

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

Roster of Members with Telephone Numbers

Bennie Alo	242-3462	Bob Kaiser	888-2616
Allan Alvarez	242-5481	Wet Komiya	888-2616
Ben Ang	888-3328	Jong Komiya	888-2616
Fr. Rodel Arellano	700-1745	John Kutz	
Andy Astom	700-6260	Tante Licudine	888-4359
Joseph Barrozo		Rufi Macagba	888-2616
Edgar Biteng	888-2616	Wynie Manansala	242-5703
Dan Bolong	242-5688	Ric Marquez	888-3170
Rey Bonifacio	242-0494	Ces Mendoza	888-2884
Frank Buenaventura	705-3715	Rex Mendoza	700-1712
Vir Cabading	700-4237	Chito Nibungco	242-5966
Edwin Canonizado	888-2471	Ives Nisce	242-5661
Romy de Castro	242-3838	Rey Nisce	242-0933
Romy Chan	888-2424	Tito Orros	242-5858
Reggie Chan	700-0588	Vic Ortega	888-2359
Arnel Chanpinco	888-2985	Dave Parkman	700-3283
Albert Dy	242-5737	Jerry Parlan	242-5204
Aldy Dy	242-2525	Mike Paderon	242-6045
Edward Dy	700-5688	Paquing Peralta	888-2318
Paquito Dy	242-5330	Marc Prieto	888-4407
Richard Dy	700-2148	Kit Purugganan	705-2397
Ronald Dy	242-4222	Canor Salvador	888-5604
Dee Dyquiangco	242-5833	Joel Salvador	242-3596
Ray Espinosa	242-2702	Silver Sarmiento	888-2345
Cres Fernandez	242-5621	Robert Sibayan	242-5315
Ferdinand Fernandez	242-5621	Anson Sia	700-3003
Jerome Gaerlan	700-5082	Frederick So	888-2412
Edward Gaerlan	888-2616	Sammy So	888-3124
Ernie Galera	242-5575	Alan Sy	242-4547
Ninoy Gazmen	888-2616	Ruel Tana	242-5338
Quiel Guzman	700-4487	Harvey Tan	242-1458
Martin de Guzman	242-2126	Billy Teninty	242-7235
Arsing Ignacio	700-2138	Jun Tio	242-3908
Arnold Ignacio	700-3952	Tim Warden	242-5325
Bong Ingalla	888-2173	Rudy Yabes	242-5481
Ming Yan Jao	888-2833	Tony Yee	700-3275

PROGRAMME

Centerstage

Call to Order

Pres. Rex Mendoza

Prayer &  
Four-Way Test  
National Anthem

A/Sec. Mike Paderon  
S/Sec. Mike Paderon

LUNCHEON

Welcome & Greetings

Ming Yan Jao

Birthday Celebrants:  
Edgar Biteng - Feb. 25  
PVP Tante Licudine - Feb. 25  
PP Tony Yee - Feb. 27  
Dir. Jerry Parlan - March 1  
Tessie Tio - March 5  
PP Kit Purugganan - March 8

Wedding Anniversaries  
PP Jerome Gaerlan & Jei Gaerlan - Feb. 28  
Bennie & Rose Alo - March 5

Club Singing

Sec. Reggie Chan

Friendship Session

Mr. John Kutz

President's Time

Pres. Rex Mendoza

Introduction of the Guest of  
Honor & Speaker

IPP Richard Dy

Address:

PP Esteban "Steve" Ortega  
District Chairman  
Polio Eradication Fundraising Campaign  
(PEFC)

Response

PVP Frank Buenaventura

Adjournment

Pres. Rex Menoza

Day Chairman &  
Master of Ceremonies

Bong Ingalla

**PP EVARISTO "Steve" ORTEGA**  
**District Chairman, Polio Eradication Fund-raising Campaign (PECFC)**  
*Date & Place of Birth:* Sept. 3, 1948, San Fernando, La Union  
*Status:* Married with 2 children  
**Educational Background:**  
*Post Graduate:* Master in Systems Engineering (units); 1972-1975 University of Western Ontario, London, Ontario, Canada  
*College:* Bachelor of Science in Mechanical Engineering, 1964-1969; De La Salle College, Manila  
**Work Experience:**  
*Owner/Manager:* Ortega printing and Ortega Purified Water  
**Information Management:** Work in various capacity such as Programmer, Systems Analyst, Data Processing Consultant in the Information Department of the following companies:  
-Fletcher's Fine Foods, Vancouver, British Columbia, Canada  
-Unisys, Inc. Vancouver. British Columbia, Canada  
-Sperry, Inc., Vancouver, British Columbia and London Ontario, Canada  
-Silverwood's Dairy Product, London, Ontario, Canada  
-Decision Research Corporation, Makati, Metro Manila  
**Member of Socio-/Civic/Religious Organizations:**  
-Inducted to Rotary on January 25, 1990  
-Rotary Club of San Fernando City North, President – 1998-1999  
-YMCA of La Union, President – 1997  
-Chamber of Commerce & Industry of La Union, Vice-President – 1997  
-La Union Wallace Golf Association, Inc. Secretary – 2000-2001  
-La Union Credit Cooperative  
-PREX XIII Coordinator – St. William Parish

