

THE FOUNTAIN

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Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**



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Rotary International President

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District Governor

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District Secretary

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Assistant Governor, Area 1D

Cebu Fuente
Rotary
Club



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1st General Membership Meeting

Virtual Meeting | July 12, 2021

Leadership Month

SERVE TO CHANGE LIVES

Vol. 40, No. 1

Programme

PART 1

Call to Order.....	Pres. Bernardino Amago IV
Invocation.....	Audio Visual Presentation
Philippine Anthem.....	Audio Visual Presentation
The Rotary Hymn.....	Audio Visual Presentation
Four Way Test and Objects of Rotary.....	Audio Visual Presentation
Introduction of Rotarians / Spouses	
Visiting Rotarians/Rotaractors/Guest	

PART 2

Business Matters

PART 3

Secretary's Report.....	Sec. Jomar Ponce
Treasurer's Report.....	Treas. Jun Torres
Director's Report	
President's Time.....	Pres. Bernardino Amago IV
Other matters	
Adjournment.....	Pres. Bernardino Amago IV

...Fellowship Continues...



Hosted by:

Atty. Bernardino Amago IV
President

INVOCATION

Today, as we come to you in our needs. Create in us an awareness of the massive forces that threaten our world today and grant us a sense of urgency to active the forces of goodness of justice of love and of peace.

We also pray that you will make us aware of the need to be more charitable. As this is the primary reason for our being Rotarian.

Finally, keep and hold us in Your loving embrace throughout the years. Amen

Quote for the Week

"You can never cross the ocean until you have the courage to lose sight of the shore."

- Christopher Columbus





President's Message



PEACEBUILDING AND
CONFLICT PREVENTION



DISEASE PREVENTION
AND TREATMENT



WATER, SANITATION,
AND HYGIENE



MATERNAL AND
CHILD HEALTH



BASIC EDUCATION
AND LITERACY



COMMUNITY ECONOMIC
DEVELOPMENT



ENVIRONMENT

Dear RCCF Family,

Greetings of peace and goodwill!

At the outset, allow me to once again extend my heartfelt gratitude to each one of you for your overwhelming support to our 40th Handover and Induction Ceremonies. Our seamless and successful event could only be attributed to our unified goal and unwavering dedication to the club and its ideals.

As we face this new year of service, let us endeavor to cater impactful, innovative, and inclusive projects while continuing to cradle our friendship and fellowship. We are challenged to Serve to Change Lives and this we will take to heart as we advance our ABCDE Caravan Program and highlight the worthy causes of Autism and Breast Cancer Awareness.

A lot of odds are still against us but let our faith in God and each other be greater than our fears. I trust that throughout this journey I will never be alone... that I will always see that smile and twinkle in your eye...hopeful that we can only get closer, you and I.

Best regards,

ATTY. BERNARDINO T. AMAGO IV
President, RY 2021 - 2022

Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**

From Secretary's Desk

JOSE MARIE PONCE
Secretary, RY 2021 - 2022

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	1st 07/12	2nd 07/19	3rd 08/02	4th 08/09	Perfect Attendance
6726464	Abad	Jose Alfonso					
6581939	Abarintos	Conrado					
8794289	Abay-Abay	Emman Reyana					
9330462	Amago IV	Atty. Bernardino					
6218949	Amores	Maricel					
3362897	Barba	Richard					
6207695	Baring	Engr. Jesselito					
1166426	Calalang	Emmanuel					
10954392	Deiparine	Atty. Sydrick Jose Andre					
2036342	Espina	Arch. Joseph Michael					
8944393	Jang	Pouly					
3516557	Karamihan	Dave John					
8599266	Kaufmann	Marina					
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					
11103868	Spaller	Herminia					
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 ATTENDEES IN ZOOM							

BIRTHDAYS

July 04 PP Laureano Rogero
 July 05 Spouse Pearle Strolz
 July 23 PP Virgilio Espeleta
 July 28 Sps. Mary Grace Abad
 July 28 Sps. Daryl Ponce

WEDDING ANNIVERSARIES

July 27 PP Michael & Betty Veloso





MY DEAR CHANGEMAKERS,

wish each of you and your families a great Rotary New Year! Together, let us make it the best year of our lives, by making it a year to *grow more and do more*. Let this be a year of changemakers, and let us begin with our membership.

