### RCCF MEETS EVERY MONDAY @ 7:30 P.M. CASINO ESPAÑOL, V. RANUDO ST. CEBU CITY VOL XXXIX NO.: DATE: CHARTERED OCTOBER 29, 1982 CLUB # 17104 OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860



#### *"Rotary is not just a club that you join, it is an invitation to endless opportunities"* HOLGER KNAACK Rotary International President, RY 2020 - 2021





HOLGER KNAACK **Rotary International President** 



**RODEL RIEZL S. REYES** District Governor



AMOR TOMAKIN Assistant Governor, Area 1D



CARY BEATISULA District Secretary



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ESPINA



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EMMAN REYAN C. ABAY-ABAY

Director, Community Service

EMMANUEL CALALANG

Audito

JASON G. ONG



POULY JANG

Secretary / President-Nominee



ATTY. LOLITA L. LOMANTA Director, Youth Service



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

Virtual Meeting | March 29, 2021

Area of Focus: Water, Sanitation, and Hygiene Month

Vol. 39, No. 23

## **Programme**

| Part 1                               |                           |
|--------------------------------------|---------------------------|
| Call to Order                        | Pres. Emmie Tesalona      |
| Invocation                           | Audio Visual Presentation |
| Philippine Anthem                    | Audio Visual Presentation |
| The Rotary Hymn                      |                           |
| Four Way Test and Objects of Rotary  |                           |
| Introduction of Rotarians / Spouses  |                           |
| Visiting Rotarians/Rotaractors/Guest |                           |



Hosted by: Dir. Jason Ong

### INVOCATION

Almighty God, our heavenly Father, bless, we pray, all those who work for the extension of your kingdom, and make us so thankful for all your precious gifts to us, especially the gift of your beloved Son, that we may pray fervently, labor diligently, and continue all our days to give liberally to make Christ known to all peoples as their Savior and their King. For the sake of your kingdom we ask this Amen

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#### Quote for the Week

Presentation of Certificate / Token

"If life were predictable it would cease to be life, and be without flavor." - Eleanor Roosevelt

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Introduction of Guest Speaker.....PP Alain Senerpida Guest Speaker.....Lormelyn E. Claudio, CESO IV Topic: DENR EMB 7 Current Programs **Regional Director** and Initiatives For The DENR) - EMB Region VII Protection of Environment

PART 3

**Open Forum** 

PART 2

| Secretary's Report | Sec. Pouly Jang    |
|--------------------|--------------------|
|                    | Treas. Jun Torres  |
| Director's Report  |                    |
| President's Time   | Pres. Emmie Tesalo |
| Other matters      |                    |
| Adjournment        | Pres. Emmie Tesalo |



March is Water and Sanitation Month in Rotary calendar. To celebrate this month's theme, RCCF hosted a webinar last meeting entitled, Is Our Water Safe? The topic was so controversial that a lot of questions were left unanswered during the question-and-answer portion. This incident gave rise to the invitation of Region 7 DENR Director, Ms. Lormelyn F. Claudio, to enlighten the members and guests of the Rotary Club of Cebu Fuente. The result, another webinar was hosted by our club entitled DENR EMB7 Current Programs and Initiatives for the Protection of Environment.

The talk basically centered on what the aforementioned government agency is doing for the protection of Cebu's water ways, which our club is spousing. The unanswered question of who will implement and enforce the law, remains unanswered due to the sensitivity of the matter. One question in particular is, what will happen to the squatters along the creeks? Director Claudio smiled and said, RCCF members should help her police the river banks, creeks and water ways. She explained to the group their efforts to clean the creeks and remove the squatters but to no avail, which is why she wanted the different organizations to be involved. Who is really in charge? Is the problem really hopeless? Your guess is as good as mine.