CANCER CONSCIOUSNESS WEEK

February, (\* this article was meant for our Feb. 25 meeting which was cancelled) is the month when people are made to focus on the C's. It is the month of Love, so Couples get to think about Cupid and Courtship, Chocolates and Cut flowers. The more Commercial-minded consider it the month when they can Cash-in on other people's Cupidity. Cynics, of course, would once again cry Crass Commercialism.

February being associated with Love is also considered by various Health groups and agencies as the Heart Month. Thus, people are reminded to have their Cardiovascular status determined. They are encouraged to undergo various tests to assess whether their Coronary and Carotid arteries are Clogged. Furthermore, having Cholesterol levels (both good and bad) checked, is pushed.

Less commonly known to most, February also contains Cancer Consciousness week (February 13-19). So if you plan to have yourself checked on an annual basis for the big 'C', then February is the month to do it.

Since I already touched on Love in our Valentine issue and since Dr. Peralta discussed the prevention of Cardiovascular ailments in the same issue, I will devote my present article to Cancer.

Cancer, the disease, gets its name from the Latin word for Crab. To the ancient physicians, the malignant growths attached to normal tissue in 'pincer-like' fashion reminded them of Crabs. Furthermore, the excruciating pain one experiences when a body part gets clamped by a crab, is not unlike that experienced by a Cancer patient.

The prolonged pain one would suffer plus the belief that it is incurable, is the reason why Cancer has such a terrifying reputation. I remember a grand-aunt who came to me because of a bloated abdomen. I did an ultrasound and found something wrong with her liver. A biopsy revealed Cirrhosis. When I told her about the diagnosis, she was visibly relieved. "At least it isn't Cancer," she said. An aunt of mine said

the same thing, when I diagnosed her with Chronic Renal Failure, after work-up for long-standing fatigue and weight loss. My own father, a chronic smoker, expressed similar sentiments when he was informed by his physician that Cardiomyopathy was the cause of his difficulty of breathing. All three of the relatives I mentioned, had diseases which were incurable and they eventually died of them. They also suffered a lot and spent a great deal of money to make their last days more comfortable. Yet they were relieved that they were suffering from a disease other than Cancer! Only AIDS, which destroys your reputation while killing you, or Alzheimer's disease, which destroys body and mind, evokes the kind of terror Cancer produces.

As a Public Health problem, Cancer is less of a menace than Cardiovascular diseases- the number one killer (26%) among those who manage to survive early childhood diseases. Cancer, at 9%, ranks behind Pneumonia and Vehicular accidents. But of course, Heart attacks, pneumonia and accidents, if they kill you, kill you immediately. Unlike Cancer, which gives you several months to ponder your mortality!

Nevertheless, it should be emphasized that Cancer, a lot of times, can be cured or at least controlled especially if you catch it early. Rotary, the Club with Credibility, Consistency and Continuity, can in its Health Education projects, make people aware of the early signs of Cancer. Just think of C's- Chronic Cough, Change in bowel habits, Color alteration of moles, Cuts which bleed and fail to heal, Clumps of tissue which shouldn't be there and Continuous steady pain. These, of course, may not be Cancer but a timely Check-up could be life-saving. Furthermore, Rotary should be in the forefront of the Campaign vs. Cigarette Smoking. My apologies to our beloved C (PDG Ces)! A person's genetic make-up may keep him from getting Cancer, but what about vulnerable relatives and friends who get to inhale second-hand smoke?

BUSINESS MEMOS AND RELEASES-  
WHAT THEY REALLY MEAN!

A fresh approach to the problem is being tried—We just hired three kids fresh out of college!

We encourage close project coordination—We know who to blame!

Customer Satisfaction is delivered assured—We are so far behind schedule the customer is happy to get it delivered!

Preliminary operational tests were inconclusive—The damn thing blew up when we threw the switch!

Test results were extremely gratifying—We are so surprised the stupid thing works!

The entire concept will have to be abandoned— The only person who understood the thing quit!

It is in the process—It is so wrapped up in red tape that the situation is hopeless!

We will look into it—Forget it! We have enough problems for now.

Please note and initial—Let's spread the responsibility for the screw up!

Give us the benefit of your thinking—We'll listen to what you have to say as long as it doesn't interfere with what we have already done.

