

RCCF MEETS EVERY MONDAY @ 7:30 P.M. ESPANOLA, V. RANUDO ST. CEBU CITY

VOL XXXVIII NO.: \_\_\_\_\_ DATE: \_\_\_\_\_

# THE FOUNTAIN

CHARTERED OCTOBER 29, 1982

CLUB # 17104

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860



Kids with Cancer of Kytthe Foundation



Cebu Fuente  
**Rotary**  
Club



**ROTARY  
CONNECTS  
THE WORLD**





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District Governor



**PHILIP NERI ESTOCADA**  
Assistant Governor, Area 1D



**BARBETTE LOMINOQUE**  
District Secretary



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Ways & Means

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Past President





# 10<sup>th</sup> General Membership Meeting

Casino Español de Cebu, V. Ranudo St., Cebu City

October 7, 2019

Area of Focus: Economic and Community Development

Month

Vol. 38, No. 8

## 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.....Rtn. Kristoffer Llegunas
- Introduction of Rotarians / Spouses.....PP Teenie Tio
- Visiting Rotarians/Rotaractors/Guest

### PART 2

- Introduction of Guest Speaker
- Guest Speaker.....Dr. Tess Libron
- Topic: Breast Cancer 101
- Open Forum
- Presentaion of Token / Certificate
- 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

"In all our deeds, the proper value and respect for time determines success or failure."

- Malcolm X



Hosted by:  
PDG Me'anne Solomon

### INVOCATION

*Lord, before I go into this meeting, I place myself before You, for You are filled with beauty and light and care deeply about me. Help me to listen, before speaking. Help me to respect and understand the opinions of others. Help me to value and appreciate those I am about to meet. May Your light enfold me. May Your Spirit guide me. May Your grace abound in me. I make this prayer through Christ the Lord. Amen.*



# From Secretary's Desk

Atty. Manuel Climaco III  
Secretary, RY 2019 - 2020

## Attendance

ROTARY ID #	LAST NAME	FIRST NAME	10th 10/07	11th 10/21	12th 11/04	13th 11/11	Perfect Attendance
6726464	Abad	Jose Alfonso					
6581939	Abarintos	Conrado					
8794289	Abay-Abay	Emman Reyán					
9330462	Amago	Atty. Bernardino IV					
6218949	Amores	Maricel					
6207694	Bacalso	Cristina					
3362897	Barba	Richard					
6207695	Baring	Engr. Jesselito					
1166426	Calalang	Emmanuel					
9447387	Climaco	Atty. Manuel III					
10474763	Dondon	Don Marc					
2036342	Espina	Arch. Joseph Michael					
1166431	Gonzalez	Dr. Julio					
10411469	Icámen	Francis					
8942741	Inting	Arturo					
8944393	Jang	Pouly					
3516557	Karamihan	Dave John					
8599266	Kaufmann	Marina					
10411473	Libron	Dr. Tess Annette					
10234515	Llegunas	Dee Hora					
9804883	Llegunas	Kristoffer					
8794288	Lomanta	Atty. Lolita					
6726443	Pasion	Ma. Consolacion					
10410040	Ponce	Jose Marie					
6581937	Ramos	Geraldine					
8599268	Rimaz	Ma. Dolores					
5476140	San Pedro	Luz Filipinas					
8794286	Senerpida	Dr. Alain					
3264107	Solomon	Mary Anne					
8543450	Sulay	Kendrick					
9330558	Tesalona	Emmanuel					
6812215	Tio	Dr. Mary Christine					
5176670	Torres	Arch. Manuel, Jr.					
10410033	Yared	Patrick					
<b>TOTAL PERCENTAGE</b>							

### BIRTHDAYS

October 24 Marlene Torres  
October 17 Tito Solomon

### WEDDING ANNIVERSARIES

October 10 Kristoffer & Dee Hora Llegunas  
October 18 Jose Alfonso & Mary Grace Abad  
October 21 Emmanuel & Nanette Calalang  
October 25 Joseph Michael & Sandra Espina







# Presidents Message



We ended our Peace and Conflict resolution month by having a successful joint project in Tacloban City with our sister club, Rotary Club of Central Tacloban.

The turnover of PNP post was inaugurated by no other than our District Governor Philip Tan and PNP Region VIII Station Commander PMAJ Jesus Rico Esoy. Also present were DGE Rizel Reyes and some district officers of 3860 as well as different clubs from Tcaloban City.

