

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

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THE FOUNTAIN

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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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Ways & Means



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22nd General Membership Meeting

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

March 2, 2020

Area of Focus: Water, Sanitation, and Hygiene Month

Vol. 38, No. 20

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.....	PND Pouly Jang
Introduction of Rotarians / Spouses.....	PP Jesse Baring
Visiting Rotarians/Rotaractors/Guest	

PART 2

Introduction of Guest Speaker.....	PDG Me'anne Solomon
Guest Speaker.....	Alfred Reyes
Topic: Tourism 2020	VP- HRRAC
Open Forum / Q&A	
Presentation 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

"Be yourself; everyone else is already taken." - Oscar Wilde



Hosted by:
PP Joal Abad

INVOCATION

Father, may everything we do begin with Your inspiration and continue with your saving help. Let our work always find its origin in You and through You reach completion. We ask this through Christ our Lord. Amen.





Presidents Message



Fellow Rotarians welcome to our 22nd Regular meeting.

This month marks more than 50 years since the first Rotaract club was chartered in 1968. Up to date there are more than 10,000 Rotaract club around the world and making a big impact in connecting to our community by doing incredible projects.

As we celebrate this month's anniversary with them, I encourage to strengthen our ties with all our Rotaract clubs and run some joint service projects. These young and brilliant minds possess enormous ideas as well as the physical vigor to accomplish helpful projects to the community. Thus, connecting and giving importance to their relevant ideas transformed to projects will not only harness potentials of the younger generation but also paving the way to an active, empowered and more involved young people.

The first green project we are working out with them now focuses on environmental issue specifically disposal of plastic bottles. This project will be named "Green-box project". It will be placed on designated schools and community corp partners like Brgy Luz. Used Plastic bottles shall be disposed on this GreenBox for recycling. These plastic bottles shall be recycled by converting it to "river plastic- filter net ". Trashes thrown to rivers shall be sifted through this net to prevent it from reaching the ocean.

We are also expecting 2 Rotaractors to be inducted as our new member in our club. Rotaractors should know that a Rotary club will be honoured to have them and welcome them anytime.

Let us continue to help and inspire them bec they are the future of Rotary.

Thank you.



KENDRICK S. SULAY
President, RY 2019-2020

From Secretary's Desk

Atty. Manuel Climaco III
Secretary, RY 2019 - 2020

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	19th 01/27	20th 02/10	21st 02/17	22th 03/02	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	✓	✓	✓		
8944393	Jang	Pouly	✓	✓	✓		
3516557	Karamihan	Dave John					
8599266	Kaufmann	Marina					
10411473	Libron	Dr. Tess Annette	✓		✓		
10234515	Llegunas	Dee Hora	RW	✓	RW		
9804883	Llegunas	Kristoffer	✓	✓	✓		
8794288	Lomanta	Atty. Lolita	✓		✓		
10709899	Ong	Jason	✓	✓	✓		
6726443	Pasion	Ma. Consolacion		✓			
10410040	Ponce	Jose Marie		✓	RW		
6581937	Ramos	Geraldine	RW		✓		
8599268	Rimaz	Ma. Dolores	RW	✓			
5476140	San Pedro	Luz Filipinas					
8794286	Senerpida	Dr. Alain		✓	✓		
3264107	Solomon	Mary Anne	✓	✓	✓		
8543450	Sulay	Kendrick	✓	✓	✓		
10709903	Tarte	Reina Fe		✓	✓		
9330558	Tesalona	Emmanuel	✓	✓	✓		
6812215	Tio	Dr. Mary Christine					
5176670	Torres	Arch. Manuel, Jr.	✓		✓		
10713855	Uy	Stephen Henry	✓	✓	✓		
10410033	Yared	Patrick		✓	RW		
TOTAL PERCENTAGE							

BIRTHDAYS

March 02	Sps. Dr. Cri Senerpida	March 24	PP Rollie Filipino
March 03	PP Jesselito Baring	March 24	PP Joal Abad
March 05	Pres. Kendrick Sulay	March 31	PP Cornelio Mercado
March 21	PP Dinna Ramos		



President's message

Dear fellow Rotarians and members of the family of Rotary,

March is the month we celebrate Rotaract — and this has been quite a year for our young partners in service.

