

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 Kythe Foundation



Cebu Fuente  
**Rotary**  
Club



ROTARY  
CONNECTS  
THE WORLD





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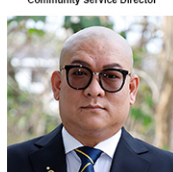
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Past President

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Past President





# 23<sup>rd</sup> General Membership Meeting

Casino Español de Cebu, V. Ranudo St., Cebu City  
March 9, 2020

Area of Focus: Water, Sanitation, and Hygiene Month

Vol. 38, No. 21

## 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..... | PP Dinna Ramos            |
| Introduction of Rotarians / Spouses..... | Dir. Pouly Jang           |
| Visiting Rotarians/Rotaractors/Guest     |                           |

#### PART 2

|  |                 |
|--|-----------------|
| Introduction of Guest Speaker.....                         | PP Dick Barba   |
| Guest Speaker.....   | PP Jesse Baring |
| Topic: Menace of wastes oil and grease in our water bodies |                 |
| 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

"The beginning is always today." - Mary Shelley



Hosted by:  
PP Joal Abad

### INVOCATION

*Almighty God, Ruler of the Universe, by Your power we move and have our being. We are gathered here today to serve You and further the work of our great University. Give us knowledge and strength to do Your will, with a proper balance of eternal values and our present needs.*

*May we accept our responsibilities and act with courage, considering the good of all. Amen.*





# Presidents Message



Fellow Rotarians welcome to our 23rd general membership meeting:

Our guest speaker for today's meeting is no other than our PAG, Engr. Jesse Baring which will talk about Menace of wastes oil and grease in our water bodies which is in connection to this month's area of focus Water & Sanitation.

At the same time, let us all celebrate this Month's International Womens Day to recognize the importance of womens contribution in the community. Women play a vital role in our country and the whole world. We should put effort In narrowing the growing gender gaps that hinders us from enjoying a just and prosperous society. Women empowerment could spell a great difference in womens lives as it boosts their inner being as the pillar of our society. Creating equality in workplace empowers them to be more innovative and develops their career effectively. A salute to all women and especially to the women and female spouse of Rotary Club of Cebu Fuente.

So with this, i expect everyone to support our Zumba in Pink "ZIP" project this March 21 in Ayala Terraces to show support to all women in our community and the whole world.

Let me thank all members who pledged financial support in our Fire Relief Drive in Tabok Mandaue. Thru your support we were able distribute relief hygiene kits and goods to 300 family fire victims. Our next project will still focus on the fire victims in Pasil wherein there are 800 families affected on fire incident. Through your donation, we somehow alleviate their daily burden even for a day or so and that they are certainly grateful for your generosity.

Through our group effort and support everything is possible and achievable and so we truly appreciate your help. We hope we will continue to strive to create a better society to live.

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           | 22nd<br>03/02 | 23rd<br>03/09 | 24th<br>03/23 | 25th<br>04/13 | 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             |               |               |               |               |                    |
| 9804883                 | Llegunas  | Kristoffer           | ✓             |               |               |               |                    |
| 8794288                 | Lomanta   | Atty. Lolita         | ✓             |               |               |               |                    |
| 10709899                | 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             | ✓             |               |               |               |                    |
| 10709903                | Tarte     | Reina Fe             | ✓             |               |               |               |                    |
| 9330558                 | Tesalona  | Emmanuel             | ✓             |               |               |               |                    |
| 6812215                 | Tio       | Dr. Mary Christine   | ✓             |               |               |               |                    |
| 5176670                 | Torres    | Arch. Manuel, Jr.    | ✓             |               |               |               |                    |
| 10713855                | Uy        | Stephen Henry        |               |               |               |               |                    |
| 10410033                | Yared     | Patrick              |               |               |               |               |                    |
| <b>TOTAL PERCENTAGE</b> |           |                      |               |               |               |               |                    |

### BIRTHDAYS

|          |                        |          |                     |
|----------|------------------------|----------|---------------------|
| March 02 | Sps. Dr. Cri Senerpida | March 21 | PP Dinna Ramos      |
| March 03 | PP Jesselito Baring    | March 24 | PP Rollie Filipino  |
| March 05 | Pres. Kendrick Sulay   | March 24 | PP Joal Abad        |
| March 07 | Rtn. Patrick Yared     | March 31 | PP Cornelio Mercado |



# 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.”

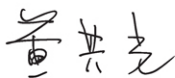
If you turn the saying around to positive language, it sounds exactly like the first goal of the new Rotary Action Plan. When we talk about Rotary increasing our impact, we mean investing in relationships, making decisions grounded in evidence, mobilizing our resources to create solutions that last,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