A memorandum of agreement was duly signed by both clubs in partnership with Savers Depot Tacloban branch and PNP Region VIII in order to maintain the facility and be functional in promoting peace and order within the area. We hope through this project the community will be a safer place to live in.

As we celebrate the Pink October month as breast cancer awareness, let us salute all brave women who continue to fight this deadly disease in their lives.

Let us acknowledge our partners in all the activities for this month in order for us to be one in spreading the awareness of breast cancer.

May we continue our advocacy on spreading awareness and campaign to educate people on the importance of early screening and test. With this, women will become more diligent in visiting their doctors because early detection can truly save lives.



**KENDRICK S. SULAY**  
President, RY 2019-2020

# President's message

Dear fellow Rotarians and members of the family of Rotary,

Rotary's long-term, sustained battle against polio has defined our organization for decades. We have a right to be proud of all that we have accomplished through the years.

Our progress is real and noteworthy. In 1988, polio was endemic in 125 countries, with more than 350,000 new cases a year worldwide. Since then, Rotary and our Global Polio Eradication Initiative partners have reduced the incidence of polio by more than 99.9 percent, vaccinated more than 2.5 billion children against the virus, and prevented 18 million cases of paralysis. Over the years, Rotary has helped country after country move into the polio-free column. This includes India, which some considered impossible not long ago. Of the three types of poliovirus, type 2 has been eradicated and type 3 could soon be certified as eradicated. Nigeria has not reported a case of wild poliovirus in nearly three years. If this trend holds, we will be down to just one type of wild poliovirus in only one section of the world, Afghanistan and Pakistan.

There are major challenges in that region. But it is crucial that we remain optimistic. Look at all that we have accomplished so far. This is no time to get discouraged or to think that the task is impossible. We will end polio forever, but only if we remain steadfast and vigilant. World Polio Day is a time for Rotarians from all over the globe to come together, recognize the progress we have made in our fight against polio, and plan the action we must take to end polio forever. The key word is action, because we still have important work to do.

This year, we want to see as many Rotary clubs as possible holding World Polio Day events around the world. Need some ideas? How about organizing a viewing party for friends and club members to watch Rotary's Online Global Update? You could also dedicate a club meeting to World Polio Day or create a fundraising event. Remember, every dollar raised is matched 2-to-1 by the Bill & Melinda Gates Foundation.

Once you have created an event, register it at [endpolio.org/register-your-event](https://endpolio.org/register-your-event). Then promote it using the World Polio Day toolkit, available at [endpolio.org/world-polio-day](https://endpolio.org/world-polio-day).

Mark your calendar to tune in to Rotary's World Polio Day Online Global Update on 24 October. This year we will stream our program on Facebook in multiple time zones around the world. Visit the Rotary International Facebook page to RSVP to your region's program. And do not forget to follow the event on social media and share it with your network.

When we reach our goal, polio will become only the second human disease eradicated on the planet, and Rotary will receive international acclaim. But what matters most is the children who will never again have to face this terrible, disabling virus. Rotary must continue to connect the world in the effort toward polio eradication. It is up to us. Let us finish the job.



*Mark and Gay Maloney along with RI director of PolioPlus Carol Pandak during Rotary's record-breaking Sydney Harbour Bridge climb. The climb raised money for polio eradication and broke two world records (at the time): the most flags flown on a bridge (278 flags) and the largest number of climbers on the Sydney Harbour Bridge at one time (340 people).*

  
MARK DANIEL MALONEY  
President, Rotary International







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

*Ni hao*, Rotarians!

Friends, World Polio Day is this month and we are facing a major challenge. The news out of Afghanistan and Pakistan tells us that we have more work to do. It tells us that polio will not die out quickly or easily.

Most of all, it tells us that we are needed now more than ever. Success will require us to remain steady and show that there is no time limit to our commitment. We are in this to the end, and we will conquer this terrible disease. We will give life back to children and families, and restore hope to communities.

We are fortunate to have great friends in the Global Polio Eradication Initiative — including the Bill & Melinda Gates Foundation, which continues to match every donation 2-to-1. We have already eradicated wild poliovirus type 2, and type 3 could soon be wiped out. India is polio-free. All of Africa may soon be polio-free.