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

## From Secretary's Desk

POULY JANG Secretary,

RY 2020 - 2021

### Attendance

| ROTARY<br>ID # | LAST NAME | FIRST NAME               | 25th<br>03/01 | 26th<br>03/15 | 27th<br>03/22 | 28th<br>03/29 | Perfect<br>Attendance |
|----------------|-----------|--------------------------|---------------|---------------|---------------|---------------|-----------------------|
| 6726464        | Abad      | Jose Alfonso             |               | $\checkmark$  |               |               |                       |
| 6581939        | Abarintos | Conrado                  | $\checkmark$  | $\checkmark$  | $\checkmark$  |               |                       |
| 8794289        | Abay-Abay | Emman Reyan              | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 9330462        |           | Atty. Bernardino         | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 6218949        | Amores    | Maricel                  | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 3362897        | Barba     | Richard                  | 1             | $\checkmark$  |               |               |                       |
| 6207695        | Baring    | Engr. Jesselito          |               | $\checkmark$  | $\checkmark$  |               |                       |
| 1166426        | Calalang  | Emmanuel                 |               | $\checkmark$  |               |               |                       |
| 8915638        | Canama    | Don Jade                 |               | $\checkmark$  |               |               |                       |
| 10954392       | Deiparine | Atty. Sydrick Jose Andre |               |               |               |               |                       |
| 2036342        | Espina    | Archt. Joseph Michael    | √             | $\checkmark$  | $\checkmark$  |               |                       |
| 1166431        | Gonzalez  | Dr. Julio                | $\checkmark$  |               |               |               |                       |
| 8944393        |           | Pouly                    |               | $\checkmark$  |               |               |                       |
| 3516557        | Karamihan | Dave John                | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 8599266        | Kaufmann  | Marina                   | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 10411473       | Libron    | Dr. Tess Annette         |               | $\checkmark$  |               |               |                       |
| 10234515       | Llegunas  | Dee Hora                 | 1             | $\checkmark$  |               |               |                       |
| 9804883        | Llegunas  | Kristoffer               | 1             | $\checkmark$  | √             |               |                       |
| 8794288        | Lomanta   | Atty. Lolita             |               | $\checkmark$  | $\checkmark$  |               |                       |
| 10709899       | Ong       | Jason                    | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 6726443        | Pasion    | Ma. Consolacion          | 1             | $\checkmark$  | $\checkmark$  |               |                       |
| 10410040       | Ponce     | Jose Marie               |               | $\checkmark$  | $\checkmark$  |               |                       |
| 6581937        | Ramos     | Geraldine                |               | $\checkmark$  |               |               |                       |
| 8599268        | Rimaz     | Ma. Dolores              |               | $\checkmark$  |               |               |                       |
| 5476140        | San Pedro | Luz Filipinas            |               |               |               |               |                       |
| 11103868       | Spaller   | Herminia                 | ~             | $\checkmark$  | $\checkmark$  |               |                       |
| 8794286        | Senerpida | Dr. Alain                | $\checkmark$  | $\checkmark$  | $\checkmark$  |               |                       |
| 3264107        | Solomon   | Mary Anne                | $\checkmark$  | $\checkmark$  | $\checkmark$  |               |                       |
| 8543450        | Sulay     | Kendrick                 | $\checkmark$  | $\checkmark$  |               |               |                       |
| 9330558        | Tesalona  | Emmanuel                 | $\checkmark$  | $\checkmark$  | $\checkmark$  |               |                       |
| 5176670        | Torres    | Archt. Manuel, Jr.       | $\checkmark$  | $\checkmark$  | $\checkmark$  |               |                       |
| 10713855       | Uy        | Stephen Henry            | $\checkmark$  | $\checkmark$  | $\checkmark$  |               |                       |
| 10410033       | Yared     | Patrick                  | $\checkmark$  | $\checkmark$  |               |               |                       |
| 6              | то        | TAL ATTENDEES IN ZOOM    | 20            | 36            | 26            |               |                       |
| \$ -           |           | 0                        |               |               |               |               | ,                     |

#### **BIRTHDAYS**

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

PP Cornelio Mercado

S SOMEONE WHO KNOWS firsthand the great leadership potential of Rotaractors, I always look forward to World Rotaract Week, which we are celebrating from 8 to 14 March. Rotaractors are the focus of all three of my presidential conferences this year, and I was proud when, two years ago, the Council on Legislation voted to elevate Rotaract by including Rotaract clubs as members of Rotary International. Before that, the Council had already made dual membership possible, and shortly after, the Board of Directors decided to do away with Rotaract's age limits.

But we are only just embarking on our journey together. Partnering effectively doesn't happen by itself. It requires both sides to be open and to understand the value of cross-generational alliances. Louie De Real, a dual member of Rotaract and Rotary, explains.

Joint virtual meetings have helped Rotaractors introduce Rotarians to new ideas and tools, pioneering unique ways for clubs to collaborate. In the case of pandemic and disaster response, Rotaract clubs used social media to coordinate efforts, drive information, and fundraise, while Rotary clubs used their networks and resources to amplify support, provide logistics, and bring the goods and services to communities.

