

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





**PHILIP N. TAN**  
District Governor



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



**BARBETTE LOMINOQUE**  
District Secretary



Cebu Fuente  
**Rotary**  
Club



# Officers and Directors RY 2019 - 2020



**KENDRICK S. SULAY**  
President



**EMMAN REYAN C. ABAY-ABAY**  
Vice-President



**ATTY. MANUEL CLIMACO III**  
Secretary



**EMMANUEL P. TESALONA**  
Treasurer / President-Elect



**EMMANUEL CALALANG**  
Auditor



**GERALDINE RAMOS**  
Sergeant At Arms



**DAVE JOHN B. KARAMIHAN**  
Protocol Officer



**KRISTOFFER A. LLEGUNAS**  
Club Internet Communication Officer



**MARICEL BORRROMEO-AMORES**  
Club Membership Director



**ATTY. BERNARDINO T. AMAGO IV**  
Club Administration Director



**MARY CHRISTINE G. TIO**  
Public Image Director



**MARINA E. KAUFMANN**  
Community Service Director



**DR. TESS ANNETTE LIBRON**  
Community Service Director



**ATTY. LOLITA L. LOMANTA**  
Vocational Service Director



**DOLORES H. RIMAZ**  
Vocational Service Director



**JOSE MARIE PONCE**  
Youth Service Director



**PATRICK YARED**  
Youth Service Director



**JOSE ALFONSO C. ABAD**  
International Service Director



**POULY JANG**  
International Service Director



**DR. ALAIN O. SENERPIDA**  
The Rotary Foundation Chairman



**LUZ FILIPINAS SAN PEDRO**  
Ways & Means



**MANUEL L. TORRES, JR.**  
Ways & Means

## Advisers



**MARY ANNE A. SOLOMON**  
Past District Governor



**JOSEPH MICHAEL P. ESPINA**  
Past District Governor



**CONRADO M. ABARINTOS**  
Past President



**RICHARD G. BARBA**  
Past President



**JESSELITO BARING**  
Past President



**JULIO GONZALEZ**  
Past President



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

Casino Español de Cebu, V. Ranudo St., Cebu City  
January 6, 2020

Vocational Service Month

Vol. 38, No. 15

## 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. Inday Rimaz
Introduction of Rotarians / Spouses.....	Dir. Tess Libron
Visiting Rotarians/Rotaractors/Guest	

### 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



Hosted by:  
**Dir. Ginging Lomanta**

### INVOCATION

*Today, as we come to you in our needs. Create in us an awareness of the massive forces that threaten our world today and grant us a sense of urgency to active the forces of goodness of justice of love and of peace. We also pray that you will make us aware of the need to be more charitable. As this is the primary reason for our being Rotarian. Finally, keep and hold us in Your loving embrace throughout the years. Amen*

...Fellowship Continues...

### Quote for the Week

*"Write it on your heart that every day is the best day in the year. - Ralph Waldo Emerson*





# Presidents Message



**First and foremost let me greet each and everyone a Happy & Prosperous New Year.**

**Let us welcome our host for this month the January group as they lead us for our upcoming projects and activities for this month.**

**As we start this new year, our challenge as Rotarians is to do our part to support the goals of Rotary International. Let us continue to strengthen the many ways that Rotary connects the world, building the connections that allow us to unite and take meaningful action through Rotary service.**

**May this year brings us more unity and support amongst all members in pursuing our goals in the remaining months of the Rotary year 2019-2020.**

**Cheers to a gracious New Year. May we uphold the fullness of God's grace, goodness and goodwill.**



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

A handwritten signature in black ink, appearing to read "Kendrick S. Sulay".