That is precisely why the Each One, Bring One initiative is so important. During this year, I urge you to dream of new ways in which Rotary can expand its reach into your community and therefore the world. If each member introduces one person to Rotary, our membership can increase to 1.3 million by July 2022. So, let's just do it!

Imagine the change we, as Rotary members, can make when there are so many more of us! More people to care for others, more people to *Serve to Change Lives*. Think of the impact we can have through *grow more, do more*. More members will enable us to embark on bigger and bolder service projects. And each of us can also continue to serve in our own personal ways, responding to needs in our communities.

The beauty of Rotary is that service means different things to different people around the world. One element, however, that we can incorporate into all of our service initiatives is *empowering girls*. Unfortunately, even in this day and age, girls and young women face disproportionate challenges all over the world. We have the power to lead the charge for gender equality. Empowering girls and young women to have greater access to education, better health care, more employment, and equality in all walks of life should be embedded in every Rotary project we launch. Girls are future leaders, so we

must ensure that we help them shape their future.

These are challenging times, and I compliment each of your efforts in grappling with COVID-19. No challenge is too big for Rotarians. The bigger the challenge, the more passionate the Rotarian. Look at what we can do when we take on a colossal challenge such as eradicating polio. Look at the millions of lives we improve by strengthening access to water, sanitation, and hygiene. Look at what we do every year to promote peace in places where it seems unimaginable. Our basic education and literacy programs have nation-building impact.

This year, let us challenge ourselves to do more such projects and programs that have national reach and impact. This year, let us *Serve to Change Lives*.

The biggest gift we are given
Is the power to touch a life,

To change, to make a difference
In the circle of life.

If we can reach out
With our hand, heart, and soul,

The magic will start to happen
As the wheel begins to roll.

Let's turn the wheel together
So all humanity thrives,

We have the power and the magic
To *Serve to Change Lives*.

Shekhar Mehta

President, Rotary International



TRUSTEE CHAIR'S MESSAGE

Our vision for a better world

July is the most exciting month in Rotary, a time for fresh starts and new beginnings. For many, it's an opportunity to take on new leadership roles. Rotarians brim with optimism, thinking about the good we can do for humanity in the 12 months ahead.

As I write this message, I recall a quote often attributed to Helen Keller, a renowned American activist for people with disabilities: "The only thing worse than being blind is having sight but no vision."

How profound that a woman who was blind taught us such a powerful lesson about the difference between sight and vision. Indeed, it is one thing to see the world as it is, but entirely another to envision it as it could be. The Rotary Foundation is all about envisioning possibilities — and making them happen.

As we begin this Rotary year, I ask: what is *your* vision for the next 12 months? Could a community or region you know benefit from a grant from the Foundation? One probably could, and, as you read these words, many people in that community are waiting for our help and leadership.

We are still reeling from the challenges of serving the world during COVID-19, but we cannot let that or anything else stop us. Many educational and health care needs

have only been exacerbated by the pandemic. The world needs us.

Beginning 1 July, you can apply for Foundation grants supporting Rotary's new area of focus: the environment. July also brings changes, such as the financial restructuring of the World Fund, that have been implemented with an eye toward sustainability. We are just beginning a year when we will continue our first Programs of Scale grant in Zambia, seek a home for our next Rotary Peace Center, and plan and implement district and global grants that will make positive impacts for generations to come.

To paraphrase the ancient Chinese philosopher Laozi, today we begin the journey of a thousand miles by taking our first step. Let's walk together, looking forward, not to the past. Rotarians love a good challenge, so here's one for us all: let's challenge ourselves to think bigger than we can and will do.

Make the Foundation a part of *your* vision for a better world, and you will see the world, and yourself, change.

