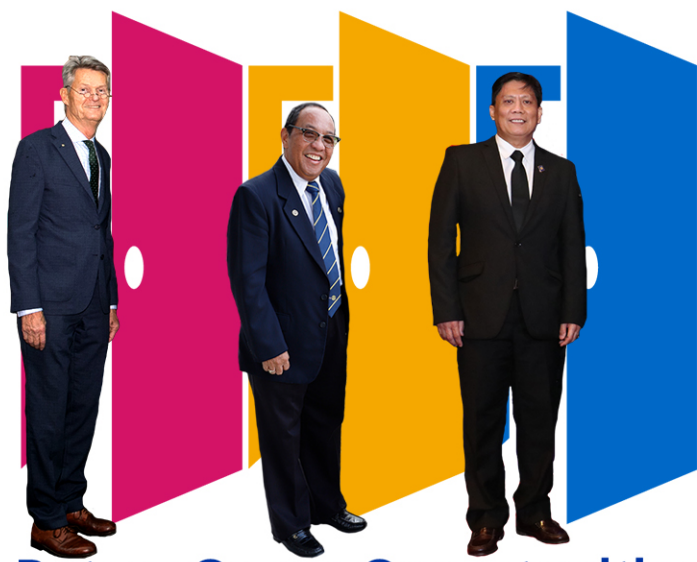


THE FOUNTAIN

CHARTERED OCTOBER 29, 1982

CLUB # 17104

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860



Rotary Opens Opportunities

"Rotary is not just a club that you join, it is an invitation to endless opportunities"

HOLGER KNAACK

Rotary International President, RY 2020 - 2021



Rotary
Club of Cebu Fuente





HOLGER KNAACK
Rotary International President



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District Governor



AMOR TOMAKIN
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Cebu Fuente
Rotary
Club



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11th General Membership Meeting

Virtual Meeting | October 5, 2020

Areas of Focus: Community Economic Development Month

Rotary Opens Opportunities

Vol. 39, No. 9

Programme

Part 1

Call to Order.....Pres. Emmie Tesalona

Invocation.....Audio Visual Presentation

Philippine Anthem.....Audio Visual Presentation

The Rotary Hymn.....Audio Visual Presentation

Four Way Test and Objects of Rotary

Introduction of Rotarians / Spouses.....Dir. Kristoffer Llegunas

 Visiting Rotarians/Rotaractors/Guest

PART 2

Introduction of Guest Speaker.....Dir. Jason Ong

Guest Speaker.....PP Nonoy Espeleta

 Topic: Moving Forward in the Pandemic Era

Open Forum

Presentation of Certificate/Token

PART 3

Secretary's Report.....Sec. Pouly Jang

Treasurer's Report.....Treas. Jun Torres

Director's Report

President's Time.....Pres. Emmie Tesalona

Other matters

Adjournment.....Pres. Emmie Tesalona

...Fellowship Continues...

Quote for the Week

"The greatest glory in living lies not in never falling, but in rising every time we fall."

- Nelson Mandela



Hosted by:
PP Joal Abad

INVOCATION

For your mercy's sake, O God, deal with each of us in this hour. We bring before you the needs of this world, the needs of our neighbors, and our personal needs. Let the miracle of your grace happen, here and now, with each of us, as we come before you, humbly, in silent prayer. Let us pray.





President's Message



October is always a busy month for the Rotary Club of Cebu Fuente. It is the month of Pink October, the World Polio Month, RCCF Charter Anniversary Month and last but not the least, the Community Economic Development Month.

To start the busy month, our Club Admin Director Jason Ong, with the able assistance of Rtn Stephen Uy, invited our very own PP Virgilio "Nonoy" Espeleta, who coincidentally is also the Past President of the Cebu Chamber of Commerce, to speak on the topic: Moving Forward in the Pandemic Era. Economic solutions as well as government interventions were systematically laid out in the talk of PP Nonoy that generated a lot of interests from the Rotarians.

The meeting lasted more than the regular meeting hours due to the pleasantries exchanged by PP Nonoy and his contemporaries, typical of a meeting of friends who haven't seen each other in a long time. However, the highlight of the meeting was the invitation, with a little arm twisting, by PDG Me'anne for PP Nonoy to be active again in our club.

RCCF is also in the thick of preparation for the 38th Charter Anniversary. Because of the pandemic, this year will be different from the traditional anniversary celebration. We have to be extra creative for the event to be equally joyous and exciting as the face-to-face celebration. As agreed in the last meeting, the theme will be Monte Carlo and the attire is semi-formal, solid red.

See you next meeting!



