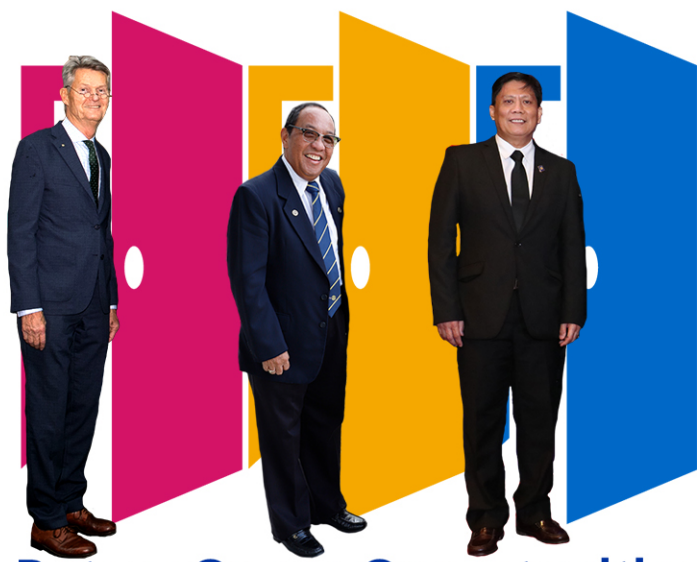


THE FOUNTAIN

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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24th General Membership Meeting

Virtual Meeting | February 22, 2021

Areas of Focus: Peacebuilding and Conflict Prevention Month

Vol. 39, No. 19

Programme Club Assembly

Part 1

Call to OrderPres. Emmanuel Tesalona

Invocation.....Audio Visual Presentation

Philippine Anthem.....Audio Visual Presentation

Four Way Test and Objects of Rotary.....Audio Visual Presentation

Introduction of Rotarians with.....Audio Visual Presentation

Classification / Spouses

Part 2

Presentation of Club Accomplishments.....Pres.Emmanuel Tesalona

Introduction to the Assistant Governor.....Asst.Gov. Alain Senerpida

Assistant Governor's Message.....Asst. Gov. Amor Tomakin

Presentation of Certificate / Token

President's Time.....Pres. Emmanuel Tesalona

Adjournment.....Pres. Emmanuel Tesalona

Fellowship Continues

Quote for the Week

"Life is what happens when you're busy making other plans." - John Lennon



Hosted by:
PE Berns Amago IV

INVOCATION

Almighty God, source of all strength, understanding, and love, forgive our sins that keep us from you, illumine our minds by the light of your truth, inspire our hearts by the presence of your Spirit, and teach our unruly wills to act under the guidance of your love; that we may worthily worship you now and sincerely serve you all the days of our lives, through Jesus Christ our Lord, who has taught us pray together, saying. Amen.





President's Message



Welcome, Assistant Governor Amor! Last Monday's meeting was Rotary Club of Cebu Fuente's Club Assembly. It is done every year to review the club's performance in comparison to the Governor and RI Challenges. The challenges posed by the District and RI are the barometers of every club's performance.

As of the meeting date, I'm proud to report to the club members that we have accomplished all the challenges given to us by the RI and the District. In fact, in some instances, we even surpassed what was required of us. For this, I would like to express my sincerest gratitude to all my fellow Rotarians for your untiring support.

Thank you very much.



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



POULY JANG
Secretary,
RY 2020 - 2021

From Secretary's Desk

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	22nd 02/01	23rd 02/15	24th 02/22	25th 03/01	Perfect Attendance
6726464	Abad	Jose Alfonso					
6581939	Abarintos	Conrado	✓	✓			
8794289	Abay-Abay	Emman Reyan	✓	✓			
9330462	Amago IV	Atty. Bernardino	✓	✓			
6218949	Amores	Maricel	✓				
3362897	Barba	Richard		✓			
6207695	Baring	Engr. Jesselito	✓	✓			
1166426	Calalang	Emmanuel					
8915638	Canama	Don Jade					
10954392	Deiparine	Atty. Sydrick Jose Andre					
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	✓				
9330558	Tesalona	Emmanuel	✓	✓			
5176670	Torres	Arch. Manuel, Jr.	✓	✓			
10713855	Uy	Stephen Henry	✓	✓			
10410033	Yared	Patrick					
TOTAL PERCENTAGE							

BIRTHDAYS

February 17 PP Marina Kaufmann

February 21 FHM Raki Vega-Siu

WEDDING ANNIVERSARIES

February 14 PP Joseph & Yingying Baduel

February 26 PP Dave John & Gaye Karamihan





IN ROTARY, 23 February is our anniversary, and February is also the month when we focus on promoting peace. There is a reason for this: Contributing to peace and international understanding has been a high

priority for us since our earliest days.

