game and every group ended up telling either an incomplete, slightly different, totally different, or rated pg turned rated x story. Everyone had fun and realized how valuable and important disseminating accurate information is. The lesson we learned is that there is a price to pay whenever wrong information is given. In our case, we paid a fine.

Mr. President and the Directors spoke before the members and gave a detailed presentation of this year's plans and goals which were broken down into "tons" of meaningful projects and special events. Different individuals were assigned as chairmen and group leaders so that there will be balance in the delegation of tasks. This was a traditional set up that kept the spirit of unity and teamwork alive among us, which is why we enjoy what we do and regard work as something not tiresome but fun and pleasant. We have an exciting year ahead of us. Let's get involved, interact, mingle, contribute and reach out.

WE CARE

(Weekly Cartoon Editorial)

Sec. Reggie C. Chan



e-QUIP

(Quotes from the Internet)

Sec. Reggie C. Chan

"He who does not mind his belly will hardly mind everything else."

-Samuel Johnson

Club FulFILMent



Feeding Program at Barangay Cabaraoan, San Fernando City



Livelihood Training Program for Women in Bauang



Relief support for victims of Disaster given to Red Cross



First regular Board meeting at Hotel Mikka



Nutrition Month Celebration

Fireside Chat

continuation...
PRISES followed. PP Jimmy Sta. Maria of RC Angeles North had a gift for me – a box of calling cards with DGN Ces Mendoza, printed before the election, PP Vito Echevarria of RC Angeles West also brought a gift – a hand carved wooden desk plate with DGN Ces Mendoza already engraved! As DGN, I had an operation for a cyst in my neck suspected to be cancer. As soon as I got home, not telling Min, I went to the St. William Cathedral and the St. Jude Chapel asking the Lord to allow me to serve my term as Governor. The Lord not only granted my wish but gave me more – the cyst was benign. He must have known of my sincerity to SERVE because I am still alive now. I think

that it is because of Rotary that I survived the six operations in a period of 2 months I underwent 2 years ago. For the CAUSE OF ROTARY, I am still here to SERVE. THANK YOU LORD, THANK YOU FOR ROTARY.

- editor

Prex

PRESIDENTS' CORNER
President Rex O. Mendoza, Jr.

In the recent development in information technology, a lot of magic in the olden times is now a reality. For sure our guest of honor and speaker today, Mr. Wilson Chua will give us more developments on how e-commerce will provide us business advantage, welcome to our Tuesday meeting Mr. Chua. Last week has been an induction week in la union, thank you so much for all the members who continually joins me in gracing the different affairs. We still have some few more induction to attend to, in Pangasinan, Tarlac, RC Bauang and Southern La Union, just tell your spouses, after that will have few night outs for the year, is that a good news or a bad news for you guys? We have some joint project with Inner Wheel

and the City last week on nutrition. Before the month ends, we will also start the 3 months feeding program at Barangay Cabaraoan. Our "Show Rotary Cares.....Influenza Vaccination" is still ongoing, just call us if you are interested. End of the month, we will pay Rotary International our half RI dues plus our Rotary Magazine. Our Rotary Service Center needs also PHP 250,000.00 to pay labor cost and materials, and additional PHP 100,000.00 for the roofing, after that, maybe we can slow down for a while. To all who join us with our operation zero project and shared to the Center, thank you so much, it is in giving and sharing that we earn our riches both here on earth and in heaven. Mabuhay kayo!

PDG Ces C. Mendoza

Fireside Chat

MY MOST MEMORABLE EXPERIENCE IN ROTARY

It started in June 1978 when I was the Chair of the successful DA 1977 -78 for the former District 380 comprising Metro Manila north of Pasig, Northern Luzon and Cagayan. The Rotary Club of Quezon City, then the strongest club in the country, wanted me to run for Governor. It took Min and I a while to decide although I knew that with the backing of RCQC, I could be a winner. We then declined because of finances. Our club however, insisted on putting up a candidate so I wrote an Official Letter to the Club Board through Pres. Wet Komiyain indicating that I was not available. PP Aldy asked why I did not like to run and when he was told that I was not financially ready, PP Aldy said "na ang dami pang perang hindi dumaan sa akang kamay." Our club invited the late Pres. Rolando Sembrano of RC Northern Tarlac to be our Guest in 1985 and at the end of his speech, hereadaresolutionofhisclubendorsingme for Governor. I was teary-eyed and finally had to accept the offer of our club to run. It was cus-

tomary for clubs to invite candidates to speak before their clubs. My opponent was invited to speak by RCSFU North and immediately after that meeting, PP Cres called us by phone and said, "Pare, talo na tayo. Your opponent is a good speaker." Itold Cres not to worry because it is not how good a speaker is that counts but how committed one is to the service of Rotary. Meetings were held by the Council of Past Presidents to assess my chances. I said that we would win by a margin of 18 votes. They would not believe it. Election was held at the Baguio Country Club. We did win by 18! I was asked to speak after the elections and I make it short, thanking everyone and inviting all to dinner in our Bauang home. When we got home, a SURPRISE awaited me. There was already a streamer in front of the house congratulating me. Immediately after I was declared winner, Ben Ang rushed home to install the streamer made at Belleza and to check the supper he and Linda had ordered. Food was catered by Oasis. MORE SUR-

Continued at page 4