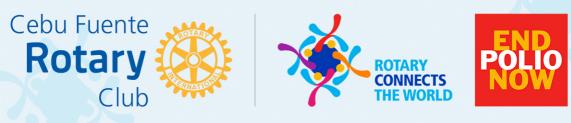
RCCF MEETS EVERY MONDAY @ 7:30 P.M. CASINO ESPAÑOL, V. RANUDO ST. CEBU CITY VOL XXXVIII NO.: DATE: CHARTERED OCTOBER 29, 1982 CLUB # 17104

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860







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PHILIP N. TAN District Governor



PHILIP NERI ESTOCADA Assistant Governor, Area 1D



BARBETTE LOMINOQUE District Secretary



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KENDRICK S. SULAY President



GERALDINE RAMOS Sergeant At Arms



DR. MARY CHRISTINE G. TIO Public Image Director



PATRICK YARED Youth Service Director



EMMAN REYAN C. ABAY-ABAY Vice-President



DAVE JOHN B. KARAMIHAN Protocol Officer



MARINA E. KAUFMANN Community Service Director



JOSE ALFONSO C. ABAD International Service Director



ATTY. MANUEL CLIMACO III Secretary



KRISTOFFER A. LLEGUNAS Club Internet Communication Officer



DR. TESS ANNETTE LIBRON Community Service Director



POULY JANG International Service Director

Advisers

4



DR. ALAIN O. SENERPIDA The Rotary Foundation Chairman

ATTY. LOLITA L. LOMANTA Vocational Service Director

RICHARD G. BARBA Past President



EMMANUEL P. TESALONA Treasurer / President-Elect



MARICEL BORROMEO-AMORES Club Membership Director



DOLORES H. RIMAZ Vocational Service Director



LUZ FILIPINAS SAN PEDRO Ways & Means



EMMANUEL CALALANG Auditor



ATTY. BERNARDINO T. AMAGO IV Club Administration Director



JOSE MARIE PONCE Youth Service Director



MANUEL L. TORRES, JR. Ways & Means



MARY ANNE A. SOLOMON Past District Governor



JOSEPH MICHAEL P. ESPINA Past District Governor

CONRADO M. ABARINTOS Past President Past



JESSELITO BARING Past President



JULIO GONZALEZ Past President



3rd General Membership Meeting

Casino Español de Cebu, V. Ranudo St., Cebu City July 15, 2019 **New Leadership Month**

Vol. 38, No. 1

Programme

DINNER

| Part 1 | |
|--------------------------------------|---------------------------|
| Call to Order | Pres. Kendrick Sulay |
| Invocation | Audio Visual Presentation |
| Philippine National Anthem | Audio Visual Presentation |
| The Rotary Hymn | Audio Visual Presentation |
| Four Way Test and Objects of Rotary | Dir. Jomar Ponce |
| Introduction of Rotarians / Spouses | Sec. Butch Climaco III |
| Visiting Rotarians/Rotaractors/Guest | |
| | |



Hosted by: Treas, Emmie Tesalona

INVOCATION

I ask Lord daily bread, but not for wealth. Lest I forget the poor I ask for strength, but not for power, lest I Despise the meek I ask for wisdom, but not for learning, lest I Condemn the simple I ask for a clean name. but not for fame. lest I condemn the lowly. I ask for peace of mind, but not for idle Hours. lest I fail to hearken to the call of duty. AMEN



PART 2 **Business Matters**

PART 3

| Secretary's Report | Sec. Butch Climaco III |
|--------------------|------------------------|
| Treasurer's Report | Treas. Emmie Tesalona |
| Director's Report | |
| President's Time | Pres. Kendrick Sulay |
| Other matters | |
| Adjournment | Pres. Kendrick Sulay |

...Fellowship Continues...

Quote for the Week

"The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself." - Mark Caine

Presidents Message



First and foremost I would like to congratulate everyone for a successful induction night and a

very good result in our raffle for a cause fundraising. We also impressed our Korean sister club from RC- Seoswon by successfully hosting them well during their stay here in Cebu. All of our hard work paid off. Good results happen when all of us work as a team.

