

THE FOUNTAIN

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REAMS FOR YOUR DREAMS: REWIND



Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**



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Rotary International President

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District Governor

CAROLINE L. ANDRADE
District Secretary

MICHAEL TORRES
Assistant Governor, Area 1D

Cebu Fuente
Rotary
Club



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Membership Director



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Youth Service Director



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International Service Director



KRISTOFFER A. LLEGUNAS
Public Image Director & CICO



DAVE JOHN B. KARAMIHAN
Protocol Officer



ENGR. JESSELITO V. BARING
Sergeant at Arms

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11th General Membership Meeting

Virtual Meeting | October 25, 2021

Area of Focus: Community Economic
Development Month

SERVE TO CHANGE LIVES

Vol. 40, No. 11

Programme (Club Assembly)



Hosted by:

Jason Ong
Director, Community
Service

INVOCATION

*Our Father, we thank you for this time of fellowship and enlightenment at the end of the day. Bless us, we pray, as we return to our homes, that each day we may broaden our horizons a bit further than the day before, so that we may always praise you with spirit but also with understanding.
Amen.*

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.....	Dir. Jason Ong
Visiting Rotarians/Rotaractors/Guest	

PART 2

President's Report.....	Pres. Bernardino Amago IV
Introduction of Guest of Honor	
Guest of Honor.....	AG Michael Torres
Presentation of Token/Certificates	

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...

Quote for the Week

"It is during our darkest moments that we must focus to see the light." - Aristotle





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,

I hope this finds you well!

We have accomplished significant undertakings for the past months and it is now time that we share the same to the District. In view of our forthcoming Governor's Visit, it is only prudent that we invite our Assistant Governor, Mike Torres, to our Club Assembly so we can also get his insights into our progress.

I hope that each of you will also be generous enough to express your suggestions and commentaries on the presentation tonight. I look forward to a fruitful and meaningful discussion with you all.

Very truly yours,

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



From Secretary's Desk



JOSE MARIE PONCE
Secretary, RY 2021 - 2022

Attendance

ROTARY ID #	LAST NAME	FIRST NAME	9th 09/27	10th 10/11	11th 10/25	12th 10/29	Perfect Attendance
6726464	Abad	Jose Alfonso	✓	✓			
6581939	Abarintos	Conrado					
8794289	Abay-Abay	Emman Reyan	✓	✓			
9330462	Amago IV	Atty. Bernardino	✓	✓			
6218949	Amores	Maricel	✓	✓			
11227470	Amores	Atty. Ernesto Miguel	✓	✓			
3362897	Barba	Richard	✓				
6207695	Baring	Engr. Jesselito	✓	✓			
1166426	Calalang	Emmanuel					
10954392	Deiparine	Atty. Sydrick Jose Andrei					
11227514	Elendrino	Glenford					
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	✓	✓			
11227493	Torres	Alfie					
5176670	Torres	Arch. Manuel, Jr.	✓	✓			
10713855	Uy	Stephen Henry	✓	✓			
10410033	Yared	Patrick	✓	✓			
TOTAL ATTENDEES IN ZOOM			26	24			

BIRTHDAYS

October 07 Glen Elendrino
 October 17 Tito Solomon
 October 22 Jomar Ponce
 October 24 Marlene Torres

WEDDING ANNIVERSARIES

October 10 Kristoffer & Dee Hora Llegunas
 October 18 Jose Alfonso & Mary Grace Abad
 October 21 Emmanuel & Nanette Calalang
 October 23 Dave & Gay Karamihan
 October 25 Joseph Michael & Sandra Espina





GREETINGS, MY DEAR CHANGEMAKERS,

A quarter of the Rotary year is now behind us. I am sure you are helping Rotary to *grow more* and *do more*. And I hope you have already done your part for the Each One, Bring One initiative by introducing one person to Rotary.

Do you ever think about your earliest days as a Rotarian? I often do — because those first moments of discovering the power of service shaped who I am today. When I joined my Rotary club, our efforts focused on India's rural communities, where people were living without toilets, getting their drinking water from the same pond they bathed in, and sending their children to outdoor classrooms set up under a tree. The nearest health care provider often was miles away — and the services were inadequate. But after Rotary clubs carried out some service projects, the villages had toilets, clean drinking water, a classroom for early learning, and a nearby health care center.

The spark that Rotary kindled within me forced me to look beyond myself and embrace humanity. It made service a way of life and led me to a guiding principle I still stand by: Service is the rent I pay for the space I occupy on Earth.

If you feel the need to reignite the spark of service in yourself or your club, October — Community Economic Development Month — is a great time to do so. When we work to improve the lives of people in underserved communities — through, for example, projects that provide vocational training and access to financial resources — we help build and sustain local economic growth.

The need is great. According to the United Nations, 9 percent of the world's population — that's 700 million people, a majority of them in sub-Saharan Africa — live on less than \$1.90 a day. By supporting strong community development as well as entrepreneurs, we can help improve conditions for people in that region and others.

Your club can also promote economic development in your own community by expanding vocational training opportunities through local schools and community colleges, partnering with lenders to improve access to financial services, or working with a nonprofit that provides resources to entrepreneurs and connects them with the business community.

Of course, developing strong communities is impossible without strong public health. On 24 October, World Polio Day, we'll celebrate our tremendous progress in the effort to eradicate polio. But we also know the fight is not over. We still need your help raising funds and awareness to ensure that all children are immunized against polio. Please don't forget to activate your clubs on that important day and encourage them to donate here: endpolio.org/world-polio-day.

Service has been rewarding for me throughout my life. I know the same is true for many of you. Join me this month in becoming a good tenant of our planet by helping others to better themselves and their communities. Together, we can *Serve to Change Lives*.

Shekhar Mishra

President, Rotary International





TRUSTEE CHAIR'S MESSAGE

Rise to the challenge

When Rotary courageously stepped up to pursue the dream of a polio-free world, we knew realizing our dream wouldn't be easy. But since 1988, working with our partners, we've brought worldwide case counts down by 99.9 percent.

However, it's not over 'til it's over. It will take courage. We're going to keep up the funding and keep on the pressure until this fight is finished, and no child ever again has to experience the devastating effects of polio.

As we mark World Polio Day on 24 October, we can take heart; we continue to make progress, and with the current low transmission rates of wild poliovirus in Afghanistan and Pakistan, we have a unique opportunity to interrupt transmission. We also have a new strategy and vaccine that will bolster our eradication efforts.

To eradicate wild poliovirus and stop outbreaks of circulating vaccine-derived poliovirus (cVDPV), the Global Polio Eradication Initiative's new strategy centers around several key areas: political advocacy to create greater urgency and accountability in the endemic and outbreak countries, improved engagement with high-risk communities, improved operations and polio surveillance, and the inclusion of polio immunization in broader health programs. (For more on the new polio eradication strategy, see page 30.)

Along with our new strategy, Rotary and its partners are using a new tool, novel oral polio vaccine (nOPV2), to help address outbreaks of type 2 cVDPV. This new vaccine has been deployed in a growing list of countries and is a promising development in our quest to end polio once and for all.

But there is still much work to be done. In particular, we need to remain strongly committed to our goals in the face of recent events in Afghanistan. As a nonpolitical organization, Rotary will continue to do the work that is necessary to protect the health of children everywhere.

After all the progress we've made in our decades-long fight, the worst thing we could do is to become complacent, so here's where you come in.

Let's raise awareness of Rotary's role in polio eradication. And let's double down on our commitment and keep raising \$50 million each year for polio. Remember: Thanks to the Bill & Melinda Gates Foundation, any contribution you or your Rotary or Rotaract club makes will be matched 2 to 1.

In Rotary, when we dream, we get behind our dream with everything we can muster. We have always risen to challenges — and now it is more important than ever for us to rise again, with courage, to defeat polio.