We are often asked: “How can we get involved in peace now?” There are many paths to peace in Rotary. Our youth programs point us in the direction of Positive Peace, as does the work of intercountry committees and the Rotary Action Group for Peace.

Another path is the Rotarian Peace Projects Incubator (RPPI), an inspirational collaboration among Rotarians, Rotaractors, and Rotary Peace Fellows and alumni. Led by Rotarians in Switzerland and Liechtenstein, RPPI has designed 48 global projects that any club can support, either directly or through Rotary Foundation global grants. Nino Lotishvili and Matthew Johnsen, alumni of the Rotary Peace Center at Chulalongkorn University in Bangkok, Thailand, are two of the many volunteers.

During my Rotary peace journey, I have learned how personal resilience helps build inner peace and create sustainable outer peace. This was the inspiration behind the Women Peace Ambassadors for the South Caucasus project, which is based on my field research in Georgia. The RPPI team of Rotarians and peace fellows recognized the incredible potential of women from mixed-ethnicity families who live on borderlands to be role models for peace within and beyond their communities. Through workshops on building inner and outer peace that draw on the power of storytelling, 40 participants will be sharing their stories and reaching around 400 extended family and community members. These inspiring but marginalized women

will reclaim their inner strength as peacebuilders at the grassroots level. In this way, we will take steps toward the sustainable, peaceful society we need so much, not only in our region, but throughout the world. — Nino Lotishvili

I was excited to join the peace incubator project and to further strengthen my ties with Rotary's peace community by working with past and current peace fellows to develop these proposals. My team wrote five proposals — three in Bangladesh, one in Iraq, and one in Poland — that focus on the arts and on education to generate dialogue across religious divisions and avert the radicalization of young people. I was inspired by how, despite the pandemic, we came together via technology with a vision to develop, test, and strengthen ideas and to produce workable solutions that clubs across the world can support to advance peace. I am excited to work with Rotary's peace community to transform these visions into reality. — Matthew Johnsen

Here is further proof that in Rotary, we prefer action to words. This is Rotary at its best. I encourage you to visit rpqi.ch to explore the projects and support them.

We have lasted 116 years because of our strong ethics, our passion for Service Above Self, and our unique approach to problem-solving. One of our greatest strengths is how we reach across our communities and across national, ethnic, religious, and political divisions to unite people of all backgrounds and to help others. This month, let's celebrate our history and the many ways that *Rotary Opens Opportunities* to advance world understanding, goodwill, and peace, our ultimate mission.

HOLGER KNAACK

President, Rotary International



TRUSTEE CHAIR'S MESSAGE

The satisfaction of stepping up

Giving is more than an activity. It is a way of life and a beacon in the search for hope in troubled times. There is great turmoil today, but these are not unusual times, not in the span of human history. The wisdom of the ages is especially important to help us set our path and purpose.

Such wisdom comes from the 12th-century philosopher known as Maimonides. Born in Córdoba, Spain, he and his family went into exile in Morocco to escape religious persecution. As a young man, he mastered Aristotle, astronomy, and later medicine. After moving to Cairo, Maimonides became known as the city's greatest rabbi, producing tomes of commentary on the Torah, and he lived out his final days as a renowned doctor.

But his greatest gift to humanity captured his thoughts about giving itself. His *Eight Levels of Charity* is a masterpiece that teaches us about what giving means and what motivates us to do it.

The bottom rung of Maimonides' ladder is giving out of pity or grudgingly. The next step up is giving less than one should, but doing so cheerfully. Climb up to the fifth rung and you are giving before being asked. Further up the ladder is giving in a way that the receiver does not know who the giver is. The eighth and highest level of charity is to anticipate distress and giving to avoid or prevent it.

When we immunize children against polio, we are anticipating potential illness. We do so with other efforts, such as Rotary projects that reduce the incidence of malaria or cervical cancer.

When we teach someone a profession that enables them to earn a living, we apply the eighth step. From microfinance to education, The Rotary Foundation helps us give the gift of self-reliance.

All of this good work awaits us, as does the work of supporting newborns, cleaning water sources, recovering from the COVID-19 pandemic, and countless other efforts we lead.