We celebrate this month as Rotary's new year for 2019-2020. Let us prepare ourselves in committing to serve the community by heart for the next 365days.

There are several activities and projects that are listed in our calendar for this month. We will start our new year by celebrating a Jollibee party with the street children. We will also be distributing Nebulizers to the different hospital in the province of Cebu. This project aims to help save lives especially to those areas who really do not have any equipment to support all asthmatic patients especially children. And of course, we will have our wine fellowship night at District 7.

Let us all continue to work hand in hand so we may touch lives and continue to make a difference in our own small way.

KENDRIC

Presidenť.

(SJSULAY

2019-2020

Thank you and Congratulations!



From Secretary's Desk

Atty. Manuel Climaco III Secretary, RY 2019 - 2020

Attendance

| ROTARY ID # | LAST NAME | FIRST NAME | 1st 07/01 | 2nd 07/06 | 3rd 07/15 | 4th 07/22 | Perfect Attendance |
|------------------|--------------|-----------------------|--------------|--------------|--------------|--------------|-----------------------|
| 6726464 | Abad | Jose Alfonso | √ | √ | | | |
| 6581939 | Abarintos | Conrado | √ | √ | | | |
| 8794289 | Abay-Abay | Emman Reyan | 1 | 1 | | | |
| 9330462 | Amago | Atty. Bernardino IV | RW | 1 | | | |
| 6218949 | Amores | Maricel | √ | 1 | | | |
| 6207694 | Bacalso | Cristina | | | | | |
| 3362897 | Barba | Richard | ~ | ~ | | | |
| 6207695 | Baring | Engr. Jesselito | ~ | √ | | | |
| 1166426 | Calalang | Emmanuel | ~ | ~ | | | |
| 9447387 | Climaco | Atty. Manuel III | ~ | ~ | | | |
| 10474763 | Dondon | Don Marc | | | | | |
| 2036342 | Espina | Archt. Joseph Michael | \checkmark | \checkmark | | | |
| 1166431 | Gonzalez | Dr. Julio | | \checkmark | | | |
| 10411469 | Icamen | Francis | | | | | |
| 8942741 | Inting | Arturo | | | | | |
| 8944393 | Jang | Pouly | RW | \checkmark | | | |
| 3516557 | Karamihan | Dave John | | | | | |
| 8599266 | Kaufmann | Marina | \checkmark | \checkmark | | | |
| 10411473 | Libron | Dr. Tess Annette | | | | | |
| 10234515 | Llegunas | Dee Hora | RW | \checkmark | | | |
| 9804883 | Llegunas | Kristoffer | \checkmark | \checkmark | | | |
| 8794288 | Lomanta | Atty. Lolita | \checkmark | \checkmark | | | |
| 6726443 | Pasion | Ma. Consolacion | \checkmark | ~ | | | |
| 10410040 | Ponce | Jose Marie | \checkmark | ~ | | | |
| 6581937 | Ramos | Geraldine | \checkmark | ~ | | | |
| 8599268 | Rimaz | Ma. Dolores | RW | \checkmark | | | |
| 5476140 | San Pedro | Luz Filipinas | \checkmark | \checkmark | | | |
| 8794286 | Senerpida | Dr. Alain | \checkmark | \checkmark | | | |
| 3264107 | Solomon | Mary Anne | \checkmark | \checkmark | | | |
| 8543450 | Sulay | Kendrick | \checkmark | \checkmark | | | |
| 9330558 | Tesalona | Emmanuel | \checkmark | √ | | | |
| 6812215 | Tio | Dr. Mary Christine | ~ | √ | | | |
| 5176670 | Torres | Archt. Manuel, Jr. | \checkmark | ~ | | | |
| 10410033 | Yared | Patrick | RW | ~ | | | |
| TOTAL PERCENTAGE | | | | | | | |



- July 04 PP Laureano Rogero
- July 23 PP Virgilio Espeleta
- July 28 Sps. Mary Grace Abad

WEDDING ANNIVERSARIES

July 27 PP Michael & Betty Veloso

President's message

Dear fellow Rotarians and members of the family of Rotary,

I love to travel! I even enjoy the mundane process of getting from here to there. But last year, my wife, Gay, and I had one of those experiences that would strain the optimism of even the most cheerful traveler. We found ourselves with six hours to wait, at an airport where we were not scheduled to be, on a day we had not planned still to be traveling, having woken up that morning at a hotel unknown to us the night before. It was one of those days.