Rotaractors' innovative virtual engagement and professional development activities inspired Rotarians to support and follow suit. The pandemic made Rotaract clubs realize that we can immediately connect and partner with Rotary clubs through virtual platforms. With constant collaboration, we realize that Rotary and Rotaract indeed complement each other — that we are part of a single organization with shared goals.

Both sides add value. Rotarians can be mentors and service partners to Rotaractors, while Rotaractors can demonstrate to Rotarians that difficult jobs can be simplified and limitations can be surpassed through digital approaches. This synergy motivates Rotaractors to become future Rotarians: I joined Rotary because Rotarians gave me memorable membership experiences through inspirational moments of collaboration. I needed to be a Rotarian to inspire Rotaractors the same way, now and in the future.

That same synergy leads Rotarians to realize that while Rotaractors may have a different culture, we all share a common vision of uniting people to take action. Rotaract's unique ways of doing things serve as inspiration for innovation, helping Rotary increase its ability to adapt to future challenges. Rotarians and Rotaractors will build the future together, so let's start today.

I see no difference between a Rotary club and a Rotaract club, except perhaps for the average age!

Many Rotarians still view Rotaract as our youth organization, but I see it differently. For me, they are part of us, and they are like us. To be successful together, we need to have mutual respect — to see each other as equals. Let's see Rotaractors for who they really are: students and young leaders, but also successful managers and entrepreneurs who are capable of planning, organizing, and managing a Rotary institute — including breakout sessions in five languages — as they did in Berlin in 2014.

As we take this journey together, let's remember the strengths of Rotary and Rotaract. And, as Louie says, let's get started right away in building the future together. In doing so, we open endless opportunities for our organization.

> HOLGER KNAACK President, Rotary International



## Challenge and opportunity

**One year ago this month,** the World Health Organization declared COVID-19 a pandemic. As I write these words, the coronavirus continues to wreak havoc: taking lives, choking economies, and changing our societies in myriad ways. It has disproportionately hurt the poor and worsened inequalities.

Even as some countries have done better than others in controlling this deadly disease, the rapid development of vaccines is bringing us closer to the end of our strange new reality of social isolation.

This dark chapter in our history is also an opportunity for Rotary, because it reminds us of the impact we can have through The Rotary Foundation if we commit to helping others and live up to our highest ideals. It reminds us of the truly international spirit that we must embody to recover from this moment.

During the COVID-19 pandemic, we have witnessed compassion and sacrifice, friendship and resilient good humor. I am reminded of that famous insight popularized by John F. Kennedy: "When written in Chinese, the word *crisis* is composed of two characters: One represents danger, and one represents opportunity."

Working together, we have done so much to adapt to the COVID-19 pandemic, to care for our communities, and to seize the opportunity to be a part of perhaps the most complex task ever undertaken in history — vaccinating 7 billion people.

This does not mean we will deviate in

any way from our avowed commitment to eradicating polio, which remains our highest priority and will continue to be our only corporate program.

On the contrary, while continuing polio vaccinations and surveillance, we can apply all our experience in fighting polio to counter COVID-19. We all have a part to play in combating the growing force of vaccine resistance and misinformation. Our advocacy in our communities will be critical - we need to spread the message about the power of vaccines to save lives. We need to work closely with governments and support them in the vaccination drive. We need to add to the more than 3,000 projects already registered on Rotary Showcase to raise awareness, deliver critical personal protective equipment, and support frontline health workers.

As Aristotle said, human beings are social animals, and while COVID-19 has cruelly deprived us of our natural or habitual environment, it does not prevent us from finding connections and helping others in new ways. As you will see in the coming months, Rotary members are already finding the means to channel their humanitarian spirit through the Foundation, which is constantly adapting to address the world's challenges. Every Rotarian has a role in this effort, and you will find that however you choose to help others and make lasting change, you are not alone.

#### GENERAL OFFICERS OF ROTARY International, 2020–21

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Mölln, Germany
PRESIDENT-ELECT

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VICE PRESIDENT Johrita Solari Anaheim, California, USA

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**Kyun Kim** Busan-Dongrae, Korea

**Aikaterini Kotsali-**Papadimitriou Pendeli, Greece

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Floyd A. Lancia Anthony Wayne (Fort Wayne), Indiana, USA

Roger Lhors Pont-Audemer, France

**Chi-Tien Liu** Yangmei, Taiwan

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Geeta K. Manek Muthaiga, Kenya

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Sangkoo Yun Sae Hanyang, Korea

