

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

MAGALING ANG MAY PINAGSAMAHAN III DAY CHAIRMANSHIP CONTEST RESULT

	Total Score After Three Rounds	4th Round Scores	Total Score After Four Rounds	Ranking After Four Rounds
Pro-Active Team	64.61	17.8	82.41	1
Eagle Team	58.73	20.1	78.83	2
Vision Team	57.51	20.5	78.01	3
Dream Team	57.35	15.6	72.95	4

	Total Score After Four Rounds	5th Round Scores	Total Score After Five Rounds	Current Ranking
Vision Team	78.01	23.4	101.4	1
Pro-Active Team	82.41	18.28	100.69	2
Eagle Team	78.83	17.5	96.33	3
Dream Team	72.95	21.55	94.5	4

VISION TEAM - The Leading Team PP Canor Salvador - Team Leader

Bennie Alo
Allan Alvarez
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

PRO-ACTIVE TEAM - Runner - up PP Jerome Gaerlan - Team Leader

Fr. Rodel Arellano
PP Dan Bolong
PP Rey Bonifacio
Edwin Canonizado
Romy Chan
Arnel Chanpinco
PP Albert Dy
Ray Espinosa
PP Cres Fernandez
Ninoy Gazmen
Quiel Guzman
PP Rufi Macagba
PP Marc Prieto
Harvey Tan
Sammy So

PROGRAMME

Call to Order **Pres. Rex Mendoza**

Prayer &
Four-Way Test **Bennie Alo**

National Anthem **PP Canor Salvador**

LUNCHEON

Welcome & Greetings **PP Tony Yee**

Birthday Celebrants:

Ruel Tana - March 26
Dir. Alan Sy - March 27

Wedding Anniverary:

PP Aldy Dy & Rosita Dy - March 24

Club Singing **PVP Tante Licudine**

Friendship Session **Allan Alvarez**

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

Introduction of the Guest of
Honor & Speaker **Ruel Tana**

Address:

Major General Fortunato U. Abat, AFP(Ret.)

President, Poro Point Management Corporation
Chairman of the Board John Hay Management Corporation

Response **PP Aldy Dy**

Adjournment **Pres. Rex Mendoza**

Day Chairman &
Master of
Ceremonies **PPG Ces Mendoza**

Centerstage

Maj. Gen. FORTUNATO U. ABAT, AFP(Ret.) President, Poro Point Management Corporation

General Abat started the military career as an enlisted man for two years cadet for four years and as an officer for thirty years. As a young boy, he was fond of soldiering. During the Japanese occupation, he joined the 14th infantry Regiment, one of the guerillas units of the United States Armed Forces in the Philippines Northern Luzon (USAFIP NL) which pocketed Yamashita to Kiangnan and prevented him from reinforcing his forces in Besang Pass. After the war, he was mustered out in La Union where he went back to finish high school in 1947 and on to the Philippine Military Academy.

He retired from the military services in March 1981. He was recalled to serve in the Ministry of Human Settlements as Deputy General Manager for Mindanao of the Human Settlements Developments Corporation from July 1981 to March 1982 continued on as Ambassador to the People's Republic of China up to April 1986 and then retired again. He was called back to government as Administrator of Veterans Affairs in September 1986 appointed Undersecretary of National Defense in February 1987, reposted in 1989 Deputy Director General of the National Security Council, where he retired again in 1980. He joined Miriam Santiago's Movement for Responsible Public Service, which later became the People's Reform Party under which he ran as Senate in 1992 and lost. In July 1994, President Ramos recalled him to chair the government panel negotiating with the military rebels and concurrent in October 1996 to chair the panel to monitor the implementation of the Government of the Republic of the Philippine-Moro National Liberation Front (GRP-MNLF) Agreement of September 1996 and to handle the talks with the Moro Islamic Liberation Front (MILF). He relinquished his chairmanship in the peace process when he assumed the Defense Portfolio in September 1997.

Upon assumption of the Estrada administration in July, 1998, he went back to private life.

He was designated President and CEO of John Hay Poro Development Corporation by President Gloria Macapagal-Arroyo soon after People Power EDSA Dos.

Presently, President Arroyo designated him as President of the Poro Point Management Corporation and Chairman of the Board of John Hay Management Corporation.

