

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

VOL XXXVIII NO.: _____ DATE: _____

THE FOUNTAIN

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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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12th General Membership Meeting

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

November 11, 2019

The Rotary Foundation Month

Vol. 38, No. 10

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. Patrick Yared
 - Introduction of Rotarians / Spouses.....Dir. Jomar Ponce
 - Visiting Rotarians/Rotaractors/Guest

PART 2

- Introduction of Guest Speaker
- Guest Speaker.....Jovie Gil Montajes
Light of Hope PH
- Topic: Solderless Solar Night Lamps in a Bottle Workshop

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

"Don't focus on negative things; focus on the positive, and you will flourish."

- Alek Wek



Hosted by:

PP Alain Senerpida

INVOCATION

Almighty God, as Rotarians we have each accepted a responsibility far beyond our ability to complete fulfill. We ask for Your blessings upon our club and its activities. Help us to select and engage ourselves in activities that meet the Four Way Test and that our conduct might be exemplary when dealing with those around us. Amen.



From Secretary's Desk

Atty. Manuel Climaco III
Secretary, RY 2019 - 2020

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	12th 11/11	13th 11/18	14th 11/25	15th 12/02	Perfect Attendance
6726464	Abad	Jose Alfonso					
6581939	Abarintos	Conrado					
8794289	Abay-Abay	Emman Reyan					
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					
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					
	Ong	Jason					
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					
	Tarte	Reina Fe					
9330558	Tesalona	Emmanuel					
6812215	Tio	Dr. Mary Christine					
5176670	Torres	Arch. Manuel, Jr.					
	Uy	Stephen Henry					
10410033	Yared	Patrick					
TOTAL PERCENTAGE							

BIRTHDAYS

November 02
November 18
November 20

Sandra Espina
PDRR Jan Bascon
Rtr. Erika Tan

November 22
November 22

Marivic Barba
Rtr. Junry Anaras





Presidents Message



As we celebrate the Rotary Foundation for this month, let me extend my congratulations to all members who contributed to The Rotary Foundation most especially to those who continued to be Paul Harris Society and Major Donors.

Thru our support in the Rotary Foundation, we can help those who are in dire need of help and those who were neglected by the society. These acts of charity are the highest expression of their love of God and His people.

As we are saddened by the return of polio cases in some parts of our country and has threatened once again the lives of many children, rotary as the primary organization who has helped in its eradication has continued to let the public be aware of the dangers of polio thru many activities like the Walk to End Polio last Oct 20- and the Patak Vaccination in Bgy Luz last Oct 23.

We thank all who have supported Pink October activities. You had in one way or another helped many in the awareness and treatment of breast cancer who plagues women in different ages. Last month has wonderfully ended with a successful and fun Charter Anniversary.

May our club stay strong and continue to pursue it's goal in serving humanity above self.

Thank you!



KENDRICK S. SULAY
President, RY 2019-2020



President's message

Dear fellow Rotarians and members of the family of Rotary,

Rotary Day at the United Nations, which we celebrate each November, is an important reminder of the historic relationship between our organizations. But this year's event is even more important than usual, because we are building up to the 75th anniversary of the signing of the UN Charter in June 2020.

You might ask, why celebrate this anniversary? For Rotary, it is entirely appropriate, because we played such a critical leadership role in the San Francisco Conference that formed the United Nations in 1945. Throughout World War II, Rotary published materials about the importance of forming such an organization to preserve world peace.