Last spring, the Council on Legislation elevated Rotaract in our constitution: Rotary International is now the association of both Rotary clubs and Rotaract clubs. Then in October, the Rotary Board of Directors eliminated the artificial Rotaract age limit and took other steps to break down barriers that were preventing Rotaract from growing in some parts of the world.

These steps were long overdue, because Rotaract is a vision of what Rotary must become. Not only do we need to open our doors to our young colleagues, but we also have to open our ears and minds to the Rotary experience they find most engaging. That is one of the best ways we will meaningfully grow Rotary.

When I say grow Rotary, I mean it in many ways. We need to grow our service and to grow the impact of our projects. Most importantly, however, we need to grow our membership, so that we can achieve more. Rotaractors provide this opportunity, not only because they can transition to Rotary at the time that is right for them, but also because they understand what it will take to attract others like them.

Business as usual will not work for us anymore. Bringing in more members to replace the ones we lose is not the answer. It is like pouring more water into a bucket full of holes. We need to address the root causes of member loss in many parts of the world: member engagement that is not what it should be, and our member demographic that skews steadily older.

It is time to make some fundamental changes. We already know what the barriers are to an engaged and diverse membership. It is time to act on what we know: creating new membership models, opening new paths to Rotary membership, and building new Rotary and Rotaract clubs where the existing clubs do not meet a current need.

New club models represent an opportunity to connect with a more diverse group of individuals — particularly those who are unable or unwilling to join our traditional clubs. While new club models have been emerging for some time, it is up to district governors to make them a reality. In January at the International Assembly, our incoming district governors took part in an exercise called Build Your Own Club Model. It was a wonderful experience that put them in the right frame of mind for the work ahead.

Ultimately, however, it will be up to Rotaractors and young Rotarians to create new club models that are most meaningful to the next generation. We may think we know what young people want from Rotary clubs in the future, but I am confident that what young people say will surprise us. It will be our job to support their innovation, for it will help us grow Rotary as *Rotary Connects the World*.



Not only do we need to open our doors to our young colleagues, but we also have to open our ears and minds to the Rotary experience they find most engaging.


MARK DANIEL MALONEY
President, Rotary International





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

Ni hao, Rotarians!

I like to quote Confucius at many Rotary events, because his ideas are so much like ours. Confucius would have been a great Rotarian. Take this Confucius quote, for example: “The failure to cultivate virtue, the failure to examine and analyze what I have learned, the inability to move toward righteousness after being shown the way, the inability to correct my faults – these are the causes of my grief.”

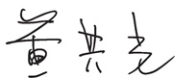
If you turn the saying around to positive language, it sounds exactly like the first goal of the new Rotary Action Plan. When we talk about Rotary increasing our impact, we mean investing in relationships, making decisions grounded in evidence, mobilizing our resources to create solutions that last, and always learning from our experiences.

The Rotary Foundation already does this so well and will continue to be the best possible investment in a better world as the Action Plan is put into effect. Our global grants respond to real community needs. That’s because we approve them only after a rigorous community assessment. Then the projects are tailored to the information uncovered during the assessment.

Now your Foundation is making a difference on a broader scale than ever through our programs of scale grants. These are competitive grants, designed to respond to a need that a community has identified. Programs of scale will benefit a large number of people in a significant geographic area. They will be sustainable, evidence-based interventions with measurable outcomes and impact. Each grant will support, for three to five years, activities that align with one or more of Rotary’s areas of focus.

Programs of scale build on our experience in the eradication of polio, and we must never forget that we still have important work to do to eliminate this disease. When I visited Pakistan in November, I was overjoyed to see so many young Rotary leaders working hard for End Polio Now.

Wonderful things are happening with our global grants, and the Rotary Action Plan will help us do more than ever. Let us continue to cultivate virtue, examine and analyze what we learn, move toward righteousness based on our new knowledge, and keep improving everything we do.