JAGed

Editor Jerome Gaerlan

WORLD WATER DAY

With our attention focused on the war in Iraq, most of us did not notice an important date pass us by. This was last Saturday, March 22, which has been designated as World Water Day by the United Nations so people can stop to reflect on water-related issues. Of course, after the onset of the Iraq war one might start questioning the continued relevance of the United Nations. My view is that the UN although losing clout as a peace-keeping body, is still a potent forum for issues regarding health and natural resources.

Last week, the World Water Forum, which meets every three years to discuss water-related problems, opened in Kyoto, Japan. Ministers, scientists and international financiers were in attendance and they started identifying specific problems and their solutions. The general problem is however, the lack of water for drinking, sanitation purposes and crop irrigation, not to mention the many other secondary uses of water, such as putting out fires, something we should point out since March is also Fire Prevention Month.

The World Water Forum noted that 1/3 of the world's population or 2 billion people do not have access to water for their basic needs. Although the bulk of our planet consists of water, much of it is in the form of sea water which is not fit for drinking. Desalination is a very costly process and has not been perfected. A great deal of our water is also frozen at the polar regions and of course cannot be used. I remember a proposal once in the midst of drought in the Middle East to capture some icebergs near the North Pole and drag them southwards to the needed areas so the frozen water could be thawed and used for irrigating barren land and quenching the thirst of the dehydrated. But of course, this is still fantasy. At any rate, it has

been estimated that only 2% of the world's water can be readily used for man's needs. This is still being cut down by pollution and global warming while the world population growth rate is still exponential. Of course, heartless observers would say that this population explosion would solve itself, once people start dying because of lack of drinking water, lack of food due to crop failure and because of diseases carried by contaminated water.

The World Water Forum estimated that about 180 billion US dollars is needed to address the problem. This would be used to build wells, water reservoirs, irrigation systems, sanitation facilities and so on. The amount looks astronomical but once we consider that about a trillion US dollars are used yearly for military purposes, then we realized how skewed our perspectives are. The United States alone has an annual budget of 450 billion US dollars for its Armed Forces.

Rotary has long been at the helm in addressing the World's Water Problem. A lot of Grants given by WCS were for the creation of water wells. In our Club, PDG Ces Mendoza has obtained in recent years one Matching Grant and one WCS grant for building water wells in La Union. More than a hundred and fifty wells have already been built in our province courtesy of these grants. Aside from this I think our Club should spearhead drives to conserve water, fight pollution and preserve the environment

The war in Iraq was according to the 'Coalition of the Willing' a strike to preempt future terrorist attacks using weapons of mass destruction. Another reason being forwarded is Iraqi Oil. Well, at the rate we are going it won't be long before we start having wars because of scarce water resources. And this is one problem that present leaders should try to preempt considering how basic the need for water is.

roTAWA

Dir. Alan D. Sy

ANOTHER GENIE JOKE

A man takes his wife to play her first game of golf. Of course, the wife promptly hacked her first shot right through the widow of the biggest house adjacent to the course. The husband cringed, "I warned you to be careful! Now we'll have to go up there, find the owner, apologize and see how much your lousy drive is going to cost us." So the couple walked up to the house and knocked on the door. A warm voice said, "Come on in." When they opened the door, they saw the damage that was done; glass was all over the place, and a broken antique bottle was lying on its side near the broken window. A man reclining on the couch asked, "Are you the people that broke the window?" "Uh, yeah, sir. We're sorry about that," the husband replied. "Oh, no apology is needed. Actually I want to thank you. You see I'm a genie, and I've been trapped in that bottle! Now that you've released me, I'm allowed to grant three wishes. I'll give each of you one wish but if you don't mind, I'll keep the last one for myself." "Wow, that's great!" The husband said. He pondered a moment and blurted out, "I'd like a million dollars a year for the

rest of my life." The genie said, "no problem, you've got it!" And now turning to the wife, the genie asked, "Young lady, what do you want?" The wife replied, "I'd like a gorgeous home complete with servants in every country in the world." The genie then said, "consider it done." And now, the couple asked in unison, "What's your wish?" "Well, since I've been trapped in that bottle for a thousand years, I've been without a woman for that long! So can I have sex with your wife?" The husband looked at his wife and said, "Gee, honey we both have a fortune and all those houses. What do you think?" "You know, you're right. Considering our good fortune, I guess I wouldn't mind, but what about you, honey?" "I love you sweetheart," said the husband. "I'd do the same for you!" So the genie and the woman went upstairs where they spent the rest of the afternoon having sex. After 3 hours of non-stop sex, the genie rolled over and looked directly at the woman's eyes and asked, "How old are you and your husband?" "We're both 35," she replied breathlessly. "Unbelievable!" The genie exclaimed. "Thirty-five years old and both of you still believe in genies?"