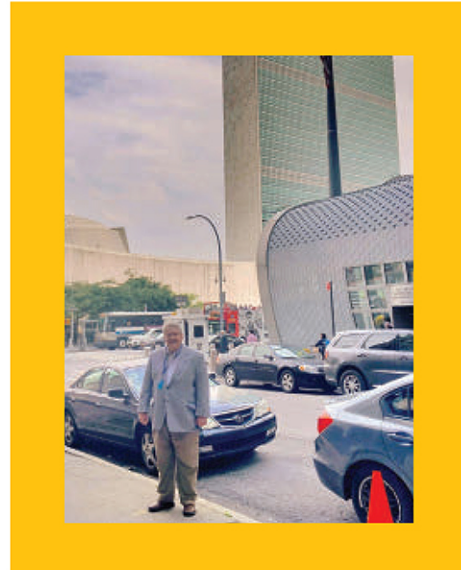
Not only did Rotary help influence the formation of the UN, but this magazine also played a leading part in communicating its ideals. Rotary educated members about plans to create the UN through numerous articles in *The Rotarian* and through a booklet titled *From Here On!* When the time came to write the UN charter, Rotary was one of 42 organizations the United States invited to serve as consultants to its delegation at the San Francisco Conference.

Each organization had seats for three representatives, so Rotary International's 11 representatives served in rotation. The people officially representing Rotary included the general secretary, the current and several past presidents, and the editor of *The Rotarian*. In addition, Rotarians from Africa, Asia, Australia, Europe, and North and South America served as members of or consultants to their own nations' delegations.

We have a deep and lasting relationship with the UN that deserves to be celebrated and appreciated. To recognize this relationship, Rotary will host five special events between now and June: Rotary Day at the UN in New York on the 9th of this month; three presidential conferences next year in Santiago, Chile, in Paris, and in Rome; and a final celebration just before the Rotary International Convention in Honolulu.

The focus on the UN in the year ahead is not only about the past; it also lights a path to our future. There are so many parallels between the work we do through our areas of focus and the work of the UN Sustainable Development Goals. While those goals are indeed incredibly ambitious, they provide inspiration and direction — and are similar to many Rotary goals, which have proven to create lasting, positive change in our world. The goals can be achieved, but only if undertaken with the same long-term commitment and tenacity that Rotary understands so well. Alone, we cannot provide clean water for all, we cannot eliminate hunger, we cannot eradicate polio. But together with partners like the United Nations, of course we can.

Please consider attending one of our five UN celebrations. I look forward to sharing news of these special events with you throughout the year.



Rotary President Mark Daniel Maloney outside the United Nations headquarters in New York City.


MARK DANIEL MALONEY
President, Rotary International





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

Ni hao, Rotarians!

We just had our first-ever fundraiser in Taiwan for The Rotary Foundation — and it was a great success.

The Taiwan AKS Members Association organized the event in August in Taipei. We were treated to an inspirational speech by Ravishankar Dakoju of the Rotary Club of Bangalore Orchards, India, in District 3190. He shared why he contributes his time and money — and why he's an organ donor. His generosity is legendary, and he wants to help the world in any way he can. His speech touched everyone who attended the event.

We are pleased and honored to announce that the final total for the fundraiser was \$5.5 million. We have 11 new Arch Klumph Society members contributing at the Chair's Circle level (\$500,000 to \$999,999) and 14 at the Trustees Circle level (\$250,000 to \$499,999). Thank you to our generous donors in Taiwan!

At great events like this one, I am reminded how Rotary gives us something good that we can all do together. Our service puts us in touch with so many interesting people from all over the world. When we meet, we hear about projects of all kinds, and it is always inspirational. And we never stop learning from one another.

This provides such a wonderful lesson to our children. We share with them the importance of fellowship and forming new bonds with other people. We also show them what is really important in life: making connections, improving life for those in need, and doing all we can for others. Rotary is the best education a family can have.

I am excited that Rotary President Mark Daniel Maloney has made expanding the family of Rotary a priority. We must bring our family members to Rotary events and do all we can to encourage them to be part of this wonderful organization. And through The Rotary Foundation, we can make these family connections part of our legacy. You are never too young or too old for Rotary.

So give your high-five to Rotary and find ways to bring your family into Rotary. It's the most wonderful gift you can share with the people you love.