JOHN F. GERM

Foundation trustee chair

GENERAL OFFICERS OF ROTARY INTERNATIONAL, 2021-22

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Calcutta-Mahanagar, India

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South Georgian Bay,
Ontario, Canada

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Aarau, Switzerland

Mahesh Kotbagi
Pune Sports City, India

**Aikaterini Kotsali-
Papadimitriou**
Pendeli, Greece

Peter R. Kyle
Capitol Hill (Washington,
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USA

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Pont-Audemer, France

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Yangmei, Taiwan

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Sparks, Nevada, USA

Nicki Scott
North Cotswolds, England

**Julio César A.
Silva-Santisteban**
El Rímac, 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

CHAIR

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Tennessee, USA

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Sae Hanyang, Korea

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Akira Miki
Himeji, Japan

Barry Rassin
East Nassau, Bahamas

Dean Rohrs
Langley Central, British
Columbia, Canada

Gulam A. Vahanvaty
Bombay, India

GENERAL SECRETARY

John Hewko
Kyiv, Ukraine





Ar. Michael P. Torres

President, ArchiGlobal Inc.

PERSONAL DATA

Citizenship Filipino

Birthdate December 10, 1970

EDUCATION

2007 Strategic Business Economic Program
University of Asia & the Pacific

1999 Post Graduate Diploma in Urban Planning
University of the Philippines, School of Urban & Regional Planning

1993 BS Architecture
University of San Carlos - TC

1988 High School
University of the Philippines

1984 Elementary
Colegio de la Inmaculada Concepcion

WORK EXPERIENCE

2008 -Present
President/CEO
ArchiGlobal Inc.
15th floor AppleOne Equicom Tower
Cebu Business Park

1996 – 2007
VisMin Technical Planning Head
Cebu Holdings, Inc.
6th Floor Cebu Holdings Center
Cebu Business Park, Cebu City

1994-1996
Chief Architect
EDSA Architect
Suite 201 Don Sergio Osmeña Bldg.,
D. Jakosalem St. Cebu City



MEMBERSHIP IN PROFESSIONAL SOCIETIES

2012 - present	Rotary Club of Cebu Club President 2019-2020 Assistant Governor 2021-2022
1994 - present	United Architects of the Philippines Datu Lapu-lapu Chapter President (2011-2012)
2007	University of Asia & the Pacific Strategic Business Economic Program (SBEP) Alumni President (2010)
1999 - present	Educhild Program First Steps Course Coordinator (volunteer work)
1998	Toastmaster International CHI Toastmasters Club
AWARDEE 2018	Tatak UP Awardee on Art, Design and Corporate Social Responsibility

ABOUT ArchiGlobal Inc.

ArchiGlobal Inc. is an established Philippine-based architectural and design practice founded in Cebu by Ar. Michael Torres. The firm provides architecture, interiors design, landscape architecture and master-planning services. Currently composed of nearly a hundred architects and professionals, the firm handles diverse projects located in all parts of the Philippines. The team is united and consists of experienced associates trained in project conceptualization, estate master-planning, environmentally-sensitive design, detailing and construction.

Now on its 10th year, ArchiGlobal Inc. has conceptualized and designed over 1,000 hectares of land development of residential condominiums, master-planned residential communities and commercial business developments. ArchiGlobal Inc. has designed over 2 million square meters of floor area for retail, commercial, institutional, office and mixed-use building developments, a few number of which are CSR projects. It recently opened its first satellite office in Makati City last 2017.

ArchiGlobal Inc. has gained the trust and confidence of several local and international clients. It has a steadily expanding portfolio, endeavoring to keep up with the ever-changing technological developments in architecture and design and stay true to the commitment of producing quality work while meeting the specific demands of clients. It is probably the biggest architectural firm outside Manila. It is the firm's passion to create exciting and dynamic developments, enhancing space experience, delivering feasible architectural solutions that are creative and sensitive to the communities which we work in.



NOTABLE PROJECTS

Master Planning

Grand Residences Cebu
Banilad, Cebu City

Antara Condominium Resort
Talisay City, Cebu

Oakridge Business Park
Mandaue City, Cebu

AppleOne Banawa Heights
Cebu City

Casa Mira South
Naga and San Fernando, Cebu

The Ridges Subdivision
Cebu City

Mivesa Garden Residences
Cebu City

Institutional

NMWRC Drug Rehab Complex
Malaybalay City, Bukidnon

Asian College of Technology
Alcantara St., Cebu City

Paref-Springdale School
Lahug, Cebu City

Shrine of St. Arnold Janssen
Pit-os, Cebu City

Pedro Calungsod Parish Church
Talamban, Cebu City

St. Michael Parish
Clarin, Bohol

Commercial & Retail

Seagrove Retail
Punta Engano, Mactan, Cebu

Design Center
AS Fortuna St., Mandaue City, Cebu

Streetscape
Paseo Saturnino, Cebu City

Mercedes GlobalStar Showroom
Nivel Hills, Cebu City

Hyundai Showroom
NRA Cebu City

Isuzu Showroom
NRA, Cebu City

Honda Showroom
NRA Cebu City

Mahogany Drive
Kasambagan, Cebu City

Office Buildings

AppleOne Equicom Tower
Cebu Business Park

FLB Corporate Center
Arch. Reyes, Cebu City

Tech Tower
Cebu Business Park

Oakridge BPO Office Towers
Mandaue City

Buildcom-Alliance Center
Cebu Business Park

Grand BPO Building
Cebu Business Park



Condominium

Grand Residences
Banilad, Cebu City

Amani Davao
Davao City

Amani Mactan
Lapu-lapu City, Cebu

Antara Condominium Resort
Talisay City, Cebu

Mivesa Garden Residences
Lahug, Cebu City

Mesaverte
Cagayan de Oro, Cebu City

Mesa Tierra
Davao City

Mesa Virre
Bacolod City

Acacia Residences
Roxas City, Capiz

Inspiria Residences (Mixed-use)
Davao City

Avenir Meridian
Kasambagan, Cebu City

NorthWoods Place
Mandaue City, Cebu

Tuscania
Cagayan de Oro, Cebu City

Midori
Banilad, Cebu City

West Jones Residences

Hotel & Resorts

Sheraton Residences
Mactan, Cebu

Cebu Safari
Carmen, Cebu

Siargao Bleu
Siargao, Surigao del Norte

Tags Resort and Spa
Coron, Palawan

Spin Hotel
El Nido, Palawan

MagsPeak
Balamban, Cebu City

Chateau By The Sea
Punta Engano, Lapu-lapu City

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:

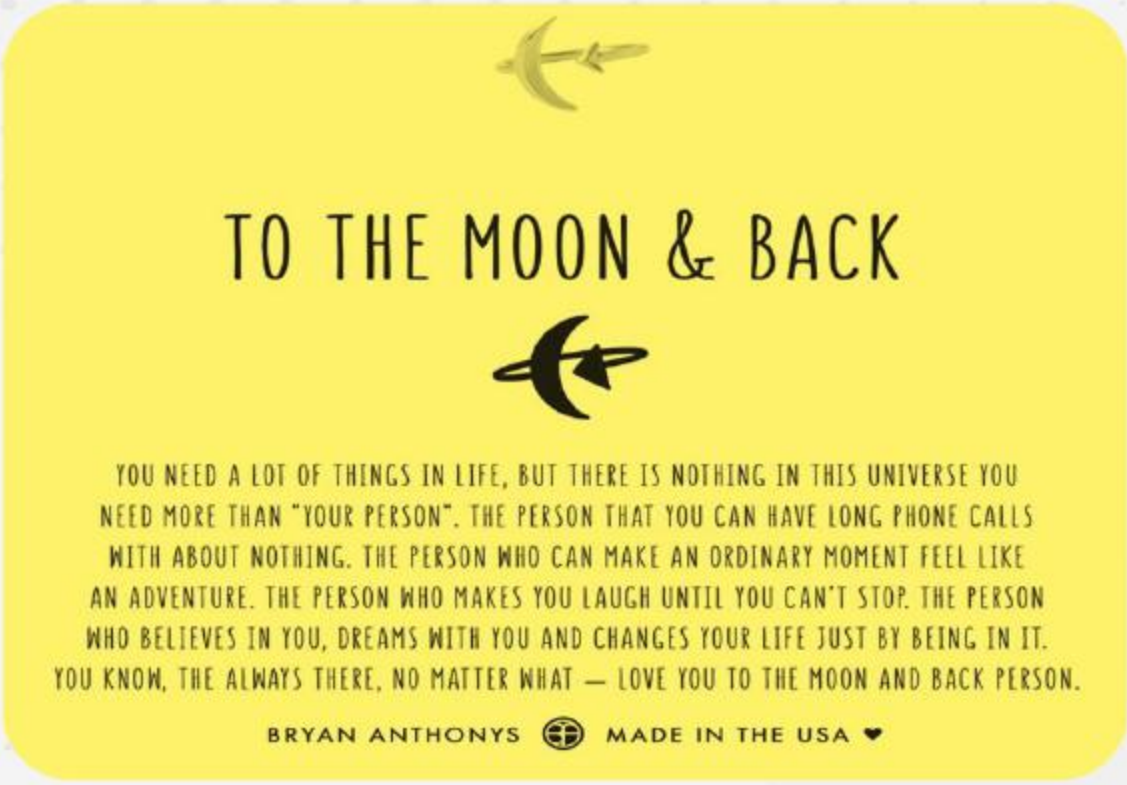
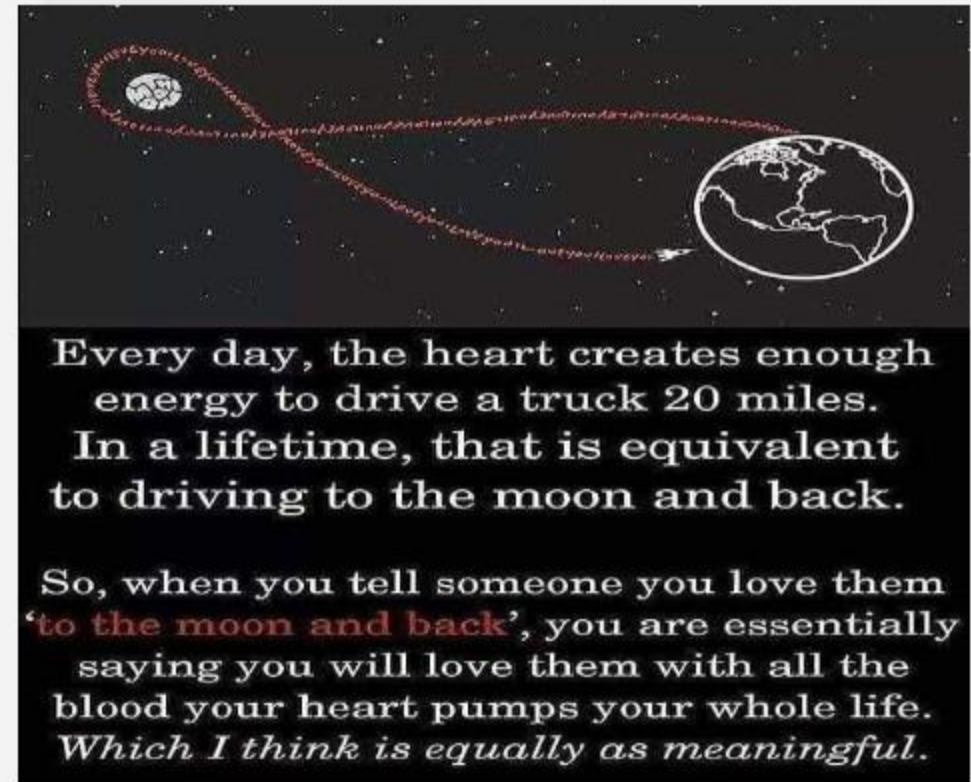
As a Rotarian, I will

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.



Expressions of the heart and mind in this **VUCA** (Volatile, **U**ncertain, **C**omplex, **A**mbiguous) world at the time of pandemic and this striking piece of information below makes your day great!

We always hear this famous line... "I love you to the moon and back" to express the ombre effect of feelings as they gradually & intensely grow for our love ones in the passing of time. This is so often used to articulate zealous love but this should be taken as a metaphorical idiom rather than a literal promise. The cynics of the world like some scientists would tell you that the Moon isn't all that remote from the Earth. It is approximately just a few hundred thousand miles or in the Philippines- it would be 384,400 km which you have almost certainly travelled that distance so many times over in your lifetime. Let me emphasize that this should not always be associated to romantic love but it includes even platonic love for your family, love ones, and friends.



People who enjoy affirmation may yearn for verbal expressions of love and praise. Then so be it- just give all a daily dose to lighten up the VUCA world. Be a VUCA (**V**isionary, **U**nderstanding, **C**lear, **A**gile) individual and create a new improved version of yourself to inspire others. Allow this pandemic environment to breathe from all the kvetching of the past and present. Let me end this mushy article of mine with the beautiful version of TO THE MOON & BACK...You need a lot of things in life, but there is nothing in this universe you need more than "Your Person" 😊

OUR CLUBS

HANDBOOK

Pair up and prosper

Mentors nurture careers and recharge their institutions

For many organizations, mentorships are an afterthought — pairings of veteran colleagues with new hires for casual chats over coffee that, predictably, yield scant results. Not long ago, mentorship was about “building more of a friendship than a relationship with goals resulting in new skills,” says Wendy Axelrod, an executive coach and member of the Rotary Club of Blue Bell, Pennsylvania.

One common mistake is thinking of professional mentorships as similar to a surrogate parenting relationship. “Unlike mentoring for youth, which is often driven by the mentor, an adult mentorship needs to be driven by the learner, the mentee,” says Lisa Fain, CEO of the Center for Mentoring Excellence. “Someone new to their career wants to set a vision. What are the possibilities in my field, or in my work with Rotary? How do I become a person of influence in my community?”

When mentorships work, both partners reap the rewards. “The data shows over and over that the mentor gets as much out of it as their mentee,” says Fain. “They become better leaders, they become better professionals. And they get the satisfaction of hooking their wagon to a rising star.”

— BRAD WEBBER

FOR CLUBS CREATING MENTORSHIPS

DO

Do survey participants beforehand. “It is good to have a questionnaire that asks what people are looking for in a mentor,” says RI Director Elizabeth Usovicz of the Rotary Club of Kansas City-Plaza, Missouri. “What kind of career accomplishments do you think you can learn from? Is this someone whose behavior you admire?”

Do demand effort. “There has to be a real motivation to have a mentoring relationship,” says Usovicz. “Look for someone who has talent or who seems to have plateaued a bit but has the potential to really move forward in their career.”

Do look for complements when establishing a mentoring pair. “I would be cautious about matching like with like, such as people with the same personality type,” says Fain. “By matching across differences there can be a lot of learning and new perspectives.”

FOR MENTEES

DO

Do explain what you want to learn — and be specific about the commitment. “Say, ‘I’d love to meet with you monthly and pick your brain on this specific area of expertise for the next six months,’” says Jenn Labin of MentorcliQ, a company that offers software that allows companies to automate their mentoring programs.

Do accept feedback, including constructive criticism, with grace.

Do expect to have many mentors during your career. “One of the myths that I like to break down is that there’s a Yoda out there for all of us, one mentor to solve all of our problems. That’s not how it works,” says Labin. “You can, and should, have several mentors.”

DON'T

Don't allow meetings to devolve into gripe sessions. Plan a clear agenda of items to discuss, says Fain. Some social chitchat is fine, but know when to focus on goals and tasks.





“It’s not about simply solving their problem. We have to resist the advice monster because that is a quick fix.”

– Wendy Axelrod

FOR MENTORS

DO

Do keep a regular schedule: Aim for an hour once a month. Longer lapses between conversations make it harder to pick up the thread of the previous one. Mentorships should last no more than a year, and no less than six months.

Do ask mentees open-ended questions. “Really listen and clarify the questions instead of just giving an easy answer,” suggests Usovicz.

Do put mentees to the test. Encourage them to undertake what Axelrod calls “pilot tests,” such as offering to lead a high-level team meeting. Then hold a debriefing to ask how the initiative went.

DON'T

Don't break confidences. “If something a mentee has said gets disclosed to the boss, it can be career-damaging,” warns Usovicz. Likewise, mentees also need to keep the conversations private. This allows for candor.