JOHN F. GERM

Foundation trustee chair

GENERAL OFFICERS OF ROTARY INTERNATIONAL, 2021–22

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Shekhar Mehta
Calcutta-Mahanagar, India

PRESIDENT-ELECT

Jennifer E. Jones
Windsor-Roseland,
Ontario, Canada

VICE PRESIDENT

Valarie K. Wafer
Collingwood-
South Georgian Bay,
Ontario, Canada

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DIRECTORS

Jessie Harman
Wendouree Breakfast,
Australia

Suzi (Susan C.) Howe

Space Center (Houston),
Texas, USA

Won-Pyo Kim

Gyeongju South, Korea

Urs Klemm

Aarau, Switzerland

Mahesh Kotbagi

Pune Sports City, India

Aikaterini Kotsali-Papadimitriou

Pendeli, Greece

Peter R. Kyle

Capitol Hill (Washington,
D.C.), District of Columbia,
USA

Roger Lhors

Pont-Audemer, France

Chi-Tien Liu

Yangmei, Taiwan

Vicki Puliz

Sparks, Nevada, USA

Nicki Scott

North Cotswolds, England

Julio César A. Silva-Santisteban

El Rimac, Peru

Katsuhiko Tatsuno

Tokyo-West, Japan

Elizabeth Usovicz

Kansas City-Plaza,
Missouri, USA

Ananthanarayanan S.

"Venky" Venkatesh
Chennai Mambalam, India

GENERAL SECRETARY

John Hewko
Kyiv, Ukraine

TRUSTEES OF THE ROTARY FOUNDATION, 2021–22

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CHAIR-ELECT

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VICE CHAIR

Sangkoo Yun
Sae Hanyang, Korea

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Guatemala Sur, Guatemala

Marcelo Demétrio Haick
Santos-Praia, Brazil

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Akira Miki

Himeji, Japan

Barry Rassin

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Dean Rohrs

Langley Central, British
Columbia, Canada

Gulam A. Vahanvaty

Bombay, India

GENERAL SECRETARY

John Hewko
Kyiv, Ukraine



HAPPY NEW ROTARY YEAR!



SERVE TO CHANGE LIVES

Cebu Fuente
Rotary
Club



SERVICE ABOVE SELF

THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First The development of acquaintance as an opportunity for service;

Second High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

Third The application of the ideal of service in each Rotarian's personal, business, and community life;

Fourth The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST

Of the things we think, say, or do:

1. Is it the **truth**?
2. Is it **fair** to all concerned?
3. Will it **build goodwill** and **better friendships**?
4. Will it be **beneficial** to all concerned?

ROTARIAN CODE OF CONDUCT

The following code of conduct has been adopted for the use of Rotarians:

As a Rotarian, I will

1. Act with integrity and high ethical standards in my personal and professional life
2. Deal fairly with others and treat them and their occupations with respect
3. Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
4. Avoid behavior that reflects adversely on Rotary or other Rotarians
5. Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.

CALENDAR

July events



RED, WHITE, AND YOU

Event: Independence Day Celebration

Host: Rotary Club of Westerville, Ohio

What it benefits: Local projects

What it is: The day kicks off with a sweaty 5K run followed by a parade. Around 5 p.m., a free concert and food truck festival gets underway and leads into an evening fireworks show. Events may be altered pending COVID-19 regulations, but club members have their fingers crossed for a festive day.



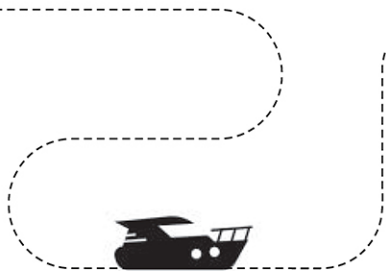
TIME TO SET SAIL

Event: Mayor's Cup Regatta & Festival

Host: Rotary Club of Plattsburgh Sunrise, New York

What it benefits: Local projects

What it is: Billed as the largest sailing event on Lake Champlain, this regatta includes races in three divisions: cruising, racing, and multihull. In 2020, the regatta took place, but the subsequent festival was canceled because of COVID-19. The club looks forward to resuming the festival tradition this year: Events include a 5K run, volleyball and cornhole tournaments, a variety of activities for kids, sand sculpting, kayaking, and more.