# From Secretary's Desk

Atty. Manuel Climaco III  
Secretary, RY 2019 - 2020

## Attendance

ROTARY ID #	LAST NAME	FIRST NAME	17th 01/06	18th 01/13	19th 01/20	20th 01/27	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					
<b>TOTAL PERCENTAGE</b>							

### BIRTHDAYS

January 04	Dick Barba	January 23	Manny Calalang
January 04	Alain Senerpida	January 25	Tina Bacalso
January 12	Shirley Abarintos	January 27	Gaye Karamihan
January 22	Teenie Tio		

### WEDDING ANNIVERSARIES

January 05	Nonoy & Mimi Espeleta
January 08	Jesse & Flora Baring
January 08	Rady & Shirley Abarintos
January 18	Lulu & Noel San Pedro



# President's message

Dear fellow Rotarians and members of the family of Rotary,

People from all over the world have multiple reasons for joining Rotary. Many new Rotarians each year join for the same reason I did — because Rotary is a great way to benefit your career. When I was a new attorney starting out in Alabama, Gay and I became partners in her father's firm. He instilled in us the value of joining Rotary as a way to build relationships and demonstrate to potential clients that we were serious professionals who held firm to values even more robust than what our profession required.

Rotary's commitment to vocational service is built on the highest ethical standards in business and professions, the recognition of the worthiness of all useful work, and the dignifying of each Rotarian's occupation as an opportunity to serve society. That last point is so important. No matter our profession, we all contribute mightily to the world when we conduct our work with integrity and always adhere to The Four-Way Test.

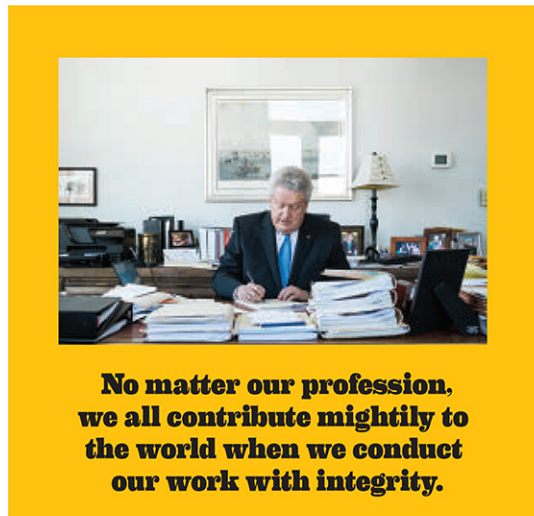
I have made balancing the demands of Rotary with professional and family commitments one of my priorities as president. No Rotarian should feel pressured to put in more time than a volunteer position should ever demand. This is true for several reasons, one of them being that the work we do in our day jobs is just as important to Rotary as the work we do in the organization. We carry our Rotary values everywhere, and our professional success helps build a case for Rotary every day we go into the office.

This is particularly important in our efforts to reach younger new members. We want to see a Rotary where no one is ever asked to choose between being a good Rotarian and being a good parent, business owner, manager, or employee. When we ask busy young people to join us, we should not be asking them to give up their time and freedom. We should be rewarding them with an experience that makes everything they already do even more inspiring.

Providing greater balance within Rotary will have another benefit as well: It will create opportunities for other Rotarians, including Rotaractors, to step up and take a leadership role on projects and committees. This will ensure that they remain engaged in our clubs and inspired to be Rotarians for life.

Throughout the world, Rotary is admired for its vocational service and for the time-honored values we instill in all business relationships. As we continue our work to grow Rotary, let us remember that vocational service remains a crucial selling point to potential members.

*Rotary Connects the World*, and by making Rotary's vocational service work known to people in more professions and at different stages of their careers, we will help grow our organization and make it stronger and more diverse.



**No matter our profession,  
we all contribute mightily to  
the world when we conduct  
our work with integrity.**

  
MARK DANIEL MALONEY  
President, Rotary International





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

*Ni hao*, Rotarians!

Something amazing happened in Vienna in October. A runner from Kenya named Eliud Kipchoge was the first person in history to run a marathon distance — 26.2 miles — in less than two hours.