Gary C.K. Huang
FOUNDATION TRUSTEE CHAIR

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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

MARCH 2020	Water, Sanitation, and Hygiene Month
Monday, March 02, 2020	22nd GMM Meeting (Discuss April projects)
Monday, March 09, 2020	23rd GMM Meeting (Induction of Rotaract)
Friday, March 13, 2020	Antibullying & Cybersex online seminar
Saturday, March 14, 2020	BLUE MONTH-COLORECTAL FORUM
Monday, March 16, 2020	NO GMM MEETING
Saturday, March 21, 2020	BLUE MONTH-COLORECTAL FORUM
Monday, March 23, 2020	24th GMM Meeting
Saturday, March 28, 2020	BLUE MONTH - FREE CLINIC & CONSULTATION
Monday, March 30, 2020	Grill Fellowship Dinner
APRIL 2020	Maternal & Child Health Month
Friday, April 03, 2020	NEBULIZER Donation to Provincial Health Office
Monday, April 06, 2020	NO GMM MEETING
Thursday, April 09, 2020	Station of the cross & Visita Iglesia
Monday, April 13, 2020	25th GMM Meeting
Saturday, April 18, 2020	Turnover of Ayala Bench
Monday, April 20, 2020	26th GMM Meeting (PARTNERS IN SERVICE - Casino Español)
Saturday, April 25, 2020	River Clean up
Monday, April 27, 2020	27th Fellowship Meeting
MAY 2020	Youth Service Month
Monday, May 04, 2020	28th GMM Meeting
Monday, May 11, 2020	29th GMM Meeting
Wednesday, May 13, 2020	DISCON 2020
Thursday, May 14, 2020	DISCON 2020
Friday, May 15, 2020	DISCON 2020
Monday, May 18, 2020	NO GMM MEETING
Saturday, May 23, 2020	30TH GMM FELLOWSHIP Meeting - (Summer Beach Outing & Strat Plan)
Monday, May 25, 2020	NO GMM MEETING



MARCH events

21

Deliciousness for a cause

EVENT: Wine & Food Tasting

HOST: Rotary Club of Amelia Island Sunrise, Florida

WHAT IT BENEFITS: Local charities and scholarships

WHAT IT IS: This fundraiser features cuisine from local restaurants and wines from the Amelia Island Wine Co. In past years, attendees have seen a dance performance by a flash mob of Rotarians. Don't miss this year's event — you never know what might happen!

7

B9 ... who has B9?

EVENT: Black Tie Bingo

HOST: Rotary Club of Riverside Sunrise, California

WHAT IT BENEFITS: Literacy programs and fighting youth trafficking

WHAT IT IS: Get gussied up and play some good old-fashioned bingo. There will also be silent and live auctions, an elegant dinner served at the beautiful Victoria Club, and cash prizes for the game winners.

14-15

Screen grab

EVENT: Cable TV Charity Auction

HOST: Rotary Club of Middleboro, Massachusetts

WHAT IT BENEFITS: Local charities and scholarships

WHAT IT IS: Sometimes you don't want to go to a fancy fundraiser. This auction is broadcast on local public access channels at designated times over two days; viewers call in bids from the comfort of their homes.

28

Unselfish shellfish

EVENT: Shrimp Fest of South Texas

HOSTS: Rotary clubs of Harlingen, Harlingen Sunburst, North Harlingen, and San Benito, Texas

WHAT IT BENEFITS: Local scholarships and community projects

WHAT IT IS: At this lively festival, local restaurants will showcase their signature shrimp dishes in small bites, paired with beer and wine. Attendees can move and groove to the sounds of local bands while perusing the silent auction items.

31

From A to Z

EVENT: Dictionary Day

HOST: Rotary Club of Las Cruces (Rio Grande), New Mexico

WHAT IT BENEFITS: Local elementary school students

WHAT IT IS: About 50 Rotarians with their friends and families will deliver more than 2,000 dictionaries to third graders in 25 local schools. Over the past 12 years, they've given out more than 20,000 dictionaries.