EMMANUEL "EMMIE" P. TESALONA
President, RY 2020-2021



From Secretary's Desk



POULY JANG
Secretary,
RY 2020 - 2021

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	8th 09/07	9th 09/24	10th 09/28	11th 10/05	Perfect Attendance
6726464	Abad	Jose Alfonso	✓		✓		
6581939	Abarintos	Conrado					
8794289	Abay-Abay	Emman Reyan	✓	✓	✓		
9330462	Amago	Atty. Bernardino IV	✓	✓	✓		
6218949	Amores	Maricel	✓	✓	✓		
3362897	Barba	Richard	✓		✓		
6207695	Baring	Engr. Jesselito	✓	✓	✓		
1166426	Calalang	Emmanuel					
8915638	Canama	Don Jade	✓				
	Deiparine	Atty. Sydrick Jose Andre	✓				
2036342	Espina	Archt. 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	RW				
6581937	Ramos	Geraldine			✓		
8599268	Rimaz	Ma. Dolores		✓			
5476140	San Pedro	Luz Filipinas					
8794286	Senerpida	Dr. Alain	✓	✓	✓		
3264107	Solomon	Mary Anne	✓	✓	✓		
8543450	Sulay	Kendrick	✓	✓	✓		
9330558	Tesalona	Emmanuel	✓	✓	✓		
5176670	Torres	Archt. Manuel, Jr.	✓		✓		
10713855	Uy	Stephen Henry	✓	✓	✓		
10410033	Yared	Patrick	✓	✓			
TOTAL PERCENTAGE							

BIRTHDAYS

October 24 Marlene Torres
October 17 Tito Solomon
October 22 Jomar Ponce

WEDDING ANNIVERSARIES

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





DURING A RECENT Zoom meeting with Rotarians and Rotaractors, I looked at the smiling faces on my screen and realized how much our organization has changed in a short period. It is clear that there is no going back to the “old normal” in Rotary — and I see that as an exciting opportunity!

Innovation and change are happening at so many levels as we rethink and remake Rotary. Rotary's new flexibility is blending with digital culture to drive change in ways that many of us have never seen before. We can learn a lot from Rotarians like Rebecca Fry — who, at age 31, already has 15 years of Rotary experience.

I see Rotary as a phenomenal platform to change the world. I believe I can have the greatest influence by empowering others to create the change they wish to see in the world. I've gained leadership insights through my experiences in RYLA and Rotaract, and now as charter president of the Rotary Social Impact Network, a new e-club.

Engaging Rotary program alumni is key in forming new clubs. Our club is proof that Rotaractors and other alumni want to join Rotary — but sometimes they can't find the Rotary club that's right for them. Our club has 31 members, all between the ages of 23 and 41, and almost all of them are alumni of Rotary programs.

We need to be able to integrate and align Rotary with the other personal and professional goals we're pursuing. In chartering this club, we set out to design a personalized model of Rotary that is focused on added value for our members. We have also sought to leverage connections — through Rotary Fellowships, Rotary Action Groups, and other international partnerships — in order to elevate our members' experiences beyond the club.

Our club meets and manages most of its projects online, using Microsoft Teams to engage 24/7 in topics that interest our members. This also means our club is not geographically bound to any one location: Although many of us are in Australia, we also have members in Germany, Italy, Mexico, Tanzania, and the United States.

Also key for our club is measuring the impact of our projects. For Plastic Free July this year, we created an awareness campaign promoting ways that individuals could reduce their use of plastics, and we reached more than 6,000 people. It's a project with a tangible impact that anyone can take part in wherever they are. I'm proud that, through our club, we are bringing people together for a new type of Rotary experience. I am excited for our future.

All Rotary clubs have the opportunity to be innovative clubs, just like Bec's club. Let's trust those clubs, learn from them, and lend them our support. Change in Rotary happens at the grassroots level, as clubs lead the charge, defining what this new Rotary can be.

Change is constant, and we have more work to do in many areas. It is important that we celebrate the contributions of people of all backgrounds and promote people from underrepresented groups so that they have greater opportunities to participate as members and leaders in Rotary.

The tools to make Rotary more inclusive, more relevant, and more fun for everyone are at our fingertips. Let's use them now, and we will see how *Rotary Opens Opportunities* for ourselves and for those yet to discover us.

HOLGER KNAACK

President, Rotary International



TRUSTEE CHAIR'S MESSAGE

Celebrate World Polio Day with a donation

In the early 1990s, polio was still a concern in my country. As the Sri Lanka PolioPlus Committee chair, I was part of a task force of Rotarians, government officials, and UNICEF representatives that drove all polio eradication efforts, including National Immunization Days (NIDs).

But those were difficult days; civil war was raging in Sri Lanka. The government said NIDs could happen only outside conflict zones. This meant one-third of the country's children would not be vaccinated — an unacceptable proposition.

Rotary stepped in with UNICEF to engineer a cease-fire. Establishing contact with one of the world's most feared and elusive rebel leaders was not easy, and we were careful to maintain Rotary's good name during negotiations.

A few weeks later, my secretary delivered a letter to my office, her hands shaking. Signed by the rebel leader himself, it read: "Dear Mr. Ravindran: If you can persuade your government to stop the war for two days, then we are willing to lay down our guns for two days too, for our war is not with children."