GENERAL SECRETARY John P. Hewko Kyiv, Ukraine



K R RAVINDRAN

Foundation trustee chair



## **Monthly Hosting**

| August   | September   |
|--|---|
| Membership & New Club Development  | Basic Education & Literacy  |
| Dave John Karamihan  | Maria Celina Amores   |
| Geraldine Ramos  | Emman Reyan 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   |
|  | 1   |
| Kendrick Sulay   | Alain Senerpida   |
| Kendrick Sulay<br>Jesselito Baring   | Alain Senerpida<br>Jason Ong  |
| Jesselito Baring   | Jason Ong   |
| Jesselito Baring<br>April  | Jason Ong<br>May  |
| Jesselito Baring<br>April<br>Maternal & Child Health   | Jason Ong<br>May<br>Youth Service                                   |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV   | Jason Ong<br>May<br>Youth Service<br>Pouly Jang                     |
| Jesselito Baring<br>April<br>Maternal & Child Health   | Jason Ong<br>May<br>Youth Service                                   |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV   | Jason Ong<br>May<br>Youth Service<br>Pouly Jang                     |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV<br>Jose Marie Ponce   | Jason Ong<br>May<br>Youth Service<br>Pouly Jang<br>Manuel Torres Jr |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV<br>Jose Marie Ponce<br>June   | Jason Ong<br>May<br>Youth Service<br>Pouly Jang                     |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV<br>Jose Marie Ponce<br>June<br>Rotary Fellowship  | Jason Ong<br>May<br>Youth Service<br>Pouly Jang<br>Manuel Torres Jr |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV<br>Jose Marie Ponce<br>June<br>Rotary Fellowship<br>Emmanuel Calalang   | Jason Ong<br>May<br>Youth Service<br>Pouly Jang<br>Manuel Torres Jr |
| Jesselito Baring           April           Maternal & Child Health           Bernadino Amago IV           Jose Marie Ponce           June           Rotary Fellowship           Emmanuel Calalang           Stephen Henry Uy | Jason Ong<br>May<br>Youth Service<br>Pouly Jang<br>Manuel Torres Jr |
| Jesselito Baring<br>April<br>Maternal & Child Health<br>Bernadino Amago IV<br>Jose Marie Ponce<br>June<br>Rotary Fellowship<br>Emmanuel Calalang   | Jason Ong<br>May<br>Youth Service<br>Pouly Jang<br>Manuel Torres Jr |



## **Speaker's Profile**

### CLAUDIO, LORMELYN E.

#### **Educational Background**

|  | · · · · · · · · · · · · · · · · · · ·               |  |      | 41 |
|--|---|--|------|----|
| Degree                                   | Course  | School   | Year | C. |
| College                                  | Bachelor of Science<br>in Environmental<br>Planning | Maryknoll<br>College (Now<br>known as<br>Miriam College) | 1983 |    |
| <ul> <li>Graduate<br/>Studies</li> </ul> | Master of Science in<br>Environmental<br>Management | Philippine<br>Women's<br>University                      | 1996 |    |

#### **Career Executive Eligibility**

CESO IV Effective September 2013

#### Work Experience

- ✓ 1989-1990 Researcher EIA Unit, NRMDP
- ✓ 1990-1991 Science Research Specialist/Researcher, Environmental Monitoring Subcomponent, Natural Resources Management & Development Project
- ✓ 1991-1995 Science EMS/Executive Assistant, Office of the Director, EMB Central Office
- ✓ 1995-1996 Senior EMS/Executive Assistant, Office of the Director, EMB Cental Office
- ✓ 1996-1997 Supervising EMS/Technical Assistant, Office of the Director, EMB Cental Office
- ✓ 1997-1999 Supervising EMS/OIC-EIA AD HOC Division, EMB Cental Office
- ✓ 2000-2007 Supervising Environmental Management Specialist/OIC-RD (Promoted to DIR III Position on March 6, 2006), EMB Region III Office
- ✓ 2007-2009 DIR III / OIC Executive Director, DENR Region VI
- ✓ 2009-2010 Director III / Regional Director, EMB Region II Office
- ✓ 2010-2019 Director III / Regional Director, DENR-EMB Region III
- ✓ Present Regional Director, DENR-EMB 7

## Voluntary Work or Involvement in Civic/Non-Government/People/Voluntary Organization

- CCF City of San Jose Del Monte, Bulacan (Member/Facilitator) Church work, feeding program and outreach activities), Every Sunday
- ✓ Central Luzon Association of Regional Officers (Member) 2010-Present
- ✓ DENR Association of Career Executives, Inc. (Member) 2010-Present



#### LORMELYN E. CLAUDIO, CESO IV Regional Director DENR - EMB REGION 7



## **Rotary Info**

HANDBOOK

### Measure up

Keep your projects on track with a data-driven approach to Rotary service

Since day one, the Rotary Social Impact Network (RSIN), an e-club started by Rotaract and RYLA alumni, has taken a data-driven approach to service. For its first project after it chartered, an awareness campaign for Plastic Free July, the club harnessed the power of metrics to help people calculate how much plastic they use and to make lifestyle changes that would have a beneficial effect.