Gary C.K. Huang
FOUNDATION TRUSTEE CHAIR

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Kyiv, Ukraine

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Vice Chair

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MICHAEL F. WEBB Mendip, England
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

NOV 2019	The Rotary Foundation Month
Friday, November 08, 2019	TRF Dinner night
Monday, November 11, 2019	12th GMM Meeting-Fellowship
Saturday, November 16, 2019	Drug Addiction & Depression Awareness Seminar (tentative date)
Monday, November 18, 2019	13th GMM Meeting-Fellowship
Saturday, November 23, 2019	BIKE TO END POLIO (tentative date)
Monday, November 25, 2019	2nd BOD Meeting
November 29 - December 1, 2019	Manila Rotary Institute
DEC 2019	Disease Prevention & Treatment
Monday, December 02, 2019	14th GMM Meeting (discuss Jan projects)
Friday, December 06, 2019	15th GMM Meeting Christmas Party - Ma Luisa Clubhouse
Saturday, December 07, 2019	Christmas Feeding & Gift giving
JAN 2020	Vocational Service
Monday, January 06, 2020	16th GMM Meeting (discuss Feb projects)
Saturday, January 11, 2020	Water tank Donation
Monday, January 13, 2020	17th GMM Meeting-Fellowship
Saturday, January 18, 2020	Fluvial Parade
Saturday, January 25, 2020	Toilet bowl & Septic tank donation
Monday, January 27, 2020	18th GMM Meeting



NOVEMBER events

9

Cycle against cancer

EVENT: Ride the Point

HOST: **Rotary Club of Point Loma (San Diego), California**

WHAT IT BENEFITS: **Pancreatic cancer research**

WHAT IT IS: This ride, in which participants can choose from a 10-mile family route, a 25-mile enthusiast course, and a 62-mile metric century, honors the late Jim Krause, a Rotarian and cyclist who dedicated himself to supporting the search for a cure for pancreatic cancer.

1-11

All hail Old Glory

EVENT: **Flags for Heroes**

HOST: **Rotary Club of Manassas-Bull Run, Virginia**

WHAT IT BENEFITS: **Serve Our Willing Warriors (SOWW) Warrior Retreat at Bull Run**

WHAT IT IS: A field of American flags decorates the Manassas Museum lawn, honoring local veterans and first responders as a prelude to Veterans Day. Community members can “purchase” a flag with a \$50 donation and leave a dedication.

2

Do it for the doughnuts

EVENT: **Krispy Kreme Dash**

HOST: **Rotary Club of Carolina Forest Sunrise, South Carolina**

WHAT IT BENEFITS: **Club projects**

WHAT IT IS: If you enjoy running but aren't opposed to a doughnut — or a dozen — this is the race for you. A “competitor” category involves completing a 1.5-mile walk or run, devouring a dozen doughnuts, then racing another 1.5 miles. A “casual” 5K category is for runners who would rather just walk away with a dozen doughnuts at the end of the course.

16-17

Fine art, fine wine

EVENT: **Art, Craft and Wine Festival**

HOST: **Rotary Club of Seminole County South, Florida**

WHAT IT BENEFITS: **Local charities**

WHAT IT IS: The crown jewel of this two-day event is a wine stroll where attendees will sample different wines along the festival path. They can also enjoy a chili cook-off, a VIP dinner, live entertainment, and opportunities to shop for works by more than 150 artists and crafters.

28

Dash before dinner

EVENT: **Silverdale Turkey Trot**

HOST: **Rotary Club of Silverdale, Washington**

WHAT IT BENEFITS: **Various charities**

WHAT IT IS: Get out of the house on Thanksgiving morning for a pre-emptive sweat session to benefit a good cause. Opt for a 5K, a 1-mile, or a kids dash. This fairly flat course is perfect for all levels and ages. Then you can take that post-turkey nap with zero guilt!

Tell us about your event. Write to rotarian@rotary.org with “calendar” in the subject line.