Soon the NID was on, and vehicles bearing the Rotary emblem traveled to the vaccination booths in the areas occupied by insurgents, receiving the same respect and courtesy as the Red Cross.

Obstacles can seem insurmountable until we overcome them.

In March 2020, the polio program made the tough decision to temporarily suspend polio immunizations while the polio infrastructure that Rotary members had helped build was used for COVID-19 response. But with the wild poliovirus now banished from the African region and circulating in just two remaining countries, we continue to move forward. Our history shows that we can overcome even the most difficult situations. But we can't do it without your help.

World Polio Day is 24 October, and it's the greatest opportunity we have to raise funds and awareness for Rotary's polio eradication efforts. Visit endpolio.org/worldpolioday to get tools for planning virtual events and fundraisers, and to register your club's event.

Please consider making a donation to End Polio Now, to be matched 2-to-1 by the Bill & Melinda Gates Foundation. In the face of a pandemic, there is a serious risk of further spread of polio. Your support is more important than ever, and it will ensure that together we can tackle the remaining obstacles and achieve a polio-free world.

K.R. RAVINDRAN
Foundation trustee chair

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Kyiv, Ukraine

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John P. Hewko
Kyiv, Ukraine





August	September
Membership & New Club Development	Basic Education & Literacy
Dave John Karamihan	Maria Celina Amores
Geraldine Ramos	Emman Reyán Abay-Abay
Conrado Abarintos	Maria Consolacion Pasion
October	November
Community Economic Development	Rotary Foundation
Jose Alfonso Abad	Lolita Lomanta
Kristoffer Llegunas	Joseph Michael Espina
Dee Hora Llegunas	Don Jade Canama
December	January
Disease Prevention & Treatment	Vocational Service
Mary Anne Alcordo Solomon	Richard Barba
Ma. Dolores Rimaz	Julio Gonzales
Marina Kaufmann	Tess Annette Serrato-Libron
February	March
Peacebuilding and Conflict Prevention	Water, Sanitation & Hygiene
Kendrick Sulay	Alain Senerpida
Jesselito Baring	Jason Ong
April	May
Maternal & Child Health	Youth Service
Bernadino Amago IV	Pouly Jang
Jose Marie Ponce	Manuel Torres Jr
June	July 2021
Rotary Fellowship	
Emmanuel Calalang	
Stephen Henry Uy	
Patrick Yared	



ORATIO IMPERATA: PRAYER AGAINST COVID-19 or 2019 CORONA VIRUS DISEASE

**God our Father,
We come to you in our need
To ask your protection against the 2019 Corona Virus Disease,
That has claimed lives
And has affected many.**

**We pray for your grace
For the people tasked with studying the nature and cause
Of this virus and its disease
And of stemming the tide of its transmission.
Guide the hands and minds of medical experts
That they may minister to the sick
With competence and compassion,
And of those governments and private agencies
That must find cure and solution to this epidemic.**

**We pray for those afflicted
May they be restored to health soon.**

**Grant us the grace
To work for the good of all
And to help those in need.**

**Grant this through our Lord, Jesus Christ, your Son,
Who lives and reigns with You, in the unity of the Holy Spirit,
God forever and ever. Amen.**

**Mary Help of all Christians, pray for us.
St. Raphael the Archangel, pray for us.
St. Rock, pray for us.
St. Lorenzo Ruiz, pray for us.**



Pink October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Cebu Fuente Rotary Club</p> 			<p>1 6pm Rustan's Pink Lighting</p>	<p>2 4pm ICS Dance Exercise</p>	3
<p>4 7:45am Cancer Chat w/ Healing Mass</p>	<p>5 4pm ICS Dance Exercise</p>	6	<p>7 4pm ICS Dance Exercise</p>	8	<p>9 4pm ICS Dance Exercise</p>	<p>10 1:30pm Pink Perspectives Webinar</p>
<p>11 1:30pm Pink Perspectives Webinar</p>	<p>12 4pm ICS Dance Exercise</p>	13	<p>14 4pm ICS Dance Exercise</p>	15	<p>16 4pm ICS Dance 5pm Pink It Forward Waterfront</p>	<p>17 4pm Rustan's Tablescape</p>
<p>18 4:30pm Pink Mass Ayala Center</p>	<p>19 4pm ICS Dance Exercise</p>	20	<p>21 4pm ICS Dance Exercise</p>	22	<p>23 4pm ICS Dance Exercise</p>	24
25	<p>26 4pm ICS Dance Exercise</p>	27	<p>28 4pm ICS Dance Exercise</p>	29	<p>30 10am Fr. Orbos Healing Mass 4pm ICS Dance</p>	31

Breast Cancer Awareness Month

**Early detection is the best prevention.
See your doctor today.**

CDU-CM Student Council, CORE, ALSA, and
Rotaract Clubs of Cebu Fuente Community Based,
USC & UV in Cooperation with
the Rotary Club of Cebu Fuente and
ICanServe Foundation Cebu
present

PINK PERSPECTIVE:

The Facts and Stories of a *Breast Cancer* Journey

OCTOBER 10-11, 2020





Our Special Guest Speaker for Tonight is the Founder of Famcor Consultants & Associates, He is also the current Chairman of Regional Development Council 7 (RDC7) Economic Development Committee. He champions in the strategic convergence of programs of various government line agencies and achieve the region's midterm regional development plan. With the pandemic, the focus is in the economic resurgence. Recently, he is being asked to advise in reviving, rebooting, repurposing, and reformatting Cebu City's "turn-around" programs after ECQ.