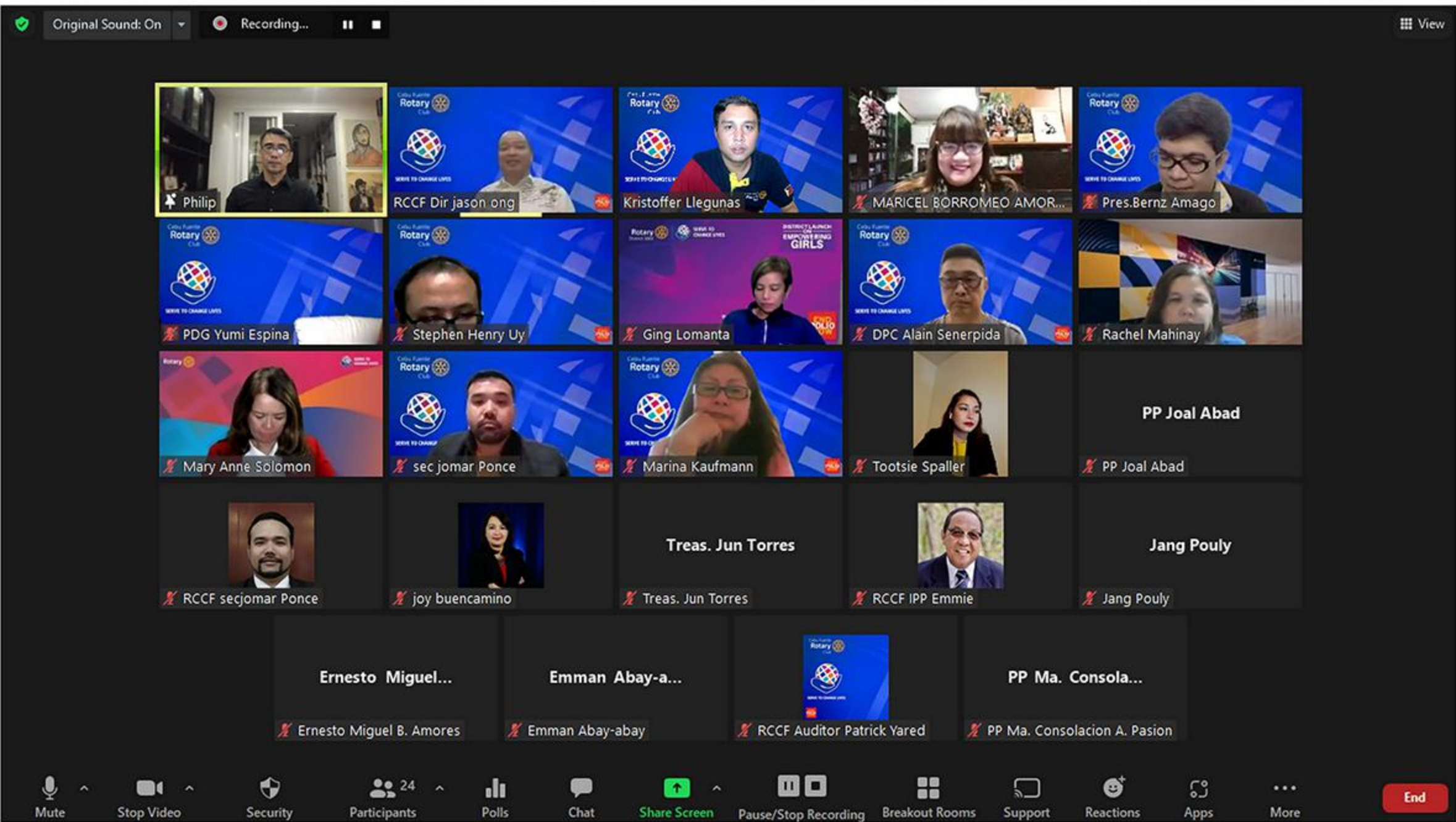
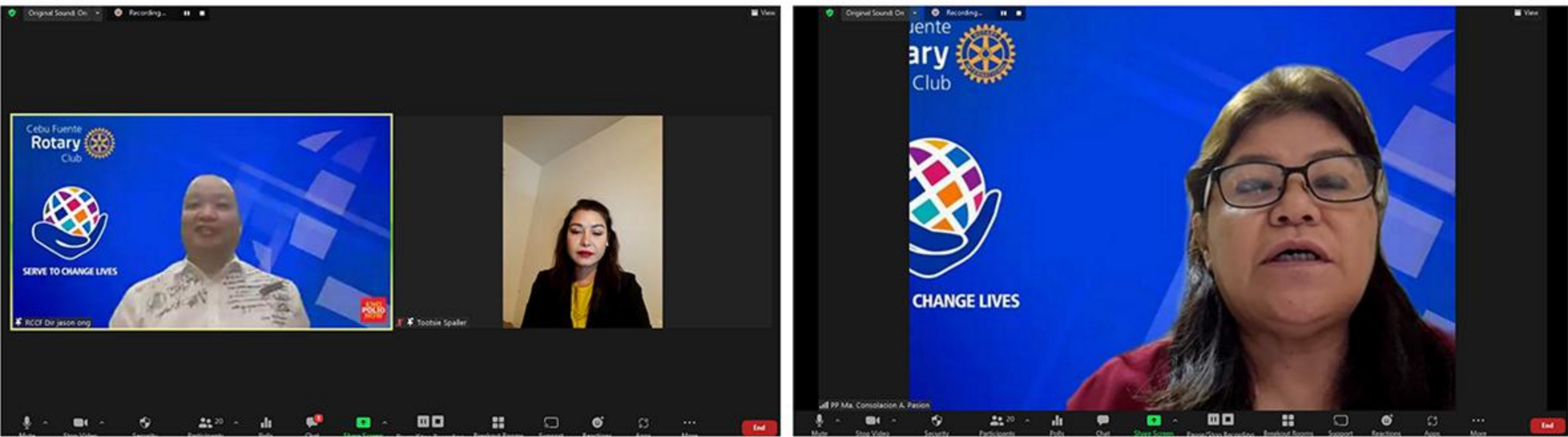
MAKE A MENTORING CONTRACT

- 1 Detail the objectives of the mentorship in a straightforward manner. Stick with two or three priorities.
- 2 Determine the frequency of meetings. Set the day, time, and location. And establish how long the mentorship will last.
- 3 Include a clause that says conversations will remain confidential.