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

**4
QUESTIONS
ABOUT**

Working with Rotary to eradicate polio with Bill Gates

Co-chair of the Bill & Melinda Gates Foundation



1 What made you decide to work on polio eradication?

In 1952, three years before I was born, the U.S. experienced one of the worst polio epidemics in its history. Thousands died and even more were paralyzed. I was born a few months after the first polio vaccine became available. Growing up, I had no idea how lucky I was.

Later in life through the work of our foundation, I began to see firsthand the impact that polio was having on kids. The U.S. had seen its last case of polio in 1979 thanks to polio vaccines, but even 25 years later in 2004, more than 1,000 children in Asia and Africa were paralyzed by polio simply because of where they were born.

Before our foundation joined the fight to end polio in 2007, I had spent months talking to experts and analyzing the history of eradication. While global progress against polio had stalled, I believed that eradication was possible because the world had done it before, with smallpox in 1980.

Rotary played an important role in inspiring the foundation to become involved in the Global Polio Eradication Initiative, an incredible global partnership committed to fighting the disease. We knew that Rotarians would be passionate, committed allies in the push for eradication.

2 The number of polio cases increased in 2019. Why are you still optimistic that eradication is possible?

It's true that we saw the number of cases go up in 2019, but we need to look at what has happened over the past three decades. In the 1980s, polio paralyzed 1,000 children globally every day. Today,

that number has fallen 99.9 percent and the wild poliovirus is confined to just Afghanistan and Pakistan. Because of eradication efforts, there are 18 million people walking around who would have otherwise been paralyzed by the virus.

The past 30 years have been marked with incredible achievements. One of my favorite examples is India. The country was once considered the toughest place to eliminate the disease, but in 2011, the country recorded its last case of polio derived from the wild poliovirus.

In 2013, health workers managed to contain a wild poliovirus outbreak during the Syrian civil war. Vaccinators not only had to enter the war zone, waiting for lulls in the fighting to make sure children were protected, but also had to account for the 2 million refugees fleeing to neighboring Iraq, Jordan, Lebanon, and Turkey. Within weeks, the World Health Organization (WHO) announced a plan to immunize 2.4 million Syrian children, and the outbreak was over by the following year.

In 2016, the wild poliovirus re-emerged in Nigeria. Health workers and partners redoubled their efforts, and the country has now gone more than three years without a new case, which means the entire WHO African region could be certified free of wild poliovirus in 2020. This achievement was difficult to imagine just a few years ago.

The final cases of polio are proving particularly difficult. But the polio program has overcome enormous challenges to keep driving progress, and we've spent the past decade sharpening the tools and strategies we need to finish the job. With the continued commitment of our partners like Rotary, I'm sure we'll consign polio to history.

3 Why are you extending the Gates Foundation's 2-to-1 funding match with Rotary?

The Gates Foundation's long-standing partnership with Rotary has been crucial in the fight against polio. Through extending our funding match, we can raise \$150 million every year — money that is essential to the eradication effort.

But there's another thing about this funding match, which people don't often know: The money helps us fight more than polio. At the same time that we're delivering the polio vaccine to communities, we're also bringing them bed nets to protect against malaria, improving access to clean drinking water, and helping immunize kids against other vaccine-preventable diseases. We're making sure that every dollar we raise counts.

4 What message would you like to deliver to Rotarians as we confront the final challenges to eradication?

Everyone at our foundation is inspired by Rotary and proud to work alongside you.

Rotary was the first organization to push for a polio-free world. And for the past 30 years, so many Rotarians have been part of fundraising, vaccination, and advocacy efforts that have brought us close to the magic number of zero cases.

The final steps to a polio-free world are the hardest — and we'll need the help of every Rotarian to get there. But I'm confident that we will end polio together.

Speaker's Profile



ALFRED REYES
VP- HRRAC

30 years of International Hospitality Management. Experienced working in luxury, mid-scale hotels, serviced apartments and mixed used property.