For many years, experts thought this would be impossible. They said the human body was not capable of achieving this feat. But Kipchoge succeeded because he had an incredible team working with him. He had pacers who ran with him every step of the way, and people who made sure that he had the proper fuel and hydration. Every few miles, fresh runners were sent in to keep up the pace and help him reach his goal.

Like Eliud Kipchoge, Rotary has a great support team as we approach the final mile in our marathon journey to rid the world of polio. So many amazing Rotarians have helped pace this effort along the way, donating their time and energies to bring us close to our goal.

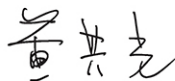
The World Health Organization has certified type 3 of the wild poliovirus as eradicated. This is big news! We have also gone three years without any wild poliovirus on the continent of Africa. It may soon be certified polio-free.

The final mile of our journey is a difficult one. Pakistan and Afghanistan are great challenges for us — but we have met so many great challenges before. Every time a goal has seemed out of reach, Rotarians have stood together and answered the call.

This is no time to lose our focus or to think the race is already over. Can you imagine what would have happened to Eliud Kipchoge if all of the pacers had gone home for the final 2 miles? He might never have reached his goal.

It takes a special character to pursue a difficult task all the way to the end. These are the times that we need each other most. In the *Tao Te Ching*, Laozi wrote that the journey of 1,000 miles begins with one step. But it also ends with one step. And those final steps take just as much courage as the first.

Let's make history, Rotary — the finish line is within reach!



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

# General Officers of Rotary International 2019-20

## President

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

## Vice President

**OLAYINKA HAKEEM BABALOLA** Trans Amadi, Nigeria

## Treasurer

**DAVID D. STOVALL** Hall County, Georgia, USA

## Directors

- FRANCESCO AREZZO** Ragusa, Italy  
**TONY (JAMES ANTHONY) BLACK** Dunoon, Scotland  
**JEFFRY CADORETTE** Media, Pennsylvania, USA  
**MÁRIO CÉSAR MARTINS DE CAMARGO** Santo André, Brazil  
**LAWRENCE A. DIMMITT** Topeka, Kansas, USA  
**RAFAEL M. GARCIA III** Pasig, Philippines  
**JAN LUCAS KET** Purmerend, Netherlands  
**KYUN KIM** Busan-Dongrae, Korea  
**FLOYD A. LANCIA** Anthony Wayne (Fort Wayne), Indiana, USA  
**AKIRA MIKI** Himeji, Japan  
**BHARAT S. PANDYA** Borivli, India  
**KAMAL SANGHVI** Dhanbad, India  
**JOHRITA SOLARI** Anaheim, California, USA  
**STEPHANIE A. URCHICK** McMurray, Pennsylvania, USA  
**PIOTR WYGNAŃCZUK** Gdynia, Poland  
**JOHN P. HEWKO** General Secretary  
 Kyiv, Ukraine

# Trustees of The Rotary Foundation 2019-20

## Chair

**GARY C.K. HUANG** Taipei, Taiwan

## Chair-elect

**K.R. RAVINDRAN** Colombo, Sri Lanka

## Vice Chair

**KENNETH M. SCHUPPERT JR.** Decatur, Alabama, USA

## Trustees

- JORGE AUFRANC** Guatemala Sur, Guatemala  
**BRENDA M. CRESSEY** Paso Robles, California, USA  
**HIPÓLITO S. FERREIRA** Contagem-Cidade Industrial, Brazil  
**JOHN F. GERM** Chattanooga, Tennessee, USA  
**PER HØYEN** Aarup, Denmark  
**JENNIFER E. JONES** Windsor-Roseland, Ontario, Canada  
**SEIJI KITA** Urawa East, Japan  
**JULIA D. PHELPS** Amesbury, New Hampshire, USA  
**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