HUNT FOR TREASURE

Event: Shipwreck Fest

Host: Rotary Club of Fidalgo Island, Washington

What it benefits: Local and international projects

What it is: This combination flea market, garage sale, and antique show fills the main street in Anacortes, Washington. Vendors sell treasures of all sorts, including jewelry, clothing, vintage items, and artwork. The festival began as a way for fishermen to sell used gear; it eventually morphed into the fun community event it is today.



PANCAKE PRE-PARTY

Event: Mackinac Pancake Breakfast

Host: Rotary Club of Sarnia, Ontario

What it benefits: Local charities

What it is: To kick off the excitement of watching the annual Bayview Mackinac Race, the club has hosted a pancake breakfast in the park under the international Blue Water Bridge in Point Edward since 1982. What could be more idyllic than feasting on flapjacks while watching boats sail up the St. Clair River to the race starting point on Lake Huron?



to



WHAT FLOATS YOUR BOAT?

Event: Hydros for Heroes

Host: Rotary Club of Oak Harbor, Washington

What it benefits: Local charities and scholarships

What it is: This professional charity racing event, co-hosted by a local Keller Williams real estate team, honors local heroes such as the military, police officers, firefighters, teachers, and health care professionals. More than 50 regional hydroplane teams compete on the water over two days.

Apply yourself

As members of the family of Rotary, we are people of purpose, people of influence, and people of action. Each year, committees that support Rotary and The Rotary Foundation focus on putting Rotary's strategic priorities into action, challenging us to increase our impact, expand our reach, enhance participant engagement, and increase our ability to adapt.

Would you like to contribute to Rotary's success?

The following committees are searching for qualified Rotarians and Rotaractors to serve as members and apply their leadership skills to advance our organization. Although the number of openings is limited, they offer an opportunity

for you to share your vocational expertise and help ensure diverse perspectives within each committee.

All committees correspond via email and on virtual platforms, and some involve at least one mandatory in-person meeting per year. Dual members of both Rotary and Rotaract are especially encouraged to apply.

To be considered for committee membership or to recommend someone for an appointment, visit on.rotary.org/application2021. Applicants must be registered on My Rotary at rotary.org/myrotary and should make sure their My Rotary profile includes current contact information. Applications are due by 15 August for appointments starting 1 July 2022.

COMMITTEE	FUNCTION	PREREQUISITES	COMMITMENT
Communications	Advises the Board on communication with key audiences	Professional background and experience in a communications-related field	Two positions for three-year terms; annual in-person meeting in Evanston; virtual meetings as needed
Finance	Advises the Board on Rotary's finances, including budgets, investment policy, and sustainability measures	Professional background in a finance-related field; nonprofit experience preferred. Candidates should have experience in financial matters at the club and district levels.	Two positions for three-year terms; one or two in-person meetings per year in Evanston; virtual meetings as needed
Leadership Development and Training	Advises the Board on Rotary's leadership training program for Rotarians, clubs, and districts, with a special emphasis on training for district governors	Must have significant training or education experience with a preference for leadership development	Two positions for three-year terms; annual in-person meeting in Evanston; virtual meetings as needed
Operations Review	Monitors the effectiveness, efficiency, and implementation of operations and all internal systems; advises the Executive Committee on compensation matters; and performs other oversight functions as requested by the Board	Experience in management, leadership development, or financial management, and a thorough knowledge of Rotary's operations. Appointments will be limited to past RI directors.	One position for a six-year term; two in-person meetings per year in Evanston; virtual meetings as needed



COMMITTEE FUNCTION

PREREQUISITES

COMMITMENT

Rotaract

Advises the Board on Rotaract; develops the Rotaract Preconvention program

Rotarians: Experience working with Rotaract; direct experience as a mentor or Rotaract adviser or district chair. Rotaract alumni are strong candidates.

