

ClubInformation

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

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

RosterofMembers

| Name | Tel.No. | Name | Tel.No. |
|-----------------------|---------|-------------------|---------|
| AngBenjamin | 8883089 | KaiserRobert | 2422616 |
| AstomFernando | 7003319 | KomiyaJuanJr. | 8882616 |
| BarrozoJoseph | 2425683 | KomiyaJuanSr. | 8882616 |
| BitengEdgar | 8882616 | LicudineFlorante | 8884359 |
| BolongDaniel | 2425688 | MacagbaRufinoJr. | 8882616 |
| BonifacioReynaldo | 2423333 | MarquezRicardo | 8883170 |
| BuenaventuraFrancisco | 7001045 | MendozaCesario | 8885637 |
| BugarinTerry | 2425564 | MendozaDominador | 8883499 |
| CabadingVir | 8883050 | MitraNestor | 7004953 |
| CanonizadoEdwin | 8884147 | NibungcoLuis | |
| ChanReginald | 7000588 | NisceIves | 2425661 |
| ChanRomeo | 8882424 | NisceRey | 2420933 |
| ChanpincoArnulfo | 8883088 | OrrosJusto | 8883608 |
| DeCastroRomeo | 2423838 | OrtegaVictor | 2422359 |
| DeGuzmanMartinIII | 2420933 | ParlanJerry | 2422855 |
| DyAlbertoT.L. | 8885454 | PaderonMike | 2426045 |
| DyAldricoB.H. | 2421336 | PeraltaFrancisco | 8882318 |
| DyEdward | 7005688 | PrietoMarcos | 8883393 |
| DyPaquito | 2425330 | PuruggananPaquito | 8885956 |
| DyRichardSo | 2420356 | SalvadorCanor | 8885604 |
| DyRonald | 2424222 | SalvadorJoel | 2423596 |
| DyquiangcoPio | 2425833 | SarmientoSilver | 8882345 |
| EspinosaRaymond | 2422702 | SiaAnson | 7003003 |
| FernandezCresencio | 2425845 | SibayanRobert | 2425315 |
| FernandezFerdinand | 2425845 | SoFrederick | 8882412 |
| GaerlanEdwardVincent | 8882616 | SoSammy | 8883124 |
| GaerlanJerome | 2424058 | SyAlanDy | 2424547 |
| GaleraErnesto | 2421138 | TanHarvey | 2421458 |
| GazmenCandonino | 8882616 | TanaRuel | 2422337 |
| GuzmanQuiel | 7004487 | TenintyBilly | 8882616 |
| IgnacioArnold | 2424064 | TioJun | 2424719 |
| IgnacioArsenio | 2421140 | WardenTimothy | 2425325 |
| JaoMingYan | 8882833 | YabesRudy | 2425481 |
| | | YeeTony | 2420142 |

OtherRotaryClubsinLaUnion

| Clubs | MeetingDay | Time | Venue |
|--------------|------------|--------|-------------------|
| RCNorthernLU | Monday | 7:00PM | Sea&SkyRestaurant |
| RCMetroSFU | Tuesday | 5:30PM | Sea&SkyRestaurant |
| RCSanJuan | Wednesday | 7:00PM | Sea&SkyRestaurant |
| RCAgoo | Wednesday | 5:30PM | IcelandRestaurant |
| RCSFUNorth | Thursday | 7:00PM | Sea&SkyRestaurant |
| RCBauang | Friday | 7:00PM | CabañaResort |

PROGRAMME

CalltoOrder **Pres.RexMendoza**

Invocation&
FourWayTest **Dir.ErnieGalera**

NationalAnthem **Sec.ReggieChan**

Luncheon

Welcomeand
Greetings **Dir.JunTio**

FriendshipSession **VP/PE/PPReyNisce**

President’sTime **Pres.RexMendoza**

IntroductionoftheGuestofHonor
&Speaker **IPPRichardDy**

Address

IDGMarquez“Mark”Go

Response **PDGCesMendoza**

AwardingofPlaque
ofAppreciation **Pres.RexMendoza**
Sec.ReggieChan

Adjournment **Pres.RexMendoza**

DayChairman&MasterofCeremonies
Dir.JerryParlan

Centerstage



DGMarquez“Mark”Go
ARotarian
AnOutstandingDistrictGovernor
oftheRotaryInternational
RY2001 -2002

JULYisLiteracyMonth

JAGed



Editor Jerome Gaerlan

Before anything else, the present Gold Leaf editorial staff would like to congratulate our predecessors for a job well done. We do not promise a repeat performance. Being number one in the District is a tall order.