# Calendar of Activities

<b>JAN 2020</b>	<b>Vocational Service</b>
Monday, January 06, 2020	<b>17th GMM Meeting (discuss Feb projects)</b>
Saturday, January 11, 2020	Water tank Donation
Monday, January 13, 2020	<b>18th GMM Meeting-Fellowship</b>
Saturday, January 18, 2020	Fluival Parade
Sunday, January 19, 2020	Sinulog
Monday, January 20, 2020	<b>(NO GMM MEETING)</b>
Saturday, January 25, 2020	Toilet bowl & Septic tank donation
Monday, January 27, 2020	<b>18th GMM Meeting</b>
<b>FEB 2020</b>	<b>Peace &amp; Conflict, Prevention/Resolution</b>
Monday, February 03, 2020	<b>19th GMM Meeting (discuss March projects)</b>
Saturday, February 08, 2020	<b>PETS/SETS (tentative date)</b>
Monday, February 10, 2020	<b>20th GMM Meeting-Fellowship Valentines</b>
Saturday, February 15, 2020	Wheel Chair & Cane Donation
Monday, February 17, 2020	<b>21st GMM Meeting</b>
Saturday, February 22, 2020	Dengue Drive Awareness
Monday, February 24, 2020	<b>3rd BOD Meeting</b>
Saturday, February 29, 2020	
<b>MARCH 2020</b>	<b>Water &amp; Sanitation</b>
Monday, March 02, 2020	<b>22nd GMM Meeting (discuss April projects)</b>
Thursday, March 05, 2020	<b>DISCON</b>
Monday, March 09, 2020	
Saturday, March 14, 2020	BLUE MONTH-COLORECTAL FORUM
Monday, March 16, 2020	<b>23rd GMM Meeting</b>
Saturday, March 21, 2020	BLUE MONTH-FREE CLINIC & CONSULTATION
Monday, March 23, 2020	<b>24th GMM Meeting</b>
Saturday, March 28, 2020	<b>SUMMER BEACH OUTING FELLOWSHIP</b>
Monday, March 30, 2020	



# 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



## DISTRICT CONFERENCE 2020

March 5 - 7, 2020 | Cebu Grand Convention Center, Cebu City

### FREQUENTLY ASKED QUESTIONS (FAQs) ABOUT THE DISCON 2020

**1. What is Rotary DISCON?**

DISCON is shortcut for District Conference. Each year, Rotary districts are asked to hold a conference for club members so they can learn about what's happening in Rotary and their district, and meet other Rotarians in the area.

**2. When and where will the Rotary International (RI) District 3860 DISCON 2020 be held?**

RI District 3860 DISCON will be held on March 5 to 7, 2020 at the Cebu Grand Convention Center, Archbishop Reyes Avenue, Cebu City.

**3. What happens during DISCON 2020?**

District Conferences usually include the following:

- a. A visit from a president's representative, who gives an update on Rotary International and inspires and motivates participants
- b. Reports by the District Governor to the district, including its successes and challenges
- c. An official business meeting to discuss and vote on important district matters
- d. Local and international speakers giving information on topics relevant to district members
- e. Time to network, reconnect with friends, and find inspiration for continuing service and community leadership

**4. Are there any other events in the DISCON 2020?**

Golf and Bowling Tournaments will be hosted by the Rotary Club of Cebu Port Centre on March 4, 2020. A spouses' tour will also be organized and hosted by Spouse Judith Tan.

**5. Aside from Rotarians, who else may attend the DISCON 2020?**

Rotarian spouses and Rotaractors may also attend.

**6. How much does the DISCON 2020 registration cost?**

PARTICIPANT	On or Before January 31, 2020	After January 31, 2020
Rotarian	P4,500.00	P6,000.00
Spouse (may choose any one or all of the given events)	P3,000.00	Not applicable
Rotaractor	P3,000.00	Not applicable

**7. Is there Onsite Registration? NO ONSITE REGISTRATION ANYMORE.**

**8. What does the registration fee cover?**

The registration covers the meals, kits, IDs, attendance to trainings and functions for the entire duration of the DISCON 2020. Bowling and golf events will have separate assessments. These will be announced separately by the host club.