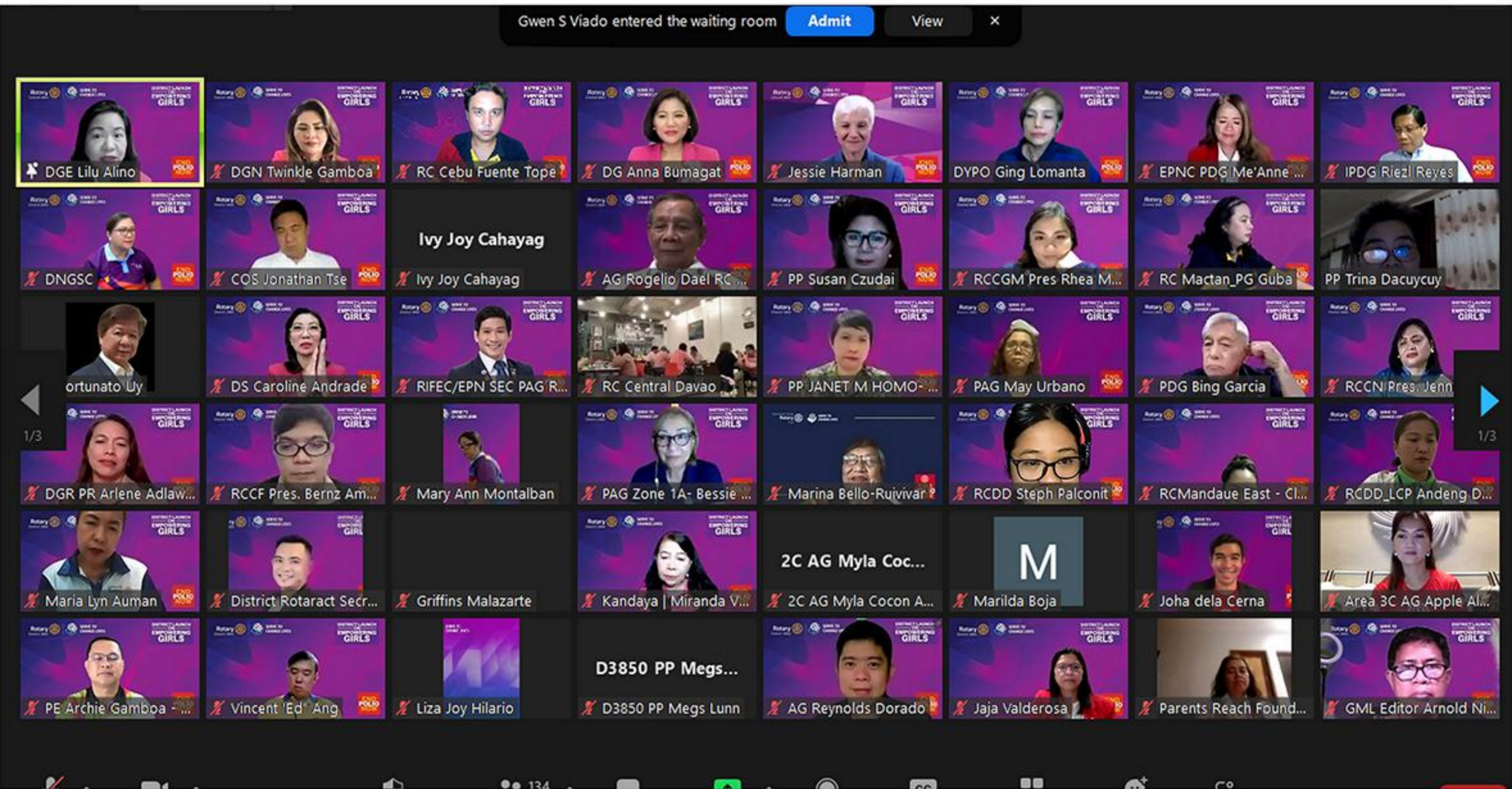
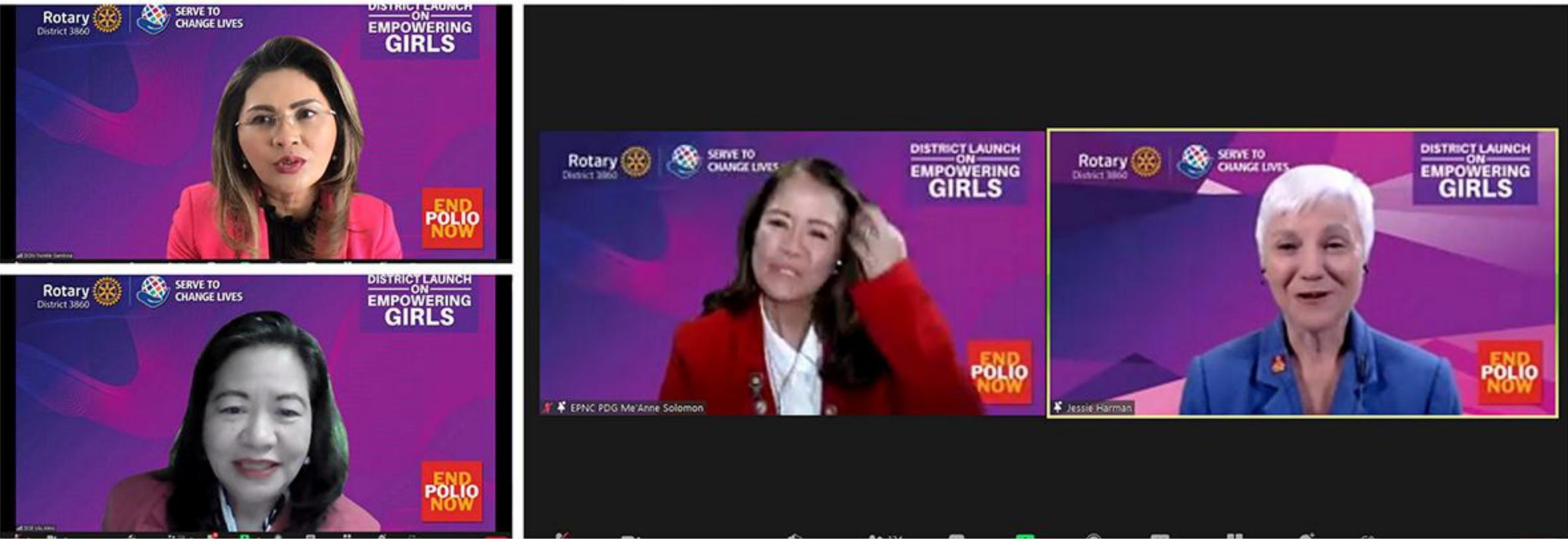
RESOURCES

- ▶ **Rotary.org/learn:** The Rotary Learning Center course Mentoring Basics explains the responsibilities and benefits of being a mentor to an adult professional.
- ▶ **Washington.edu:** Usovicz is a big fan of the mentoring toolkit (in PDF form) offered by the University of Washington Department of Human Resources.

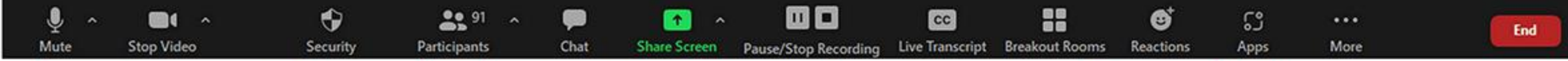
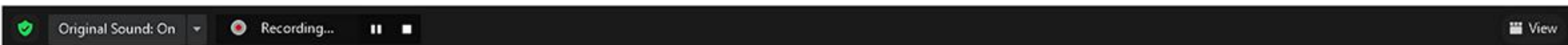
10-11-2021 10th RCCF GMM (Virtual) RY 2021 - 2022



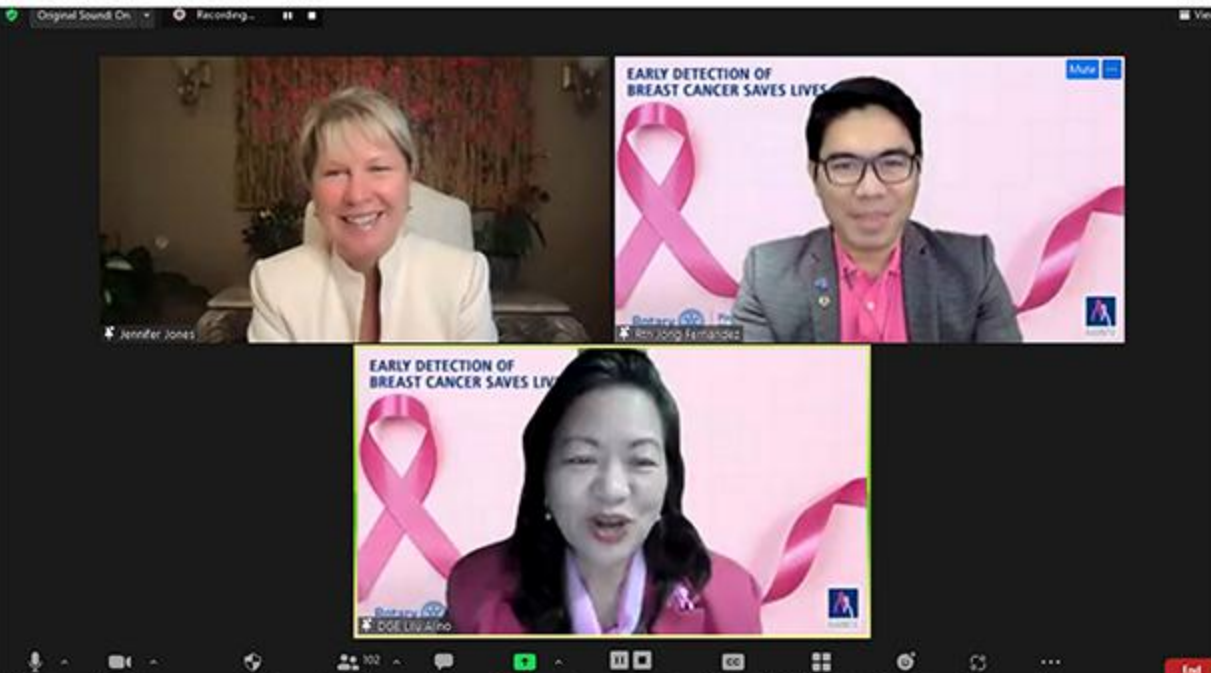
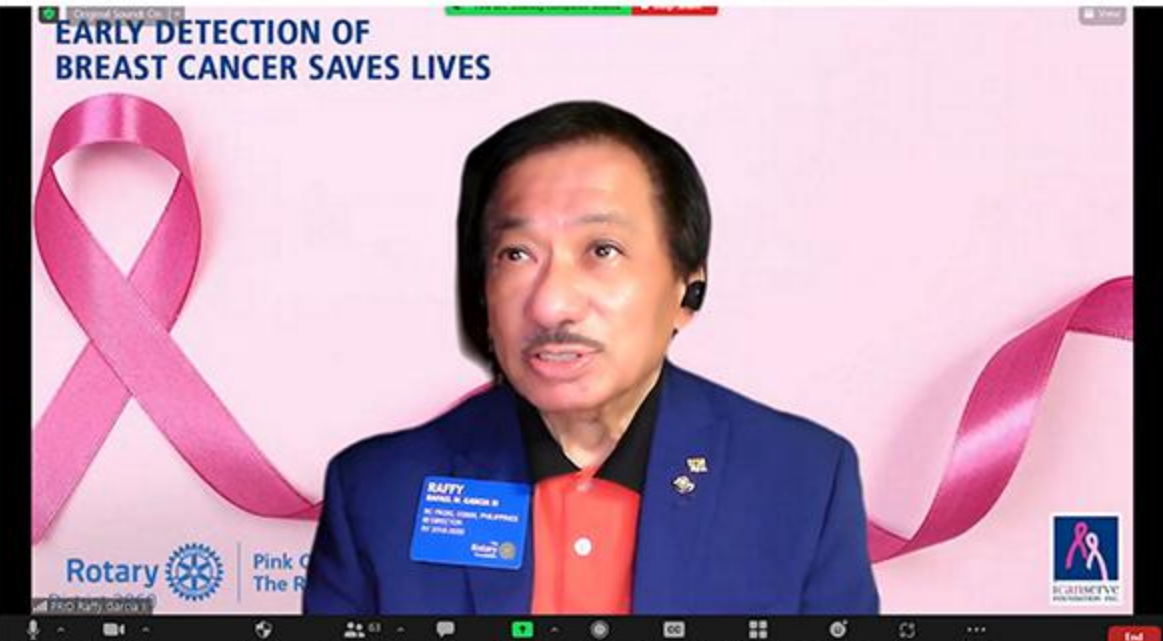
10-11-2021 10th RCCF GMM (Virtual) RY 2021 - 2022