He is also the Past President of Cebu Chamber of Commerce and Industry

A Regional Coordinator, PCE-Go Negosyo Mentor Me Program

He is currently a member of the Board of Directors of Treasure Island Industrial Corporation. I have known Nonoy for 10 years now since he engaged with us on family business consulting.

He is also one of the owners of VShield +Pro, the first FDA approved Face Mask Manufacturer in Cebu.

Here to share about "Moving Forward in the Pandemic Era"

Lets welcome Our very own Past President of Rotary Club of Cebu Fuente and Past Assistant Governor of Rotary International District 3860. Virgilio "Nonoy" Espeleta



A.D.O.P.T. (*A Dose of Positive Thoughts*)

Maricel Borrromeo-Amores

Membership Director 2020-2021

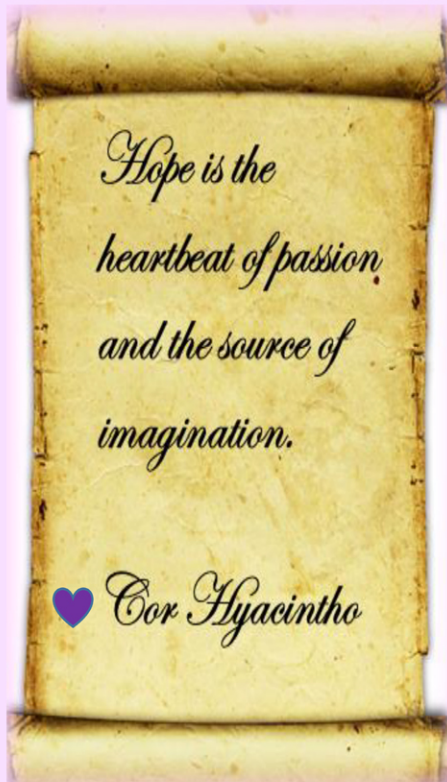
President, RY 2017-2018

One must understand that no one is invincible even those with the most zealous nous (*sense*) of hope. Life occasionally throws you a curve ball when you least expect it. Then we lose focus and the grip to hang on to faith when faced with adversity. Numerous times, we allow the cheerlessness of our outlook to engulf us. In moments like this, you reflect on those who may be suffering more than you, then it might wake you up from your misery. Stop counting the circadian nuisances for they will always be part and parcel of life. Besides, if you allow yourself to wallow in it, then you have the surefire mode to go down the spiral labyrinth of bleakness. Then what???