**9. Who is the DISCON 2020 host and Chairman?**

Rotary Club of Cebu West with Omar Maxwell Espina as the Chairman.

**10. How do I register to the DISCON 2020?**

Registration is done ONLINE. Copy this link <https://rebrand.ly/dfac2>, paste to your browser and enter to register, then fill out all required fields. You must have a soft copy of your payment slip ready because you will need to upload it when you register. Your registration will not be completed without the payment slip attached to the registration form.

To know your rights when giving out personal information, take time to read the Data Privacy Agreement and Consent in the Registration Form.

**11. How do I pay? Please deposit your payment to:**

**Account Number:** 9121-0074-84

**Bank:** BPI Robinson's Galleria

**Account Name:** RC CEBU WEST ROTARIANS, INC.

**12. Is there club listing and how much is it?**

Yes, there is club listing at P3,500.00 per club. Please deposit payment for the club listing to the same account listed above. Please use the same account details for the payment.



# JANUARY events

## 1

### Fit to sprint

**EVENT:** New Year's Day 5K

**HOST:** Rotary Club of Brentwood, California

**WHAT IT BENEFITS:** Local charities

**WHAT IT IS:** If fitness is your New Year's resolution, this race is the perfect way to kick off the month. Last year more than 230 athletes joined the fun, and even more are expected to lace up for the neighborhood course this year.

## 18

### Glow with the flow

**EVENT:** Just Glow With It 5K

**HOST:** Rotary Club of Downtown Ormond Beach, Florida

**WHAT IT BENEFITS:** Local charities

**WHAT IT IS:** This evening run along the beach lights up the night: Participants are covered in glow-in-the-dark paint and carry glow sticks. The whole family is welcome to participate.

## 18-19

### Art attack

**EVENT:** Fine Arts & Crafts Festival

**HOST:** Rotary Club of Venice-Nokomis, Florida

**WHAT IT BENEFITS:** Local youth organizations

**WHAT IT IS:** A host of talented artists and crafters bring their wares to this fest, which features painting, jewelry, ceramics, glass, photography, sculptures, mixed media, and crafts.

## 25

### As seen on TV

**EVENT:** Amazing Race to Recovery

**HOST:** Rotary Club of Colonie-Guilderland, New York

**WHAT IT BENEFITS:** Second Chance Opportunities

**WHAT IT IS:** Competitors in this *Amazing Race*-inspired event complete tasks and overcome obstacles in a local shopping mall. Proceeds support an organization that runs a community recovery center for those affected by substance abuse disorders.

## 26

### Just keep swimming

**EVENT:** Great Australia Day Swim

**HOST:** Rotary Club of Brighton, Victoria, Australia

**WHAT IT BENEFITS:** Local charities

**WHAT IT IS:** Whether you're looking for a 650-meter swim or a more ambitious distance of 1,400 or 2,500 meters, you'll find a challenge in this open water swim. There's also a "junior dash" of 200 and 300 meters for eight- to 12-year-olds. All are welcome to enjoy live entertainment and food.

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

**5  
QUESTIONS  
ABOUT**

## Leading a vocational training team

**with Ron Smith**

Past governor of District 7430 (Pennsylvania)



### **1** What led you to form a vocational training team?

As an incoming district governor in 2006, I met Francis "Tusu" Tusubira of the Rotary Club of Kampala-North, Uganda, which led to us working together on many grants. A few years later, Rotary rolled out vocational training teams (VTTs) — groups of professionals who travel to another country to teach and learn from others within their field. Tusu put me in contact with some folks in the medical school at Makerere University in Kampala, and we realized there was a need to reduce mortality associated with childbirth.

At the time, my son was in medical school at Drexel University in Philadelphia, which is a leader in distance education. So we decided to form a team there to put together a training program for midwives in Uganda and to put the whole system online at local health centers.