10-15-2021 Cancer Journey RIPE Jennifer Jones



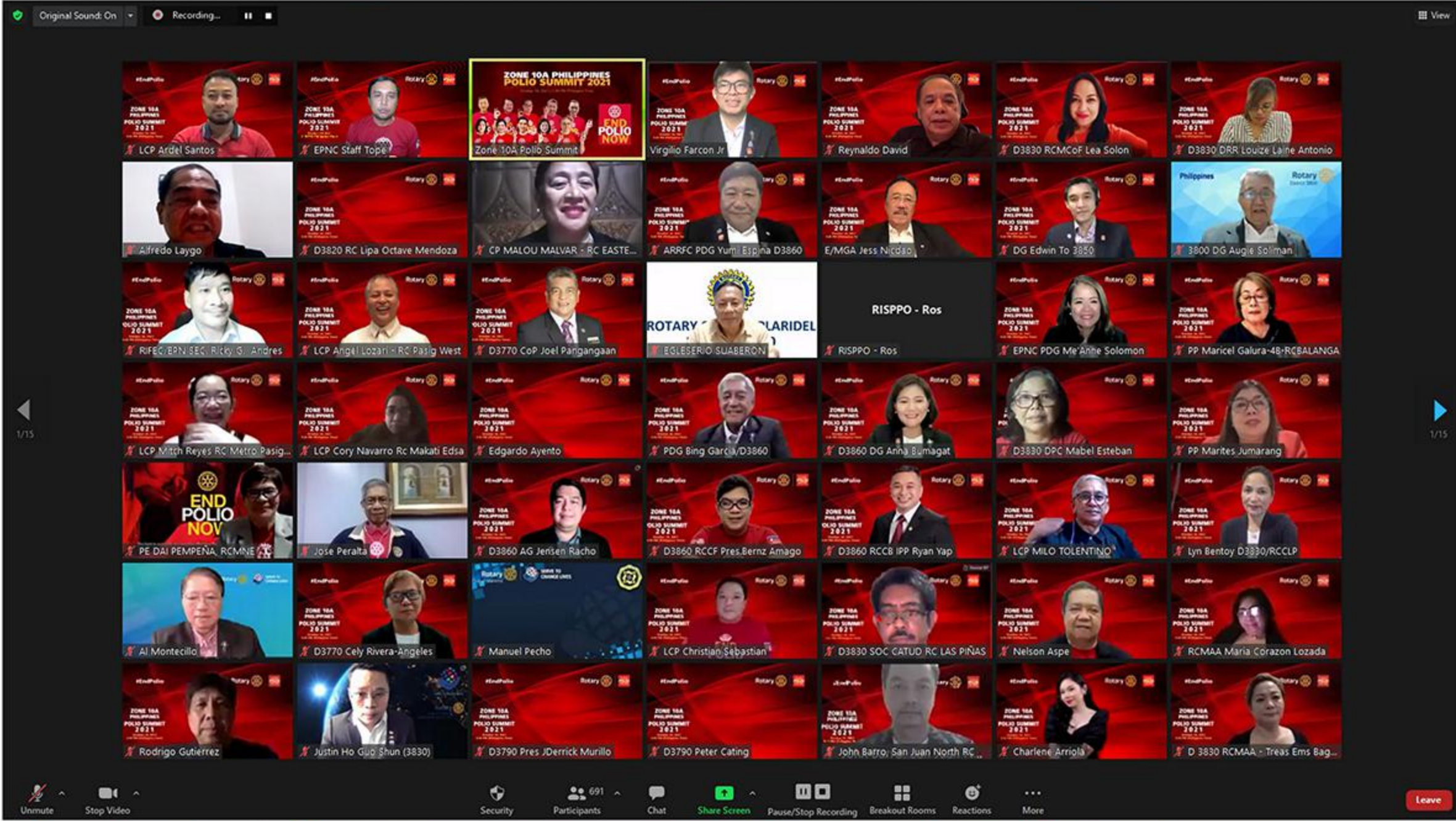
10-15-2021 Cancer Journey RIPE Jennifer Jones



