

Club Information

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

Sponsor:
Rotary Club Dagupan
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Message of RI President Bhichai Rattakul
at the Rotary Zone Institute Manila 2002, Oct. 25, 2002

For it is simply not enough to dream of a better, wiser world. Indeed, if a dream could do it, we would have that world, because who among us does not have that dream? No, a better world has to be built.

I have a simple request for you as you participate in this Institute, in your restless desire to help, don't dissipate your energies thinking up new programs and new initiatives. Rather, support the programs we have commit to the promises we have made and use the resources of Rotary International and its Foundation to achieve your goals.

At his brother's Bobby Kennedy's funeral, Senator Edward Kennedy said: "My brother need not be idealized, or enlarged in death beyond what he was in life. To be remembered simply as a good decent man who saw wrong and tried to right it, saw suffering and tried to heal it, saw war and tried to stop it."

Rotary, my dear friends, need not be idealized or enlarged beyond what it has been for nearly a century. We merely need to serve in whatever ways we can, as you have done successfully throughout the Philippines where Rotary is thriving on the timeless principles of fellowship and service. You helped provide a pumping system from a network of reservoirs to supply drinking water to residents in Davao City. You helped to provide computer training for deaf and out-of-school youth at the San Pablo Parish Deaf Ministry in Matina. You provided deworming treatments for over four thousand children in San Andres Malate.

Through these and countless other efforts, you can see that how you serve is largely up to you. But there is one common cause that united all Rotarians.....Fulfilling Our Promise: Eradicate Polio.

PolioPlus is facing a critical funding gap, and in order to fulfill our promise to the world's children, we must close that gap. Our goal is to raise \$80 million through the polio eradication fund-raising campaign.

continued on next issue

PROGRAMME

Call to Order	Pres. Rex Mendoza
Invocation & Four Way Test	Fr. Rodel Arellano
National Anthem	Harvey Tan
Luncheon	
Welcome and Greetings	Treas. Romy Chan
Birthday Celebrant: Arlene Licudine - December 2	
Club Singing	
Friendship Session	PP Jerome Gaerlan
President's Time	Pres. Rex Mendoza
Introduction of the Guest of Honor & Speaker	PD Ray Espinosa
Address	
Dr. Godofredo A. Rilloraza, Jr. City Health Officer City of San Fernando	
Response	PP Dan Bolong
Awarding of Plaque of Appreciation	Pres. Rex Mendoza/ Sec. Reggie Chan
Adjournment	Pres. Rex Mendoza
Day Chairman & Master of Ceremonies PP Cres Fernandez	

Centerstage



DR. GODOFREDO A. RILLORAZA, JR.

Fellow, Philippine Society of Venereologists
(PSV)

Member, Advisory Board PSV

City Health Officer,
City of San Fernando, La Union

Over-All Coordinator
City of San Fernando – AIDS council

JAGed

Editor Jerome Gaerlan

The race is on! I'm not talking about the race to the Presidency of the Philippines, which has heated up due to the premature campaigning and announcement of candidacies by the aspirants. I'm talking about the race between Man and Microbe. More specifically, I'm referring to the race between man's ability to develop new and effective anti-microbials and the ability of these microbes to develop resistance. At the heart of this race is the Darwinian phenomenon of 'Evolution'. This refers to the theory that species of living things can change structure significantly enough, so as to become totally new species. This theory has been contested by 'Creationists' who believe in a literal interpretation of the Bible, which states that everything was created in 6 days with God resting on the seventh. Each form of living thing, including man, was created separately and the notion that we may have descended from monkeys, and even worse, from bacteria, is absurd. Well, I'm not going to dwell on this debate. Evolution at the 'macro' level is difficult to prove since even minor changes occur over millions of years. The evidence is circumstantial, based on petrified fossils. However, evolution at the 'micro' level is fast and furious. This is because microbes are much simpler in structure. A bacterium may just be a single cell and a virus is simply nucleic acid. So significant change of these organisms is relatively easy. Add to the fact that the population of these tiny creatures is astronomical, billions in drop of fluid, and so a chance mutation- caused by for instance by radiation in sunlight hitting a gene- becomes likely. If a drug acts by attaching itself to a receptor in the wall of a bacterial cell, a mutated from of this same bacteria without the receptor becomes resistant to the drug. After the drug kills all the old bacteria, the newly mutated creature is free to multiply and so the disease returns and cannot be cured by the drug. This has been the story of the Penicillins and so on.