### **2** How did you get started?

First I took a trip on my own to Uganda in 2013 and met with the head of the obstetrics department at Makerere. We visited some health centers and identified infrastructural needs. We then built a combined humanitarian/VTT global grant, with half going toward funding computers and infrastructure, and half toward sending a U.S. team to Uganda and bringing a Ugandan team to the United States.

We felt strongly that this two-way VTT would help us build a stronger partnership with the medical professionals in Uganda.

### **3** What are the responsibilities of a VTT leader?

As a Rotarian, your job is to put together a team that is supported by organizations that have the depth and the interest to provide training. Our first team from Drexel was made up of a computer engineer, a library scientist, three midwives, an obstetrician, and a pediatrician. My priority was to train them about Rotary and introduce them to issues in Uganda.

On the trip, I would hold morning meetings to make sure everyone on the team was on the same page, and I would get them to Rotary club meetings so that they were visible in the country. I was also the liaison to the host club, Kampala-North, which coordinated visits to the health centers and made additional arrangements.

### **4** How do VTTs compare with other grant-supported projects you've done?

VTTs take more time. But they give you a bigger reward in the end. We didn't want to just drop off computers. The first team from Drexel provided training to Ugandan midwives and learned about

what future training would be required. I think we learned more than we taught. The team members then got certified in specific training methods used in limited-resource countries. Ultimately, we want to turn midwives into trainers so they can teach others. We're also creating infrastructure that can support telemedicine.

With a VTT, you also develop professional relationships between skilled individuals on both sides. The level of interpersonal engagement can't be duplicated in another type of activity; the team members are not just colleagues but friends. Through these relationships, Drexel and Makerere universities have now signed agreements that will sustain this effort well beyond our project.

### **5** What advice do you have for Rotarians interested in leading a vocational training team?

You need a great team and good partners. It's taken a lot of work, but all through it, we've had consistent partners. Make sure your vision is your partner's vision. That's a key thing.

You also need to adapt. Every VTT has obstacles, but you'll have a much better experience if you can adapt quickly to situations. Let things develop organically; don't be married to your plan. You can be married to your vision, but not to your plan. — JOHN M. CUNNINGHAM

# Hotline Numbers



## Cebu City Government HOTLINES



Need an Ambulance?  
**0947-178-0000**  
**0947-178-9999**  
Ambulance Disaster Hotline



For accidents and calamities?  
**0918-921-0000**  
Emergency Rescue Unit  
Foundation (ERUF)



In case of Fire?  
**0942-790-7907**  
Cebu City Fire Station



Police Assistance?  
**0939-911-9111**  
Police & Emergency Related



Garbage Pickup?  
**0912-444-5555**  
Basura Hotline

Sidewalk vendors or illegal fence?  
**0918-911-3232**  
Prevention, Restoration,  
Order, Beautification and  
Enhancement Team (PROBE)

Questions about the Long Life  
(Daily Delivery of Free Medicines Project)?  
**0939-911-3232**  
Long Life Medical  
Assistance Office

Senior Citizen Assistance?  
**0922-718-7266**  
Office of the Senior  
Citizens Affairs Office

Building Permit?  
**0943-848-6237**  
**0939-911-3233**  
Office of the Building Official



Lamp post problem?  
**0932-727-6489**  
Street lighting Hotline



Having problem  
with your drainage?  
**0967-246-9552**  
Drainage Declogging



Need help with a Business Permit?  
**0917-842-3772**  
Business Permit Section



Want to report a traffic  
violator to CITOM?  
**0939-999-3232**  
City Traffic Management Office (CITOM)



Have a problem with your  
Barangay that the Captain  
cannot/will not fix?  
**0939-939-1111**  
Barangay Affairs Office



Need assistance for Hospitalization  
and Medicines?  
**0932-727-6454**  
City Hospitalization Assistance and  
Medicines Program (CHAMP)