As we waited at John F. Kennedy International Airport in New York City, Gay and I took a walk to people watch. We went from one end of the terminal to the other and back, looking at every gate, every destination, every group of people waiting for their flights.

Each gate was its own island of humanity. When we walked down the center of the concourse, we were in New York, moving along with everyone in one river. But when you veered off into those seats, you left that current and landed on an island. You were already in Delhi or Paris or Tel Aviv.

As we started our walk, I thought: "All these different people, all these different countries, all in one place.



This is like Rotary!" But as we walked past gate after gate, I realized something. It was not like Rotary at all. Because everyone in that river was heading for an island. And every island stayed an island. The people heading to Taipei might be talking to one another, but they were not talking to the people heading to Cairo or Lagos.

Contrast that with Rotary. Rotary allows us to connect with one another, in deep and meaningful ways, across our differences. It connects us with people we would never otherwise have met, who are more like us than we ever could have known. It connects us with our communities, to professional opportunities, and to the people who need our help.

Connection is what makes the experience of Rotary so very different from walking along that concourse at JFK Airport. In Rotary, none of us is an island. All of us are in Rotary together, whoever we are, wherever we are from, whatever language we speak or traditions we follow. We are all connected to one another — part of our communities and members not only of our clubs, but also of the global community to which we all belong.

This connection is what lies at the heart of the Rotary experience. It is what brings us to Rotary. It is why we stay. Please join your fellow Rotarians on this journey as *Rotary Connects the World*.

MARK DANIEL MALONEY President, Rotary International







A message from Foundation Trustee Chair Gary C.K. Huang

Ni hao, Rotarians!

I am so excited to have this opportunity to communicate with you every month in my new role as chair of The Rotary Foundation Trustees. When I look at the amazing work that the Foundation has ahead of it this year, I'm astonished. We are making such an enormous, lasting impact on the world. In the near future, polio will be wiped off the face of the earth — all because of you.

I see my role as chair much like the position I played on my high school basketball team. I was the point guard. It was my job to bring the ball up court and make sure my teammates received the ball when they were open. Nothing made me happier than to see them make shots.

We didn't have the high-five back when I played, but I would have loved to give out high-fives for every basket. Now I'm eager to give them to you. Think about it: There is so much you can do to give a highfive to the Foundation. I started out by getting all five members of the Huang family in Rotary — my wife, three children, and myself — and keeping us donating year after year to the Foundation.

Now, let's see how many high-fives all of us can give in the next year. Whether you write five more checks, hold five more fundraisers, find five new donors, or simply give five more dollars, every high-five counts.

This year, I am going to fill my social media accounts with all the Rotary Foundation high-fives I give around the world and tell the stories of the generous people who are bringing us closer to our goals. Join me on Facebook (@garyckhuang) and share your stories. And feel free to give your own high-fives.

Let's reach our goals and keep going. Clubs have great projects they are counting on us. And the children of the world are counting on us. Right now — you're open! Take the shot! Let's make this the Foundation's greatest year yet.

Gary C.K. Huang

General Officers of Rotary International

2019-20

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MARK DANIEL MALONEY Decatur, Alabama, USA

OLAYINKA HAKEEM BABALOLA Trans Amadi, Nigeria

Vice President

Treasurer

DAVID D. STOVALL Hall County, Georgia, USA

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Chair

GARY C.K. HUANG Taipei, Taiwan

Chair-elect

K.R. RAVINDRAN Colombo, Sri Lanka

Vice Chair

KENNETH M. SCHUPPERT JR. Decatur, Alabama, USA

H

Trustees

| JORGE AUFRANC | Guatemala Sur, Guatemala |
|---------------------|------------------------------------|
| BRENDA M. CRESSEY | Paso Robles, California, USA |
| IPÓLITO S. FERREIRA | Contagem-Cidade Industrial, Brazil |
| JOHN F. GERM | Chattanooga, Tennessee, USA |
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| IAN H.S. RISELEY | Sandringham, Australia |
| GULAM VAHANVATY | Bombay, India |
| MICHAEL F. WEBB | Mendip, England |
| SANGKOO YUN | Sae Hanyang, Korea |
| | |