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**JEFFRY CADORETTE** Media, Pennsylvania, USA  
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**KAMAL SANGHVI** Dhanbad, India  
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**JOHN P. HEWKO** General Secretary  
Kyiv, Ukraine

# Trustees of The Rotary Foundation 2019-20

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**SANGKOO YUN** Sae Hanyang, Korea  
**JOHN P. HEWKO** General Secretary  
Kyiv, Ukraine

# Grouping Assignments

## JULY- Rotary New Year

Kendrick Sulay

Butch Climaco

Emmie Tesalona

## JANUARY-Vocational Service

Ging Lomanta

Inday Rimaz

Tess Libron

## AUGUST-Membership & New Development

Rady Abarintos

Dina Ramos

Dee Llegunas

## FEBRUARY-Peace & Conflict, Prevention/Resolution

Dick Barba

Manny Calalang

Sol Pasion

## SEPTEMBER-Basic Education & Literacy

Yumi Espina

Jun Torres

Julio Gonzales

## MARCH-Water & Sanitation

Jessie Baring

Joal Abad

Pouly Jang

## OCTOBER-Economic & Community Development

Meanne Solomon

Tope Llegunas

Teenie Tio

## APRIL-Maternal & Child Health

Tina Bacalso

Marina Kauffman

Newly Inducted Rotarian

## NOVEMBER-Rotary Foundation

Alain Senerpida

Don Marc Don don

Dave Karamihan

## MAY-Youth Service

Emman Abay-Abay

Jomar Ponce

Patrick Yared

## DECEMBER-Disease Prevention & Treatment

Maricel Amores

Bernz Amago

Lulu San Pedro

## JUNE-Rotary Fellowship

Newly Inducted Rotarian

Antong Inting

Francis Icamen



# Calendar of Activities

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

# Speaker's Profile



**JESSELITO V. BARING, ASEAN Eng. (Ch.E)**  
**J. V. Baring Bldg., Banilad, Cebu City**  
**Tel. Nos. 345-0890 / 416-2009**

## **A. EXPERTISE**

- \* Chemical Engineering
- \* Quality Control Laboratory Management
- \* Environmental Studies
- \* Waste Treatment Design
- \* Machine design and Innovation

## **B. CURRENT POSITIONS**

**President:** Flojess Watertech Inc. Senior Consultant: JV Baring Consultants and Allied Services

**Environment and Technical Director:** Ruppert Peace Power Asia Inc.

**Assistant Governor:** Rotary International District 3860 Area 1D

## **C. EDUCATION**

M. S., Units in Chemistry, University of San Carlos , Cebu City

B. S., Chemical Engineering, University of San Carlos , Cebu City

## **D. ASSOCIATIONS AND ORGANIZATIONS**

- \* Rotary Club of Cebu Fuente
- \* ASEAN Engineers Register, No. 00332
- \* Philippine Institute of Chemical Engineers
- \* Philippine Institute of Chemical Engineers Cebu Chapter
- \* Visayas Inventors Association
- \* Pollution Control Association of the Philippines, Inc. Region VII
- \* Toledo Jaycees
- \* Junior Chamber of the Philippines Central Visayas

## **POSITION**

- Past President
- Member
- Past National President
- Past President
- President
- Past President
- Past President
- Past National Vice- President

## **E. CITATION AND AWARDS**

- |                  |   |
|------------------|---|
| LIKHA AWARD      | Outstanding Creative Research – Third Prize<br>“Modular Waste Treatment Equipment”  |
| LEADERSHIP AWARD | Most Outstanding Baby Rotarian, July 2005   |
| LIKHA AWARD      | Outstanding Creative Research – Third Prize<br>“Cyclonic Scrubber”  |
| LEADERSHIP AWARD | Outstanding Toledano, January 4, 2004   |
| ASEAN ENGINEER   | Registered ASEAN Engineer, September 4, 2002  |
| TUKLAS AWARD     | Outstanding Invention – Second Prize, November 21, 2001<br>“Rotating Biological Contactor”  |
| PCIERD AWARD     | Outstanding R & D– Third Prize, February 18, 2000<br>“Development and Practical Applications of an Innovative<br>Rotating Biological Contactor-Packed Media Technology” |





# 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](mailto:rotarian@rotary.org) with "calendar" in the subject line.