The most important factor in ending polio forever is you. The people of Afghanistan and Pakistan have faced so much hardship in recent years. Polio is just one more challenge. To them, it could all feel overwhelming. But not to Rotarians. We do not feel overwhelmed. We feel challenged, and, as people of action, we rise to challenges.

In the words of Confucius: “If one is virtuous, one will not be left to stand alone. It is certain that associates of like mind will come and join with one.” In Rotary, we understand these words very well. When we say “Service Above Self,” we take a stand for this virtue. We know that our like-minded brothers and sisters around the world will join us. We have been drawn together by our need to do good in the world.

We can rid the world of a disease forever. And you will be the ones to do it, through your continued commitment and generosity.

Be a part of history! Help us overcome the final hardship, the final challenge. Make your donation at [endpolio.org/donate](http://endpolio.org/donate).

**Gary C.K. Huang**  
 FOUNDATION TRUSTEE CHAIR

# General Officers of Rotary International 2019-20

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**MARK DANIEL MALONEY** Decatur, Alabama, USA

## Vice President

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**RAFAEL M. GARCIA III** Pasig, Philippines

**JAN LUCAS KET** Purmerend, Netherlands

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**BHARAT S. PANDYA** Borivli, India

**KAMAL SANGHVI** Dhanbad, India

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**STEPHANIE A. URCHICK** McMurray, Pennsylvania, USA

**PIOTR WYGNAŃCZUK** Gdynia, Poland

**JOHN P. HEWKO** General Secretary  
 Kyiv, Ukraine

# Trustees of The Rotary Foundation 2019-20

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## Vice Chair

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**SANGKOO YUN** Sae Hanyang, Korea