Managed all levels of multiple projects including hotel construction, pre-opening, renovation, operating hotels, up-scale restaurants, and offices.

High-energy, result-oriented leader with entrepreneurial attitude.

First Filipino to open an independently managed property with 668 hotel rooms and 8 Food & Beverage outlets last 2017.

Awarded 2005 General Manager of Year by Swiss-belhotel International, 2010 Cebu Eastern College Outstanding Alumni in the field of Tourism by CEC Alumni Association and 2019 Mabuhay Gold Awardee by Association of Human Resources Managers in the Hospitality Industry.

We often think about peace-building as the absence of violence. But real and lasting peace only happens when we stop being reactive and start being proactive.

Rotary has partnered with the IEP (Global Peace Index) to train our members and community to address the root causes of violence through the Positive Peace Framework. To learn more about this exciting initiative visit <https://on.rotary.org/2LJd0uQ>





ROTARY INTERNATIONAL

Every third year's a charm for Rotaractors

THIS SUMMER, young leaders will converge on Hong Kong to connect with friends, gain new skills, and help chart the path forward for Rotaract — and for Rotary.

Every three years, Rotaractors organize Interota, a multiday event that features workshops, speakers, and service opportunities. The theme of Interota 2020 — scheduled for 27 June to 1 July — is “Leverage Youth Power / Level Up the World.”

Attendees will take turns participating in a service marathon lasting 2,020 minutes (more than 33 hours). Attendees can also enjoy tours of Hong Kong. And the gathering includes an evening of cultural performances, in which Rotaractors form teams to represent their countries or districts and perform dances or songs that celebrate their culture.

Along with RI President Mark Daniel Maloney and President-elect Holger Knaack, speakers will include entrepreneur Katharina Unger, who created a desktop farm for edible worms.

The final day of Interota 2020 will feature a first-of-its-kind worldwide handover ceremony for Rotaract club presidents and district Rotaract representatives. Afterward, participants can join tours to Macau and Mongolia. (District 3450, which is hosting this year's event, spans Hong Kong, Macau, Mongolia, and Guangdong Province in China.)

More than 600 members of the Rotary family are expected to attend, including Rotaractors, Interactors, and Rotary alumni. Rotarians are also encouraged to register, especially district governors. Find out more at interota2020.org.

IN MEMORIAM

With deep regret, we report the deaths of the following Rotarians who had served RI as district governors:

THOMAS E. MELIA Scranton, Pennsylvania, 1982-83

EDWARD C. HALL Worcester, Massachusetts, 1987-88

OLIVER F. NELSON Yakima, Washington, 1991-92

MILTON LEVINSON Palm Springs, California, 1994-95

GYOSHO TAKAHASHI Mount Fuji Yoshiwara, Japan, 1995-96

WILLIAM PORTER Kingman, Arizona, 1996-97

MICHEL DELCROIX Niort-Sèvre, France, 1997-98

WARREN J. CUNNINGHAM Kelowna-Okanagan Mission, British Columbia, 1998-99

KI-SOOHA Nonsan, Korea, 1999-2000

JOHNSON TSE KWAN CHU Peninsula, Hong Kong, 2001-02

LARRY SCOTT La Mesa, California, 2002-03

RICHARD F. GARNER Papamoa, New Zealand, 2007-08

MAURICE MADER Parsippany-Troy Hills, New Jersey, 2010-11

EDGAR R. CHIONGBIAN Cebu, Philippines, 2013-14

TSUNEO SHIOZAWA Hirado, Japan, 2013-14

ROGER D. SIMS Munster, Indiana, 2015-16

MANUEL L. KATIGBAK Lipa, Philippines, 2016-17

NO-SEOL KIM Cheonan-West, Korea, 2016-17

A Dose of Positive Thoughts



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

Being aware of your strength is being able to focus on the positive traits and not on your weaknesses. Because in life, as they say you surrender or give in or just simply give it all. However, if you do not focus on the amazing person that you are then the natural consequence is to feel dejected.