All we promise is to continue to follow the standard set by former editor Edward Gaerlan. This would force the other newsletter staffers of the District to work double-time if they desire to dislodge us from the top spot. More important than any award is that we also intend to make the Gold Leaf enjoyable to read, inserting a few sections that will make our audience look forward to the next issue. At the same time we shall continue to perform our role of disseminating information about our club and Rotary in general.

Let me also explain the title of my editorial column. The first reason is plain and simple. 'JAG' are my initials and 'Ed' is short for editor. 'Initials' shall be my guide as to what to write about in my column. We have the initials 'RI' which you should be familiar with. Well, 'RI' has monthly observances which could be used for editorials. I am obliged to make use of these. The trouble is our newsletter comes out weekly and so we need the help of other 'initials'. The 'UN' also gives significance to every month of the calendar and we shall also make use of these. After all, the UN is our international partner in our flagship PolioPlus project and its Sec-

retary General Kofi Anan is an Honorary Rotarian. Then there are the initials 'DOH' which stands for my mother agency as a government medical consultant and also our local PolioPlus partner. We shall also follow its monthly prescriptions. Lastly there is the DECS which also ascribes significance to every month. Since we have a lot of affiliate Interactors and Rotaractors who might take a peek at our newsletter, we shall also follow the lead of our premier educational body. Besides a lot of us are parents with kids in school.

Second reason for the title, is that JAGEd spells like 'jagged', meaning a surface with sharp edges. Editorials of leading dailies have the traditional role of 'comforting the afflicted and afflicting the comfortable'. I shall make use of sharp commentary every now and then to prick your consciences, wound your false pride, puncture your illusions and hopefully spur you to action. Or at least to spur you to give your contribution to the Gold Leaf on schedule.

Last reason for the title, is that 'JAGEd' sounds like 'Jughead', a character in the comic strip 'Archie'. Jughead cuts a queer figure with his lanky frame, sleepy eyes, long nose and his 'Rolex Insignia' headgear. My kid brother likes Spiderman because he can climb walls, my sister likes Wonderwoman because of her incredible beauty and strength. I like Jughead because he eats a lot and sleeps a lot but still manages to keep his slim figure. Talk about superpowers! At any rate, I shall be adopting the wry sense of humor of Jughead in this column. After all, Rotary is too serious a business to be left to those who take themselves too seriously.

roTAWA

Dir. Alan D. Sy

♦ A wife asked her husband: "Which do you like, my beautiful face or my sexy body?"
Husband: (Take a good look at her, from head to foot) then replies, "I like your sense of humor!!!"
Confucius says: "LOVE ONE ANOTHER" if that doesn't work just interchange the last two words. LOVE ANOTHER ONE.
Confucius says: "If only Adam and Eve were Chinese, they would not have committed the original sin. They would have sold the apple and eaten the snake instead."

♦ Three men were shipwrecked on a deserted island. The island was full of fruit trees, game as well as lots of fresh spring water. However, the three men were miserable. They were all fond of alcoholic beverages which they could not find in the isolated island. One day, the

three of them saw a bottle floating at the sea-shore. They immediately rushed to retrieve the bottle thinking that it would contain liquor. However, when they opened the bottle a Genie popped out. He gave each of them one wish for freeing him. They all wanted their favorite alcoholic drink so the Genie told them to shout the name of their favorite liquor before jumping into the sea. The first man, who was Japanese shouted 'saki' before jumping into the sea. After that, he was swimming in saki and drinking it. The second man who was Russian leaped in another part of the sea and shouted 'vodka' and pretty soon he was swimming in vodka and drinking it. The last man was an American. He was very excited watching his colleagues and rushed towards the shore intending to shout beer. However, he accidentally stepped on a spiked shell fish which made him shout 'SHIT' before hitting the water.