Rotarians: One position for a three-year term; meets virtually or has annual in-person meeting in Evanston

Rotaractors: Leadership at the club, district, or international level. Strong candidates have served as a district Rotaract representative, organized projects, or attended a Rotaract Preconvention.

Rotaractors: Three positions for one-year terms; meets virtually or has annual in-person meeting in Evanston

Strategic Planning

Reviews Rotary's strategic plan and associated measures; advises leadership on other matters of long-term significance

10+ years of experience in strategy development, monitoring, and implementation, and strong understanding of RI and Foundation programs and services

One position with a four-year term; one or two in-person meetings per year in Evanston; virtual meetings as needed



Have you ever thought of escaping your so-called ordinary life to try something exciting? This thought has probably crossed your mind a hundred times because you miss the mark to realize that your life is not actually ordinary.

If truth be told, whether we were raised by the same parents, went to the same school or even copied somebody else’s life, your life is never conventional as it stands unique and individually your own. It is just a matter of taking into your hands the power to take your life into a new direction.



You’ve got a new story to write. And it looks nothing like your past.



Steer your life to new vistas to inject excitement and perk it up. Frequently, you submerge yourself in the perfectionistic view on how your life should be from your love life, career or the millions of things you want to do. Then you realize that you are caught up in the turmoil of mayhem that perfunctorily leads to dissatisfaction. You become infuriated and disheartened. Turn the page to new beginnings and any new beginning can start now! No one can do it better than you!!! Or you can simply write an entirely new book of life than just doing a new page or chapter because anything is possible. As the saying goes, “the start of something new

brings the hope of something great”.

So, discard senseless thoughts that your life is ordinary because in reality, it isn’t at all!!!