JOHN P. HEWKO General Secretary

Kyiv, Ukraine

Grouping Assignments

| JULY- RCCF Induction | JANUARY-Vocational Service | | |
|--|--|--|--|
| Kendrick Sulay | Ging Lomanta | | |
| Butch Climaco | Inday Rimaz | | |
| Louie Cirillo | Antong Inting | | |
| | | | |
| AUGUST-Membership & New Development | FEBRUARY-Peace & Conficit, Prevention/Resolution | | |
| Maricel Amores | Dick Barba | | |
| Don Marc Don don | Manny Calalang | | |
| Emmie Tesalona | Sol Pasion | | |
| | | | |
| SEPTEMBER-Basic Education & Literacy | MARCH-Water & Sanitation | | |
| Yumi Espina | Jessie Baring | | |
| Dr. Tess Annette Libron | Joal Abad | | |
| Dr. Jezreed Tanilon | Pouly Jang | | |
| | | | |
| OCTOBER-Economic & Community Development | APRIL-Maternal & Child Health | | |
| Meanne Solomon | Marina Kauffman | | |
| Tope Llegunas | Julio Gonzales | | |
| Teenie Tio | Tina Bacalso | | |
| | | | |
| NOVEMBER-Rotary Foundation | MAY-Youth Service | | |
| Alain Senerpida | Emman Abay-Abay | | |
| Bernz Amago | Jomar Ponce | | |
| Jun Torres | Patrick Yared | | |
| | | | |
| DECEMBER-Disease Prevention & Treatment | JUNE-Rotary Fellowship | | |
| Lulu San Pedro | Rady Abarintos | | |
| Dina Ramos | Dave Karamihan | | |
| Dee Llegunas | Francis Icamen | | |
| | | | |



JULY events

13th Tee it up

- EVENT: Golf Tournament
- HOST: Rotary Club of Eureka Springs, Arkansas

WHAT IT BENEFITS: Local scholarships

WHAT IT IS: Hit the links for a good cause at this annual golf classic. The entry fee includes lunch, so even if you end up spending more time in the sand traps than on the greens, you'll have something to look forward to at the end.

20th Bring your own bib

- EVENT: Rib Fest
- HOST: Rotary Club of Harbor Country (Southwest Berrien County), Michigan

WHAT IT BENEFITS: Projects that benefit students and seniors

WHAT IT IS: Vote for your favorite barbecued ribs at this festival of pork products, which features ribs from different vendors, live music, craft beers, wine, and homemade pies.

28th Lace up those sneakers

EVENT: Beaverton Sun Run

HOST: Rotary Club of Beaverton, Oregon

WHAT IT BENEFITS: Local students of all ages

WHAT IT IS: Choose a 5K or 10K. Everyone who participates gets a medal. Proceeds fund scholarships for college or vocational training, as well as dictionaries for fourth graders.

3 Drum roll, please

- EVENT: Drum & Bugle Corps Show
- HOST: Rotary Club of Cedarburg-Grafton, Wisconsin
- WHAT IT BENEFITS: Student scholarships and community projects
 - WHAT IT IS: Seven drum and bugle corps from six states take to the high school athletic field for a festive evening of pageantry and national pride that will get everyone in a patriotic mood.

4th **Musical fireworks**

EVENT: Annual July Fourth Concert

HOST: Rotary Club of Camden, Maine

WHAT IT BENEFITS: Local nonprofit organizations

WHAT IT IS: Enjoy a day of free performances from eight bands leading up to the grand finale of Fourth of July fireworks. Bring blankets and chairs, and you'll be all set for the pyrotechnics over Camden Harbor at dusk.