“ If you ask a person about a disability, they should get to control that conversation. ”

*Sarah Tuberty*



## Flight path

Sarah Tuberty is used to strangers asking her personal questions. “I have a limb difference,” she says. “I was born ‘missing’ fingers on my left hand.” She understands that many people think this makes her damaged or lacking. They ask what’s wrong with her. Tuberty, a Rotary Youth Exchange alumna and a member of the Rotaract Club of Boston University Sargent College of Health & Rehab, wants them to see that that difference doesn’t make her lesser. She has made advocacy a part of her life. As a flight attendant and, as of December, a registered occupational therapist, she wants to educate people who may not have encountered people with disabilities in their everyday lives, and she wants to help those with limb differences find ways to adapt. She has trained to be an aerial artist, performing acrobatics while hanging from fabric and ropes, and she hopes to integrate aerial arts into her occupational therapy practice.

**THE ROTARIAN:** How does your limb difference affect how people treat you?

**TUBERTY:** People ask what happened. I’ll say I was born this way. And for some reason, people don’t like that answer. They want to hear that there was an accident. Then they ask how I can do various things. There’s a judgment that often comes with it, as if to say, “I don’t know how you think you are ever going to do that.” And the answer is, I do those things differently. When I am on the airplane doing my job as a flight attendant, people will ask, “How can you be here? How can you take care of these things?” The answer is that I can do these things. That’s my job.

**TR:** Do you get tired of having to give an explanation?

**TUBERTY:** I have chosen to take on advocacy as part of my life, so I have chosen to explain myself. The questions can be exhausting, but people are curious and I want to educate them. People should think about it this way: If you ask a person about a disability, they should get to control that conversation and choose how much to talk about it. It’s about their body and their identity.

**TR:** How did you get interested in circus and aerial arts?

**TUBERTY:** It happened when I started my graduate program in occupational therapy at Boston University. Given that school was going to be a very brainwork-heavy environment, I knew I needed to move. So I signed up for a class in the recreation department. And I fell in love with it. I was a ballerina for a long time in my childhood, so dance felt very natural. After two years, I did a performance my final semester at BU, and it was really the first time that I was proud of my body and how my body moved. I was able to think of myself as someone who is strong.

**TR:** How do you imagine integrating this into occupational therapy?

**TUBERTY:** Everyone always says do what makes you happy, and the aerial arts make me incredibly happy. I am not ashamed of my hand, though I spent a large part of my life feeling that way. I want to give that feeling to other people who have differences with their bodies or other disabilities. I especially want to work with young people. For them there is so much pressure about what their bodies look like. I’d love to work on building up self-esteem, so they can be proud of who they are. I was already looking for nontraditional ways that I could work in occupational therapy. I don’t have a set path for this, but I’m really excited.

—HANKSARTIN



## HOW YOU CAN HELP

Rotarians have started projects to help people fleeing Venezuela — and those who remain behind

### BRAZIL: Welcoming displaced families

"A year ago, I was walking into a bakery in Brazil when a little girl came up to me and asked me to buy her some cake," recalls Vanderlei Lima Santana. At first, Santana said no. But the girl's mother explained that it was her daughter's ninth birthday and they had nothing to eat. He went inside and bought the girl, a Venezuelan migrant, a cupcake. "That day, I went home and cried," Santana says. "I knew I had to do more to help."

Since then, Santana and his club, the Rotary Club of Boa Vista-Çaçari, have partnered with local nonprofits, religious organizations, and the government's Operação Acolhida (Operation Welcome) to offer daily meals, medications, and professional development opportunities to families arriving in northern Brazil from Venezuela. In November, Santana was honored at Rotary Day at the United Nations for his work leading this project. To learn more, contact Santana at [santana.delei@gmail.com](mailto:santana.delei@gmail.com).

### COLOMBIA: Offering hope to the walkers

They are called *los caminantes* — the walkers — and they are pouring into Colombia from Venezuela by the tens of thousands, looking for work, shelter, and food. "Imagine the psychological condition of a person who has to leave everything behind and walk for days," says Cristal Montañéz, a member of the Rotary E-Club of Houston.

A native Venezuelan and longtime activist, Montañéz has seen firsthand how the flood of refugees overwhelmed Colombia's social service organizations. Inspired to help, Montañéz and Isis Mejias, another Houston e-club member from Venezuela, created a project called Hope for Venezuelan Refugees; it distributes meals to migrants at several points along the route taken by *los caminantes*. The project is a partnership between the Houston e-club and the nonprofit Rise Against Hunger, which supplies the meals. To facilitate distribution, the e-club works with the Rotary Club of Cúcuta in Colombia along with several food banks and shelters along the route.