**JOHN P. HEWKO** General Secretary  
 Kyiv, Ukraine

# Grouping Assignments

## JULY- Rotary New Year

Kendrick Sulay

Butch Climaco

Emmie Tesalona

## JANUARY-Vocational Service

Ging Lomanta

Inday Rimaz

Tess Libron

## AUGUST-Membership & New Development

Rady Abarintos

Dina Ramos

Dee Llegunas

## FEBRUARY-Peace & Conflict, Prevention/Resolution

Dick Barba

Manny Calalang

Sol Pasion

## SEPTEMBER-Basic Education & Literacy

Yumi Espina

Jun Torres

Julio Gonzales

## MARCH-Water & Sanitation

Jessie Baring

Joal Abad

Pouly Jang

## OCTOBER-Economic & Community Development

Meanne Solomon

Tope Llegunas

Teenie Tio

## APRIL-Maternal & Child Health

Tina Bacalso

Marina Kauffman

Newly Inducted Rotarian

## NOVEMBER-Rotary Foundation

Alain Senerpida

Don Marc Don don

Dave Karamihan

## MAY-Youth Service

Emman Abay-Abay

Jomar Ponce

Patrick Yared

## DECEMBER-Disease Prevention & Treatment

Maricel Amores

Bernz Amago

Lulu San Pedro

## JUNE-Rotary Fellowship

Newly Inducted Rotarian

Antong Inting

Francis Icamen



# Calendar of Activities

<b>SEPT 2019</b>	<b>Basic Education &amp; Literacy</b>
Sunday, September 01, 2019	Civil Service Run
Monday, September 02, 2019	<b>6th GMM Meeting (discuss Oct projects)</b>
Saturday, September 07, 2019	
Saturday, September 07, 2019	GRANT Management Seminar @ Casino Espanol
Monday, September 09, 2019	<b>HOLIDAY</b>
Saturday, September 14, 2019	
Sunday, September 15, 2019	<b>DISTRICT MANGROVE TREE PLANTING</b>
Monday, September 16, 2019	<b>8th GMM Meeting-Bowling Fellowship FINALS</b>
Friday, September 20, 2019	ALIVE-United Nations Int'l Day of Peace Celebration (SM Seaside 1pm-4pm)
	RC-Subic freebay port Induction
Saturday, September 21, 2019	Anti Bullying Seminar Project <i>(for discussion with Atty Ging)</i>
Monday, September 23, 2019	<b>9th GMM Meeting</b>
Saturday, September 28, 2019	Turnover of PNP OUTPOST joint project of RCCF and RC-Tacloban
Monday, September 30, 2019	<b>1st BOD Meeting</b>
<b>OCT 2019</b>	<b>Economic &amp; Community Development</b>
Tuesday, October 01, 2019	PINK OCTOBER ACTIVITIES
Saturday, October 05, 2019	CANCER CHAT IN AYALA / Pink Lighting in Rustans
Monday, October 07, 2019	<b>10th GMM Meeting (discuss Nov projects)</b>
Saturday, October 12, 2019	Pink Tent
Monday, October 14, 2019	OB-GYNE Free Clinic <i>(tentative date)</i>
Monday, October 21, 2019	<b>11th gmm meeting CHARTER ANNIVERSARY-Oakridge Executive Lounge</b>
October 24, 2019	World Polio Day- DISTRICT PATAK ACTIVITY
October 28, 2019	Pink Mass
October, 2019 (All Tues & Thurs)	Free Breast Screening and Consultation (SM City Cebu)
October, 2019 (All Fridays)	Free Breast Screening and Consultation (Robinsons Galleria)
October, 2019 (All Saturdays)	Free Breast Screening and Consultation (Parkmall)
<b>NOV 2019</b>	<b>Rotary Foundation</b>
Monday, November 04, 2019	<b>12th GMM Meeting (discuss Dec projects)</b>
Friday, November 08, 2019	<b>TRF Recognition Dinner night</b>
Saturday, November 09, 2019	RC-Cebu Fuente month in Perpetual soccur hospital (partnership with perpetual soccur) free gyne consultation & free charity case operaition of uterus & ovary problems
Monday, November 11, 2019	<b>13th GMM Meeting-Fellowship</b>
Saturday, November 16, 2019	Kythe foundation Family day
Monday, November 18, 2019	<b>14th GMM Meeting</b>
Saturday, November 23, 2019	Drug Addiction & Depression Awareness Seminar <i>(tentative date)</i>
Monday, November 25, 2019	<b>2nd BOD Meeting</b>

# Speaker's Profile



**TESS ANNETTE SERRATO-LIBRON, M.D.**  
**Surgical Oncologist**  
**General & Laparoscopic Surgeon**

## EDUCATION

**CEBU INSTITUTE OF MEDICINE**  
**Doctor of Medicine – Year 2004**

**CEBU VELEZ COLLEGE**  
**Bachelor of Science in Medical Technology -**  
**Year 2000. Cum Laude**

**LIDE LEARNING CENTER DE LA SALLE-INC.**  
**Elementary- Secondary Education, year 1996.**  
**Valedictorian**

## POST-GRAD AND SUB / SPECIALTY STUDIES

**ST. LUKE'S MEDICAL CENTER, 2012-2013**  
**SURGICAL ONCOLOGY Fellowship. Chief Fellow, 2013**

**VICENTE SOTTO MEMORIAL MEDICAL CENTER, 2011**  
**General Surgical Residency**

**CEBU VELEZ GENERAL HOSPITAL**  
**PERPETUAL SUCCOUR HOSPITAL, 2006–2010**  
**General Surgery Residency. Chief Resident 2008-2010**

## PROFESSIONAL INFORMATION

Fellow, Philippine Society of Breast Surgeons	
Director of the Board, Phil. College of Surgeons- Cebu Eastern Visayas	(2017- present)
Board Member/Officer, Phil. Society of General Surgeons, Inc.- Cebu-Eastern Visayas	(2017-present)
Fellow, Surgical Oncology Society of the Philippines	(2016-present)
Fellow, Philippine College of Surgeons	(2015-present)
Fellow, Philippine Society of General Surgeons, Inc	(2015-present)
Fellow, Philippine Association of Laparo-Endoscopic Surgeons	(2015-present)
Lifetime member, Endoscopic and Laparoscopic Surgeons in Asia	(2015-present)
Charter Member, Philippine Breast Cancer Society	(2013-present)
Associate Fellow, Philippine Society of Ultrasound for Surgeons	(2012-present)
Member, Association of Women Surgeons of the Philippines	(2013-present)
Associate International Member, Assoc. Of Women Surgeons	(2013-2014)
Member, Philippine Medical Association	(2006-present)
Member, Cebu Medical Society	(2006-present)
Diplomate, Philippine Board of Surgery	(2012)

# Speaker's Profile

## OTHER ORGANIZATIONS

Officer, Medical Alumni Association of Perpetual Succour Hospital	(2015-present)
Total Outreach for Community Help, Inc. (TORCH, Inc.)	(2000-present)
Association of Surgical Residents- Cebu Eastern Visayas Chapter	(2006-2010, Officer :2009, 2010)
Member, All-Terrain Medical Relief Organization (A.M.R.O.)- Cebu	(2010-present)

## HOSPITAL/ MEDICAL FACILITY AFFILIATION

Perpetual Succour Hospital.  
Chong Hua Hospital- Fuente.  
Chong Hua Hospital-Mandaue.  
University of Cebu Medical Center.  
MAAYO.  
St. Luke's Medical Center-Quezon City.  
St. Luke's Medical Center-Global City.