COPE (Crosswords & Other Puzzles for Enthusiasts)

PD Tim Warden

WORDFIND- LOOK FOR THE NAMES OF TEN (10) SEA CREATURES (VERTICAL, HORIZONTAL & DIAGONAL ONLY; FORWARDS AND BACKWARDS; NO CROOKED LINES).

9-10- EXCELLENT

7-8 - VERY GOOD

5-6 - GOOD

3-4 - FAIR

1-2 - POOR

0 - YOU SHOULD GO BACK TO SCHOOL

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

GET ANSWERS FROM OUR SECRETARIAL AIDE, LYDIA

TEST (Ten Exercises for Students of Trivia)

Rotarian Ruel T. Tana



Trivia on Famous Buildings and Structures

See how much you know about these buildings and structures from around the world.

1. What is the largest inhabited castle in the world?
2. What is the tallest office building in the world today?
3. Washington Irving wrote a book about this famous palace.
4. What is the tallest man-made structure in the world today?
5. In what famous tower can you dine in the Skypod's 360 Restaurant and see hills 75 miles away?
6. What is the tallest monument in the United States?
7. What structure was the world's tallest office

building from 1931 to 1972?

8. In what country would you find the world's tallest lighthouse?
9. Which famous artist is buried in The Pantheon, which is located in Rome, Italy?
10. What future world's tallest office building is currently being constructed in Shanghai and is planned for completion in 2006?

Answers next issue

Answers last issue

1. Parrots
2. Air
3. Pelican
4. Dove
5. True
6. Falcon
7. Male
8. Wild Turkey
9. Ostrich

Rotaxonomy

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discs) deformities which may require orthosis or prosthesis; Connective tissue disorders like Osteoarthritis, Rheumatoid arthritis, gouty arthritis, neurological/neurosurgical disorders like post-stroke, Parkinsonism, Bells palsy, multiple sclerosis, nerve injuries; pediatric cases like cerebral palsy, autism; pre-op and post-operative orthopedic cases; as well as cardiac and pulmonary diseases as exemplified by post-MI, post Coronary Artery Bypass Grafting, CPOD that needs intensive rehabilitation.

The Physical Medicine and Rehabilitation is composed of different disciplines headed by the PHYSIATRIST. Its members include Physical Therapist, Occupational Therapist, Speech Therapist, Rehab. Nurse, Psychologist, Orthotist/Prosthetist.

Treatment employs application of machines like therapeutic ultrasound, shortwave/microwave diathermy, pelvic/cervical mechanical tractions, transcutaneous electrical nerve stimulation/electrical stimulations, EMG biofeedback, interferential therapy, whirlpool bath/hubbard tanks, therapeutic massage, etc...

However, alternative medicine like acupuncture, acupressure, reflexology, chiropraxis, etc...is not in any way a part of Rehabilitation Medicine.

The impact of Rehabilitation Medicine may not be as tangible as other specialties but for sure, those who have experienced it very well appreciate its dramatic effect. After all, the only true disability and the worst disability is a crippled sense of self. There is no prosthesis for this.

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

Sec. Reggie Chan

Attendance was fairly average. Flow of the program was moderate. Short on program participants but the Dream Team doubled their efforts to give an interesting meeting. Dreaming for a 100% home club attendance, their dream remained a dream but close to making it a reality, the host-team claimed, because they invited a lady guest speaker who was equally pretty as the previous beauty queen guests.