Have you ever encountered people in your lives that all

they bring on the table each and every time you meet is negativity, pain and misery...or simply said- "they deplete you". So how do you shoo these creatures out of your life- simply learning to say "YES" to what you want then it will be a lot easier to say "NO" to them. So how does this connect with the foregoing paragraph- believe it or not if you surround yourself with people who reminds you of a despondent life then it will just create a shadow over the beautiful life out there waiting for you. Then you will be losing "you" in the process. This happens for you start relating on your own weaknesses, too. Do not allow others to make you feel less than what you are because you are not!

You.

Yes, you. The one reading this. You are beautiful, talented, amazing and simply the best at being you. Never forget that.

Get the general direction of your life by looking into your strengths and make it happen. No one will know who you really are but you. Go and get your strengths



Of course, you want to give a good impression when meeting new people. And the important people in your life have a great deal of influence on the decisions that you make. But what matters MOST is what you think of yourself. We all have the ability to do great things, but in order to reach that potential you have to believe in yourself to work and make it happen. Dare to dream big and know that you are capable of making your dreams come true. Never let others make you feel less than what you are. You are magnificent!

at work to make your dreams come true!

Let me share what my friend, Randy, said, "You die once but live everyday". Amen to that and lest you forget ... seek the guidance from the best positive giver of life...God!

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 mate the Mayor? :D
0917-329-9999
MAYOR TOMMY OSMEÑA

02-17-2020 21st RCCF General Membership Meeting



02-21-2020 Rotary Concerns 2020 (ROTACON 2020)



02-28-2020 Fire Donation Drive at Tabok, Mandaue City



Health Alert

Coronavirus Disease 2019 (COVID-19) Fast Facts

Source: <https://www.facebook.com/WHO/>

Is it safe to receive a letter or a package from China?

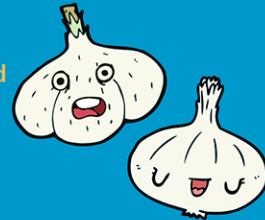
Yes, it is safe. People receiving packages from China are not at risk of contracting the new coronavirus.

From previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages.



Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus (2019-nCoV)?



Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



No. Breathing in the smoke and gas from a firework or firecracker is dangerous and does not kill the new coronavirus.

The smoke from fireworks and firecrackers contains sulphur dioxide, a mildly toxic gas that some people are allergic to. It can irritate your eyes, nose, throat and lungs and could even cause an asthma attack. Also, you risk getting burned if you are near enough to a firework to breathe in its smoke.

Can the smoke and gas from fireworks and firecrackers prevent 2019-nCoV?



Health Alert

Coronavirus Disease 2019 (COVID-19) Fast Facts

Source: <https://www.facebook.com/WHO/>

No. Sesame oil does not kill the new coronavirus.

There are some chemical disinfectants that can kill the 2019-nCoV on surfaces. These include bleach/chlorine-based disinfectants, ether solvents, 75% ethanol, peracetic acid and chloroform.

However, they have little or no impact on the virus if you put them on the skin or under your nose. It can even be dangerous to put these chemicals on your skin.

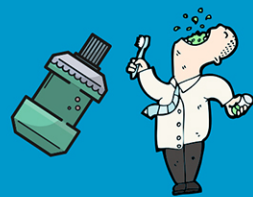


Does putting on sesame oil block the new coronavirus (2019-nCoV) from entering the body?

No. There is no evidence that using mouthwash will protect you from infection with the new coronavirus.

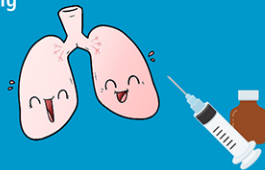
Some brands of mouthwash can eliminate certain microbes for a few minutes in the saliva in your mouth. However, this does not mean they protect you from 2019-nCoV infection.

Can gargling mouthwash protect you from infection with the new coronavirus (2019-nCoV)?



No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenzae type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.



Do vaccines against pneumonia protect you against the new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus (2019-nCoV)?