## PUBLISHED PAPERS

Primary Mesenteric De-Differentiated Liposarcoma: A Case Report & Review of Literature.  
Philippine Journal of Oncology, Volume 12, December 2012

Results of Different Treatment Strategies for Peritoneal Carcinomatosis Arising From Primary  
Non-Gynecologic Malignancies with Emphasis on the Impact of Adding Targeted Agents to  
Systemic Chemotherapy on Survival Outcomes. Philippine Journal of Oncology, Volume 12, December 2012

A Pilot Study on the Outcome of Cytoreductive Surgery with Hyperthermic Intraperitoneal Chemotherapy as a Treatment  
Strategy in Peritoneal Carcinomatosis at St. Luke's Medical Center: A Two-Year Experience. Asian Oncology Summit 2014 &  
10th Annual Conference: Org. for Oncology and Translational Research



## Vocational Training Team helps with Autism

By Sandra L. Espina,

Vocational Training Team Member, Philippines

Source: <https://blog.rotary.org/2019/09/26/vocational-training-team-helps-with-autism/#more-10099>



The vocational training team from District 3860. Sandra Espina second from right.

Restless, finicky, speech delay ... these are just some of the common adjectives used to describe people with autism. I am a mother of a 21-year-old boy who has autism. Zachary is a typical child with autism (CWA) who struggles to develop language skills and has restrictive, repetitive behavior. It has been a process of realization:

My special boy has never rushed home from school to tell me a story of what silly thoughts transpired from the day or asked endless “why” questions.

There are no loads of homework to manage at night nor report cards to gauge learning skills; unlike his two older siblings.

Instead, he flaps, rocks back and forth, and smiles when he is happy

In the course of this, we veered away from traditional education and focused more on what really matters to him – special school, therapy that suits his special needs, and activities that are purposeful and foremost to his well being.

I have been a volunteer of a parents foundation that manages the Responsive Education for Autistic Children center. I have been a shoulder for parents to lean on and have witnessed how these special kids struggle each day to lessen their deficits in social communication and behavior.



Sandra Espina and her son

During the 1970's, the Treatment and Education of Autistic and Communication Handicapped Children (TEACCH) researched program was formed at the University of North Carolina. In August of 2017, I had the opportunity to be a part of the TEACCH training program through a vocational training team sponsored by Rotary District 3860 (Cebu, Philippines) and District 7600 (Virginia, USA). In addition to myself, the team included another mother of a child with autism who is a medical specialist and our Rotarian team leader.

The TEACCH Method has helped children at our center and their families learn how to become functional in life and experience progress in their daily activities. It promotes meaningful engagement in activities, flexibility, independence and self-efficacy. And it helps children with autism have a better understanding of their surroundings.

This vocational training experience has helped me as a mother, a volunteer, and as a program director at the center to apply what I have learned from TEACCH in our center and to thousands of public school teachers, therapists, parents, and government health workers in our city.

I am forever grateful for Rotary and their efforts to help those with autism.

**4**  
**QUESTIONS**  
**ABOUT**



# Our new strategy to end polio with John Sever

International PolioPlus Committee vice chair

## 1 Why do we need a new strategy?

The Global Polio Eradication Initiative's (GPEI's) previous strategic plan was from 2013 to 2018. We achieved many important things: Wild poliovirus type 2 was declared eradicated in 2015; wild poliovirus type 3 was last seen in 2012, giving us high confidence that it's no longer circulating; no wild poliovirus has been detected outside Afghanistan and Pakistan since 2016. But the clear factor in creating the new Polio Endgame Strategy 2019-2023 is that we have not yet achieved complete eradication.