Speaker's Profile



A DREAMER & A DOER

A NOBODY DOING SOMETHING FOR EVERYBODY

Jovie Gil Montajes born on Feb 17, 1986 in Tagum City, Davao del Norte, A graduate of Bachelor of Science in Electronics and Communications Engineering at the University of Mindanao Tagum College. Married to a very supportive wife Geeryl Grace Montajes and blessed with 2 beautiful daughters, Alessandra @ 5 yrs old and Sakura @ 2 years old. Worked in a corporate companies for 10 years from 2008 – 2018 as a Technical support Representative. Founded The “Light Of Hope PH” on 2017 together with his

co-founder Eunar Enot. He saw that there is so much to be done to help the underprivileged sector and his skills and knowledge with electronics and renewable energy technology will be very useful to complete this task. At the 4th quarter of 2018 he took the biggest risk of his career life and resigned from his high paying corporate job to focus on his advocacy and improve the Solar Night Lamps in A Bottle Project, which will help solve plastic waste problems and improve the lives of the underprivileged off-the-grid communities. Jovie also spearheaded the soon to be SEC registered.

“Light in Giving Hope for Tomorrow (LIGHT) Inc.” which will be the mother organization of the Light of Hope PH with 5 more programs under it. Jovie envisioned that one day he can create a sustainable organization which will provide a platform to People who shares the same vision which is to help improve the lives of the underprivileged sector and save the Planet. All the programs are inline with the United Nations Sustainable Goals For the PEOPLE & For the PLANET.

Light of Hope PH is the clean energy program under the mother organization “Light in Giving Hope For Tomorrow (LIGHT) Inc. The Goal is to improve the lives of the underprivileged off-the-grid communities through the use of clean renewable energy technologies and through a more circular economy by recycling PET plastic bottles through the Solar Night Lamps In A Bottle Project. Started on May 2017 on a small remote Tulang Diot Island n Camotes, Cebu by the founders Jovie Gil Montajes and Eunar Enot with the assistance of Engr. Ed Brisenio as the technical mentor.

As of September 2019, the advocacy reached a milestone 1021 Solar Night Lamps in A Bottle were assembled and deployed to family beneficiaries and recycled 1021 PET plastic bottles. The Organization Year 2030 target is to cover the whole Visayas Archipelago which would lead to 524,040 family beneficiaries and 1,048,080 Recycled PET plastic bottles.



HOW ONLINE GIVING BENEFITS YOU

When was the last time you reminded members of the importance of giving to The Rotary Foundation?

We'll soon be launching a campaign to encourage people to make our Foundation their charity of choice on Giving Tuesday, 3 December. The United Nations Foundation and New York's 92nd Street Y founded Giving Tuesday in 2012 as a day dedicated to charitable giving. It's celebrated each year on the Tuesday following the U.S. holiday Thanksgiving.

Through the use of technology and social media, Giving Tuesday has become a global phenomenon. In 2018, the Foundation received more than 1,100 gifts, which totaled \$321,000, on that single day.

November, as Rotary Foundation Month, is an ideal time to include the Foundation in your club programs. Explain to members how their giving enables the Foundation to fulfill its mission of Doing Good in the World. Highlight club and district service projects that have been made possible through Foundation grants. There's also information on how and why to give on Rotary.org.

AREAS OF FOCUS NAME CHANGES

We've changed the names of three of Rotary's areas of focus (marked with asterisks) to better reflect the types of projects members are carrying out. The areas of focus are now called:

- + Peacebuilding and conflict prevention*
- + Disease prevention and treatment
- + Water, sanitation, and hygiene*
- + Maternal and child health
- + Basic education and literacy
- + Community economic development*

Some of the area of focus goals have also changed. We've included activities that relate to the environment in the updated **Areas of Focus Policy Statements**.

Encourage members to donate online on Giving Tuesday and throughout the year. It's now easier than ever to support the causes you believe in at rotary.org/donate. Here are some ways that giving online benefits you and The Rotary Foundation:

BENEFITS TO YOU

- Processes your donations faster
- Removes the risk of checks getting lost or stolen
- Gets any donor recognition to you sooner
- Eliminates postage and mailing costs
- Allows for credit card rewards

BENEFITS TO THE ROTARY FOUNDATION

- Reduces administrative costs
- Transforms contributions into grants faster
- Appeals to a younger donor base
- Spurs spontaneous giving
- Allows members to respond quickly to giving campaigns



ROTARY DAY AT THE

UNITED NATIONS 2019

CONNECTING FOR GOOD

NEW YORK

4
QUESTIONS
ABOUT

How to make your club irresistible

with Louisa Horne

Governor of District 7820



1 Your club, the Rotary Club of Halifax Harbourside, Nova Scotia, went from 22 to 60 members in three years. How did you do it?