Give us your interpretation—Ha-ha, I can't wait to hear this bullshit!

See me and let's discuss—Come to my office, I feel lonely.

All brand-new—Code is not interchangeable with the previous design.

Years of development—It finally worked!

Low maintenance—Impossible to fix if broken!

*contributed by Director Jerry Parlan*

COPE (Crosswords & Other Puzzles for Enthusiasts)

PD Tim Warden

WORDFIND- LOOK FOR THE NAMES OF TEN (10) COMMON KNOWN DISEASES (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										
T	A	B	C	A	S	T	H	M	A	D
Y	E	A	Z	N	E	U	L	F	N	I
P	N	E	U	M	O	N	I	A	F	G
H	H	I	J	C	K	L	P	M	N	O
O	P	Q	R	S	A	O	T	U	V	W
I	X	Y	Z	I	L	N	T	H	E	S
D	Q	U	D	I	I	I	C	K	B	D
R	O	S	O	W	N	F	O	E	X	L
R	A	B	I	E	S	J	U	M	R	O
P	I	S	I	S	O	H	R	R	I	C

GET ANSWERS FROM OUR SECRETARIAL AIDE, LYDIA

# TIPS

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

PP Albert Dy

## Winners Are Made, Not Born

The great successes of our time are just extraordinary people on whom fate smiled. Aren't they?

No. In reality, they're not. Successful people get where they are by following a strategic plan. They learn what it takes to get ahead.

We understand that to build a house it takes a plan, a blueprint, but we sometimes forget that to build a successful life, it also takes a blueprint.

Chef Walter Potenza owns three thriving Italian restaurants in Rhode Island.

He studied and trained to be a chef, but he sees now that his abilities are the product; of a lifetime education. When he opened his first restaurant, "All of a sudden my schooling, the knowledge and the history of my family, the respect and ethics of my father came into play. It made me an academic, a person who explored the food business."

And the learning never stops. "One of the secrets is, it's a business where you constantly

need to stay on top. Chefs are not born." Walter explains that the process continues for him every day. "I'm an obsessive reader. Every time you read a book, you get ideas. Then you introduce your ideas into your workplace. You make more work for yourself, but you make that work better."

And success in the cooking business is something he has a clear definition of "The success that I would like to have is to be remembered as a man who was innovative, who believed in authenticity and the culture of Italian cuisine in America. Food is the link to the past and to family. Success to me is not how much money you make. But if at the end of the day I was able to make fifteen or twenty customers happy, I'm a happy man."

*Case study research on business executives reveals that 98 percent see their position as the result of plans and strategy and that more than half credit their use of a successful person as an example to help define that plan.*  
-Gordon

# TEST

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

Rotarian Ruel T. Tana

**Christianity Quiz** – This is a good Christianity quiz for everyone. Try it.



1. Whom did God tell to build an ark?
2. What type of wood was this ark built from?
3. Who was known as "The Man of Patience?"
4. Which disciple doubted God?
5. What does 'Exodus' mean?
6. 'Follow me and I will make you \_\_\_\_\_ of men.'
7. How many books are in the protestant Bible composed by the Old and New Testament?
8. According to Genesis, 'God created the

\_\_\_\_\_ and the Earth."

9. What was Satan's name in Heaven?
10. Who was thrown in the lion's den?

*Answers next issue*

## Answers last issue

1. Black Hand
2. Great Britain
3. Edward Vernon Rickenbacker
4. Canada
5. Lusitania
6. Belgium
7. Trench Warfare
8. Anthony Fokker
9. The Somme, France
10. France

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

Sec. Reggie Chan

## Highlights of our Club Assembly last February 18, 2003.

1. Amendment of the RCSFU Inc. constitution and by-laws.

a. A motion to furnish each member of the Board a copy of the original SEC registered constitution and by-laws was moved by Dir. Jerry Parlan and was seconded by PDG Ces Mendoza.

b. A motion to create a committee (headed by PP Rudy Yabes with members PP Marc Prieto, PP Cres Fernandez, PP Aldy Dy, PDG Ces Mendoza and PP Bob Kaiser) to study and review the said SEC registered constitution and by-laws, see if they are in conformity with RI constitution and by-laws and recommend if there is a need for amendment was moved by VP Rey Nisce and was seconded by Dir Jerry Parlan.

2. Rotary Youth and Service Center.

PP Albert gave us an update on the Rotary Youth Service Center Project. He presented the details of the on-going construction of the building project. Completion can be achieved

in 100 days. Target date for its inauguration will be on the afternoon of the same day of our induction in July 2003. He also gave a report on the financial standing of the project. We presently have P480,000 in the bank which can ensure continuous construction for two months. However, we need to raise P800,000 more to be able to complete the project. Dir. Jerry Parlan presented an investment option to help achieve this goal. A minimum of 16 people were invited to invest P50,000 each. They will earn 8% interest tax free to be deducted right away from the invested amount. The principal will be paid back in a year's time, guaranteed by a credit line to be secured from a bank. The following have given their pledges:

PDG Ces Mendoza – 1 slot VP Rey Nisce – 1  
PP Cres Fernandez – 1 Rtn. Ronnie Dy – 2  
PP Aldy Dy – 1 Dir. Jerry Parlan – 1  
PP Rudy Yabes – 1 Dir. Alan Sy – 1  
PP Albert Dy – 1 Dir. Jun Tio – 1  
IPP Richard Dy – 1 Rtn. Arnel Chanpingco – 1

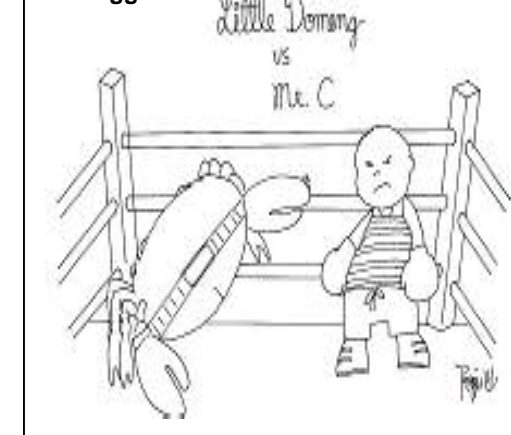
Fund raising schemes:

1. Contribution of P5,000 per member.
2. Solicitations made by members.
3. DA 2004-2005
4. Rental of spaces at the Service Center.
5. Bingo
6. Souvenir program and additional page on the Goldleaf.
7. Advertisements on the building.
8. Solicit from other clubs.

# WE CARE

(Weekly Cartoon Editorial)

Sec Reggie Chan



# E-QUIP (Quotes from the Internet)

Sec. Reggie C. Chan

*"The poorest person is one whose only wealth is money."*

- Anonymous

## Club FulFILMent

### Fellowship Night - Dream Team



- editor

## Prex

**PRESIDENTS' CORNER**  
President Rex O. Mendoza, Jr.

In a recent chat with a Rotarian Spouse, a concerned and a very supportive spouse, asked me about the greatest legacy of this Rotary Year to the World, and I said - LOVE.

In few months time, this Rotary year will end and as what the Rotarian Spouse asked me, I also asked myself, what will be my greatest contribution to the World and to Rotary for this Year? After going through the projects and activities, the different pictures and reports, I realized this year is the last year of another Rotary Land mark in history.

This year is the last year of Raising Funds for Polio Eradication in the face of the Earth, to attain the status of a POLIO FREE WORLD by 2005. What does it mean? It means - that I am assuring myself that all my future KIDS, GRANDCHILDREN, NIECES,

NEPHEWS and every KIDS in our FAMILY will never feel how painful and how difficult it is to be afflicted with the dreaded disease.

Are you ONE with me? Are you willing to share some more of your hard earned money? **I PRAY AND I BELIEVE THAT ALL OF US WILL GIVE OUR PAUL HARRIS FELLOWSHIP MEMBERSHIP FOR THE POLIO PROJECT.** Do not ACT when a member of your family is already afflicted because it's TOO LATE. If you believe in the LAW that we REAP what we SOW, then this is the best opportunity for us to REAP THE KARMA OF GOOD HEALTH. If WE want that NO member of your family will use our money to CORRECT any body deformity, then SHARE IT and help that NOBODY will have body deformity. THAT IS THE LAW!

## R2 D2

**PVP Frank C. Buenaventura**

(Review of Rotary Details & Dynamics)

### Subject: Summarized COL Approved Enactments and Resolution Club Territory

- 01-215 To define the locality of a club.
- 01-226 To request the RI Board to consider various changes to the RI constitutional documents to provide for cyber clubs.

### Rotary Foundation

- 01-276 To request every Rotarian to contribute annually to the ROTARY FOUNDATION to attain US\$100.00 per capita by ROTARY 100th anniversary in 2005.
- 01-279 To request the RI Board to consider recommending to the Trustees to engage professional marketing services to heighten awareness of the Foundation and to encourage more donors to the Foundation.
- 01-290 To request the RI Board to consider recommending to the trustees to amend rules pertaining to the Matching Grants Program.
- 01-302 To request the RI BOARD to consider recommending to the Trustees that grants for Rotary Volunteers be extended to include periods of less than four weeks.
- 01-305 To request the RI Board to consider recommending to the Trustees to award additional multi-year scholarships to students from low-income countries.
- 01-314 To request the RI Board to consider recommending to the Trustees a review of time period for funding club and district projects.

*to be continued next issue*