HISTORY OF THE ROTARY BELL

Rotary

In 1922, U.S. Rotarians organized an attendance contest; the challenge was that the losing clubs would join in giving the winning club a prize. The Rotary Club of New York City was declared the winner and to them was awarded as a prize a bell from a popular patrol boat, which was placed on wood that came from HMS "Victory", Admiral Nelson's vessel at the battle of Trafalgar.

Since then, the bell used in Rotary meetings started to represent, as on the ships, order, discipline and the time to guide us through the weekly hour and a half meetings. The bell informs us with its sound the beginning of the Rotary meeting, at which time people present should stand, same as at the end, in order to salute the national and Rotary flags. The gavel symbolizes the authority invested in the Rotarian elected to the highest position in Rotary, and through him, reminds those present of his authority. When presidents transmit their positions to their successors at the end of their mandate, they give the bell their last hit turning the gavel over to their successor, symbolizing the transfer of authority.

IN 1932, HERBERT TAYLOR, A ROTARY CLUB OF CHICAGO MEMBER, SAVED A FALTERING ALUMINUM COMPANY FROM THE BRINK OF BANKRUPTCY BY DISTINGUISHING ITSELF FROM THE COMPETITION BY DEVELOPING HIS 4-WAY TEST. THIS HAS BEEN A LITMUS TEST OF FAIRNESS, HONESTY, AND INTEGRITY. ROTARY ADOPTED THE 4-WAY TEST IN 1943 TO UNDERSCORE ITS VALUE OF BUSINESS ETHICS. THE 4-WAY TEST HAS LONG SERVED AS AN ETHICAL COMPASS FOR MEMBERS TO LIVE BY THEIR PERSONAL AND PROFESSIONAL RELATIONSHIPS.

THE VALUE OF





4-WAY TEST OF THINGS WE THINK, SAY OR DO

1. Is it the TRUTH? 2. Is it FAIR to all concerned? 3. Will it build GOODWILL and BETTER FRIENDSHIPS? 4. Will it be BENEFICIAL to all concerned?

HERBERT TAYLOR RI PRESIDENT 1954-55



NEWS RELEASE

Rotary announces US\$100 million to eradicate polio

EVANSTON, Ill. (June 10, 2019) — Rotary is giving US\$100 million in grants to support the global effort to end polio, a vaccine-preventable disease that once paralyzed hundreds of thousands of children each year.

The funding comes as Rotary and its partners in the <u>Global Polio Eradication Initiative</u> (GPEI) address the final—and most pressing—challenges to ending poliovirus transmission, and as Nigeria approaches three years without any reported cases of wild poliovirus, bringing the Africa region closer to polio-free status.

"We have the wild poliovirus cornered in the smallest geographic area in history, and now there are just two countries that continue to report cases of the wild virus," **said Michael K. McGovern, chair of Rotary's International PolioPlus Committee.** "As we work with our partners to apply innovative new strategies to reach more children, and embrace lessons learned thus far, Rotary is doubling down on our commitment to end polio for good. I'm optimistic that the end of polio is within our grasp, but we must remain vigilant in rallying global political and financial support as we push towards a polio-free world."

While there were only 33 cases of wild poliovirus reported in 2018, the last mile of eradication has proven to be the most difficult. Barriers to eradication--like weak health systems, insecurity, and mobile and remote populations--must be overcome. As long as a single child has polio, all children are at risk, which underscores the need for continued funding and commitment to eradication.

To support polio eradication efforts in endemic countries, Rotary is allocating half the funds it announced today to: Afghanistan (\$16.3 million), Nigeria (\$10.2 million), and Pakistan (\$25.2million). Additional funding will support efforts to keep vulnerable countries polio-free:

Rotary Info

• Chad (\$102,395)

Rotary

- Democratic Republic of the Congo (\$9.5 million)
- Ethiopia (\$2.6 million)
- Iraq (\$6 million)
- Kenya (\$6.3 million)
- Mali (\$1.2 million)
- Somalia (\$1.4 million)
- South Sudan (\$1.2 million)
- Syria (\$1.7 million)
- Yemen (\$2.1 million)

The <u>World Health Organization</u> (WHO) will receive \$1.3 million to conduct research, and will also receive support for surveillance activities in its Africa (\$10.9 million) and Eastern Mediterranean (\$4 million) Regions.