COPE

PDTim L. Warden

(Crosswords & Other Puzzles for Enthusiasts)

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|----|----|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 |
| 9 | | | | | | 10 | | | |
| 11 | | | | | 12 | | | | |
| 13 | | | | 14 | | | | | |
| 15 | | | 16 | | 17 | | | | |
| | | 18 | | 19 | | 20 | | 21 | 22 |
| 23 | 24 | | | | 25 | | 26 | | |
| 27 | | | | | 28 | | | | |
| 29 | | | | | 30 | | | | |
| 31 | | | | | 32 | | | | |

- Across**
1. Fall in drops
5. Crack
9. Daughter of a sibling
10. Showing good health
11. Initiative
13. Armed conflict
14. Garment-maker
15. Stepped
17. A young woman starting out in society
18. Opening
20. Oven
23. Leaves sometimes used in salads
26. As well
27. Estate which grows crops
29. Auxiliary
30. Feel
31. Christmas
32. Guru
- Down**
1. Tunisian money unit
2. Moving in a backward direction
3. Hard water
4. Impertinent
5. Screech
6. Exciting
7. Likewise
8. Equal
9. A semiaquatic amphibian
12. Block of paper
16. Weedy grass
19. Preferred
21. Liberate
22. Not any
23. Gyrated
24. A dish of many ingredients
25. Young girl
28. Hot beverage

Answers on next issue.

TIPS

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

The Scourge of Shabu

One of the most pressing problems in the Philippines at present is the drug menace. The drug most commonly implicated and probably most popular is known by the street name of Shabu, aka bato, crystal, etc. The prohibited substance, however, is more commonly a mixture. That's why it's called 'shabu'. The major ingredient is amphetamine, or methamphetamine. It is a chemical that stimulates the sympathetic Nervous System or the 'fight or flight' system in any animal including man. It therefore, arouses, hyperactivity, extreme wakefulness, high blood pressure, fast heart rate, etc. anything that would prepare the organism for fight or flight. This is the reason why show business people take the drug. It is to enable them to stay awake despite the long hours of shooting or taping a film. Drivers also use it to prevent them from falling asleep during long hauls. Other people take it just for the high it gives.

Another ingredient of Shabu is Phenclidyline aka angel dust. It is a heroin derivative. It was developed initially as an anesthetic but its horrible side effects precluded its use in Medicine. Its side effects include hallucinations, loss of fear, bizarre behaviour, loss of pain sensation, and rigidity and spasm of the body. People, who took in PCP, as Phenclidyline is also known, have been known to pull out their own teeth with pliers. Others dare oncoming trains to run them over. PCP is sometimes used as a stimulant for horses in a race. It makes them stronger and fatigueless.

In young patients with severe high blood pressure, with psychotic behavior and dilated pupils, I always suspect Shabu intoxication. During my early days as a Neurologist, I encountered a patient with features and behavior so bizarre that I almost agreed with the relatives that an evil spirit possessed him. Examination of his urine later, confirmed that he took in Shabu.

PDRaymondEspinosa

TEST

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



Name the authors of the following famous quotations:

1. You cannot escape the responsibility of tomorrow by evading it today.
2. Success is the ability to learn, although I do not always like being taught.
3. Be civil to all; sociable to many, familiar with few; friend to one; enemy to one.
4. It is amazing what you can accomplish if you do not care who gets the credit.
5. Ask not what you can do for your country. Ask what's for lunch.
6. Uneasily lies the head that wears a crown.
7. Never stand begging for that which you have the power to earn.
8. It is not enough to have a good mind. The main thing is to use it well.
9. What luck for rulers those whom they do not think.
10. Politics is war without bloodshed while war is politics with bloodshed.

Rotarian Ruel T. Tana

Answers next issue

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

Sec. Reggie C. Chan

Last Tuesday evening, July 2, 2002, we celebrated the 43rd Joint Induction and Testimonial Dinner of the Rotary Club of San Fernando (LU), Inc. and Innerwheel Club of San Fernando La Union. It was indeed a significant occasion and was well attended by various Rotary Clubs in the district.

That evening we proclaimed with pride that our club earned the R.I. Significant Achievement Award, an esteemed award that is given to only one club in a district, which we attained through the Disaster Management Training project. Another R.I. award, the Four Avenues of Service award, was presented by IPP Richard Dy to President Rex Mendoza.