I am proud to say that many Rotary members climb to the top of Maimonides' ladder. Many of them do so anonymously. Whoever they are and for whatever reason they share their gifts with the Foundation, I thank them.

As an organization, Rotary climbs that ladder as well. Every one of your donations helps us reach higher levels. As we climb this ladder as one, we gain a wider perspective. We see all those who need to be uplifted as well as the countless opportunities we have to help them in Rotary. And as we do so, we find our own meaning and purpose.

K.R. RAVINDRAN

Foundation trustee chair

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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	

Safety committee supports clubs through pandemic

Posted on **February 18, 2021**



— Juliet Altenburg

By Juliet Altenburg, DGN, District 7390 (Pennsylvania, USA)

Last June as I ended my term as president of the Rotary Club of Mechanicsburg-North and started my role as a district governor-nominee, I was feeling the enormity of COVID-19 in my paid job, personal life, and Rotary club.

In my professional job as a nurse, I am the Executive Director of the Pennsylvania Trauma Systems Foundation (PTSF). PTSF oversees hospitals that are trauma centers in Pennsylvania. Hospital staff shared with me the stress of caring

for patients while trying to protect themselves and their families. They were often the “family” of patients that died alone and were physically and emotionally exhausted.

Meanwhile in my mother’s nursing home, the virus swept through the facility at an alarming rate. Among 86 residents, over 70 tested positive and 11 died. I received daily messages of more and more staff being impacted which contributed to staffing shortages. Meanwhile in my club, we pivoted to online Zoom meetings but were still unsure of when and how we should reconnect in person. Furthermore, how should we keep risk at a minimum while doing service activities in the community?

With this in mind, I asked District Governor John Anthony if we could form a committee focused on supporting the district’s clubs on how to serve safely. We would educate Rotarians on how to be safe with any in-person events including fundraisers, service activities, and club meetings.

With DG John’s enthusiastic support, the District 7390 Safety Committee was launched. Within two weeks of asking for volunteers, 12 Rotarians with expertise in education, food handling, childcare, public health, nursing, contact tracing, and public relations came together to form a plan. The result of that plan was the formation of a COVID-19 Safety Guidance document for all clubs that would teach them principles of meeting and serving safely. That document was part of an overall communications plan that included enhancing the district website by forming a [COVID-19 page](#).

That page not only contains a guidance document, but signage, guest information, and the most current CDC, Pennsylvania Department of Health, and Rotary International announcements related to COVID-19. As news spread on depth of expertise on the committee, various Rotary committees requested support to provide recommendations for implementing risk mitigation strategies for events including RYLA, Youth Exchange, and the Multi-District Conference. As committee work continues plans include:



— A sign from the district’s COVID-19 page, available as a resource to clubs.



- Conducting webinars for Rotarians and the public related to COVID-19 safe practices and scientifically based information regarding COVID-19 vaccinations.
- Collaborating with local public health organizations in providing vaccination support
- Increasing public media presence including messaging on digital billboards
- Forming a subcommittee to develop District Crisis Management Guidelines

Our goal is to one day focus on other aspects of safety as we serve the public, but for now, we are proud to be supporting our clubs and the world at large in advocating for safe practices and vaccine distribution as COVID-19 ravages the planet. One day we will be together without masks, but for now we will serve the public and each other proudly as we support one another during this challenging time.

Editor's Note: Share your efforts to promote COVID-19 vaccinations and stop the spread of the disease on [Rotary Showcase](#).

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

Maricel Borrromeo-Amores

Membership Director 2020-2021

PRESIDENT RY 2017-2018

Which do you think holds a bigger percentage in communication- the words or verbal manner or the nonverbal? Generally, people think it is the verbal as compared to nonverbal manner as the latter has yet to be deciphered while the former can be heard clearly.