Health Alert

Coronavirus Disease 2019 (COVID-19) Fast Facts

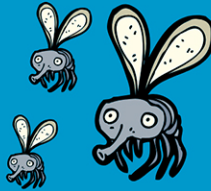
Source: <https://www.facebook.com/WHO/>

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

**FACT:
The new coronavirus
CANNOT
be transmitted
through
mosquito bites**



No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth).

Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Can spraying alcohol or chlorine all over your body kill the new coronavirus?



There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

**FACT:
Cold weather and
snow
CANNOT kill the
new coronavirus**



**Can pets at home
spread the new
coronavirus
(2019-nCoV)?**



At present, there is no evidence that companion animals / pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets. This protects you against various common bacteria such as E. coli and Salmonella that can pass between pets and humans.



#Coronavirus

Info Tech News

WHAT DO YOUR DEVICES KNOW ABOUT YOU?

Whether it's a computer on your desk or a phone in your pocket, your devices retain a lot of personal data. And all of that information may be vulnerable to cybercriminals.



WINDOWS PCs



MACS



ANDROID TABLETS



SMART PHONES

Passwords



Web browser autofill
Stored in the file system

Credit Card Numbers



Web browser autofill
Downloaded credit card statements

Social Security Number



Downloaded tax documents

Deleted Files



All deleted files, including ones no longer in recycle bin or trash, can be recovered until physical storage space overwritten.

Text Messages



Text log stored on phone

Bank Account Info



Downloaded bank statements

Phone Calls



Call log stored on phone

Recent Files



List kept by operating system



Various applications keep their own recent file lists

Name and Address



Web browser autofill



Windows Contacts



Address Book



Contact manager

Contacts



Windows Contacts



Address Book



Contact manager

Recently Visited Sites



Browser's cache

Browser's history

Cookies

Current Location



Readable off your GPS

Recent Locations



Photos
Navigation apps

KNOWING WHAT INFORMATION YOUR DEVICE CONTAINS IS THE FIRST STEP TO PROTECTION.

A tropical beach scene at sunset. The sky is a mix of orange, yellow, and pink. Several palm trees are silhouetted against the bright sun. In the foreground, there are large, dark rocks and a sandy beach with some footprints. A pink overlay is in the top right corner.

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Rotary 



**HONOLULU
HAWAII 2020**

The 2020 SINGAPORE Rotary Institute



Singapore
2020 ROTARY INSTITUTE

This Annual Event will be held on 4-6 December, 2020 at The SUNTEC CITY CONVENTION CENTER Singapore. This annual event brings together past, present and future district governors and senior leaders from Zones 1B, 9, 10(A, B, C) to share information, exchange ideas about Rotary International (RI) and The Rotary Foundation (TRF), and build new connections and fortify old ones. It is also a golden opportunity for all Rotarians to catch up their Rotary friends from various Regions.

Together at the 2020 Singapore Rotary Institute we shall connect, inspire and empower in Rotary!

EVENT HIGHLIGHTS

- Governors-elect Training Seminar (GETS)
- Governors-nominee Training Seminar (GNTS)
- District Trainers Training Seminar (DTTS)
- Regional Rotary Foundation Seminar (RRFS)
- Rotary Institute
- Golf Fellowship



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for this exciting event at
QR CODE or URL below.



FREE GIVEAWAYS
for the First 200 registrants*

<https://2020singaporerotaryinstitute.org/register/>

Rotary



Zones 1B, 9, 10(A, B, C)

2020 SINGAPORE ROTARY INSTITUTE

Zones 1B, 9, 10(A, B, C)

SUNTEC SINGAPORE CONVENTION & EXHIBITION CENTRE

4 - 6 DECEMBER 2020

The Venue

Suntec Singapore is the World's Leading Meetings & Conference Centre, located at the heart of Asia's most integrated meetings, conventions and exhibitions hub. Only 20 minutes from Changi International Airport, Suntec Singapore is conveniently located in the Central Business District and just minutes from the city's entertainment and cultural attractions. Suntec Singapore offers direct access to 5,200 hotel rooms, 1,000 retail outlets, 300 restaurants, 6 museums and Esplanade – Theatres on the Bay.