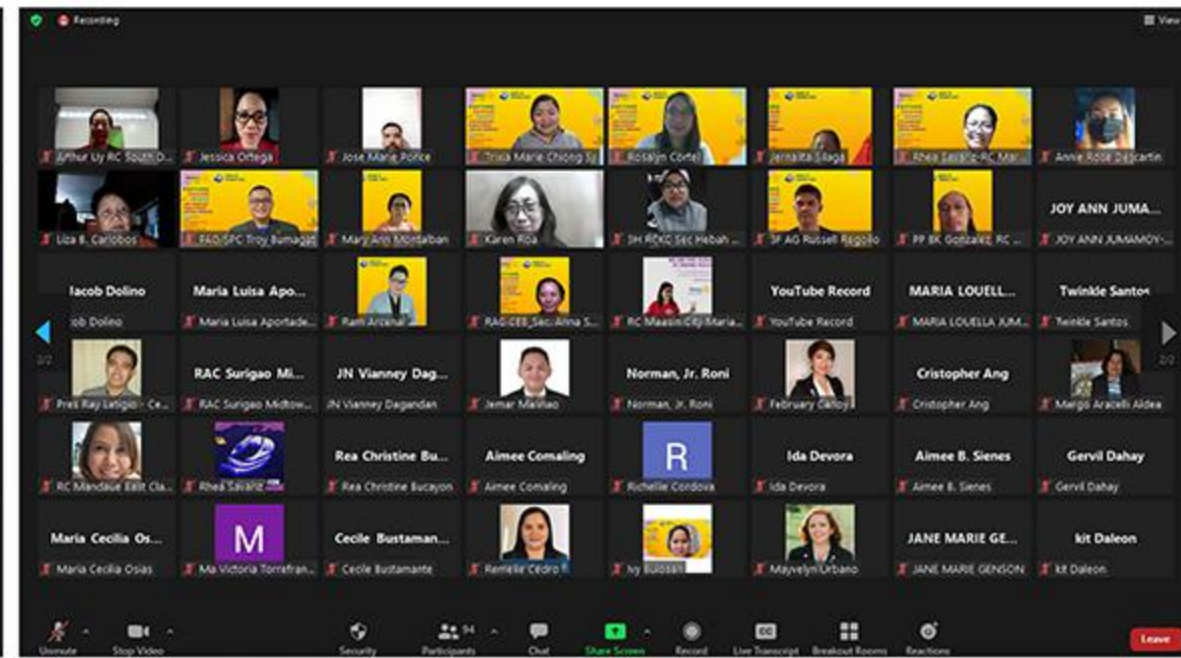
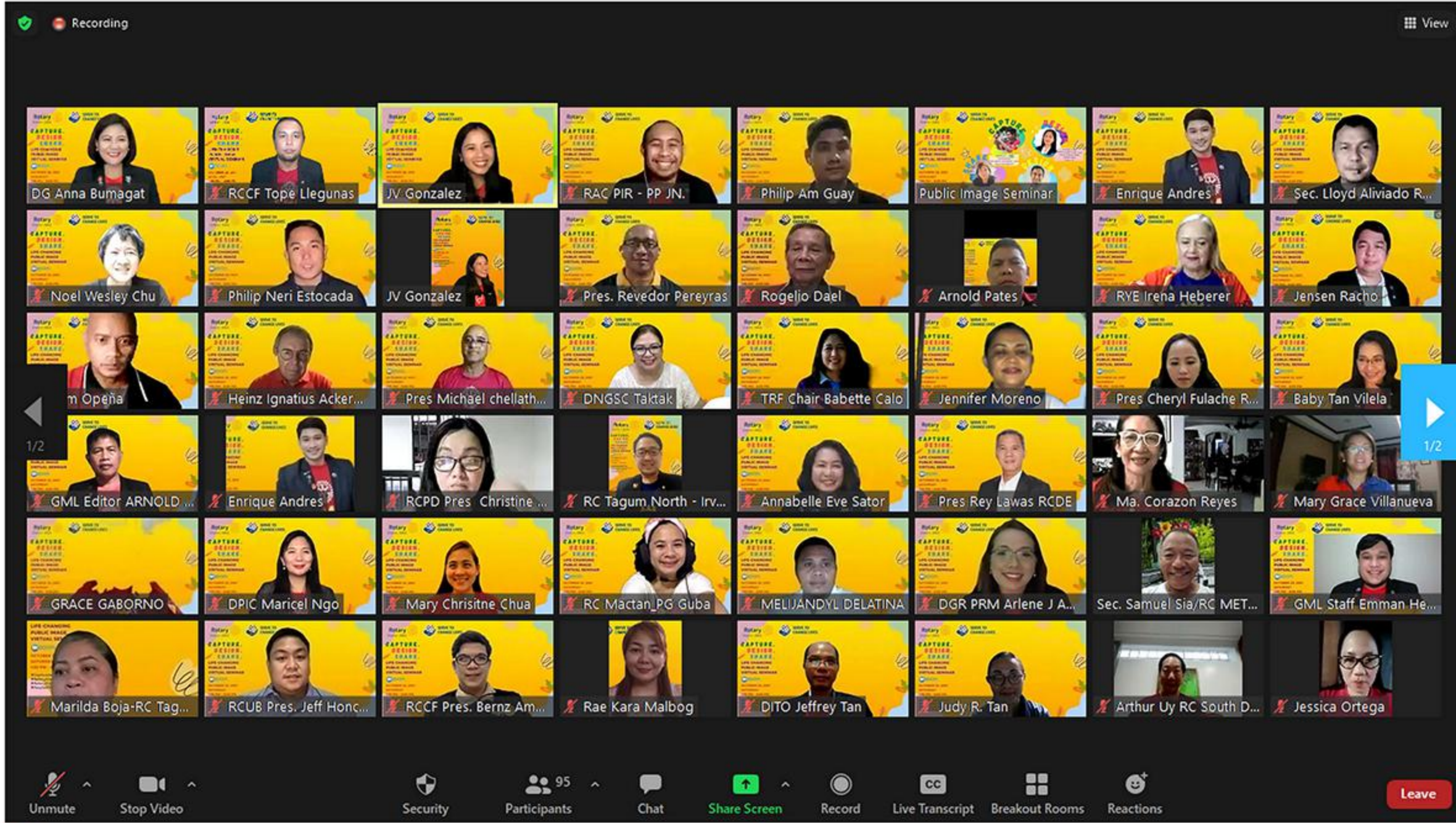
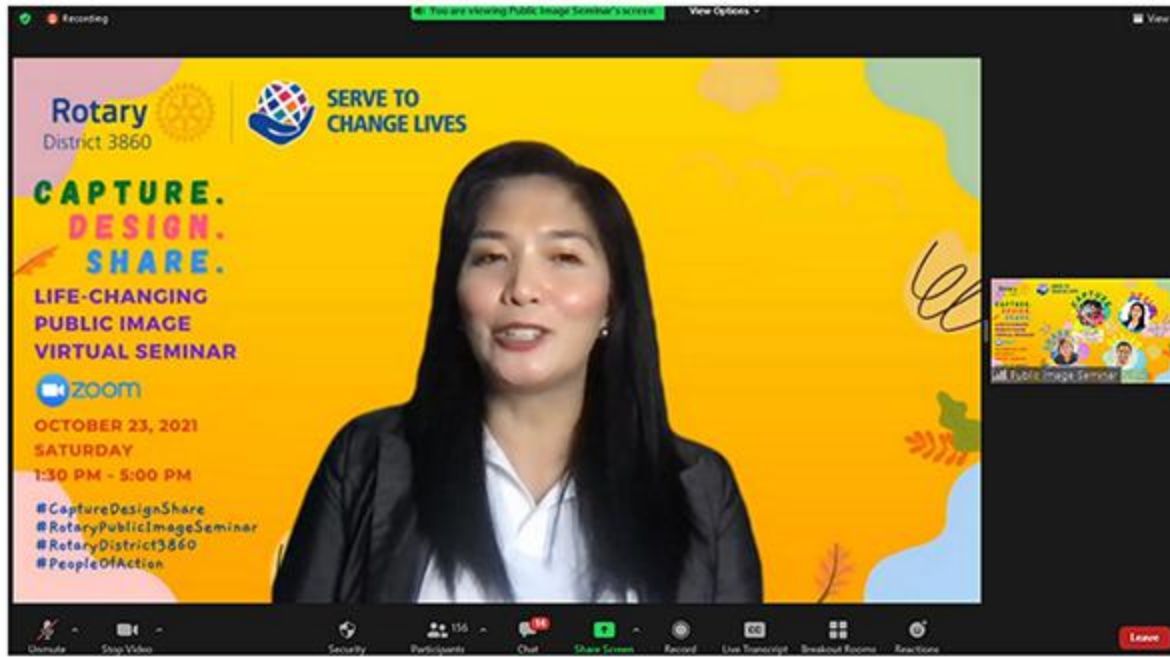
10-18-2021 Polio Summit 2021



10-18-2021 Polio Summit 2021



10-23-2021 Public Image Seminar 2021



10-24-2021 I Run to End Polio Now



Living with someone with depression?



To see how you can help them, while also taking care of yourself, read on...

What you should know

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by difficulty carrying out daily activities.
- People with depression also normally experience several of the following: loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; thoughts of self-harm or suicide.
- Depression can be treated. Finding the best course of treatment depends on the severity of the condition.
- The support of friends and family helps people recover from depression.

What you can do

- Make it clear that you want to help, listen without judgement, and offer support.
- Find out more about depression – talking to someone you know who has recovered or a local health worker are good places to start.
- Encourage them to seek professional help and offer to go with them to appointments.
- If they're prescribed medication, help them remember to take it.
- Be patient – recovery can take time.
- Help them with everyday tasks and to have regular eating and sleeping patterns.
- Encourage regular exercise and social activities.
- But be mindful that trying to do too much can be stressful and make depression worse.
- Encourage them to focus on the positive, rather than the negative.
- If they're thinking about self-harm, or have already intentionally harmed themselves, don't leave them alone. Seek help from the emergency services or a health-care professional. And remove items such as medicines, sharp objects and firearms.
- Take care of yourself too. Try to find ways to relax and continue doing things you enjoy.