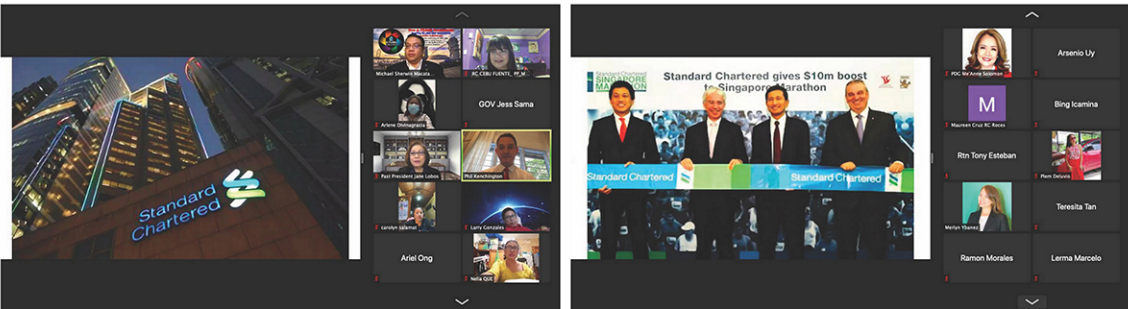
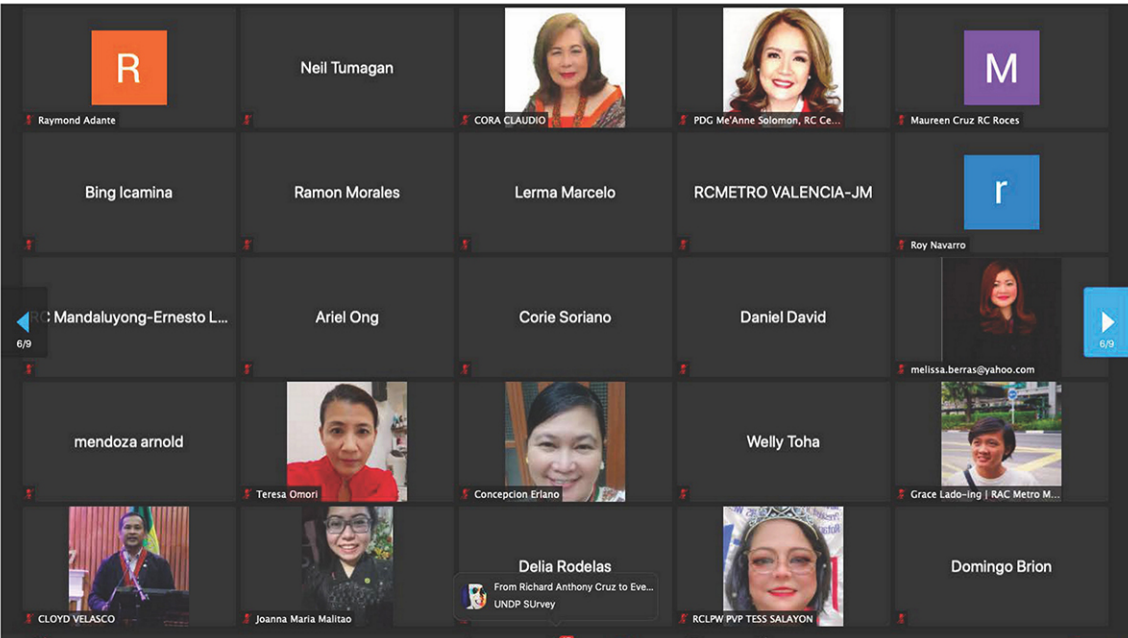
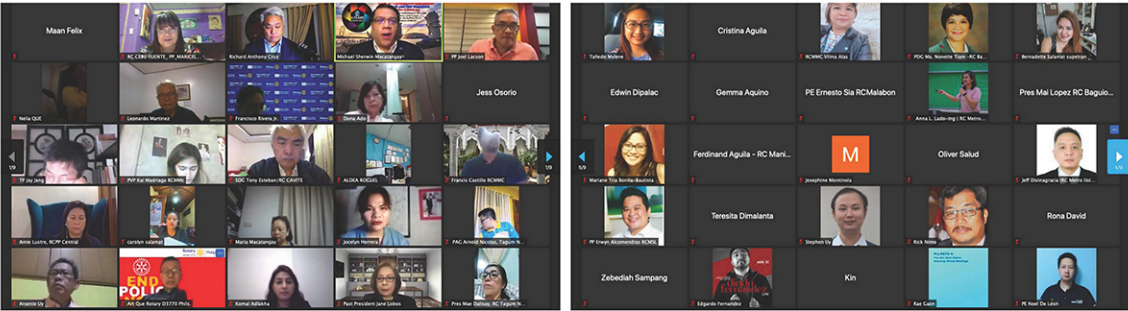
Well sometime in 1967, Albert Mehrabian and Susan Ferris rocked the communication world with their study on communication. Contrary to popular opinion, words were not the major way that people communicated information. In fact, a high percentage of the information was conveyed in a nonverbal manner. This was further sustained by Dr. Ray Birdwhistell of the University of Pennsylvania that words account for about 35% of our message, while the other 65% occurs in what he calls the “nonverbal band”.

