

ClubInformation
4 Avenues of Service

Club Service - Dir. Jerry Parlan & VP Rey Nisce

COMMITTEE	CHAIRMAN	CO-CHAIRMAN
Club Attendance	IPP Richard Dy	PP Tony Yee
Classification	PP Canor Salvador	Joel Salvador
Membership	PP Cres Fernandez	Elvie Bugaoan
Club Bulletin	PP Jerome Gaerlan	Frank Buenaventura
Program	PP Albert Dy	Mike Paderon
Fellowship	PP Reynaldo Bonifacio	Ninoy Gazmen
Rotary Information	PP Ives Nisce	PP Mark Prieto
Club Awards	Pres. Rex Mendoza	Board of Directors
Sports	PP Ferdinand Fernandez	PP Aldy Dy
Protocol	PP Kit Purugganan	PDG Ces Mendoza
Election	PP Rudy Yabes	Victor Ortega
Anniversary	PP Rey Nisce	Edward Gaerlan
Christmas Party	PP Martin de Guzman III	Nestor Mitra
Induction Program	Pres. Rex Mendoza	PE Rey Nisce
Recollection	Romy de Castro	Dave Parkman
Rotary Service Center	PP Albert Dy	IPP Richard Dy
Rotary Awareness	Joseph Barrozo	PP Bob Kaiser
Publicity	PP Silver Sarmiento	PP Chito Nibungco

Vocational Service - Dir. Ernie Galera

COMMITTEE	CHAIRMAN	CO-CHAIRMAN
Career Development	Joseph Barrozo	PP Martin de Guzman III
Vocational Awards	Tim Warden	Romy de Castro
Vocational Training	Bill Teninty	Quiel de Guzman
PDG Rudy Nisce	PP Ives Nisce	Harvey Tan
Rota Brain	Ruel Tana	Raymond Espinosa
Literacy	PP Vir Cabading	Frank Buenaventura

International Service - Dir. Arnold Ignacio

COMMITTEE	CHAIRMAN	CO-CHAIRMAN
WCS	Frederick So	Edwin Canonizado
Rotary Foundation	PP Arsing Ignacio	PDG Ces Mendoza
GSE	Terry Bugarin	PP Ben Ang
Summer Youth Exchange	Ming Yan Jao	Ronald Dy
Polio Plus/Vitamin A	Paquing Peralta	PP Ferdinand Fernandez
MET Project	PP Rufi Macagba	Billy Teninty
Sister Club	PDG Ces Mendoza	PP Reynaldo Bonifacio

Community Service - Dir. Alan Sy

COMMITTEE	CHAIRMAN	CO-CHAIRMAN
Livelihood	Edward Dy	Ronald Dy
RVC	Romy Chan	Mike Paderon
Health Education/STDs/AIDS	Jong Komiya	PP Rudy Yabes
Disaster Relief	Arnel Chanpinco	Sammy So
Medical Missions	PP Jerome Gaerlan	Edward Gaerlan
Environment	Joel Salvador	Ruel Tana
Continuing Projects	IPP Richard Dy	PP Dan Bolong

Youth Service - Dir. Jun Tio

COMMITTEE	CHAIRMAN	CO-CHAIRMAN
Drug Abuse	Ray Espinosa	Anson Sia
Interact/Rotaract	Tante Licudine	Ric Marquez
Rotary Academy of Excellence	PP Albert Dy	Ming Yan Jao
Special Children	Robert Sibayan	PP Jerome Gaerlan
Nutrition Program	Edward Biteng	Andy Astom

PROGRAMME

CalltoOrder Pres.RexMendoza

Invocation& FourWayTest PVPTanteLicudine

NationalAnthem RicMarquez

Luncheon

Welcomeand Greetings PPBenAng

BirthdayCelebrants:

PaulaParkman -August15
MikePaderon -August16

ClubSinging TerryBugarin

FriendshipSession RuelTana

President’sTime Pres.RexMendoza

IntroductionoftheGuestof Honor&Speaker PPTonyYee

Address:
PPAlberto“Albert”T.L.Dy
ProjectChairman
RotaryService&Youth

Response NestorMitra

Adjournment Pres.RexMendoza

DayChairman&MasterofCeremonies
PPCanorSalvador

AUGUSTisMembership
Development&RetentionMonth

Centersstage



PPAIbertDy
MostOutstandingClubPresident
District3790
RY1999 -2000

Chairman
RotaryServiceCenterProject

JAGed

LUNGMONTH

A man can go on for days and even a few weeks without food. Without water he can survive for several hours up to a few days. However, if you deprive a man of air, death occurs in seconds. All these facts highlight the importance of the 'lungs'. This pair of organs located at each side of the chest is the part of your anatomy that extracts oxygen from the environment, unless of course you are a fish.