Special rates have been arranged at the following 5 hotels:

Main Hotels surrounding venue

- Conrad Centennial Singapore • Pan Pacific Singapore • PARKROYAL Collection Marina Bay

Other Hotels

- PARKROYAL on Beach Road • PARKROYAL on Kitchener Road

<https://2020singaporerotaryinstitute.org/accommodation.php>

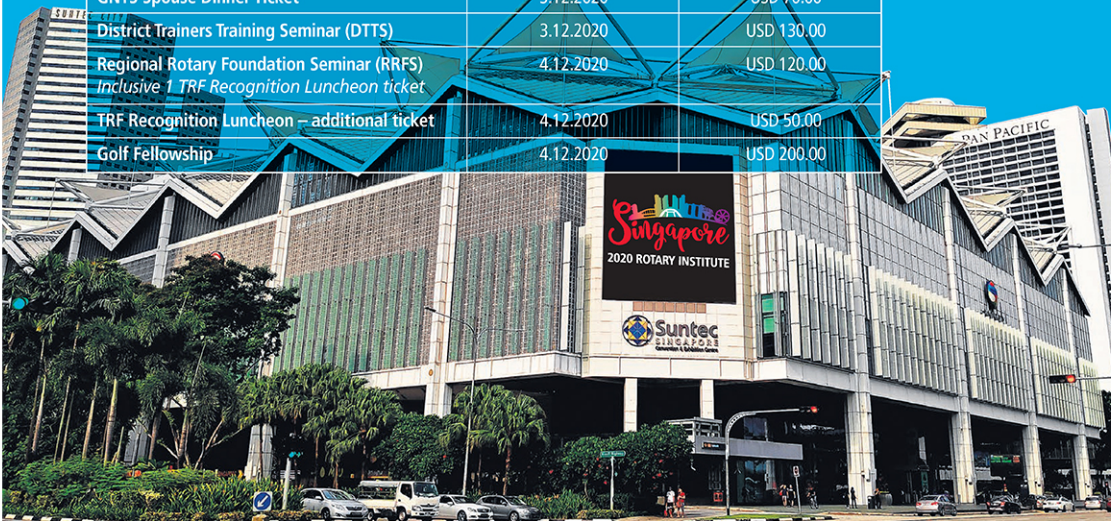
REGISTRATION FEES

Institute 4.12.2020 – 6.12.2020

Institute	Registration Fee (Regular)	Registration Fee (Early Bird*)
Institute (Individual)	USD 320.00	USD 290.00
Institute (Spouse)	USD 270.00	USD 250.00
Institute (Rotarian + Spouse)	USD 550.00	USD 490.00

Pre-Institute Sessions

Pre-Institute Session Name	Dates	Registration Fee (Regular)
Governors-elect Training Seminar (GETS) <i>Inclusive GETS Spouse Training Seminar and GETS Graduation Dinner on 3.12.2020</i>	2.12.2020 and 3.12.2020	USD 380.00
Governors-nominee Training Seminar (GNTS) <i>Inclusive 1 group dinner on 3.12.2020</i>	3.12.2020	USD 250.00
GNTS Spouse Lunch Ticket	3.12.2020	USD 50.00
GNTS Spouse Dinner Ticket	3.12.2020	USD 70.00
District Trainers Training Seminar (DTTS)	3.12.2020	USD 130.00
Regional Rotary Foundation Seminar (RRFS) <i>Inclusive 1 TRF Recognition Luncheon ticket</i>	4.12.2020	USD 120.00
TRF Recognition Luncheon – additional ticket	4.12.2020	USD 50.00
Golf Fellowship	4.12.2020	USD 200.00





Cebu Fuente
Rotary
Club



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



Cebu Fuente
Rotary
Club



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ZIP

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THE TERRACES, AYALA CENTER CEBU

PRESENTED BY:



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Pilipinas Rotaract Convention (PROCON) 2020



Invite someone to become a

The
Rotary
Foundation



Rotarian today.

Join Rotary Club of Cebu Fuente



Spread the Word!