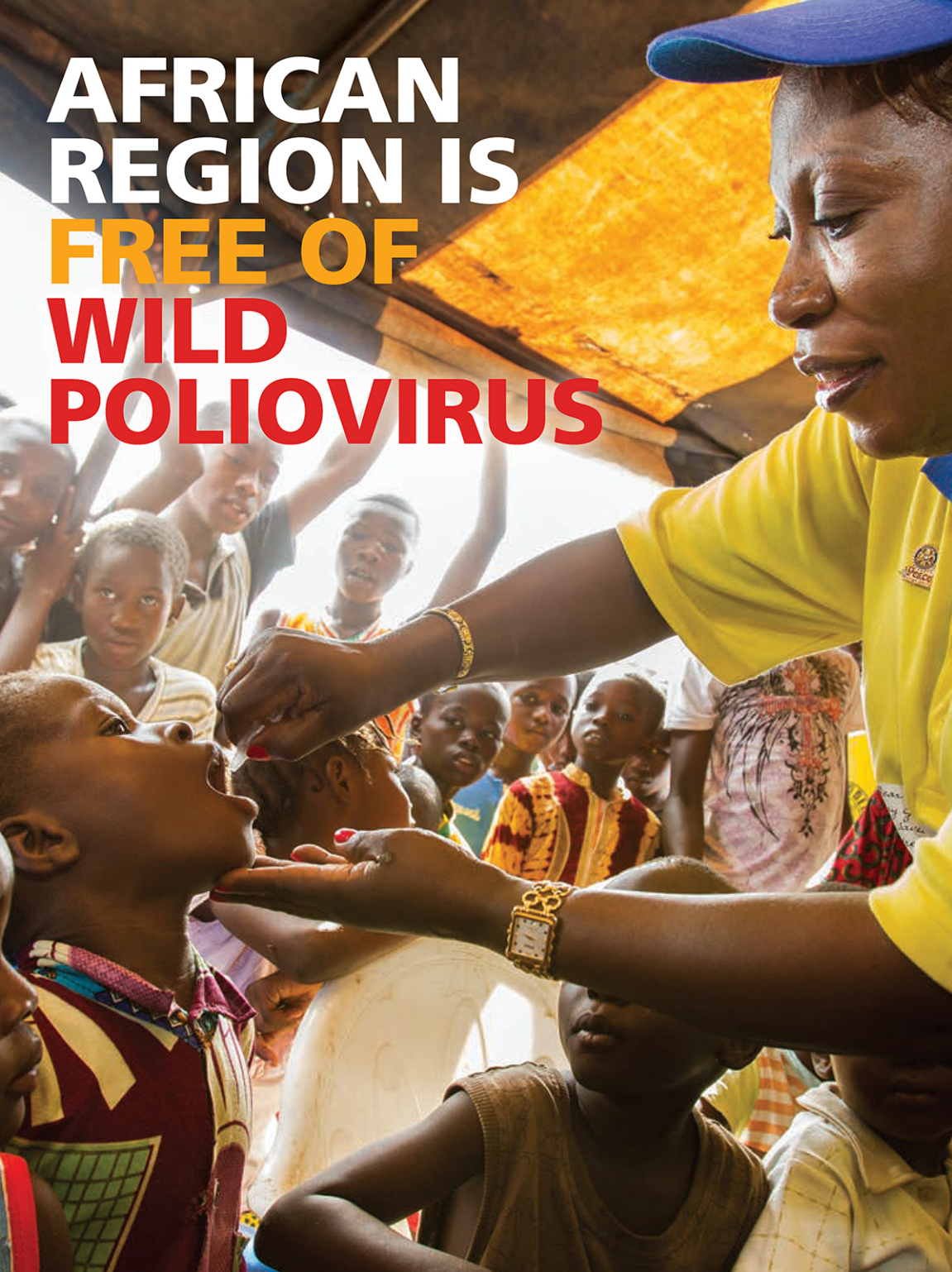
Keep in mind that you have the competence to make yourself happy which can counter any catastrophic feeling you might be nursing inside. Better yet, give yourself a full dosage of hope so your heart will now be filled with precious anticipation. Hope is intangible but it is the heartbeat of passion and the source of imagination. It sparks the expectation that something good is coming your way. Hope gives you the ticket to view the world in a more positive perspective. It intensifies the credence that this universe is still a happy place to live in.

So, as the saying goes...count your blessings name them one by one from the moment you wake up. View life with rose colored glasses but with your feet firmly planted on the ground. Find pleasure in every little thing that makes you happy.

Most importantly, thank God for keeping you alive and seek His guidance that come what may, He will lift you up in eagle's wings. Life is after all still wonderful!



AFRICAN REGION IS FREE OF WILD POLIOVIRUS





Our hard work has paid off. Through the work of Rotarians and our partners, the WHO African region has been certified free of wild poliovirus. This means that no child in any of the region's 47 countries will ever again have to suffer from the wild poliovirus.

While we celebrate this great achievement, we look to the next goal: to eradicate the wild poliovirus in the two countries where the disease has never been stopped, Afghanistan and Pakistan.

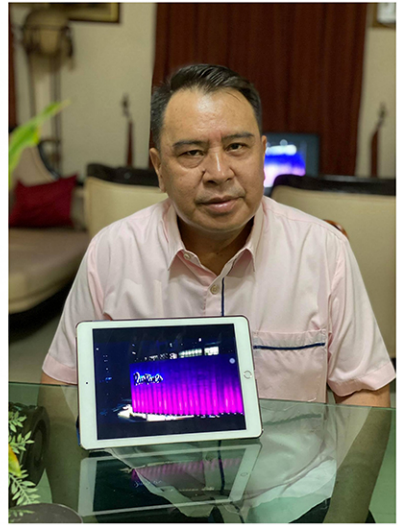
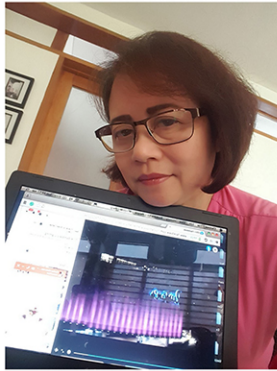
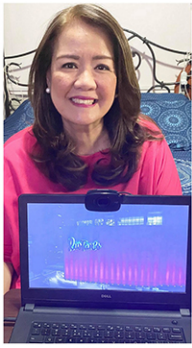
"To all of our Rotary members: Thank you for your continued support and dedication, which has made possible the certification of the WHO African region as free of the wild poliovirus. We know this hasn't been easy, and there is still work to be done, but you have helped achieve something remarkable."