The new plan has three goals. The first goal is eradication. Second, integration — collaboration with other public health actors beyond the GPEI to strengthen health systems to help achieve and sustain eradication. Then, certification and containment — we have to prove through surveillance that we have interrupted the transmission of the poliovirus, and we have to be able to show that the virus in laboratories either has been destroyed or is appropriately contained.

## 2 The GPEI's five-year budget to execute this is \$4.2 billion. Why does it cost so much?

Every year, we have to vaccinate more than 450 million children in up to 50 countries to prevent the spread of polio from the endemic areas. In addition to the children in Pakistan

and Afghanistan, we are immunizing children all over Africa and Asia. So we have to have a lot of people out there to help immunize, and that costs money. We have to have the vaccine, and that costs money. And we have to maintain and pay for sizable quantities of vaccine in case of an outbreak, and that costs money. Then we have to investigate about 100,000 cases of paralysis each year to rule out polio. We have to continue surveillance — looking for cases of polio to be sure we are not missing cases in certain areas. We need to test sewage samples in 34 countries to ensure that the poliovirus is not circulating undetected. And all of those things cost money. It's a significant expense every year to maintain that level of performance.

## 3 What strategies are in this plan?

One key element is establishing a regional hub for Afghanistan and Pakistan to consolidate our efforts and increase technical support. We're also focusing on mobile and hard-to-reach children — children who are crossing borders, riding on trains, and coming out of areas where our access has been restricted. We are developing rapid-response teams and surge capacity so if the virus is detected, our response can be swift and intense. We're working with other actors such as Gavi, the Vaccine Alliance, to help

strengthen immunization systems. And we're delivering additional services such as clean water, nutrition, health, and sanitation, because often the local people say we're always coming back to immunize against polio, but what about their other problems?

## 4 What can Rotarians do to ensure that the plan is successful?

The No. 1 thing is to continue to support the program. We have a \$3.27 billion funding gap. We will need Rotarians to make direct donations as well as to advocate with their governments and other groups for their support so that we can continue to do all of the immunizations and surveillance we've been talking about. Rotarians in countries where active polio eradication efforts are underway need to continue helping with these efforts and immunizing children. They need to keep advocating with their governments to continue to support polio eradication.

### MAKE THE PLAN A REALITY

Help close the \$3.27 billion funding gap. Rotary's goal is to continue raising \$50 million annually to be matched 2-to-1 by the Bill & Melinda Gates Foundation. Make your donation at [endpolio.org](http://endpolio.org).





# OCTOBER events

## 6<sup>th</sup> Fall into the season

**EVENT:** Unadilla Autumn Fest 2019

**HOST:** Rotary Club of Unadilla, New York

**WHAT IT BENEFITS:** Local community projects

**WHAT IT IS:** Nothing says "autumn" like a corn maze and pumpkin painting at a working farm. Work up an appetite, then satisfy it at food trucks, a farmers market, and a "local taste" tent. The fest also features live music and children's activities.

## 12<sup>th</sup> Prost!

**EVENT:** Oktoberfest

**HOST:** Rotary Club of Quincy, Illinois

**WHAT IT BENEFITS:** Local projects

**WHAT IT IS:** This celebration has everything you expect from Oktoberfest and more. There is a 0.2K Beer & Brat Dash (yes, you read that right — only 0.2 kilometer, or about 220 yards) for those looking to burn a calorie or two. You can also tour the tunnels and caverns under the historic Dick Brothers Brewery.

## 19<sup>th</sup> Here for the beer

**EVENT:** Flemington BeerFest

**HOST:** Rotary Club of Flemington, New Jersey

**WHAT IT BENEFITS:** Local scholarships

**WHAT IT IS:** Craft beer lovers can taste a wide variety of brews at this fest. Those less inclined to the suds can enjoy spirits and wine. Live music and food vendors make it a party you won't want to miss.

## 26<sup>th</sup> Run for the cakes

**EVENT:** Celebration Rotary Club Annual Pancake Run

**HOST:** Rotary Club of Celebration, Florida

**WHAT IT BENEFITS:** Local organizations that support women and children

**WHAT IT IS:** This 21st annual race that takes runners through various neighborhoods and lovely scenery culminates in a carbohydrate celebration complete with a DJ, a kids area, an awards ceremony, and lots of pancakes.