**PEACEBUILDING AND
CONFLICT PREVENTION**



**DISEASE PREVENTION
AND TREATMENT**



**WATER, SANITATION,
AND HYGIENE**



**MATERNAL AND
CHILD HEALTH**



**BASIC EDUCATION
AND LITERACY**



**COMMUNITY ECONOMIC
DEVELOPMENT**



ENVIRONMENT

NEW

AREA OF FOCUS ICONS ARE NOW AVAILABLE IN THE BRAND CENTER

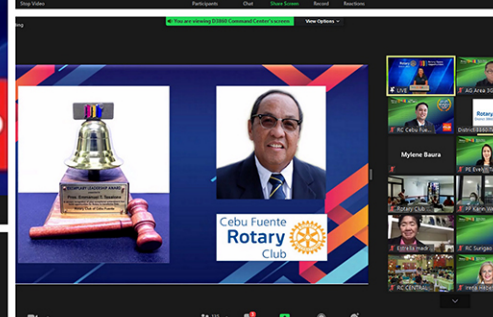
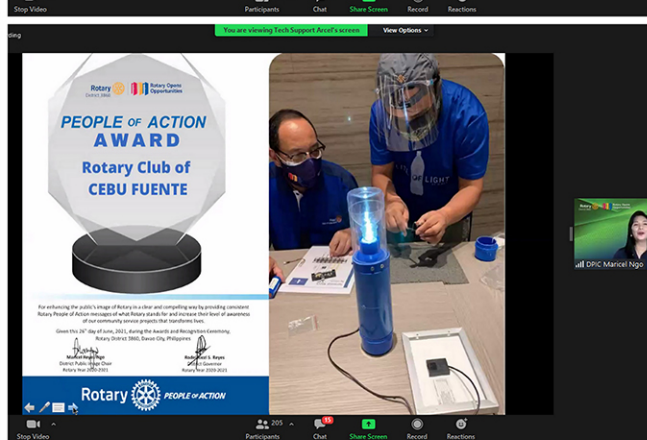
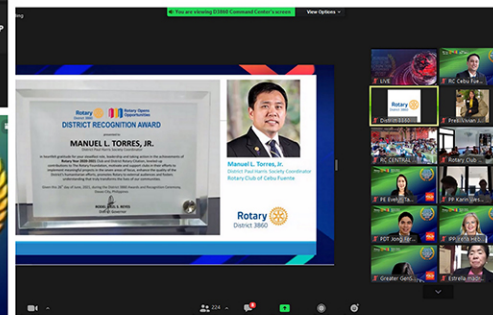
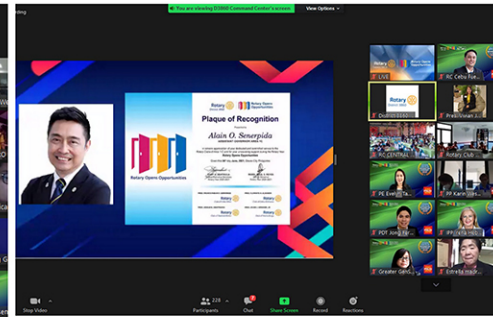
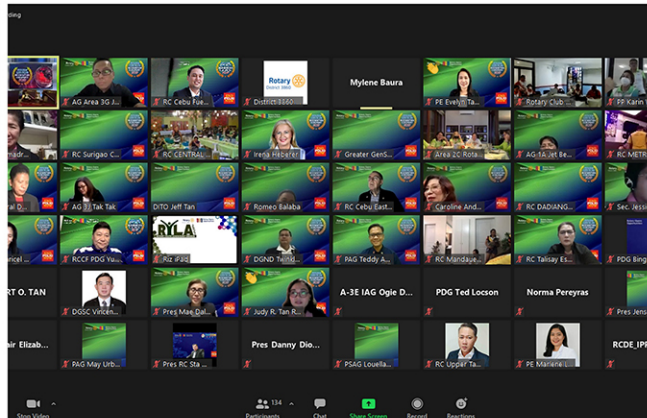
Rotary's area of focus icons promote the causes that reflect the critical humanitarian issues that Rotary clubs address worldwide.

The newly designed icons are available in a variety of colors and easier-to-use formats, both as grouped icons and as individual icons. Use these icons in your social media graphics, websites, and other materials to show the causes your club supports.

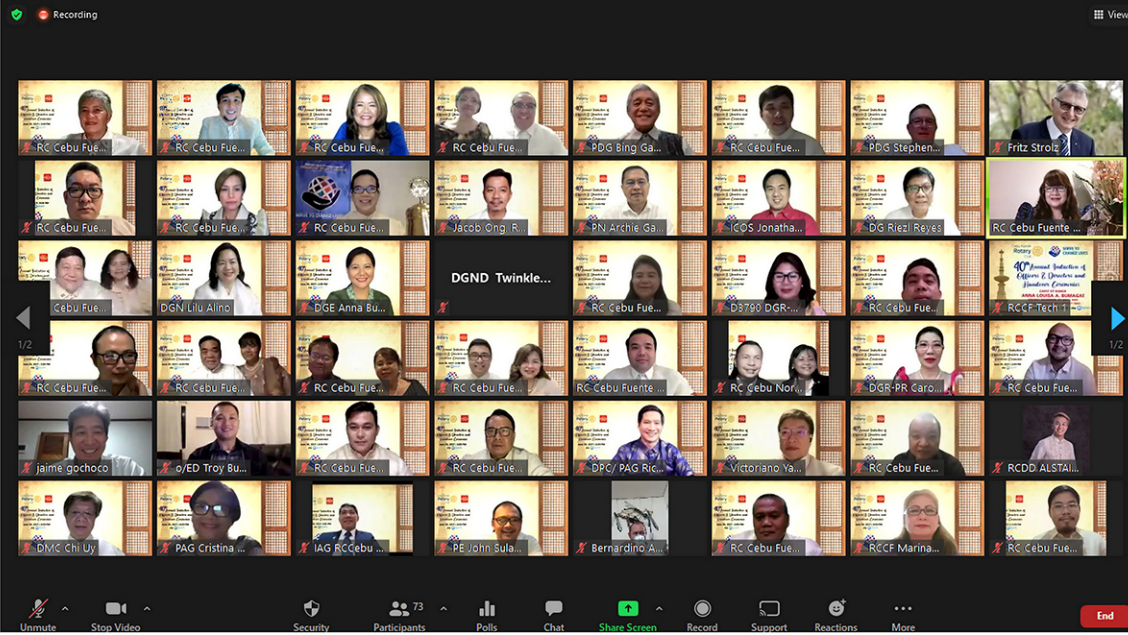
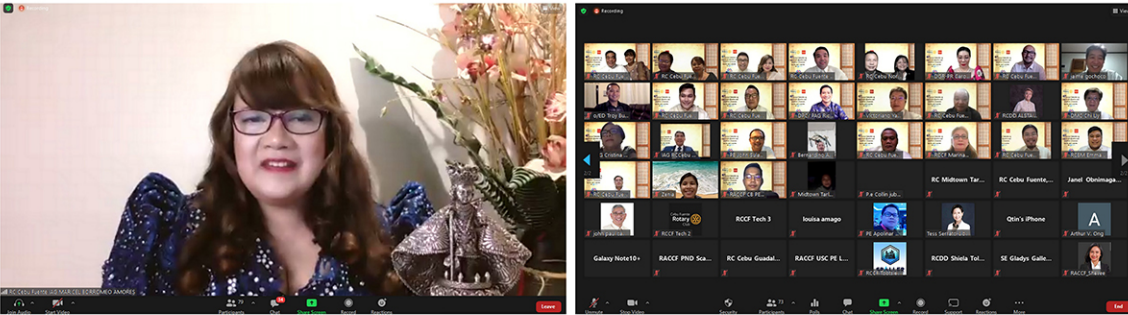
Download the icons and guidelines at brandcenter.rotary.org. Click **Logos** and then **Rotary Logos**.