Holger Knaack
Rotary International President

Help us meet the next challenge by donating at
endpolio.org/donate



10-01-2020 Rustans Ayala Center Cebu Symbolic Pink Lighting Facade



09-28-2020 10th RCCF GMM Meeting (Virtual) Spouse's Night



**END
POLIO
NOW**

Rotary 



TAKE ACTION
ERADICATE A DISEASE FOREVER

WORLD POLIO DAY
24 OCTOBER 2020

www.endpolio.org/world-polio-day



**END
POLIO
NOW**



**COUNTDOWN TO
HISTORY**

Rotary 

DISEASE DETECTIVES

In a public health crisis, contact tracers are on the case

By Diana Schoberg
Illustrations by Gwen Keraval



ON 20 JULY 2014, a Liberian-American man collapsed in an airport in Lagos, Nigeria, a city of more than 10 million people. Three days later, he was diagnosed with Ebola, the country's first case. The arrival of the Ebola virus in one of the world's largest cities was a scenario that, as one U.S. official noted at the time, generated worries of an "apocalyptic urban outbreak."

But what could have been a ghastly epidemic was averted; only 19 additional people in Nigeria contracted the disease, and seven died. The World Health Organization (WHO) declared the country free of Ebola on 20 October, three months after that first case was diagnosed.



To achieve that, the work of the Rotary-supported polio eradication program — the strong partnerships that had been built between the Nigerian government and other organizations, as well as the infrastructure that had been put in place — proved to be key. The Nigerian health ministry swiftly declared Ebola an emergency and created a command center, modeled after those used by the polio program, to coordinate its response. A team of 40 doctors trained in epidemiology who assisted in the country's polio eradication campaign were reassigned to tackle Ebola. Technical experts from the polio program trained health workers on contact tracing, case management, and more.

From that first patient, called the “index case,” health workers generated a list of nearly 900 contacts, diligently tracked

down by a team of 150 contact tracers who conducted 18,500 face-to-face visits to check for symptoms of Ebola. Only one contact was lost to follow-up. Shoe-leather public health detective work had stopped the outbreak.

CONTACT TRACING has been in the news lately because of the important role it can play in slowing the spread of the novel coronavirus, but it has been a cornerstone of public health for much of the past century. In 1937, then-U.S. Surgeon General Thomas Parran wrote a book about syphilis control (melodramatically titled *Shadow on the Land*), in which he described contact tracing in detail. The practice has been a valuable tool ever since — for combating the spread of sexually transmitted infections as well as vaccine-preventable

► GLOSSARY

Index case

The first documented case of a disease in a population is the *index case*. The index case brings the presence of the disease to the attention of health authorities.



► GLOSSARY

Asymptomatic

A person who shows no symptoms of a disease is asymptomatic. An estimated 40 percent of COVID-19 infections are asymptomatic.

What varies from disease to disease is who is considered a contact.

diseases such as measles and tuberculosis. Smallpox was defeated not by vaccinating entire populations, but by finding and vaccinating anyone who had been in contact with people who had the disease. Contact tracing has also played a part in the progress we've made against polio.

Regardless of the disease in question, contact tracing is based on the same premise: quickly identifying and monitoring people who have been in contact with an infected person in order to diagnose and treat them if they develop the disease — and to prevent it from spreading further, whether through vaccination or isolation. (The word “quarantine” dates back to the Middle Ages, when sailors had to remain aboard docked ships for a 40-day period — in Latin, a *quarentena* — to prevent the spread of bubonic plague.) Contact tracing allows health workers to find people who have been in contact with a carrier, to determine whether they are also infected, to offer support and treat-

ment, and to build a list of that person's contacts in case the tracing chain needs to expand.

What varies from disease to disease is who is considered a contact. Investigators look at the characteristics of the disease and how it spreads to determine who is at greatest risk of infection. Ebola, for example, is contracted through exposure to bodily fluids, so contact tracers monitored people who had had direct physical contact with an infected person — who shared meals with them, cared for them, did their laundry, or prepared their body for burial. With COVID-19, a respiratory disease, U.S. health authorities have defined a close contact as someone who was within 6 feet of an infected person for at least 15 minutes.

Some diseases, such as influenza, spread so rapidly that it's difficult to keep up, says William Schaffner, a professor of preventive medicine and infectious disease at Vanderbilt University Medical





Center. “It’s one of the difficulties we’re having with COVID-19 today.”

Another challenge in tracing the coronavirus, one that it shares with polio, is that many infected people are asymptomatic. “That very characteristic of polio baffled public health people for ages,” Schaffner says. “Before it was discovered to be an intestinal virus, they couldn’t figure out how it was spread. Some cases didn’t have any contact with each other.”