Using an online environmental impact calculator, the club first conducted a baseline survey to figure out how much plastic its members were using in their daily lives. At the end of Plastic Free July, members recalculated based on the changes they had implemented.

The club also used a datadriven approach to help raise funds for communities affected by Australia's bushfires, donating 80 bags of clothes to the Red Cross, which the club estimates had a value of \$5,000.

With Rotary's increased emphasis on sustainability, the importance of measuring and tracking the impact of Rotary service is here to stay. "Rotary's impact shouldn't end with us; it has to be bigger than ourselves," says Rebecca Fry, club president. "For that to happen, we need to share the measurable value we create with the community, demonstrating our tangible impact and inspiring people to engage with our incredible organization." — JOSEPH DERR TIPS

### **START WITH A BASELINE**

To track a project's progress, you will first need to assess the situation to determine a starting point, or baseline. For her club's global grant project to reduce neonatal mortality in Gondar, Ethiopia, Karin Davies of the Rotary Club of Del Mar, California — a retired pediatrician herself — first reviewed the data. "We looked at how many babies in Ethiopia were dying and how many of those deaths were preventable," she says.

### **MAKE THE SOLUTION MEASURABLE**

Restate the problem in terms of a quantifiable outcome. Davies found that two-thirds of neonatal deaths in Ethiopia could be prevented if health care workers had certain clinical skills such as newborn resuscitation. They translated this into an outcome indicator. "Our goal was to increase the number of people who were trained with the needed skills so more babies would survive," she says.

## **CASE STUDY: ADULT LITERACY PROJECT**

#### PROBLEM

**Community level** Adult illiteracy contributes to high unemployment and poverty

#### Program level

Most teachers in this community aren't trained in effective adult literacy methods

### **PROJECT INTERVENTION**

Train 50 teachers in a new adult literacy method to reduce illiteracy in the community



## **Rotary Info**

With Rotary's increased emphasis on sustainability, the importance of measuring and tracking the impact of Rotary service is here to stay.

### ALIGN WITH THE BIG PICTURE

Use Rotary projects that have done impact assessment well as a guide. The Global Grant Monitoring and Evaluation Plan Supplement, available on My Rotary, offers examples of measurable impact for projects in each area of focus.

### **KEEP IT SIMPLE**

What data needs to be collected, and why? Who collects it, and from whom? Who will read it, and when? Your answers to these questions will determine collection and measurement approaches. For the bushfires project, Fry and her club tracked data using a simple online spreadsheet. "We tracked contributions, estimated the average value of each item, and multiplied by that value in order to understand our true impact."

### DON'T FORGET QUALITATIVE DATA

Numbers alone don't tell the entire story. For training programs, for example, include changes in skills and attitudes in addition to the number of participants trained. Testimonials and case studies can also provide anecdotal evidence to fill gaps.

### **OUTCOME INDICATORS**

#### Short term

 At least 75 percent of the community's teachers apply the new methodology in the classroom

#### Long term

 Adult illiteracy in the community decreases by at least 10 percent within three years

### ACTIVITIES

#### Inputs

- Money raised
- Number of club volunteers
- Materials purchased for teacher training program

#### Outputs

- Number of teachers trained
- Number of schools with trained teachers
- Number of adults attending literacy class

### OUTCOMES

#### Short term

- Percentage of teachers who report improved knowledge of adult literacy techniques
- Percentage of teachers who apply new teaching techniques in the classroom

#### Long term

 Number of adults with improved reading test scores as a result of taking the class with trained teachers