## 31<sup>st</sup> A happier Halloween

**EVENT:** More Delightful Than Frightful

**HOST:** Rotary District 5840 (Texas)

**WHAT IT BENEFITS:** San Antonio Food Bank and local youth

**WHAT IT IS:** Children ages 12 and under and special-needs individuals of all ages are invited to trick-or-treat in their "more delightful than frightful" costumes at Morgan's Wonderland, a completely wheelchair-accessible theme park in San Antonio. Rotarians will hand out treats.

Tell us about your event. Write to [rotarian@rotary.org](mailto:rotarian@rotary.org) with "calendar" in the subject line.



Breakout Session | Nov 30 | 3-5PM

# The Challenges of Attracting Young Professionals into Rotary

AVAIL OF THE SPECIAL DISCOUNT  
FOR ROTARACTORS  
CONTACT THE SECRETARIAT



HEAR WHAT  
THEY HAVE  
TO SAY

HEAR FROM THE  
ROTARACTORS  
THEMSELVES  
WHY ONLY  
A FEW OF THEM  
JOIN ROTARY CLUBS!

LET'S PICK  
THEIR  
MINDS!

2019 NOV 29 TO DEC 01 • MARRIOTT GRAND BALLROOM  
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US\$ **280**  
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ROTARIAN + SPOUSE

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Online Registration Only ||| No On-Site Registration



# A Dose of Positive Thoughts



## MARICEL BORRROMEO-AMORES GML Editor -In-Chief, District 3860 President, RY 2017-2018

Laughter is the best medicine as everyone says and this author totally agrees. Hence, along these lines, we take a pause on featuring quotes and in its place we have these comic strip jokes . The benefits of laughter are many – just check it out down below:

**Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

**Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can



Laughter is the Best Medicine, <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>



## 09-23-2019 9th RCCF GMM





## 09-29-2019 Paint it Pink





## 10-01-2019 Pink Room





## 10-03-2019 Pink Facade Lighting in Rustans



# HONOR

# WORLD

# POLIO DAY

## 24 OCTOBER 2019

### One Day, One Focus: Ending Polio

Mark your calendar to tune in for Rotary's  
Online Global Update on 24 October.  
RSVP today on the Rotary International  
Facebook page.



**END  
POLIO  
NOW**



**END  
POLIO  
NOW**



**COUNTDOWN TO  
HISTORY**

Rotary





**END  
POLIO  
NOW**

भारत में  
को चोट नही दे रहे हैं।  
को नहीं जो जात-घात व घर्ष में भेद  
मिलानसार उम्मीदवार को चोट दे।

**SUPPORT**   
**THE COUNTDOWN**  
**TO HISTORY**

"When the story of polio eradication is written, it will be about millions of individuals linking arms and persevering in the face of innumerable setbacks. Rotary laid the foundation with its unwavering sense of purpose and its belief that anything is possible if you put your mind and body to it." — Bill Gates

**LET'S FINISH THE JOB.**  
**WE CAN WIN THIS LANDMARK**  
**VICTORY WITH YOUR HELP.**



# TRIPLE YOUR IMPACT



For the next three years, the Gates Foundation will match every \$1 Rotary commits to polio eradication 2-to-1, up to \$50 million per year.

Your  
Donation  
**\$25**

+

The Bill & Melinda  
Gates Foundation  
**\$50**

=

Total Contribution  
to Fight Polio  
**\$75**

Which can purchase:

**150**

vests for volunteers,  
to help health workers  
stand out in a crowd and  
safely administer vaccines

**75**

vaccine carriers to keep  
the polio vaccine cool  
and effective

**600**

purple finger markers to  
mark children's pinkies  
to show they've been  
immunized

## HOW TO HELP



Learn.



Share.



Donate.

[endpolio.org](http://endpolio.org)

Donate Now





**END  
POLIO  
NOW**

# TOP 5 REASONS TO ERADICATE POLIO

**1 THE HUMAN COST:** If we choose to control polio rather than eradicate it, the virus could rebound and cause 200,000 cases annually in the next 10 years.

**2 IT'S ACHIEVABLE:** We have effective vaccines to end polio and the means to reach all children.

**3 IT'S A GOOD INVESTMENT:** An independent study published in the medical journal Vaccine estimates that the return on the global investment in a polio-free world will reach \$40 to \$50 billion within the next 20 years.