We heard our testimonial speakers, Mr. Nestor Obillo and Mrs. Aurora Navarro express their heartfelt gratitude of our partnership with them on meaningful projects that tremendously improved their respective organizations. District Governor Macky Macabulos also gave us an inspiring message by commending our club for its notable and distinctive characteristics that made us excel as a club. He stressed that the secret of our success, in his observation, is CONSISTENCY.

The induction, turnover ceremonies and inaugural address highlighted the evening's affair. Once again we were energized with intensifying excitement to reach out our hands and scatter seeds of love. With a dynamic and zealous President like Rex Mendoza, together through his leadership, we will soar with greater heights on wings of LOVE.

WE CARE

(Weekly Cartoon Editorial)

Sec. Reggie C. Chan



E-QUIP

(Quotes from the Internet)

Sec. Reggie C. Chan

"Those who sow in tears will reap with songs of joy."

Psalms 107:37
Holy Bible

Club FulFILMent



IPP Richard receiving the Leadership Award "The Soaring Eagle President"



Induction of the New set of officers RY 2001-2002



The Happy Multi-awarded President Richard receiving his Past President pin



Pres. Rex receiving the RI 4 Avenues of Service Award.



Mrs. Aurora Navarro & Nestor Obello Testimonial Dinner Speakers during the Induction ceremony



Commitment Rites "One Little Candle"

- editor

Prex

PRESIDENTS' CORNER
President Rex O. Mendoza, Jr.

I would like to welcome everyone to our first meeting for this Rotary Year. Another year of working, helping mankind, making a difference in our lives and others, and another year of sowing more the seeds of love! Today, we invited one of the best District Governor of Rotary, IDG Mark Goto speak before our Club to rekindle in us the spirit of Rotary service and to challenge the new set of Board of Directors and officers for RY2002 -2003.

For the past few weeks, we have been attending different induction ceremonies and I would like to extend my wholehearted gratitude to those Rotarians who shared their vehicle and time in joining us, like IPP Richard, PP Albert, PP Rey -Bo, PP Ferdinand, PP/VP/PB Rey, PP Canor, Dir. Jerry, Dir. Allan, Dir. Jun, Treas Romy, Asst. -Treas Arnel, Auditor Edward,

SAA Ronnie, Sec. Reggie, Rtn. Sammy and PDG Ces.

Also KUDOS to all the people behind the successful 43rd Joint Induction and Testimonial Dinner, so far, I am getting a lot of positive feedback from different Rotarians and PDGs for one of a kind Induction Ceremonies. Thank you, thank you, thank you.

Lastly, we still have a lot of induction to attend to, **we need your physical presence**; we have to pay our RI Dues, **we need your 1st quarter payment**; we still need a Million for our Rotary Service Center, **we request you to share more and be one of the Scroll Honorees**; and soon, **speakers to motivate our young students**. So, once again welcome to another exciting Rotary year!

Rotaxonomy

(Rotary Classification Talk)



RICARDO Ric'MARQUEZ

Classification:
Pharmaceutical Distribution

Joining Rotary added color to my life. It was June 25, 2002 when I was inducted during the term of PP Jerome Gaerlan. I owe him a lot because he is the angel who recruited me into the club.

Selling is my world. It is what I do for a living. I am connected with pharmaceutical company as Medical Sales Supervisor. I'm in charge of supervising three medical sales representative within my area (Mountain Province, Baguio, La Union, Ilocos Sur, Abra, Ilocos Norte). I keep saying to them "Dedication and love to one's work lead to success." You should also be honest in your affairs so as to meet your quota. Selling requires a lot of plan-

Rtn. Robert O. Sibayan

ning in order to make your product move from the shelf/pack. Selling operations need military style planning to improve success, whether you are selling existing product or launching new one. Successful sales strategy is based on a thorough analysis of a product or product knowledge.

However, versatility and rapport are also very significant in conducting one's sales strategy. You should be able to adjust your self to anyone. Timing is important and you should know your customer. The buying decisions of customers are influenced by many factors and not just competitive pricing as commonly supposed. Familiarize yourself with the range of customer needs, but keep on open mind when dealing with individuals. Make use of the routine contact and visit your customer as frequently as possible. These are the tested techniques in the field of selling.