## **Prayer Against COVID19**

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

Merciful and compassionate Father, we come to you in our need to seek your protection against the COVID 19 virus that has disturbed and even claimed lives. We ask you now to look upon us with love and by your healing hand, dispel the fear of sickness and death. restore our hope, and strengthen our faith. We pray that you guide the people tasked to find cures for this disease and to stem its transmission. We thank you for the vaccines developed made possible by your guiding hands. Bless our efforts to use these vaccines to end the pandemic in our country. We pray for our health workers that they may minister to the sick with competence and compassion. strength in their commitment, protection from the disease. We pray for those afflicted. May they be restored to health. Protect those who care for them. Grant eternal rest to those who have died. Give us the grace in these trying times to work for the good of all and to help those in need. May our concern and compassion for each other see us through this crisis and lead us to conversion and holiness. Grant all these 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. We fly to Your protection, O Holy Mother of God. Do not despise our petition in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen. Our Lady, health of the sick, pray for us. St. Joseph, pray for us. St. Raphael the Archangel, pray for us. San Roque, pray for us. San Lorenzo Ruiz, pray for us





### A Dose of Positive Thoughts



he enigma of change is to direct all your vitality, not on battling the previous, but on constructing the new. More often than not, there is little or no point at all in striving to salvage something that isn't worth saving or it has manifested itself as a one- way street. Although the truth may be uncomfortable in the short-term, in the longterm, it's definitely beneficial to just close and shut the door.



It can easily be detected and felt especially when you make excuses to understand flagrant signs of disinterest or rationalize unconcealed red flags unnecessarily. This usually happens when you try to see that they're still "there" in some capacity and readily assume that they are still there for you. The quintessential key really isn't to get into splitting hairs about what level of "being there for you "or "interest they may still have", because the bottom line is they are either in your space or out of the close sphere of select individuals.

So when the calls become sporadic like an intermittent internet connection, or you become an option ,or treat you like the third button between hot and cold water dispenser, or when the most loved four letter word "time" is converted to "busy" then it is time to move on.

Never sell yourself short, flush it down as one cannot be available for an available two-way street if you are making yourself available to them who are unavailable.

However, think hard and be very sure that your speculations and feelings are true before you delete them into oblivion. When you make your move, the activation button may no longer be available as they have also accepted that they are no longer in your inner circle.



**From RCCF Album** 

### 03-22-2021 27th RCCF GMM (Virtual)



🕈 Turn off Original Sound 👻 🚳 Recording... 🖬 🖿





## PROTECTING THE ENVIRONMENT AN OFFICIAL CAUSE OF ROTARY

Rotary's new cause focuses on comprehensively solving specific issues that have a detrimental effect on the environment. As people of action, let's take on projects that can make a positive, measurable, and sustainable impact on the one place we all call home.

Learn more about Rotary's new cause at rotary.org/environment



# Cebu Fuente Rotary Club

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



#### Cebu Fuente **Rotary** Club Club Club

# www.rccebufuente.org info@rccebufuente.org





## **Rotaract Corner**

#### **PRECON 2021 REGISTER NOW!**

Registration to the much-awaited Pilipinas Rotaract e-Convention is now open! Go to <u>www.pilipinasrotaract.org/precon</u> to register and know more about the programme! Convention is FREE plus you get to join fellowship breakout room activities.

Fellowship activities are on a first come, first served basis and subject to participant limit per district so register early!

Deadline of registration is April 17, 2021. We are so excited to see you all soon virtually! #TransformPilipinasRotaract





Learn How to speak the "Dying language" (Bisaya)



PRE-PROCON











## **Rotaract Corner**



RCCF wishes all the best for our Rotary Youth Leadership Awards (RYLA) nominees: Leah, Louie, Jan, Mikaela, Raymund & Jacob. This is an opportunity to learn, be inspired, meet new friends & to have fun. Truly Rotary OPENS DOORS TO OPPORTUNITIES!!!



RAYMUND KAPALAC Rotaract Club of Cebu Fuente Community Based



MIKAELA JULIANA FRANCO Rotaract Club of Cebu Fuente University of San Carlos Chapter



JACOB DOLINO Rotaract Club of Cebu Fuente Community Based



JAN MURIEL NAVARRO Rotaract Club of Cebu Fuente University of San Carlos Chapter



**LOUIE JAMINAL** Rotaract Club of Cebu Fuente University of San Carlos Chapter



MARIA LEAH MARAVILES Rotaract Club of Cebu Fuente University of the Visayas Chapter

## Invite someone to become a





# **Rotarian** today.

## Join Rotary Club of Cebu Fuente









Spread the Word!



### 27th Rotary Club of Cebu Fuente General Membership Meeting with Guest Speaker PP Jesse Baring

| NOTES: |   |
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