Therefore, it is imperative that when one communicates, there are certain behaviors that must be aligned with your words to convey a more “positive” understanding when the message is received. Sometimes, it is easier said than done as communication is one of the most difficult processes for mankind to do. However, you can give that positive impact if you are aware of the importance of enhancing your visual, vocal and verbal factors of communication.

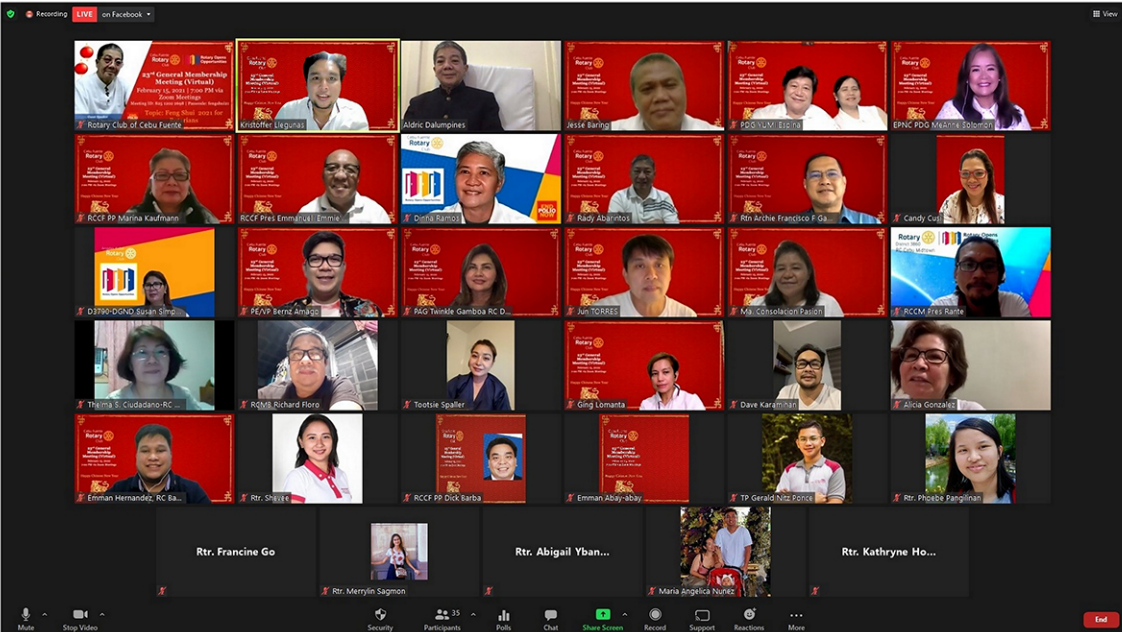
When you walk the talk meaning your actions are aligned with your words, the stamp of credibility will be given to you. Be conscious of your nonverbal communication that it does not give a different signal or your message will be misunderstood. Oftentimes, it is inevitable that your ideas do not match and roadblocks surface which gives you a very awkward situation. So how do you resolve it when you are in those kinds of tricky situations? When you need to balance your nonverbal and verbal? The key is to style flex. When you have opposite styles and you are adamant in still not flexing your approach, misunderstanding may arise, not over *WHAT* was said but *HOW* it is said. This is the time to use style-flexing. After all, diplomacy wins the game and gets the closes the deal.

So the next time you want to communicate to someone especially if you do not know his or her style, then arm yourself and be ready to style-flex so that your verbal and nonverbal has a semblance of balance and congruent in word and in deed.

02-04-2021 Borderless Opportunities in 2021



02-15-2021 23rd RCCF GMM (Virtual)





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.**



I AM RAISING FOR
**PEACE-
BUILDING
& CONFLICT
PREVENTION**



I AM RAISING FOR THE
**WORLD
FUND**



I AM RAISING FOR
**MATERNAL
AND
CHILD
HEALTH**



I AM RAISING TO
**END
POLIO**



I AM RAISING FOR
**WATER,
SANITATION,
AND
HYGIENE**



I AM RAISING FOR
**FIGHTING
DISEASE**



I AM RAISING FOR
**BASIC
EDUCATION
AND
LITERACY**



I AM RAISING FOR
**GROWING
LOCAL
ECONOMIES**



I AM RAISING FOR
**DISASTER
RESPONSE**



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