Staphylococcus, which can cause severe infection of the skin, lungs, kidneys and blood, used to be susceptible to simple Penicillin. Presently, Vancomycin, which acts on 5 different sites in the Staphylococcal cell, is being used for treatment. Despite odds of a billion to one, a resistant Staphylococcus wherein all the 5 susceptible sites have been altered has now emerged. If you get pneumonia caused by this tiny monster, Vancomycin and all existing antibiotics would be useless! Even more adaptable than Staphylococcus is the AIDS virus (HIV). It is a mutated form of an African Simian Virus, probably transferred to man via monkey bite or perhaps sex between man and monkey! Like the infamous Bubonic Plague, it is changing the course of human history. The Bubonic Plague caused by Yersinia Pestis, wiped out 1/3 of the population of Europe in the first half of the 2nd Millennium AD. It is transmitted by water contaminated by urine and feces of infected rats. Up to now, Europeans have the habit of drinking wine and not water with their meals! The AIDS Epidemic also requires Man to change his behavior. The facts about the transmission of HIV are well established but sadly, many people remain ignorant or apathetic. This is where Rotary can play a part. Since AIDS cannot yet be cured and can only be partially controlled by a very expensive cocktail of drugs, the only hope for the Third World as of now, are Awareness and Educational Campaigns. Listen to today's lecture and disseminate what you learn.

There is a theory viewing the Earth as a living organism. Man through his greed has depleted forests, the 'lungs' of the Earth. We have polluted rivers, lakes and seas, which form the bloodstream of the planet. We have turned ourselves into real 'pests' such that some claim that the Earth is making use of microbes to defend itself. In the struggle between Man and Microbe, perhaps we should ask ourselves, "are we really the good guys?"

Dir. Alan D. Sy

roTAWA

SICK JOKES

* A woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day. One day, when he came to, he motioned her to come nearer. As she sat by him, he whispered, eyes full of tears, "you know what? You have been with me through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you stayed right here. When my health started failing, you were still by my side. You know what?" "What my dear?" She gently asked, leaning closer as her heart filled with warmth. He then boomed, "you're bad luck, get away from me!" Contributed by Dir Jerry

* Alan was in his deathbed and gasped to his wife of 10 years, "give me one last request,

honey." "Of course, Alan," she said softly. "Six months after I die, I want you to marry my boss," he pleaded. "But I thought you could not stand your boss," she said. With his last breath, Alan said, "I can't!"

* Jose walked into his wife's room one day. "If I were disfigured, would you still love me?" He asked her. "Darling, I'll always love you," she answered while filing her nails. "How about if I were crippled and can't move?" He continued to question her. "Don't worry, darling, I'll always love you," she told him while admiring her nails. "What if I lost my job and wasn't earning 6 figures anymore, would you still love me?" Jose persisted in asking. The woman looked at her husband's worried face. "Jose, I'll always love you," she reassured him, "but most of all, I'll really miss you."

contributed by Pres. Rex

COPE (Crosswords & Other Puzzles for Enthusiasts)

PD Tim Warden

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

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thereby tensil nope bless wary break mind traffic home up

TIPS

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

Basic Facts on HIV/AIDS

- HIV weakens the immune system.
- AIDS has no cure..... no vaccine.
- People with HIV can look healthy and feel healthy.

How is HIV/AIDS transmitted?

- Unprotected penetrative sexual intercourse
- Receiving infected blood and blood products in a transfusion or organ transplant
- Sharing needles and other injecting and skin piercing instruments
- From HIV-positive mother to her baby during pregnancy, delivery and breastfeeding.

How is HIV/AIDS not transmitted?

- Casual contacts such as hugging, kissing,

shaking hands, sharing food/eating and drinking utensils.

- Mosquitoes and other insect bites
- Swimming in a pool
- Sharing toilet seats

How can we prevent HIV/AIDS?

- Abstain from sexual intercourse. Say no to pre-marital sex
- Be faithful to one uninfected partner. Say no to extra-marital sex
- Practice safer sex. Use condom correctly and consistently
- Treat sexually transmitted disease as promptly as possible.

Pres. Rex Mendoza

TEST

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

Rotarian Ruel T. Tana

Quiz on HIV and AIDS Awareness



Fact or Fiction – Just answer the following questions by True or False.

1.The risk factors of HIV transmission can include sexual contact with an infected partner, contact with infected blood, and sharing needles or syringes contaminated by blood infected by the virus.

2.Women can pass HIV to their babies during pregnancy or birth.

3.HIV can be transmitted through casual kissing.

4.HIV can be transmitted by using common eating utensils, toilet seats, swimming pools, telephones, and by mosquitoes.

5.Having another sexually transmitted disease (like herpes, gonorrhea, bacterial, vaginosis, syphilis, chlamydeous, infection, etc.) makes a person more of risk of acquiring HIV during sex with an HIV infected partner.

6.HIV kills a person directly.

7.Everyone infected with HIV eventually gets AIDS.

8.HIV infected people who get early treatment by an HIV specialist lives longer.

9.In the event of an accidental or occupational (such as health care worker) needle stick wound, the best thing to do is flush the wound with bleach.

10.Male condoms should be made of latex, and only water-based lubricants should be used.

Answers on next issue

Answers last issue:

- | | |
|----------------------------|-------------------|
| 1.Biennial | 8. Bicentennial |
| 2.Quadrennial | 9. Quincentennial |
| 3.Septennial | 10. Millennial |
| 4.Decennial | |
| 5.Quindecennial | |
| 6.Vigintennial | |
| 7.Quinquagenary or Jubilee | |

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

Rtn. Edward Gaerlan

SUCCESS TO A SUCCESS

The 43rd Charter Anniversary of Rotary Club of San Fernando (LU), Inc. (RCSFU) held on November 26, 2002 at Oasis Country Resort & Hotel was successfully highlighted by 4 grand numbers.

First was the brief information on how RCSFU went through the years; Second, was the confirmation of the Lifetime Achievement Award to PP Aldy Dy, joining the illustrious line up of past winners, PDG Ces Mendoza, PDG Rudy Nisce (Posthumous) and PP Dan Bolong; Third, was the honoring of their Mother Club, RC Dagupan; and their Daughter Clubs namely: RC San Fernando LU North, RC

Agoo, RC San Juan, RC Bauang and RC Metro San Fernando LU, chronologically.

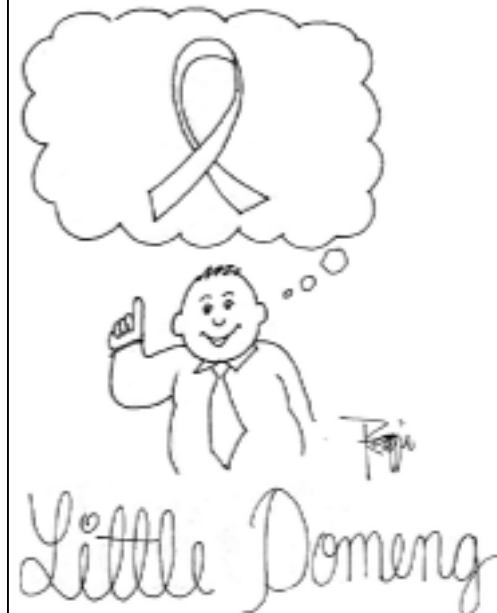
This year's theme was Mother and Daughters: One blood, one voice, one mission – one theme which is truly universal that best depicts the RI theme of “Sowing the Seeds of Love.” 6 District Governors grace the affair headed by DG Macky Macabulos, IPDG Mark Go, PDG Nelson Yuchongtian, PDG Mar Un Ocampo III, PDG Alvin Gonzales, PDG Jess Lindayag. The Guest of Honor and Speaker was RIDN Jocelyn “Joc-Joc” Bolante, who spoke on keeping the flame of rotary friendship, volunteerism, service and power of partnership. He also honored the different members of the club whom he called, the champions of mankind.

Last grand production was a surprised number from their Rotarians and PDG Ces Mendoza which was a huge riot, as they danced to the tune of Men in Black, which was a take off to their anniversary's motif. Truly, RCSFU never runs out of surprises for their audience.

It was a night of success relating a success.

WE CARE

(*Weekly Cartoon Editorial*)
Sec Reggie Chan



e-QUIP

(Quotes from the Internet)

Sec. Reggie C. Chan

“When a leopard dies, he leaves his skin; a man, his reputation”

-Chinese Proverb

Club FulFILMent



Rotary Foundation Seminar in Vigan



RIDN Joc-Joc Bulante as a Guest of Honor & Speaker during our 43rd Charter Anniversary



43rd Charter Anniversary of Club "Men In Black"



Leader of the "Men In Black"
PDG Ces Mendoza



Our Special Guests - Our Inner Wheel Club members

Prex

PRESIDENTS' CORNER
President Rex O. Mendoza, Jr.

To our honored guest for today, Dr. Goody Rilloraza, the mover behind the sustained awareness campaign of the City of San Fernando on prevention and education on STIs and HIV-AIDS, welcome to our club!

After the much talk about 43rd Anniversary of our club, it seems that every Rotarian of the Club were revitalized. Maybe that is the reason why GOD made it sure to make that event at the middle of the year to renew the commitment of the Rotarians. Credit goes to all the members – especially - the men and women of our Club and Innerwheel that make that activity GREAT! We all enjoyed the show!

Whew! The Anniversary also says, its time to wrap up. We have to review what we have done VS the targets, make some adjustments and work on, on what we have not done. Then next week let us elect our next leader, the Centennial President, we are reiterating the attendance of all the members, let your VOTE be

counted.

Also may we invite all of you and your SUPERVISORS to join us in a 2 HOURS LEADERSHIP COURSE on Friday from 5:00 to 7:00 PM, at Hotel Mikka. Rtn., Edward invited a very good speaker for all of us coming from Manila, Ms. Sheldon Tate.

For the whole month of December, we are targeting to share more than 500 toys. Whys not ask your KIDS to share some of their old toys, let them learn the true meaning of season and better still let them join us when we distribute gifts. And for us Rotarians, please do share a minimum of PHP 200.00 to buy some more toys. If only half of the members will share, we can assure you we can buy half of what we need. Only the KIDS in US will make the KIDS in our community happy and fulfilled this Christmas. Share the CHRIST within you, that is the true meaning of Christmas.

DAY CHAIRMANSHIP CONTEST RESULT

SECOND ROUND

Rank	Name of Team	1 st Round	2 nd Round	Total After 2 Rounds
1	Pro-Active Team	21.73	22.48	44.21
2	Dream Team	20.30	20.15	40.45
3	Eagle Team	21.97	18.30	40.27
4	Vision Team	20.58	18.68	39.26

The Pro-Active Team became very active not only to capture the second round of the Day Chairmanship Contest but also took the lead of the said contest after two rounds. Well, a superb home club attendance of 81% did it for them. How? Invite an attractive female speaker. The members didn't only come in throngs but went wild during the meeting. Indeed, it was a clean fun for Rotarians. No wonder, we as a club don't want female Rotarians for the moment.

The Dream as expected bounced back in the 2nd round trailing the leader by a few points and just waiting for the opportunity to overtake the leading group. The first round leader, the Eagle Team was a disaster in the second round mainly because of the poor attendance of its group members when they hosted the Rotary meeting. IPP Richard and his groupmates are preparing to rotate the lead from the other team. Expect the Eagle Team to make some surprises in the coming rounds. The Vision team had a relatively good showing the percentage of the general membership when they hosted the meeting pulled them to the last position. Nonetheless, the strength of the Vision, has always been the good attendance of its group members. We see the Vision Team to be making their calculated moves to go up to the ladder one step at a time. While Home Club Attendance went down by 5% compared to the last month, we had a more interesting and enjoyable meetings. The teams have indeed been introducing innovations in every meeting. So good luck to the Team Leaders and thank you for making our Rotary Meeting full of fellowship, and fun.