Rotary 

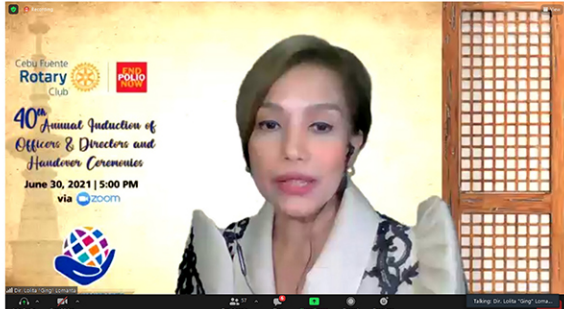
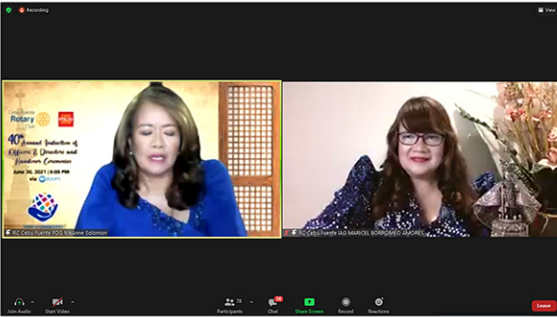
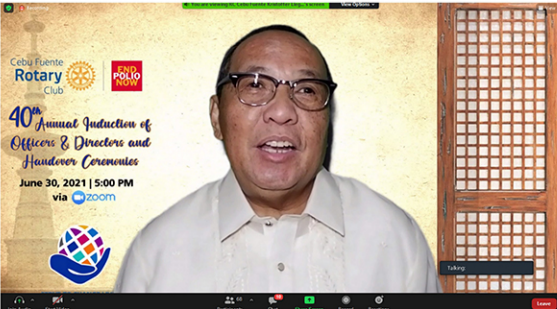
06-26-2021 District Awards RY 2020 - 2021



06-30-2021 RCCF GMM 40th Annual Induction



06-30-2021 RCCF GMM 40th Annual Induction





DISCOVER NEW HORIZONS

**AT THE 2022 ROTARY INTERNATIONAL CONVENTION
IN HOUSTON, TEXAS, USA, 4-8 JUNE 2022**

Take advantage of the limited-time registration rate of US\$425* from 12 to 16 June.
Register today at convention.rotary.org.