When you breathe in, air enters your nose and successively enters the pharynx, larynx, trachea, bronchi and finally into the myriad of lung alveoli which are tiny sacs. Oxygen from the inhaled air diffuses into the tiny blood vessels adjacent to the alveoli and is picked up by red blood cells or RBC. These cells deliver the oxygen via the bloodstream to the billions of other cells in our body. Oxygen is used as fuel by the cell for its metabolism producing energy and needed material for growth and replacement of our body parts. The by-product of cellular metabolism is carbon dioxide or CO₂ and this is again picked up by the RBC. The CO₂ is brought back to the lungs and during exhalation is expelled to the environment via the pathway mentioned above, in reverse.

It is a good thing that the Department of Health and the Philippine Medical Association have set aside one month of the year, namely August, as Lung Month. The choice of August is arbitrary or maybe it is because August sounds like 'Air Gust'. At any rate, the commemoration of Lung Month forces us to face some important issues. Rotarians must do their share to educate people of these issues.

There is the issue of air pollution. We are filling our air with by-products of combustion which harm our lungs. The incidence of diseases like emphysema, chronic bronchitis and asthma is rising because our power plants, factories and vehicles constantly spew noxious fumes. Rotary has never been a lobby group but

in our individual capacities we can do something. The majority of our power plants (supplying up to 80% of our country's energy needs) are coal-fired. This means that the carbonaceous material that caused 'Black-lung' disease among coal-miners is now available for all. Let us try to do our individual lobbying to force our leaders to hasten the shift to cleaner sources of energy. As car-owners, we shouldn't allow our vehicles to be smoke-belchers. We should also report vehicles which clearly violate pollution ordinances. Let us educate ourselves with the provisions of the Clean-Air Act.

Then there is Cigarette Smoking which has been proven to be linked with chronic obstructive pulmonary diseases (COPD) and Cancer. Even non-smokers who inhale second-hand smoke are at risk. If you are a smoker, try your best to quit. You reduce your Cancer risk and the risk of those who are always around you by 30% in just a short while. I know that the economic life of our area is linked to Tobacco. Well, Tobacco has other uses - as ingredients for medicinal products and animal feeds. Nicotine still gets into the human body but in lesser amounts and w/o other deadly inhaled chemicals. Still, I think we should start looking for substitutes to Tobacco Farming.

Lastly there is the issue of denudation of our Forest Cover. Humans exhale CO₂. This CO₂ which is poisonous to us is used by trees and other plants. These trees and plants then expel Oxygen which makes our world habitable for humans and other animal life. So let us again do our individual lobbying vs. indiscriminate logging. And also participate in our 'tree-planting'. Join the projects of our Club for Lung Month, like the Lung-Banda competition. "Huwag natin lina-lang and 'lung' dahil ito lamang and tanging bahagi nang ating katawan na ginagamit nating sa pagkuha and 'Oxygen' sa ating kapaligiran, maliban lamang kung ikaw ay isang isda."

Editor Jerome Gaerlan

Dir. Alan D. Sy

roTAWA

Smart Answer eey!

Doctor to mental patient: Magaling ka na, sinagip moyung kaibigan mong nalulunod. Kaya lang nagbigtisi yasa CR.

Patient: di po Dok, sinabit ko siya doon para MATUYO!

-Contributed by Edward Dy

A married couple died in a car crash. In heaven wife sees husband with another girl, *Wife:* What are you doing with that girl? *Husband:* You forgot? Our marriage was only 'til death douspart?

A murderer, sitting in the electric chair was about to be executed. "Have you any last requests? Asked the chaplain. "YES" replied the murderer. "Will you hold my hand?"