It started with recognizing that we needed to ask some different questions. The question had always been, "How do we get more members?" So we'd have everybody invite somebody, or we'd host an event. But membership challenges are a symptom. We needed to look in the mirror to figure out how the club itself could be irresistible.

So we looked at every interaction a potential member had with us. We asked ourselves: If someone were coming to a meeting for the first time, what would they see? What does the room look like? Is it easy for them to find us? Does the seating arrangement work? What do we eat? Then we went on to the avenues of service. What are our projects? Are they "same old, same old"? Are they interesting for a range of people? We looked at fundraisers. How do we do them? Are we driving ourselves crazy pushing tickets at the same people all the time? Does that draw people in? Finally, we asked: Is our club one that you would get up early on a Friday in winter for, because you don't want to miss it?

2 What were the specific steps you took?

We did some workshops within the club, and then we did in-depth interviews with everyone who had left in the past few years; who had come once and hadn't come back; or who we thought would join but didn't. Too often, we focus on the people who are there. But what we need to understand is what's going on with the people who don't choose to be there. We started with Rotary's Member Satisfaction Survey, modified some questions to be more specific to our own activities, and added questions about other things. From the interviews with people who had left, we heard about cost, club culture (too formal), food (not great), engagement in activities (not involved or not asked), and lack of inclusion, diversity, and respect for other cultures (saying Christian grace, not clearly welcoming LGBTQ people). We started by picking off the low-hanging fruit. Not everything is going to work, but when you try things and you start seeing different people showing up, that's golden. If you find yourself trying to talk somebody into coming, you're barking up the wrong tree.

3 Can you give more specifics?

We eliminated fines. Some people have to drop their kids off at day care, which

means they were five minutes late to every meeting, and they were made fun of every time. It wears on you. Paying for meals was a big thing for some members who didn't want a big breakfast; they just wanted coffee. We worked with the venue on that. We got rid of a beloved fundraiser that didn't make any money. We walked in the Pride parade. All of those were part of the transformation to becoming a vibrant, growing, diverse club.

Data were a big part of getting support for changes. For example, there was a data point that people didn't necessarily like all of the club rituals. In our case, those included saying grace. It's easy to say that nobody minds that. But seven of the 10 people who left brought that up.

4 What things are you still working on?

We will always be working on inclusion — that is an ongoing focus — as well as being creative in the ways we engage people and ensure that we have the range of activities that will be irresistible to a range of passions. It is a moving target in terms of community needs and of the interests of people who are attracted to us, and it is our responsibility to meet those needs and enable people to live those passions. — DIANA SCHOBBERG

A tropical beach scene at sunset. The sky is a mix of orange, yellow, and pink. Several palm trees are silhouetted against the bright sky. In the foreground, there are large, dark rocks and lush green foliage. The ocean is visible on the left side, with waves crashing against the shore. A pink overlay is present in the top right corner.

**EXPERIENCE
ALOHA
IN PARADISE**

Honolulu, Hawaii, USA | 6-10 June 2020
Register today at riconvention.org

Rotary 



**HONOLULU
HAWAII 2020**



HONOLULU HAWAII 2020

Issue #3

November, 2019

Take a Cruise, Eat Great Food, and Learn About Hawaiian Culture

Friday, June 5th or Monday, June 8th

Experience the natural beauty of Hawaii from its crystal blue waters on board the award-winning **Star of Honolulu**. Embark from the landmark Aloha Tower Marketplace pier for a 2-hour tour, featuring spectacular views of the majestic coast of Honolulu, Diamond Head, Waikiki and the Kahala Gold Coast.