**4 IT STRENGTHENS THE SYSTEM:** Our polio eradication efforts have established an active global disease surveillance network that is being used for other health interventions, such as measles vaccinations, deworming tablets, and mosquito bed nets.

**5 IT SETS THE STAGE:** The ability to reach all children with the polio vaccine is proof that we can succeed in our next major global health initiative.



[WWW.ENDPOLIO.ORG](http://WWW.ENDPOLIO.ORG)





**SHARE  
ALOHA  
WITH 'OHANA**

Honolulu, Hawaii, USA | 6-10 June 2020  
Register today at [riconvention.org](http://riconvention.org)

Rotary 



**HONOLULU  
HAWAII 2020**



Cebu Fuente  
**Rotary**  
Club



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





Cebu Fuente  
**Rotary**  
Club



**ROTARY  
CONNECTS  
THE WORLD**

**END  
POLIO  
NOW**

**[www.rccebufuente.org](http://www.rccebufuente.org)**  
**[info@rccebufuente.org](mailto:info@rccebufuente.org)**





# THANK PINK

*When you get a drink*



Order a  
**PINK LEMONADE**  
and contribute to  
Mammograms for  
Indigent Women

The Lemon Co. in partnership with the Rotary Club of Cebu Fuente, Rotary Club of Metro Mandaue 2006 and the I Can Serve Foundation is raising awareness for breast cancer. A portion of Pink Lemonade purchases for October will contribute to Mammograms for Indigent Women.



Cebu Fuente  
**Rotary**  
Club 

Metro Mandaue 2006  
**Rotary**  
Club 





FREE BREAST CANCER SCREENING • EVERY FRIDAY • 3PM TO 6PM

SALE

Participating Stores:

BURTON  
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DOROTHY PERKINS



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True Value.

# savers depot

GIVING VALUE TO YOUR HOME

## Shop Now, Buy our Tiles and Save Lives.

A certain percentage of your tiles  
purchase from October 1 to 31  
in all our branches will be donated to  
Icanserve Foundation, Inc.



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**THINK  
PINK**  
**OCTOBER BREAST  
CANCER**  
AWARENESS MONTH

Visit our Branches at:

• **MAIN OFFICE & SHOWROOM**

E.O. Perez St., NRA Mandaue City, Cebu 6014  
Telefax Nos: +63 32 4226221/6223

• **TACLOBAN BRANCH**

Sagcahan, Brgy. 96,  
Tacloban City, Leyte 6500  
Telefax Nos: +63 53 8880842

• **MACTAN BRANCH**

Brgy. Basak, Lapu-Lapu City, Cebu 6015  
Telefax Nos: +63 32 4940182/2801

• **ORMOC BRANCH**

Hermosilla Drive, Brgy. District 26,  
Ormoc City, Leyte 6541  
Telefax Nos: +63 32 561-2761

• **TALAMBAN BRANCH**

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Talamban, Cebu City 6000  
Telefax Nos: +63 32 4010998/2389728

• **SOGOD BRANCH**

Brgy. Zone 5, Sogod So., Leyte 6606  
Telefax Nos:



Cebu Fuente  
**Rotary**  
Club



IN COOPERATION WITH



# OAKRIDGE 2019 **Pink Tent**

C E L E B R A T E L  F E

**A PRE-CHRISTMAS BAZAAR FOR A CAUSE**

OCTOBER 12, 2019 | SATURDAY | 9:00 AM - 9:00 PM  
**OAKRIDGE PAVILION, OAKRIDGE BUSINESS PARK**  
A.S. FORTUNA ST., BANILAD, MANDAUE CITY, CEBU

For More Information Please Contact  
Fely Atienza: 0928 500 9102  
Myres Llido: 0917 328 9356



# SUPPORTS PINK OCTOBER *Breast Cancer Awareness Month*



**₱170.00**  
*only*

30% will be  
donated to  
the foundation

*Help Save Lives!*

**₱150** BALLPEN WITH  
MINI NOTEPAD

**₱100** BUTTON  
PINS

PROCEEDS GOES TO  
THE FOUNDATION



# Sip & Drink

Supported By



All donations will be donated to the Breast Cancer advocacy program of ICanServe Foundation, Inc.



## EduCareAvan at Barrio Luz Night High School, Cebu City





# Invite someone to become a

The  
**Rotary**  
Foundation



# Rotarian today.

## Join Rotary Club of Cebu Fuente



# Spread the Word!