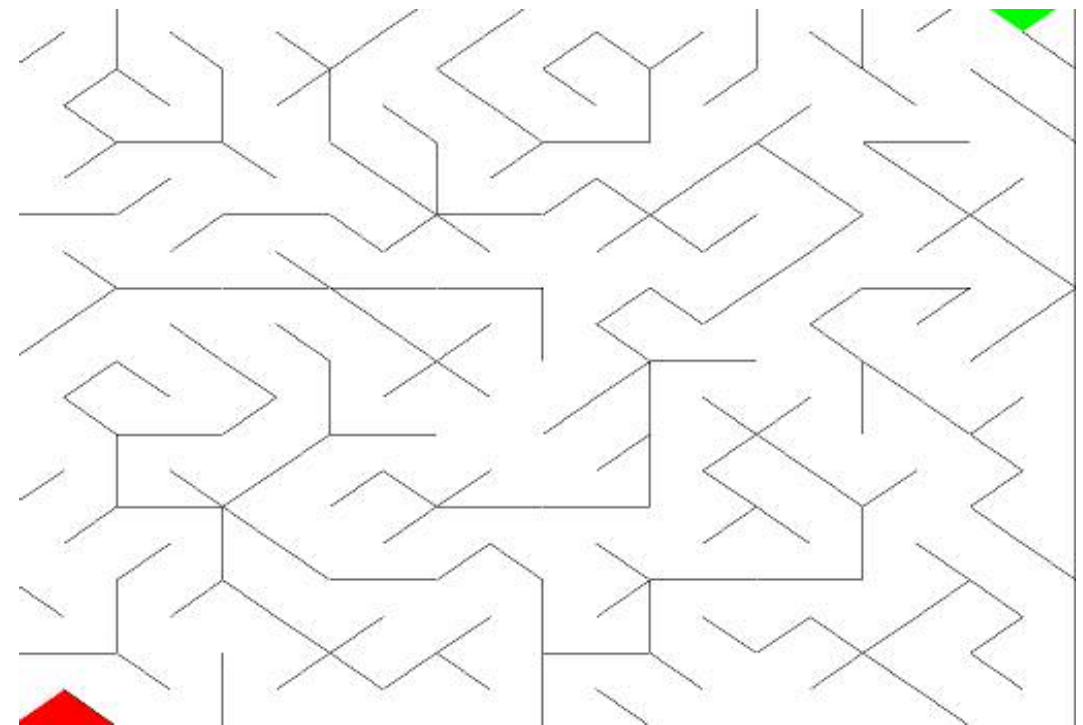
The secretary came in late for work the third day in a row. The boss called her into his office and said. "Now look Stephanie, I know we had a wild fling for a while, but that's over. I expect you to conduct yourself like any other employee around here. Who told you, you could come and go as you please around here?" Stephanie simply smiled, lit up a cigarette, and while exhaling said, "My Lawyer."

-Contributed by PP Rey BO

COPE

(Crosswords & Other Puzzles for Enthusiasts)

PDTim L. Warden



TIPS (Tidbits, Information & Practical Suggestions)

Leisure Tips

While driving up north, have you ever wondered where to enjoy a 30 -minute stopover and decent food? If you haven't found a regular pitstop then try these new places. I'm sure it will add to your travelling pleasure. I discovered one in nonchalant Candon, Ilocos Sur (Actually my wife Marijo found it!). Before reaching the poblacion, turn right and at the first corner you'll see a Caltex station. Turn left and on your right look for a Spanish house with a heavy wood door.

Café Bossa will bring you to old Mexico with its ambiance. They play contemporary Mexican music. The food is surprisingly tasty and reasonably priced. Try their quesodillas. It is rumored that Django, the gunslinger, frequents the place. *Estabien! Ole!* Another café I chanced upon is in rustic Vigan. You can find it in one of the Hispanic

hotels in the center of town. It's the place where Judy Ann Santos and the late Rico Yan shot some of their movie scenes. Smaller in size but equally designed in good taste. They have a wide array of drinks from coffee to your favorite alcoholic beverages.

Food is strangely delightful specially the longaniza in pandesal. No doubt, Café Uno is numero uno in Vigan!

Let me know of your experience in visiting these places. If you find it otherwise this may be my last article on the matter. Come to think of it, I was pretty damn hungry then when I visited these places. *Chow!*

Dir. Jerry Parlan



TEST

(Ten Exercises for Students of Trivia)



General Science Trivia – see if you know the basics of science:
Good Luck !

1. What do we call the study of plant and animal tissue by visual examination?
2. Who invented the reflecting telescope?
3. What land mammal is most closely related to the whale?
4. What gas makes up 90 percent of the universe?
5. Where is the largest source of Earth's fresh water located?
6. What galaxy is the earth in?
7. On the Kelvin temperature scale, what tem-

Rotarian Ruel T. Tana

- perature does water boil at sea level?
8. Which animals are the only mammals that can fly?
9. What branch of Physics deals with the study of light?
10. Who discovered Penicillin in 1928?