In the United States, health departments generally maintain a small staff of contact tracers; those teams are being expanded to trace the spread of COVID-19. San Francisco, for example, had only 10 people regularly working on contact tracing. The city reassigned other public employees whose workloads had lightened because of the pandemic to act as contact tracers — staff in “the city attorney’s office, assessor’s office, and, my favorite, all the city librarians,” says George Rutherford, a professor of epidemiology at the University of California at San Francisco and principal investigator on California’s contact tracing training program. Rutherford and his team were asked to train 10,000 civil servants online throughout the state. During a 20-minute interview with *Rotary*, he received 60 emails about it. “You can get an idea of the volume I’m dealing with,” he remarked.

IN NEW ZEALAND, Denise Garcia, a member of the Rotary Club of Tawa, was one of 190 contact tracers employed by the country’s Ministry of Health in the early phase of the COVID-19 pandemic. As a health professional, she was sought out to do the work. “They wanted people who could interview people and give ad-

vice,” she says. And her regular job as a midwife was deemed essential — “you can’t weigh a baby online,” she says — so she did both.

Like Garcia, the ideal contact tracer has strong interpersonal skills. One of the biggest challenges of the job, which is part detective and part social worker, is gaining people’s confidence. “They have to convincingly communicate trust,” Schaffner says. “Confidentiality is very important.” It can be especially challenging because of the social stigma of some illnesses and the mistrust in government by some groups of people. “People are wary of government intrusion, particularly at a time of turbulence — which there always is when there is a disease outbreak,” he says. “You have to come with a smile and a helping hand. But you have to get in the door.”

When Garcia would arrive at the health ministry offices after her midwifery work in the morning, she would receive a list of people to call. “Trying to contact people was the hardest thing,” she says. “It’s an unknown number; a lot of people wouldn’t answer.” And the contact tracers themselves never knew where they were calling — it could be a person on the other side of the world who had been on a flight with someone who had tested positive for the virus.

Once in touch with a person, Garcia says, she would inform them that they had been in contact with someone who had tested positive for COVID-19. She would ask them if they were well. She would confirm the contact date and talk about the need to isolate for two weeks, and ask whether the person needed to be tested or had already been tested. She would try to work out who else they had been in

A challenge in tracing the coronavirus, one that it shares with polio, is that many infected people are asymptomatic.

► GLOSSARY

Community spread

Contact tracers can trace the spread of a disease from an infected person.

When someone gets a disease without any known contact with an infected person, it’s called *community spread*.





> GLOSSARY

Superspreader

Superspreader is a general term for a highly infectious person able to spread the disease to an unusually high number of people. The woman known as Typhoid Mary would today be considered a superspreader.



contact with and pass that information on to the health ministry. And she would refer them to social service agencies if they faced problems with access to food, medication, or money during their isolation period. “It was a privilege to ring people and talk to them and make sure they’re OK,” Garcia says. “You felt quite good knowing people were doing all right or that you could help them.”

The contact tracers were never given the name of the person who had the positive test. That confidentiality helps build trust — if the person contacted never discovers who was the source of their infection, they can have faith that their own name won’t be revealed, either.

Schaffner recalls working as a disease detective through what is now the U.S. Centers for Disease Control and Prevention early in his career. He remembers the man who was head of the sexually transmitted disease division at the Rhode Island Department of Health personally hauling paper records from closed cases down to the basement furnace and watching them burn. “Decades later, that is still

imprinted in my brain about how sacred the confidentiality of public health records is,” he says.

ROSEMARY ONYIBE knows about the importance of trust in tackling a disease. On 27 February, the Nigerian government announced its first confirmed case of COVID-19, and later that day, Onyibe, a public health physician who has been working with WHO in Nigeria on the polio eradication initiative since 2000, was invited by WHO to assist in the country’s response to the novel coronavirus. The infrastructure set up through the polio program would once again be invaluable.

The polio eradication effort has, over time, put in place a vast grassroots surveillance network by training more than 50,000 community members in Nigeria to look for children with acute flaccid paralysis (a sudden weakness in the limbs), the primary symptom of polio. These “community informants” — which include traditional leaders, birth attendants, healers, religious leaders, pharmaceutical vendors called chemists, members of youth groups,

The polio structure in Nigeria has made the response to any disease outbreak quicker and more focused.



HOW CONTACT TRACING WORKS

The details vary by disease, but the goal remains the same: to stop the spread.

STEP 1

A positive case is identified

Depending on the disease, a person who tests positive may isolate, receive treatment, or both.

STEP 2

Close contacts are identified

Contact tracers interview the person who tested positive to find out where they've been and who they've come in contact with.

STEP 3

Contacts are interviewed

Contact tracers get in touch with the person's close contacts to inform them that they may have been exposed and to check for symptoms, provide guidance, and offer referrals to social service agencies.

STEP 4

Contacts are monitored

Contact tracers follow up with each contact to monitor for symptoms. If a person remains without symptoms throughout the monitoring period, the case is closed. If the person tests positive, the process begins again at step 1.

and other influential members of the community — watch for people showing symptoms of diseases of public health concern, including measles, tuberculosis, whooping cough, and meningitis, and report what they see to disease surveillance officers.