Learn how to play the ukulele, dance the hula and create your own Hawaiian flower lei, as part of the many Hawaiian cultural activities you'll find while aboard the ship.

Lunch will include a buffet featuring Hawaii's favorite local cuisine, including Alaea Salt Crusted Top Round Roast Beef, Teriyaki Chicken, Citrus Miso Glazed White Fish, other local favorites, salads, vegan options and more.

Go to <https://www.hawaiiactivitiesales.com/hoc-activities-rotary-international/details/201319/hawaiian-culture-lunch-boat-cruise-rotary-2020/> for more details and to purchase tickets.



IMPORTANT DATES

December 15, 2019—
Last day before
registration fees increase

February 24, 2020 -
Last day to provide names
on group room reservations

June 6-10, 2020 —
Honolulu Convention

USEFUL LINKS

Registration—[https://
www.riconvention.org/en/
honolulu](https://www.riconvention.org/en/honolulu)

Hotel Reservations—
[https://
www.riconvention.org/en/
honolulu/accommodations](https://www.riconvention.org/en/honolulu/accommodations)

**RI Convention Facebook
Page—**[https://
www.facebook.com/
events/370730053567711/](https://www.facebook.com/events/370730053567711/)

**Host Organizing
Committee & Events—**
[https://
rotaryhonolulu2020.org](https://rotaryhonolulu2020.org)

HOC Facebook Page—
[www.facebook.com/2020RI
Convention/](https://www.facebook.com/2020RIConvention/)

Promotional video—
[www.vimeo.com/31302604
4/a96886586e](https://www.vimeo.com/31302604/4/a96886586e)

TRAVEL TIPS

The **US\$** is the official currency. Cash machines are available at banks and in many hotels. But, if you are arriving from another country, consider changing some money at the airport.

IMPORTANT REMINDERS!!

*** Registration fees increase on December 15th *
Register NOW!!!**

*** Hotel rooms ARE AVAILABLE ***

**Go to www.riconvention.org/en/honolulu/accommodations
to see available hotels and make a reservation.**

Rotary



HONOLULU
HAWAII 2020

**BE SURE TO READ THE COVER
STORY OF THE SEPTEMBER ISSUE
OF “THE ROTARIAN”**

- **Rotarian Magazine Hawaii Feature—**
www.rotary.org/en/aloha-rotary

Speak Hawaiian

KOKUA - Help . . . as in
“Mahalo for your Kokua”
(Thank you for your help.)



TRAVEL THE ISLANDS—KAUAI

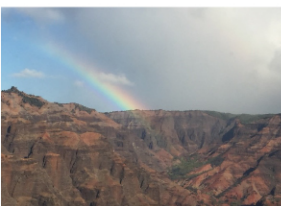
KAUAI IS CALLED “THE GARDEN ISLE” BECAUSE OF THE LUSH TROPICAL RAINFOREST THAT COVERS MOST OF THE ISLAND. COVERED IN EMERALD VALLEYS, RUGGED MOUNTAIN SPIRES AND JAGGED CLIFFS, KAUAI IS A NATURE LOVER’S DELIGHT!



NAPALI COAST STATE PARK - Pali means cliff, and you will find some thrilling ones, dotted with waterfalls, in the valleys along the coast. You might recognize this coastline from Jurassic Park; parts of the film series were shot here.

<http://dlnr.hawaii.gov/dsp/parks/kaui/napali-coast-state-wilderness-park/>

SEAFUN SNORKEL— This four-hour tour is great for all ages. Bring the whole family! You’ll see a variety of fish and coral gardens in a clear, shallow area (approximately 8 feet deep). Guides, equipment, snacks and water are included. All you need to bring are towels and suntan lotion. www.seafunkauai.com



HELICOPTER TOUR— Helicopter tours are very popular on Kauai. . . more so than on any of the other islands. Kauai was made to be seen from the air! Only 30% of the island is developed. The rest is nature at its best! The canyons, the waterfalls, and the shoreline are all spectacular—even in the rain. You might just see a rainbow!