New this year: Nonmembers are welcome to attend, so invite a friend to join you!
Information about nonmember registration rates and virtual-only attendance
can be found at convention.rotary.org.

**Registration must be paid in full between 12 and 16 June 2021 to receive the US\$425 rate.*



SHEKHAR MEHTA'S PRESIDENTIAL INITIATIVES

Rotary International President Shekhar Mehta has three special initiatives for the 2021-22 Rotary year aimed at expanding our impact through service and introducing new members to Rotary:

► EMPOWERING GIRLS

To address the inequities that girls face worldwide, members are encouraged to take on a club-based initiative or be part of a district or global grant that improves the health, well-being, education, or economic security of girls in their communities and ensures their access to resources.

► ROTARY DAY OF SERVICE

Organize a meaningful day of hands-on service activities where Rotary members and the community come together to improve your community. Share your completed projects on Rotary Showcase: rotary.org/showcase.

► PRESIDENTIAL CONFERENCES

A series of presidential conferences will highlight regional humanitarian efforts led by Rotarians and Rotaractors in their communities and around the world. Invite a friend to join you at one of the events so they can learn about Rotary's work and join us in our commitment to service:

4-5 October — Gyeongju, Korea

5-7 November — Venice, Italy

26-27 November — Manila, Philippines

4-6 February 2022 — Hyderabad, India

12-13 February — Foz do Iguacu, Brazil

4-5 March — Maputo, Mozambique

3-4 June — Houston, Texas, USA



Learn more on my.rotary.org.



**SERVE TO
CHANGE LIVES**



Cebu Fuente
Rotary
Club



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



Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**

www.rccebufuente.org
info@rccebufuente.org



NUTRI-TIPS

Gestational Hypertension

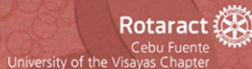
by *Jesrowe Janssen Sandoval,*
USC BSND Student

Gestational Hypertension or Hypertension during pregnancy is the occurrence of high blood pressure during the gestation period.

Gestational Hypertension poses a threat to the health of the mother and the development of the infant. Gestational Hypertension, if left unchecked, can cause maternal mortality and increase the risk of fetal death, preterm delivery, and fetal growth retardation.

There are multiple risk factors for developing Gestational Hypertension which is mainly caused by poor lifestyle choices. These include obesity, inactive lifestyle, and excessive consumption of salty, processed, and fatty foods.

In partnership with:



Tips to avoid excessive consumption of fatty foods



Remove chicken skin before cooking.

Trim as much visible fat as possible before cooking



Explore other cooking methods like baking, broiling, and grilling instead of frying.

In recipes, use two egg whites instead of one whole egg.



Tips to avoid excessive consumption of salty foods



Read food labels before buying food items.

Compare various brands of the same food item until you find the one that has the lowest sodium content since this will vary from brand to brand.



Use herbs and spices instead of spice mixes and salt.

Choose fresh fruits and vegetables compared to canned fruits and vegetables.



Remember!

Salt preference is an acquired taste that can be unlearned. It takes about 6-8 weeks to get used to eating food with much lower quantities of salt, but once it's done, it becomes difficult to eat foods like potato chips because they taste way too salty.

In celebration of Nutrition Month 2021, Rotaract Club of Cebu Fuente University of San Carlos in partnership with USC - Nutrition and Dietetics Student Organization and Rotaract Club of Cebu Fuente-University of the Visayas Chapter, launches the "NutriTips Campaign 2.0"

This project aims to provide awareness and relevant information to people towards having good nutrition and a healthy lifestyle. This campaign highlights not just the physical nutrition but also the psychosocial and overall well being of an individual.

Invite someone to become a

Cebu Fuente
Rotary
Club



Rotarian today.

Join Rotary Club of Cebu Fuente



Spread the Word!