REMEMBER:

When you live with someone with depression, you can help them recover, but it's important to look after yourself too.



World Health Organization

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

San Pedro Calungsod, pray for us.





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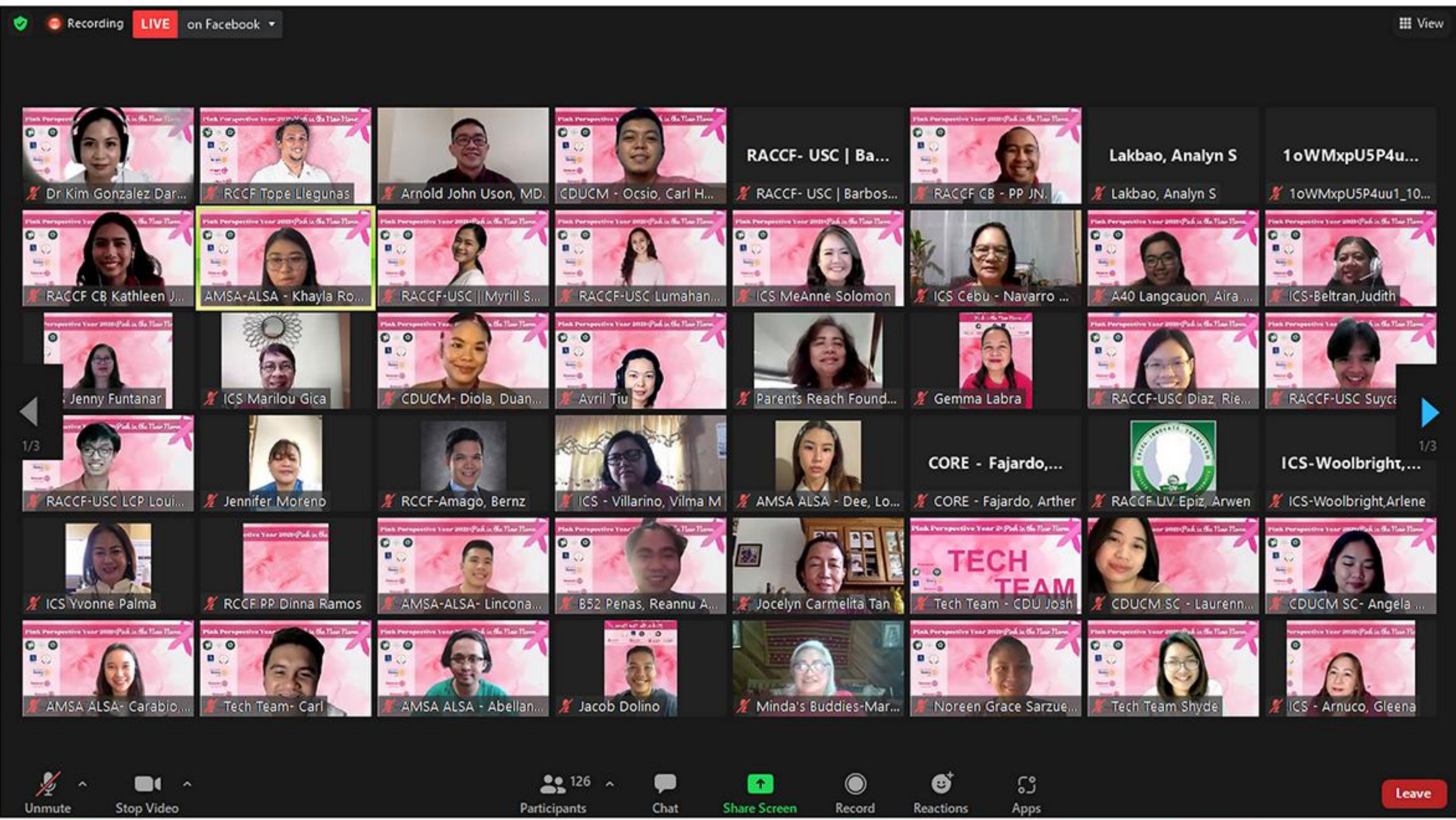


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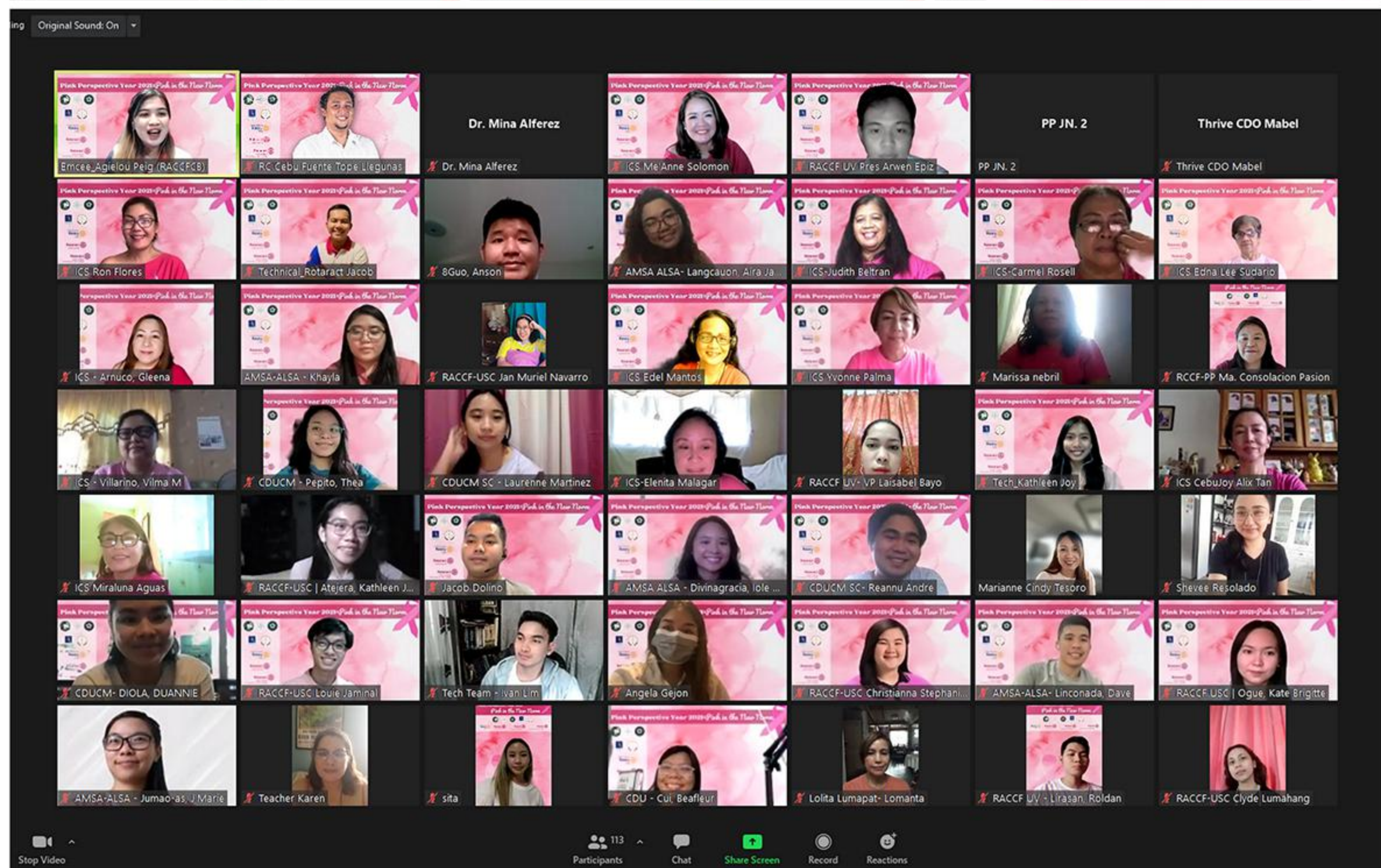
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10-16-2021 Pink Perspective Year 2 Day 1



10-17-2021 Pink Perspective Year 2 Day 2



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Spread the Word!