Rotary has committed to raising \$50 million a year to be matched 2-to-1 by the Bill and Melinda Gates Foundation, amounting to \$150 million for polio eradication annually. Rotary has contributed more than \$1.9 billion to fight the disease, including matching funds from the Gates Foundation, and countless volunteer hours since launching its polio eradication program, PolioPlus, in 1985. In 1988, Rotary became a spearheading partner in the Global Polio Eradication Initiative with the World Health Organization, UNICEF, and the U.S. Centers for Disease Control and Prevention. The Gates Foundation later joined. Since the initiative launched, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases in 1988 to 33 cases of wild poliovirus in 2018.

About Rotary

<u>Rotary</u> brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. We connect 1.2 million members from more than 35,000 Rotary clubs in almost every country in the world. Their service improves lives both locally and internationally, from helping those in need in their own communities to working toward a polio-free world. Visit <u>Rotary.org</u> and <u>endpolio.org</u> for more about Rotary and its efforts to eradicate polio.

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Contact: Audrey Carl, audrey.carl@rotary.org, 847-866-3424

Rotary Info



Rotary

Restoring the home of Rotary's founder

with Robert C. Knuepfer Jr.

2017-19 RI director; restoration project chair



You've been working on the restoration of Paul Harris' home in Chicago for several years. What does it look like now?

The exterior is mostly finished. We put a large addition on the back of the house that accommodates at least 40 to 50 people. We envision that any Rotary-centric organization, from Interact to Rotaract to Rotary clubs, could rent it as meeting space. We're still working to restore the interior to what it looked like in 1947 when Paul Harris passed away. He lived there from 1912 to 1947, so we are using old photographs to replicate the furniture and decor of the time. We will also display artifacts, like a baseball Paul Harris threw out at a Cubs game in the early 1900s.

Have there been any surprises during construction?

When we restored the kitchen to its original footprint, we discovered a staircase to the second floor. A subsequent owner had enlarged the kitchen and in doing so closed off the stairwell. We also found a small opening in the wall between the original kitchen and the living room. It was a little pass-through that the Harrises added so Jean could easily pass Paul his tea. A later owner had also remodeled the area above the enclosed porch to build a fourth bedroom. We took out that bedroom to restore the balcony where Paul Harris liked to sit outside. He loved nature. The homes in the area are on wooded lots, and there used to be a forested park across the street. It was an affluent neighborhood in the early 20th century.

Why is this project important to you?

From a historical perspective, this is an iconic residence. From an American point of view, it's the Mount Vernon of Rotary — the home of our first president. Many other early Rotary members also gathered there. Founding member Silvester Schiele lived directly behind Paul Harris, and it's said they wore a path between their back doors as they plotted the future of Rotary.

What do you need in order to finish?

Our fundraising goal is \$5 million. We need \$2 million to pay back loans and finish construction. The other \$3 million will be used to create an endowment that will maintain the property in perpetuity. We have already raised \$1.5 million, and we hope to raise the rest by the end of this year.

How can clubs help? There are many ways to participate financially – from modest gifts to major ones. There are also naming opportunities. For example, a club could buy an engraved brick to go in the driveway for \$1,000. Each room in the house is available for naming. The information is at paulharrishome.org. Members can also reach out to me directly at rknuepfer@rotaryone.club.

6 What do you hope people who visit the home will take away from the experience?

The knowledge that Rotary is the greatest humanitarian organization in the world. Restoring the home of our founder will allow generations of Rotarians — including those who have not even been born yet — to learn more about Rotary and see what life was like in the early 1900s, when the Rotary story began. That's a legacy that will last forever, and I hope others will agree and share in that vision. — VANESSA GLAVINSKAS

ALOHA Rotary

Discover the true spirit of *aloha* with people of action from all over the world at the 2020 Rotary International Convention in Honolulu, Hawaii, USA, 6-10 June 2020.