Mejias says that the Houston e-club wants to continue Hope for Venezuelan Refugees, but that it needs to raise enough money to cover the cost of administering the project (it's also counting on the continued cooperation of Rise Against Hunger). "Venezuelans are praying for the kindness of international organizations like Rotary," she says. To learn more, visit [mightycause.com/story/29ixfv](http://mightycause.com/story/29ixfv).



Cristal Montañéz feeds los caminantes.

### VENEZUELA: Supporting communities

"Every day is harder," says José Bernardo Guevara Pulgar, who lives in Caracas, the capital of Venezuela. A human rights lawyer and member of the Rotary Club of Baruta/Las Mercedes, Guevara says he worries most about the lack of medicine. The cost of medical care has skyrocketed, making it unattainable even on a professional's salary. "Public health care is at the brink of collapse," he says. "People have to bring their own syringes, their own medicine. The government is not providing these things."

Despite the hard conditions, the majority of Rotary members have stayed in Venezuela, and many clubs continue to meet. "I'm going to stay here and fight for my country," says Francisco Morello, governor

of Venezuela's District 4380. "Venezuela is going through the most difficult internal crisis in its history," adds Ricardo Diaz, governor of Venezuela's District 4370. "We need medicine and medical-surgical implements such as ultrasound scanners, glucometers, and blood pressure monitors." Diaz also expressed a need for wheelchairs, crutches, and walkers, regardless of their condition.

"I would ask Rotary clubs to not stop looking at our country," Diaz says. "Today we need your help. Tomorrow we will be the ones who can help you."

To learn more, contact Diaz at [ricardodiaz1964@hotmail.com](mailto:ricardodiaz1964@hotmail.com).



# A Dose of Positive Thoughts



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

What stirs the public interest nowadays is diet . As experts would say that physically you become the thing that you eat and so go- diet now! Social media, magazines and TV shows teem with this topic. Indubitably, no sensible person has any wrangle with all this.

Contrariwise, my article will delve on another form of diet which is more insightful and far-reaching in its effects. This refers to the mental dieting that is shelved at the back burner.

Others would say it is just too deep to comprehend and so tiring to the senses. However, what one fails to understand and appreciate is that the mental diet is the food which you supply to your mind and defines the whole character of your life. Ergo, everything in your life today from the physical, the state of your affairs whether affluent or impoverished and the present condition of every aspect of your life is entirely acclimatized by the thoughts and feelings which you have entertained in your mind all these years which sets the tone of your life onwards. There is no other way around it as "thought" is the real connective energy in life. It never makes sense that you



have one kind of mind and another kind of environment. We are transformed by renewing our mindset. It is easier said than done though totally practical. But the difficulty lies in the application because our thoughts are so close to us that it is so challenging to stand back and look at it objectively. Still that is just what you must learn to do. You must train yourself to choose the focus of your thinking and the mood that goes with it. Yes! You can definitely choose your moods. Your disposition in life creates or defaces your happiness. So, if you have a brusque, skeptical, disheartened or scared half out of your wits attitude then you can possibly think that life is not worth living.

Unless you are resolute to nurture a good disposition, you may as well give up all prospects of getting anything worthwhile. Therefore, the mental diet is simply to inoculate and infuse the positive, affirmative and optimistic thoughts that would help shape a good life for you. This is what you call mind control.

But perseverance is key as you cannot be an expert on it overnight. From time to time you will have sporadic bouts of uncertainty but just plough ahead until you succeed to train your thoughts to be happy. Because the eye that only sees what the mind is prepared to comprehend must connect with blissful thoughts to achieve a life that matters.

## 03-02-2020 22<sup>nd</sup> RCCF's General Membership Meeting





## 03-02-2020 22<sup>nd</sup> RCCF's General Membership Meeting





## 03-07-2020 Area 1 Coordination Meeting





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 of the frame. A pink overlay is present in the top right corner.

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Rotary 



HONOLULU  
HAWAII 2020

# 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



# 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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<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)<br><i>Inclusive GETS Spouse Training Seminar and GETS Graduation Dinner on 3.12.2020</i> | 2.12.2020<br>and<br>3.12.2020 | USD 380.00                 |
| Governors-nominee Training Seminar (GNTS)<br><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)<br><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                 |







# ZIP

# ZAPPED WOMEN'S DAY CELEBRATION IN PINK

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# Rotarian today.

## Join Rotary Club of Cebu Fuente



# Spread the Word!