"These are people who are part of the community, live and work in the community, and in most cases, are selected by the community to be their reference points for health-related issues," Onyibe says. "They have the trust of the people, who are likely to freely communicate whatever health conditions they have. They aren't some strangers' faces they've never seen before."

Because of general suspicion of the government, Onyibe says, many Nigerians don't think COVID-19 is real — which makes this trusted network all the more needed. Using posters and presentations, local governments trained the community informants about the symptoms of the virus, and at health facilities, WHO also supported the training of health workers to look for COVID-19. "The polio initiative has helped us train a lot of people who are now versed in disease surveillance,"

Onyibe says. "We are not starting fresh. When COVID-19 hit, we didn't need to do any serious training of our surveillance teams at the state level. We repurposed them. It was an easy transition."

With COVID-19, community informants or health workers who identify a suspected case report it to the state, which deploys a rapid response team to take samples to test the person (though laboratory capacity has hindered testing rates). If the result is positive, the person is evacuated to an isolation center and their contacts are traced and monitored for at least 14 days. If one of them shows symptoms, that person is tested as well and the process begins again.

"The polio structure in Nigeria has made the response to any disease outbreak quicker and more focused. Because we have people who are already knowledgeable from the grassroots to the national level, we can quickly equip them to respond," Onyibe says. "That was why Nigeria was able to defeat Ebola, and why Nigeria is also able to fight COVID-19. The world has Rotary International to thank for this." ■



FOUR QUESTIONS

Network news

After returning home, many Rotary Youth Exchange students miss their lives abroad. Rotex helps fill the gap

Riikka Muje had a fantastic time when she lived in Brittany, France, in 2011-12 as a Rotary Youth Exchange student. “At the beginning it was hard,” she recalls. “I didn’t speak the language. I didn’t know anyone. But then it’s amazing how you can form a life in another place.”

After her exchange, adjusting back to life in her hometown of Rovaniemi, Finland, was just as hard — until she joined a Rotex alumni association, Rotex for short. Rotex alumni associations are groups of Rotary Youth Exchange alumni who act as intermediaries between Rotarians and Youth Exchange students. They provide mentoring and organize events with exchange students in their home country as a way to give back and keep their international connections alive.

Now Muje is a fifth-year medical student at the University of Turku and president of Rotex Finland, which has more than 80 members across the country’s five districts.

1 Are Rotex clubs everywhere?

It depends on the area. In Germany, Taiwan, Brazil, and Finland, for example, Rotex is well established. There are other places where it is just getting started. And there are some countries where Rotex alumni associations have

yet to be founded or chartered with Rotary International.

Rotex alumni associations have organized four international conventions in different host cities. We founded Rotex International (rotex.org) four years ago to spread awareness about Rotex. We have five board members from different countries. And last year, Rotex International was chartered as a Rotary alumni association, which gave us official standing in the Rotary family.

2 What’s the role of Rotex in Rotary Youth Exchange?

In Finland, when someone applies for Rotary Youth Exchange, the Rotex members are there for the interviews to help

“Rotex gives you a chance to continue interacting with people from other countries, and to get to know people who have had the same experience as you.”

the Rotarians choose the students who will go on exchange. When Rotarians host educational events for outbound students, we are there as well, to tell about our own experiences. And after the students come back home, we send them an email to invite them to join. Rotex is a good way to give back after a really good experience.

3 How else do you work with Rotarians?

Rotarians ask us to help with many local Rotary Youth Exchange events. In Finland, we help organize language and culture camps that are held at the beginning of an exchange. There are always 10 to 15 Rotex members who work as camp leaders. When Rotarians in Finland host tours for Youth Exchange students — the EuroTour or Lapland tour, for example — they also invite us to help with organization and practical things. We do smaller Rotex events as well, every month or two by district. We help promote exchanges by visiting schools and doing social media campaigns. And in some countries, such as Germany and the United States, Rotex members do fundraising events. As president of Rotex Finland, I also take part in Finnish Youth Exchange meetings to provide a youth opinion as they develop their programs.

4 Why did you join Rotex?

I had a good Rotary Youth Exchange experience in France, and when I got back I felt so empty. Rotex gives you a chance to continue interacting with people from other countries, and to get to know people who have had the same experience as you. It helps you readapt to your old life, which can be surprisingly difficult.

I joined Rotex in my hometown of Rovaniemi, which is in the north of Finland, on the Arctic Circle. When I moved to Turku in the south to attend university, I didn’t know people outside of those I met at school. Rotex has helped me to make friends who do things in life other than medicine. I think that’s really valuable.

— DIANA SCHOBERG

Reconnect Week is 5-11 October. Each year, all around the world, Rotary members and alumni of programs such as Rotary Youth Exchange, Rotary Youth Leadership Awards, and interact share their experiences, network with one another, and participate in projects together. Find out more at on.rotary.org/reconnectweek.



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NOTES:
