

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

TIPS

continuation
change significantly, too

Today, "Hybrid Cars" are starting to come out, these cars still retains the combustion engine and hydraulic linkages, but with the addition of a battery and eletric motor that will alternately run your car. This so call "Hybrid Cars" will give 20 to 30 percent fuel efficiency.

But in the near future, Instead of an engine, it has a hydrogen fuel cell , which powers an electric motor connected to the wheels. Instead of mechanical and hydraulic linkages, it has a drive by wire system -- a computer actually operates the components that move the wheels, activate the brakes and so on, based on input from an electronic controller. This is the same control system employed in modern fighter jets as well as many commercial planes.

The result of these two substitutions is a very different type of car -- and a very different driving experience. There is no steering wheel, there are no pedals and there is no engine compartment. In fact, every piece of equipment that actually moves the car along the road is housed in an 11-inch-thick (28 cm) aluminum chassis - - also known as the skateboard -- at the base of the car. Everything above the chassis is dedicated solely to driver control and passenger comfort.

This means the driver and passengers don't have to sit behind a mass of machinery. Instead, the vehicle has a huge front windshield, which gives everybody a clear view of the road. The floor of the fiberglass-and-steel passenger compartment can be totally flat, and it's easy to give every seat lots of leg room. Con-

centrating the bulk of the vehicle in the bottom section of the car also improves safety because it makes the car much less likely to tip over.

But the coolest thing about this design is that it lets you remove the entire passenger compartment and replace it with a different one. If you want to switch from a van to a sports car, you don't need an entirely new car; you just need a new body (which is a lot cheaper).

You can always switch back when you need the van again. The logistics of switching is still unclear -- if the idea catches on, there might be special switching stations where you can keep your different car bodies, or there might be a way for drivers to switch the car bodies themselves in their own garage.

JAGed

continuation..

tive psychological environment for Rotarians and Non-Rotarians alike. Our Club , through the Four-Way Test, promotes Truth, Justice, Genuine Friendship and Service to others, which are the principles on which a Sane Society is built.

At the start, I asked you to look around. Now, I ask you to look within. Do you want to do something about the insanity around you? Or perhaps you don't give a damn. DSM- IV does not list Apathy as a disorder but as far as Rotary is considered, this is a mental disease as bad as the others.

PROGRAMME

Call to Order Pres. Rex Mendoza
Invocation &
Four Way Test Ruel Tana
National Anthem Ric Marquez

Luncheon

Welcome and
Greetings Edward Gaerlan
Birthday Celebrants:
Ming Yan Jao - October 27
Bong Ingalla - November 1
PP Ferdinand Fernandez - November 1
PP Martin de Guzman III - November 2

Club Singing PDG Ces Mendoza
Friendship Session PP Tony Yee
President's Time Pres. Rex Mendoza
Introduction of the Guest of
Honor & Speaker PP Canor Salvador
Address

Mr. Florito "Sonny" D. Vicente
Executive Vice-President
College Assurance Plan of the Phils. Inc.
North and Manila Division Head

Response PP Albert Dy
Awarding of Plaque
of Appreciation Pres. Rex Mendoza/
Sec. Reggie Chan
Adjournment Pres. Rex Mendoza
Day Chairman & Master of Ceremonies
Terry Bugarin

Centerstage

FLORITO "Sonny" DAZ VICENTE
Date/Place of Birth: August 29, 1942, Manila
Civil Status: Married with 2 children

EDUCATION:
* BSME
Mapua Institute of Technology, Manila
(Graduate – 194 Units)
* Junior Mechanical Engineer
Philippine Board of Examiners, Manila
* BSIE
Adamson University, Manila
(Graduate – 38 Units)
* MBA (Candidate-43 Units)
Ateneo University, Manila

JOB EXPERIENCE:
Chief, Customer Service
Elizalde Iron & Steel; 1966-70
Head, Planning & Control; 1970-71
Assistant Vice-President
Manuel Nieto Corp (Logging Company);
1971-77
Vice-President Marketing
Elizalde Steel Consolidated; 1977-80
Vice-President, Marketing
Hetura-Meja Mgmt & Dev't Corp; 1980-82
Underwriter
Sunlife of Canada; 1982--84
General Manager
Tiongson Industries, Inc.; 1984-88
Head, NAM Division
CAP Phils., Inc.; 1988-now

OCTOBER is Vocational
Service Month

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ROTARY AND MENTAL HEALTH

This October, the DOH highlights the importance of mental health. Rotary would do well to follow suit.

Take a look around you. Most of you have perhaps noticed the woman or man with long unkempt hair, whole body black with grime, wearing dirty tattered clothes, scavenging for food and a shaded sidewalk for sleeping. Perhaps you have also noticed people who stay unusually still at a corner, not uttering a word, with a blank stare occasionally interrupted by blinking, who feel that any motion would bring additional tragedy. You most probably have read about the guy who claims to be the reincarnation of Jesus Christ and the one who locks himself at home believing that everyone is out to get him. You have probably heard of people who laugh hysterically one moment and then cry uncontrollably the next. All these are examples of psychosis, with the individual losing contact with reality. The first is a hebephrenic schizophrenic, the second is a catatonic, the third is suffering from delusions of grandeur, the fourth is severely paranoid while the last is manic-depressive.

More common than psychosis is neurosis, which may still be considered normal in mild degrees. A neurotic individual is one who is still in contact with reality but whose functioning is affected by strong anxiety or powerful defense-mechanisms.

We have phobias which refer to specific fears. Examples of these are claustrophobia, which cause one to feel suffocated in small enclosed spaces like an elevator, an MRI machine and a toilet, and acrophobia, which cause one to suffer vertigo when looking down a tall building or mountain. We have anorexia nervosa and bulimia which are eating disorders. We have obsessive-compulsive disorders which compel one to undergo some repetitive behavior or ritual before a task, like constant hand wash-

ing. Then we have sadists and masochists who enjoy hurting people or being victimized.

The DSM-IV classification system widely used for mental disorders has more than 50 entries. Each of these specific disorders is increasing in incidence. Right now, the incidence of psychosis is 1% of the general population. This does not include substance or drug-induced psychosis which is widespread. If we include the neuroses, the incidence of mental and emotional disorders become sky-high. Treatment is long and arduous, involving both the Clinical Psychologist and the Psychiatrist. The former are trained in Psychological Tests like Rorschach, Bender-Gestalt and Sentence-Completion. They use various Psychotherapies like Hypnotherapy, Free Association, Logotherapy and Transactional Analysis. The latter are physicians who are licensed to use Psychotherapeutic Drugs and Electro-Convulsive Treatment.

Psychoanalyst Erich Fromm in his book, *The Sane Society*, argues that societies just like individuals can be sane or insane. A classical example of an insane society is Nazi Germany. Adolf Hitler created a mass hysteria which led the German people to ignite WWII. Another example is our own damaged culture. We accept as normal the thieving ways of our officials who pocket sums meant for roads, bridges, public education and public health. Like masochists, we pollute our environment and deplete our natural resources.

Rotary must do its share for Mental Health. We can visit facilities for Mental patients and raise funds for their upkeep. We must promote attitudes which lead to mental well-being like belief in a caring God, an optimistic outlook and keeping oneself from dwelling on the 'negatives'. Fellowship activities and community projects go a long way in creating a posi-

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Editor Jerome Gaerlan

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PSYCHO-TICKLERS

* A woman went to see a psychiatrist, being deeply depressed.

PATIENT: Doctor, I have been married three times and all my husbands died.

DOCTOR: How did that happen?

PAITIENT: The first ate poisoned mushrooms, the second also ate poisoned mushrooms while the third suffered a cracked skull.

DOCTOR: And why is that?

PATIENT: He did not want to eat the poisoned mushrooms.

* While at cruising altitude, one of the stewardesses enters the airplane cockpit and finds the pilot and co-pilot laughing hysterically.

STEWARDESS: What's so funny?

PILOT: Both of us were just thinking what the doctors at the Mental hospital would say when they find out that we have escaped!

* PATIENTS AT MENTAL HOSPITAL: Doctor, we like you much better than our previous Doctor.

NEW DOCTOR: I'm very pleased to hear that. And what do you like about me?

PATIENTS: You seem to be very MUCH LIKE US!

contributed by PP Jerome

* The doctor of an asylum takes his inmates to a basket ball game. He had carefully conditioned them to respond to his commands. As the National Anthem started, the doctor yelled, "Up nuts!" And the inmates all stood up. After the anthem, he shouted, "Down nuts!" They all sat. He then went to buy a hot-dog and Coke and when he returned he was shocked to see his inmates urinating all over the place! "What happened," he asked his assistant. The assistant replied, "Everything was fine until that vendor passed by and yelled, PEANUTS!"

contributed by Dir Jerry Parlan

COPE

(Crosswords & Other Puzzles for Enthusiasts)

Dir. Jerry Parlan

BRAIN TEASERS

1. What is the beginning of eternity, the end of time and space, the beginning of every end and the end of every place?
2. If it takes 3 people to dig a hole, how many people does it take to dig half a hole?
3. What has four legs but only one foot?
4. What is it that goes up and goes down but does not move?
5. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in center field?

(answers next week)

e-QUIP

(Quotes from the Internet)

Sec. Reggie C. Chan

" Knowledge has an important property. When you give it away, you don't lose it."

-Anonymous

TIPS

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

Cars are immensely complicated machines, but when you get down to it, they do an incredibly simple job. Most of the complex stuff in a car is dedicated to turning wheels, which grip the road to pull the car body and passengers along. The steering system tilts the wheels side to side to turn the car, and brake and acceleration systems control the speed of the wheels.

Given that the overall function of a car is so basic (it just needs to provide rotary motion to wheels), it seems a little strange that almost all cars have the same collection of complex devices crammed under the hood and the same

general mass of mechanical and hydraulic linkages running throughout. Why do cars necessarily need a steering column, brake and acceleration pedals, a combustion engine, a catalytic convertor and the rest of it?

According to many leading automotive engineers, they don't; and more to the point, in the near future, they won't. Most likely, a lot of us will be driving radically different cars within 20 years. And the difference won't just be under the hood -- owning and driving cars will

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TEST

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

Trivia on Classic Children's Books – Name the titles of the classic children's stories described below.



1. Geppetto carves himself a little wooden puppet, which then comes to life.
2. Dorothy and her little dog travel the Yellow Brick Road to the Emerald City.
3. A young boy grows up in a small town on the banks of the Mississippi River with his Aunt Polly and his friends Huck and Becky.
4. A little Swiss orphan girl is sent to live with her grouchy hermit-like grandfather in his home high in the mountains.
5. An Englishman is stranded on a desert island for 28 years.
6. A gentle horse recounts his life story, teaching us the need for kindness toward animals.
7. A boy with a map sets out to sea to seek buried gold. A one-legged man pretends to be his friend but is actually the leader of a group of pirates after the gold.

Rotarian Ruel T. Tana

8. An Englishman journeys to the fantastic lands of little people, giants, and intelligent horses.
9. A friend of father, mother and four sons are shipwrecked on an island and build an ingenious tree house.
10. A girl follows a white rabbit down a rabbit hole into a magical world inhabited by the Mad Hatter, the March Hare and the Queen of Hearts.

Answers on next issue

Answers last issue:

1. TV Guide
2. Time
3. Sports Illustrated
4. Readers' Digest
5. Playboy
6. Newsweek
7. Vogue
8. Fortune
9. Cosmopolitan
10. National Geographic

C.P.R.

(**C**lub **P**ass & **R**everview)

Asst. Sec. Mike Paderon

Accidentally, I was first to arrive and unceremoniously welcomed our Guest Speaker IPP Mely Alfonso, together with her companions. The meeting started slow but on time with Pro-Active Team Day Chairman PP Albert informing Pres. Rex of their team's readiness.

A minute of silence and prayer was requested by PP Marc for the eternal repose of PP Cres mother. Surprisingly, PP Cres and PP Ferdinand were present in the meeting with the former even leading in the singing of the national anthem. Extra points ba?!

MC PP Albert reminded the general membership of the Club's continuing effort to raise funds for our Rotary Service Center. It's a tough job being Chairman for said project but somebody has to do it. So let's all contribute in our own way. Big or small, it doesn't matter.

What's important is we helped each other out to the best of our abilities/ capabilities and pulled through in finishing what we started. The Rotary Service Center project will serve as our legacy to future Rotarians and other generations to come.

I don't know if it was my missing 2 consecutive meetings or I was in the twilight zone, but I'm sure I saw Treas. Arnel do the Welcome and Greetings (a first?), Fr. Rodel do the Club Singing (another first!) and surprise of all surprises, my friend Sammy do the Friendship Session. Alleluia!

Our lovable Pres. Rex is turning into an orphan. Calling on all senior and new members, please adopt our President by attending community service projects. He knocks but you don't answer. Your attendance will surely improve your chances of entering the pearly gates of heaven. And don't forget to watch your health. No wealth can buy good health! (Jerryism1)

Adding one more surprise is the presence of PP Jerome who last I heard was in the hospital. He purposely came to introduce a very active, beauty and brain District Chairperson for Vocational Service PP Mely Alfonso of RC Central Pangasinan. Her message called on Rotarians to practice their vocation on high ethical grounds and to lead by example. It's tough but we should aspire for and work on it. Integrity and fair play should be the only game in town. (Jerryism2). PP Dan, as always, did another excellent response.

And so the meeting ended at 2 PM while a number of Rotarians prepared for the trip to Bayambang, Pangasinan. It was a Good Day I should say!

WE CARE

(**W**eekly **C**artoon **E**ditorial)



Club FulFILMent

Rotary International Manila 2002

October 25-27, 2002

Westin Philippine Plaza



- editor

Prex

PRESIDENTS' CORNER
President Rex O. Mendoza, Jr.

To our Guest of Honor and speaker for today, Mr. Florito "Sonny" D. Vicente, thank you so much for taking your time to give us valuable information on what we believe will determine future of our children.

Last Oct. 25 to 27, 2002, together with PDG Ces and IWC-PP Min, we attended the Rotary Zone Institute in Westin Philippine Plaza. It was indeed a very informative institute and I say, a must seminar for all Rotarians. It is also interesting to note that the last time the Philippines hosted the Institute was 27 years ago, 1977, and despite the different bombing and security threat we have now, according to RI President, Bichai, the Institute so far was the most attended Institute with more than 1200 Rotarians and Spouses in attendance coming from 16 countries.

But I believe meeting the RI President, hearing his views on Rotary, on major issues and all about his program is indeed the most gratifying and fulfilling part of the experience. I say, he is very tough, willed, straight forward and very lovable President. Hearing the Rotary call of

SPREADING LOVE from the one who orchestrate is different from reading it and hearing it from other people. May I quote one of his message to the Rotarians that touch my heart so much:

"I also believe no person, regardless of background or training, can rise to the status of spiritual maturity without discovering this one fundamental truth: it is nobler to serve others rather than to serve oneself"

And as his message to us Rotary leaders:

"Inspire your clubs and Rotarians to plant more seeds of love, but not to command. You are to persuade, but not to insist. No seed ever grew because someone ordered it to sprout. Encouragement and friendly persuasion will be the sunshine and water that lead to success in Sowing the Seeds of Love"

We will try to print the message of the RI President in our Gold leaf and hope that it will also touch your heart ---- to share some more and work for more, for others before your self.

To all the Rotarians, keep on caring and loving!

TIRED OF WORKING ?

If you are one of those people that are tired of working too much, it is good to remember the words of Baernard Shaw who writes :

The year has 365 days each having 24 hours, 12 of which are night hours equal to 182 days leaves 183 days to work minus 52 Sundays which leaves you 131 days to work with 52 Saturdays which leaves you 79 days to work. But there are 4 hours each day set aside for eating which adds up to 60 days which leaves you 19 days for working.

But you are entitled to 15 days for your vacation which means you have 4 days left for work minus 3 days you usually take off due to illness or other emergencies which leaves you one day to work, which happens to be Labor Day which is a holiday

SO WHY ARE YOU TIRED !