Persons With Disabilities?  
**0932-727-6476**  
Department of Social  
Welfare and Services



Burial Assistance?  
**0998-999-3232**  
Burial Assistance Office



Text message the Mayor? :D  
**0917-329-9999**  
MAYOR TOMMY OSMEÑA

# A Dose of Positive Thoughts



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

At some time in our lives, we must have come across Abraham Maslow- yes the author of “self-actualization” or Maslow’s hierarchy of needs! He was one of those psychologists who focused on happiness and man’s gratification. Maslow argued that “What human beings can be, they MUST be.” He

stressed that desire is not enough but one must be able to express their embryonic capabilities and live their full potential. Otherwise, you wither and fade into the sunset... a downtrodden & unfulfilled human being.

"What you think, you become.

What you feel, you attract.

What you imagine, you create."

IN ANY GIVEN MOMENT  
WE HAVE TWO OPTIONS:  
TO STEP FORWARD INTO  
GROWTH OR TO STEP BACK  
INTO SAFETY.

-ABRAHAM MASLOW

So the thoughts and desires in our minds are so powerful. But just thinking about it is just to start the engine of your life but you must move and engage in the practice of living those ideas- I mean the positive ones- that would lead you to what you think you can become so that you attract the forces to create what you are empowered to imagine you can be in this lifetime.

God gave us the free will to decide for ourselves what is good and what is bad. But He gave us the freedom to do only what is good. So let us not confuse free will and freedom. It is good to take risks but only if it is good, beneficial and uplifts your life. If not, step back in the safety cordon when the only outcome is committing unscrupulous deeds.

The whole message of this discourse is not to circumambulate the universe just to seek the desires of your heart. Find the simplest route possible to its fulfillment.

## 12-05-2019 RCCF Christmas Party



## 12-05-2019 RCCF Christmas Party





## 12-06-2019 District Governor's Night Area 1



## 12-12-2019 Spreading the Love: Bundles of Joy Drive



## 12-16-2019 All Star Team Christmas Reunion





**SHARE  
ALOHA  
WITH 'OHANA**

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



**HONOLULU  
HAWAII 2020**



Cebu Fuente  
**Rotary**  
Club



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











Cebu Fuente  
**Rotary**  
Club



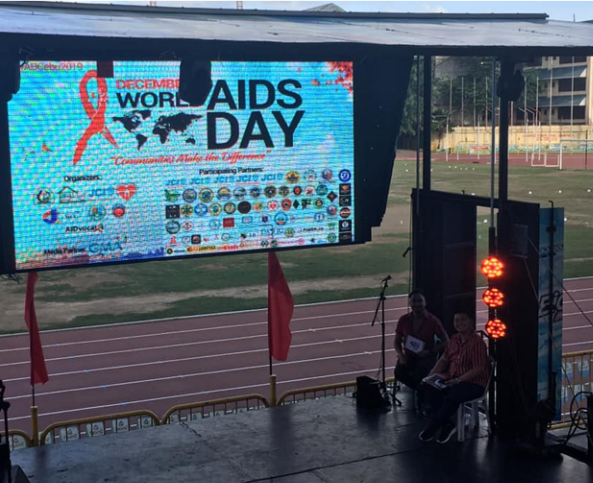
**ROTARY  
CONNECTS  
THE WORLD**

**END  
POLIO  
NOW**

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



The club, together with other Government, Private and Public Organizations, Schools, and NGOs, support the advocacy on HIV and AIDS Awareness through its participation in the World AIDS Day opening held last December 1, 2019 at the Cebu Sports Complex.



Invite someone to become a

The  
**Rotary**  
Foundation



**Rotarian** today.

**Join Rotary Club of Cebu Fuente**



**Spread the Word!**

# On the Spotlight



## Spreading the Love Bundles of Joy Drive

**NOTES:**

---

---

---

---

---

---

---

---

---

---

---

---

---