Soon after the meeting was called to order, Rtn. Frederick So led the Prayer, 4 Way Test and National Anthem. Welcome and Greetings was proficiently done by veteran PP Kit Purganan, announcing a sweet surprise coming from Dir. Jerry in behalf of birthday celebrant, Ann Marijo. For Club Singing, Rtn. Dave Parkman made us sing "Joy to the World", a Christmas song for the summer time to deviate our thoughts on positive things rather than worrying our minds with the unpleasant events currently happening in other parts of the world. PP Kit went back to conduct the Friendship Ses-

sion, fining all Rotarians who were not in uniform including himself. Pres. Rex used his Time to give announcements and led a prayer for world peace. Rtn. Dave went back on stage denying the rumor that he and PP Kit are trying to monopolize the program. He ably introduced our Guest of Honor and Speaker whom he described as accomplished, young looking and beautiful, Ms. Delia M. Madarazo, Branch Manager, GSIS La Union. She gave a condensed presentation of what GSIS is. Although majority of us are not members of this government institution, we can relate to it in the area of dedicated service. They provide adequate benefits and responsive service to its members and dependents. They have a website with informative features catering to the needs of every member. During the Open Forum, the controversial "Juan Luna Painting" issue was brought up. Her answer was sufficient to justify their side but perhaps not enough to satisfy our curious and investigative minds. Rtn. Romy de Castro gave a befitting response. The meeting ended at 2:04 pm.

WE CARE

(Weekly Cartoon Editorial)
Sec Reggie Chan



e-QUIP (Quotes from the Internet)

Sec. Reggie C. Chan

"Any water in the desert will do"

- Saudi Arabian Proverb

Club FulFILMent

Meeting Our Targets



Balik - Rotarian Allan Alvarez



Book Donation - Supiden Central



Dengue Awareness Project



Livelihood Project at Namtutan



Polio Fund Campaign



Yes! Polio Eradication Project

- editor

Prex

PRESIDENTS' CORNER President Rex O. Mendoza, Jr.

To our guest of honor and speaker for today, Gen. Fortunato Abat, thank you for taking time to be with us today. Welcome and we do hope that you will give us a glimpse of the future development of our Poro Point in the City of San Fernando.

We are entering the last quarter of the Rotary Year 2002 to 2003, and for now we share to you some targets not accomplished so far, as follows:

a. Rotary Foundation Donation – we set \$5,000.00 as our goal and as of now we only have \$ 1,500.00 in donation – we are still expecting the \$ 1,000.00 commitment of Dir. Ernie Galera as part of their contribution since the 3H Grant of more than \$100,000.00 account was with their bank. To other Rotarians, may we appeal again, share a minimum of \$100.00. PLEASE HELP!

b. Vocational Projects – we set one vocational award, career placement seminar and a vocational tour as our commitment for the year, so far we have not done any

c. Membership – we targeted 12, so far we have Rtn. Bong Ingalla, Rtn Dave Parkman, Rtn. John Kutz, Rtn. Fr. Arellano, Rtn. Benny Alo, Rtn. Allan Alvarez as new members, we have 3 for induction, we still need 3. Please share Rotary to your friends.

d. For DISCON we committed 10, so far only 7 committed for their attendance, 3 more

Rotarians please.

e. Community Project – we committed to the district that we will have one Anti Rabies project as part of the RI directed project. We have not done any so far.

On Sunday at 1:00 PM, we will conduct Basic First Aid and CPR procedures for Rotarians and family at IPP Richard's place. Join us, this time its not for the community, its for your family. Take time to learn CPR, my father and father in law died of heart attack this year and 5 years ago respectively and I was not able to share the skills to my brothers and brother in laws. Its not too late I know, we can always transfer the skills to others.

Lastly, we are organizing a Rotary Club in Balaoan-Bangar-Luna-Sudipen-Santol cluster of Municipalities, the Rotary Club of Metro San Fernando is with us in this project and IPP Richard Dy is the appointed DGSR. Help us recruit your friends and relatives. The 2nd meeting will be on Friday, 4:00 pm at Ordonio's Farm in Balaoan.

To all of you, our dear Rotarians and supporters thank you so much for being with us in Rotary. If in some of our projects I was not able to recognize your support, rest assured that before I retire at night I always ask God and all his angels to give everything that is due to you. Continue SHARING, that is the secret of REAPING!

Rotaxonomy

(Rotary Classification Talk)

Rtn. Robert O. Sibayan



Whilst most are cognizant of the majority of specialties in Medicine like Surgery, Obstetrics/Gynecology, Pediatrics, Internal Medicine, Orthopedics, Physical Medicine and Rehabilitation is relatively less known to many seeking appropriate health service delivery.

Rehabilitation Medicine is a Medical Specialty that deals with the diagnosis, treatment, prevention, and restoration of patients with disability to their previous normal or at least to their near normal physical function. This specialty basically caters to patients with pain of any origin, musculoskeletal dysfunction like scoliosis, myofascial pain syndromes, HNP (slipped

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