-Answer on the next issue

Answers to previous:

1. Panama
2. Strait of Gibraltar
3. Tanzania
4. Lake Michigan
5. Alcatraz
6. Japan
7. San Diego, California
8. United States of America
9. Hong Kong
10. Jerusalem

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

Sec. Reggie C. Chan

Pro-active rhymes with productive. Last week's meeting was successfully hosted by the *pro-active* group and their theme was how to be *productive* in terms of membership growth. Recruiting new members is no doubt important. But the question is do we have what it takes to attract others to join our club? Do we have an irresistible, compelling influence over people? I, for one, am convinced that this club does. To catch a fish, one must use good bait. I was once an ordinary fish who got caught by Rotary fishermen. How did this happen? I was invited, I attended a meeting one Tuesday then amazingly, I kept coming back. It was because I found the weekly meetings exciting, interesting and captivating. An effective bait don't you agree? A classic example would be last Tuesday's meeting. Who could resist the charms of

Rtn Sammy and Rtn Edwin who led the invocation, four way test and national anthem? Who would not be delighted by the warm welcome of Rtn Romy Chan? Who would not be carried away by the romantic song we sang led by Mr. Loverboy himself, PADG Rey Bo? With feelings, we sang from our hearts the song "To All the Girls We've Loved Before" as if this was just a thing from our past and no longer true today. To some... perhaps. Who would not be entertained by the Friendship Session conducted by Rtn Ninoy? His brain twisters indeed activated our thinking caps with fun and thrill. Who would want to miss hearing our Guest of Honor and Speaker, PP Gerpy Erguiza share with us their club's secret in membership development which made them win the Global Quest Top Club Award in the district? Anyone who appreciates good fellowship and gaining knowledge would love coming back to our meetings don't you think? Rotary is of course more than just fellowship. But without it, I don't think we would still be here today.

WE CARE

(Weekly Cartoon Editorial)

Sec. Reggie C. Chan



E-QUIP

(Quotes from the Internet)

Sec. Reggie C. Chan

"There's so much pollution in the air now that if it weren't for our lungs there'd be no place to put it all."

-Robert Orben

Club FulFILMent



Disastermeeting,atNalbo,Luna,LaUnion



InductionofRotaryClubofDowntown
Dagupan



MedicalDentalmission,PWDBalaoanLaUnion



SecondclubmeetingwithGuestSpeakerWilsonL.Chua
ofBitstopInc.

- editor

Prex

PRESIDENTS'CORNER
PresidentRexO.Mendoza,Jr.

God divided our 24 hours in a day into morning and night time. Day time was made forustolabor,love,praisehimandbewithour fellowhumanbeings. Nighttime wasmadefor us to go back to ourselves, rest, sleep and experience DREAMS - dreams that sometimes will bring us to greater heights, to a brighter futureaheadofus.AndGodmadethistwointo a cycle, afterthe NIGHT TIME will come the DAY TIME. He made it sure that there will always be another day, another bright sunny day, for us to MAKE OUR DREAMS come true -areality.

Almost four years ago, we started dreaming ofbuildingup anewRotaryCenter,aDREAM which we pursue and will become areality because we believe that all the members will join us in making it areality. Today, the Chairman of the Rotary Service Center will give us his report and share us some strategies in order to finishtheremaining40%ofthebuilding.

Today, I believe the reading in the Church two weeks ago is very appropriate. It is the miracle of the 5 loaves and 2 fishes. After Jesusprayed,the apostles were able to feed more than 5000 people and there was still a lot left. WeknowthatJesusdidnotmake amagictrick outofthebreadandthefishes,butJesusprayed forachangeofheart. Truly, amiraclehappens, the MIRACLE OF SHARING, wherein each member of the congregation shared what they have and aftereverybody was satisfied, there is stillmoreforothers.

My dear Rotarians, whether we have more or less in life, if we believe in the MIRACLE OFSHARING,theremaining40%ofthebuilding is nothing compared to what it can do for us,totheClubandtoothersinthefuture.

Dear Father, we do pray today and always for a CHANGE in heart in every Rotarian and Non-Rotarian alike. Bless us and make our DREAMareality,sobeit!

RCSFLU (Romy Chan's Summary of Funds, Liabilities & Utilization)
ROTARYSERVICEANDYOUTHCENTERasofJune30,2002

Treas.RomyChan

RECEIPTS:			
DonationfromRotarians	-Schedule3	691,180.00	
Fundraising	-August2001,Dec.15,2001&May,2002	572451.46	
40thAnniversaryincludingbankinterestc/oPPAlbertDy		162,354.89	
TradeFair		100,000.00	1,525,986.35
DISBURSEMENTS:			
Labor		309,453.61	
LUNewPeople'sLumber		266,374.80	
TalicoConstructionBldg&Supply		264,190.00	
MabuhayLumber		207,536.50	
Topcrete		183,425.00	
Tony'sLumber		109,159.00	
DyroDesign		50,000.00	
SonsonConcreteProducts		45,060.00	
RotonTrading		44,800.00	
CentroLumber		16000.00	
MetroL.U.WaterDistrict		4,040.90	
			1,500,039.81
BANKBALANCEASOFJUNE30,2002			25,946.54