Take advantage of the limited-time registration rate of US\$395* from 1 to 5 June.

Register at riconvention.org.

*Registration must be paid in full between 1 and 5 June 2019 to receive the US\$395 rate.





RCCF on to South Korea





Induction of our Sister Club, The Rotary Club of Seosuwon of District 3750 South Korea









RCCF on to South Korea





RCCF on to South Korea





07-01-2019 1st RCCF General Membership Meeting





07-06-2019 District Governors Visit





38th Annual Induction and Handover Ceremonies





38th Annual Induction and Handover Ceremonies





38th Annual Induction and Handover Ceremonies











A day with Rotary Club of Seosuwon











Farewell Dinner with Rotary Club of Seosuwon









MYTHS BLOOD B DONATION

MYTHS

It's painful!

I won't have enough blood for myself if I donate.

> I may contract ×х a disease!

I'll be weak and unable to do anything after

××0 donating blood.

- -

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::

I don't have time blood donation is time consuming.

> I smoke, so I can't donate.

I have a tattoo, so I can't donate. $\dot{\mathbf{0}}$

There are enough donors, so I don't need to donate.





Donating blood is almost painless as local anaesthetic will be applied. You'll hardly feel a thing!

FACT



Only 8 to 12% of your blood is taken and your blood volume will be back to normal in about three days.



Donating blood is completely safe! All equipment used is sterile, disposable and used only once.



After blood donation, you can continue to do most of the things you would normally do! However, you should resume vigorous activities only the next day.



The entire process, including rest time, takes about 45 to 60 minutes.



There are no restrictions on smokers to donate blood.



If you have just gotten your tattoo, you should defer donations for at least 12 months (unless disposable needles were used) and you'll need to inform the attending doctor/nurse.



Oh yes you do! Every year, more than 100,000 units of blood are needed. We're going to need EVEN MORE as new hospitals open and our population grows older. By becoming a regular blood donor, you're helping to save lives!



Cebu Fuente Rotary Club

100% PAUL HARRIS CLUB in Rotary International District 3860 for RY 2016-2017



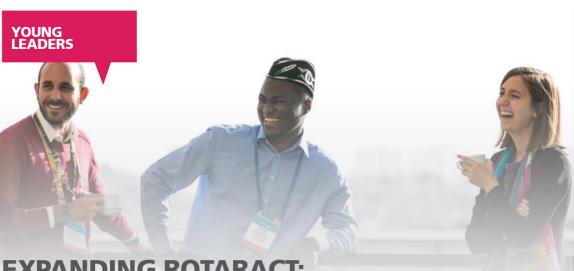


www.rccebufuente.org info@rccebufuente.org





Rotaract Corner



EXPANDING ROTARACT: HOW FAR HAVE WE COME?

Before this Rotary year began, RI President Barry Rassin set an ambitious goal to expand Rotaract.

Rotaractors have values that are similar to Rotarians' values — they serve their communities while strengthening their professional skills and networks. Sponsoring a Rotaract club can increase your club's impact, expand your influence, and bring more energy and passion into your club. Becoming involved in Rotaract is a fun, transformational experience for more than just the young leaders in your community — it will inspire and engage your Rotary club's members, too.

Rassin calls Rotaract "Rotary's secret weapon."

During the first six months of President Rassin's initiative to grow Rotaract, more than 650 new Rotaract clubs were chartered in 55 countries around the world. The countries with the most new clubs were Brazil, India, Philippines, and the United States. That's great progress, but we still need your help. Just 26 percent of Rotary clubs sponsor a Rotaract club. You can join the initiative and learn how to start and support a Rotaract club using these newly updated resources:

8 Rotaract Handbook

How to Start a Community-Based Rotaract Club online course

Facebook Live With President Barry Rassin

Begin the process of sponsoring a Rotaract club today. You'll be connecting a group of committed, enterprising young leaders with Rotary members who can help them turn their ideas into action.





Invite someone to become a





Rotarian today.

Join Rotary Club of Cebu Fuente









Spread the Word!

On the Spotlight



The Rotary Club of Cebu Fuente

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