<https://www.tripsavvy.com/kaui-helicopter-tours-1533089>

WAIMEA CANYON—Whether you take a bus tour to the Overlook or hike one of the trails, you must see Waimea Canyon! Called “the Grand Canyon of the Pacific” by Mark Twain, Waimea Canyon is approximately ten miles long and up to 3,000 feet deep. The name “Waimea” is Hawaiian for “reddish water,” a reference to the erosion of the canyon’s red soil. <https://www.gohawaii.com/islands/kaui/regions/west-side/waimea-canyon>



MORE IDEAS—<https://anadventureiscalling.com/one-week-in-kaui-itinerary/>

<https://hulalandbox.com/week-kaui-create-perfect-itinerary/> <https://wanderingwagars.com/things-to-do-in-kaui-with-kids/>

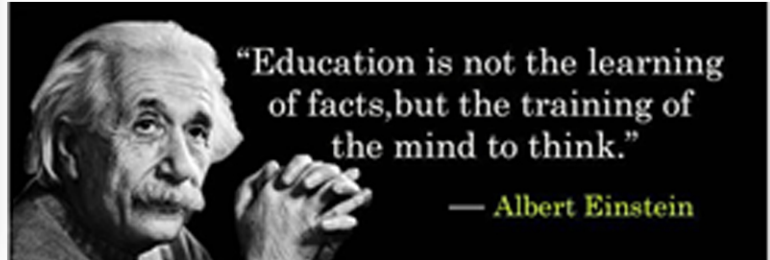
Newsletter editor—Holly Callen holly.callen@gmail.com

Please submit ideas for articles or travel tips that you would like to see in future editions.

A Dose of Positive Thoughts



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



The correlation of education to learning is a time-honored value we pick up from our parents to our teachers and mentors. On the other hand, Albert Einstein believes that it sets your brain to ponder which essentially critical thinking is. As we are aware, critical and or creative thinking skills stimulates intellectual growth. So when you read something and you may not understand some words, do not drop the literature but instead get your Thesaurus. Or if you are in the net, just place your mouse on the word then right click on the “Synonym” and voila you have access to an array of words similar to it...surely you will find one word that you know.

In like manner, when negative or pessimistic thoughts ram your mind, start up your brain to filter it out. Yes, you can train your brain to think differently. According to Loretta Breuning, “Our brain is not designed to create happiness, as much as we wish it were so. Our brain evolved to promote survival. It saves the happy chemicals (dopamine, serotonin and oxytocin) for opportunities to meet a survival need, and only releases them in short spurts which are quickly metabolized. This motivates us to keep taking steps that stimulate our happy chemicals.

**The miracle is not that we do
this work, but that we are
happy to do it.**

Mother Teresa

“

The fear of vaccines seems to outweigh the real consequences of contracting a deadly disease.

John Hewko

”

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10-21-2019 RCCF 37th Charter Anniversary Celebration



10-21-2019 RCCF 37th Charter Anniversary Celebration



10-22-2019 Turnover of Ulantin, Handwash and Toilet bathroom Guinacot Elementary School, Danao City



10-23-2019 World Polio Day Celebration



10-23-2019 World Polio Day Celebration



10-27-2019 Pink Healing Mass





Holger Knaack
RI President, RY2020-21



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WHAT IS ROTARACT?

Rotaract club is composed of young aspiring leaders ages 18-30 (SHS and College) who exchange ideas, develop leadership and professional skills, and have fun through service.

OUR MISSION

To provide an opportunity for young men and women to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relationships through a framework of fellowship and service.

BENEFITS

- Take action locally and internationally to create sustainable change.
- Expand your professional network and exchange ideas with proven leaders.
- Travel and connect with the global community of Rotaract
- Have fun and make new friends from around the world.

FOR INQUIRIES

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0929 648 9184
Gerald Nitz Ponce
0932 874 7247



Rotaract Club of
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On the Spotlight



RCCF 37th Charter Anniversary Celebration

NOTES:
