

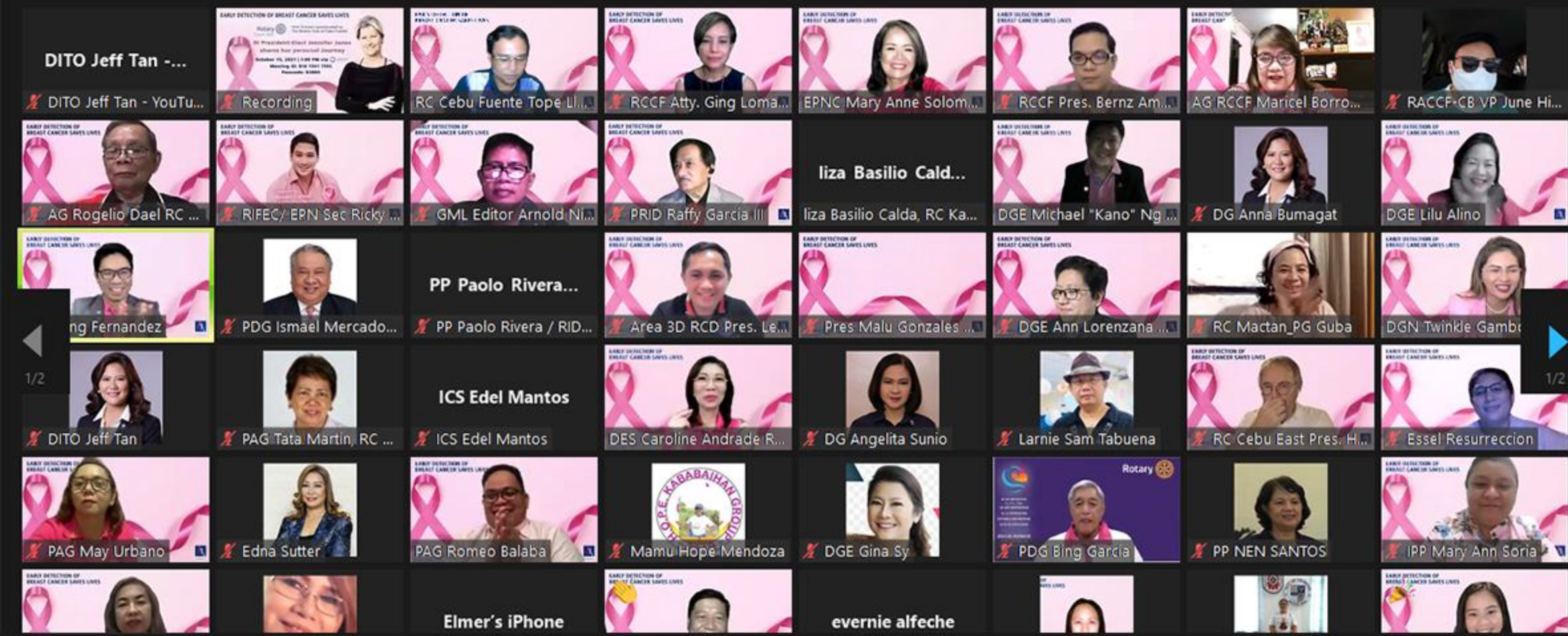
THE FOUNTAIN

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860

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CANCER JOURNEY WITH RIPE JENNIFER JONES



Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**



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Rotary International President

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Cebu Fuente
Rotary
Club



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PP MA. CONSOLACION A. PASION



15th General Membership Meeting

Virtual Meeting | November 22, 2021

The Rotary Foundation Month

SERVE TO CHANGE LIVES

Vol. 40, No. 15

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.....	Sec. Jomar Ponce
Visiting Rotarians/Rotaractors/Guest	

PART 2

Global Grants Application Workshop.....	PDG Me'anne Solomon DPC Alain Senerpida
Open Forum	

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



Hosted by:

EMMIE TESALONA
Past President

INVOCATION

Our Father, we thank you for all the opportunities we have from day to day for learning, for fun, and for fellowship. Bless, we pray, that each day may broaden our horizons a bit further than the day before, that we may always praise you with spirit and with understanding. Amen.

...Fellowship Continues...

Quote for the Week

"All you need in this life is ignorance and confidence; then success is sure." - Mark Twain





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,

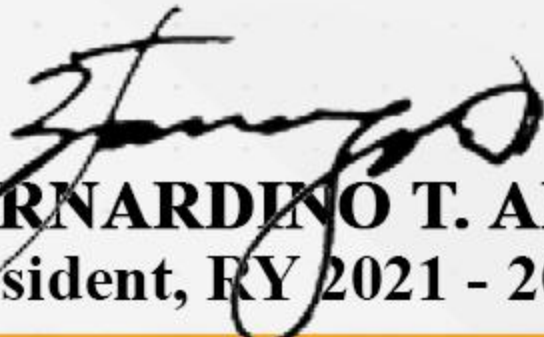
Greetings!

We are taking this time to familiarize ourselves with the process of Global Grant availment. It is my conviction that each Rotarian should be adequately equipped with the proper knowledge and understanding of the Global Grant Application process so appreciation of the efforts that go into our Global Grant Projects can be widely shared and celebrated.

May the insights we gathered tonight in this workshop will influence each of you to aspire for your own Global Grant Project. Rest assured that all your ideas are welcome and will be seriously considered for potential processing.

Let us have a great time savoring the new learnings!

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	13th 11/08	14th 11/15	15th 11/22	16th 12/06	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			28	25			



BIRTHDAYS

November 2 Sandra Espina
November 22 Marivic Barba
November 24 Rtn. Stephen Uy

WEDDING ANNIVERSARY

November 18 Glen & Haile Elendrino



GREETINGS, DEAR CHANGEMAKERS OF ROTARY,

I first discovered the value of service when I saw how a few simple acts can immeasurably change lives. It began when I joined others in my club for a project to bring toilets and clean drinking water to rural villages near our city. It moved forward when we promoted sanitation and provided opportunities for education across the country, thanks to generous gifts from supporters who believed in our projects as much as those of us on the ground did.

There is no better time of the year to be reminded of that generosity than November, which is Rotary Foundation Month.

As the charitable arm of Rotary International, The Rotary Foundation is the engine that powers so many Rotary projects throughout the world. The Foundation transforms your gifts into projects that change lives. It is the Foundation that helps us to get closer to our goal of eradicating polio, to show more people how we promote peace through tangible actions, and to demonstrate the impact our projects have in our areas of focus.

Consider some recent projects that were made possible by the Foundation:

- The Rotary clubs of Guatemala La Reforma, Guatemala, and Calgary, Alberta, received an \$80,000 global grant to organize a comprehensive plan to train nurses and rural health care workers to prevent and treat cervical cancer and to implement a sustainable system of referrals in seven regions of Guatemala.

- More than two dozen hospitals in Honduras received personal protective equipment for their medical staff thanks to a \$169,347 global grant sponsored by the

Rotary clubs of Villa Real de Tegucigalpa, Honduras, and Waldo Brookside-Kansas City, Missouri.

- The Rotary clubs of Cotonou Le Nautille, Benin, and Tournai Haut-Escout, Belgium, received a \$39,390 global grant to provide agricultural training at an ecologically responsible permaculture mini-farm connected to a center for children in Sowé, Benin. This will help a new generation of farmers become economically self-sufficient.

I like comparing The Rotary Foundation to the Taj Mahal, a monument of one man's love for a woman. The Foundation is a dynamic monument of our love for all of humanity.

This month I am asking all Rotary clubs to bring attention to the Foundation. It is what connects all Rotarians worldwide and transforms our collective passions into projects that change lives. Visit rotary.org/donate; once there, you will have an opportunity to give directly to the program you're most passionate about.

Thank you for giving your all to Rotary. You are the reason that Rotary is able to *do more* and *grow more*. Let's continue to represent that important legacy this month, this year, and beyond as we *Serve to Change Lives*.

Shekhar Mehta

President, Rotary International



Rashi and I drove 200 kilometers to meet a patient from Pakistan who was being treated at the Mission Hospital in Durgapur. His mother said, "My son was born in Pakistan but got his life in India. Thank you, Rotary."

Courtesy of Shekhar Mehta



TRUSTEE CHAIR'S MESSAGE

Do you know your Foundation?

When people ask me what The Rotary Foundation is, I tell them it's the heart of Rotary. You may have heard before that Rotary has an intelligent heart. The Foundation combines our emotional response of compassion with pragmatic action. With both heart and brains, you can change the world.

So, what does the Foundation mean to you? November is Rotary Foundation Month, but do you really know our Foundation?

First, it truly is *our* Foundation. The Rotary Foundation doesn't belong to me or the other 14 trustees, nor to the RI Board of Directors, nor to the RI president. It belongs to each Rotarian around the world.

And it's there for all of us to change the world. We save mothers and children because we have compassion, and we know how to plan. We provide clean water and sanitation where they're needed to those who need them, because we build strategies based on a community's needs. We combine support for peace, education, and economic stability for at-risk communities with an ability to manage big projects.

Giving to the Foundation is smart, too, because in doing so, you multiply the value of that gift. How many other foundations can you think of that identify the projects, fund them, and run them on the ground themselves? Ours is the only one I know. And we get it all done at such a relatively

low administrative cost. This is one reason Charity Navigator consistently gives the Foundation a four-star rating.

I sometimes get asked a question: How much should I be giving to the Foundation? Each year, make a gift of what you can afford to give. For some, that is \$100, and for others, more. What's most important is that you give something, because each generous gift helps us meet the increased demand we're seeing from members for global grants and our other programs.

This year, we want to raise \$50 million for PolioPlus, which will be matched 2-to-1 by the Bill & Melinda Gates Foundation, for a total of \$150 million. If every Rotary club contributed just \$1,500, we would surpass this goal. We have other goals as well — for the Annual Fund, the Endowment Fund, and outright gifts — adding up to a grand total of \$410 million.

We will get there if we set our hearts — and minds — to it. But remember, it's not about the money; it's what the money can do.

There's a saying that goes, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

The Foundation is that stone, so let us turn ripples into great waves with it, using our hearts and our minds.

JOHN F. GERM

Foundation trustee chair

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Columbia, Canada

Gulam A. Vahanvaty
Bombay, India

GENERAL SECRETARY

John Hewko
Kyiv, Ukraine





Giving Tuesday: 30 November

During this season of giving, remember
The Rotary Foundation as your charity of choice.
A donation to our Annual Fund helps strengthen
communities close to home and around the globe.

GIVE TODAY: my.rotary.org/giving-tuesday



#GIVINGTUESDAY

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?

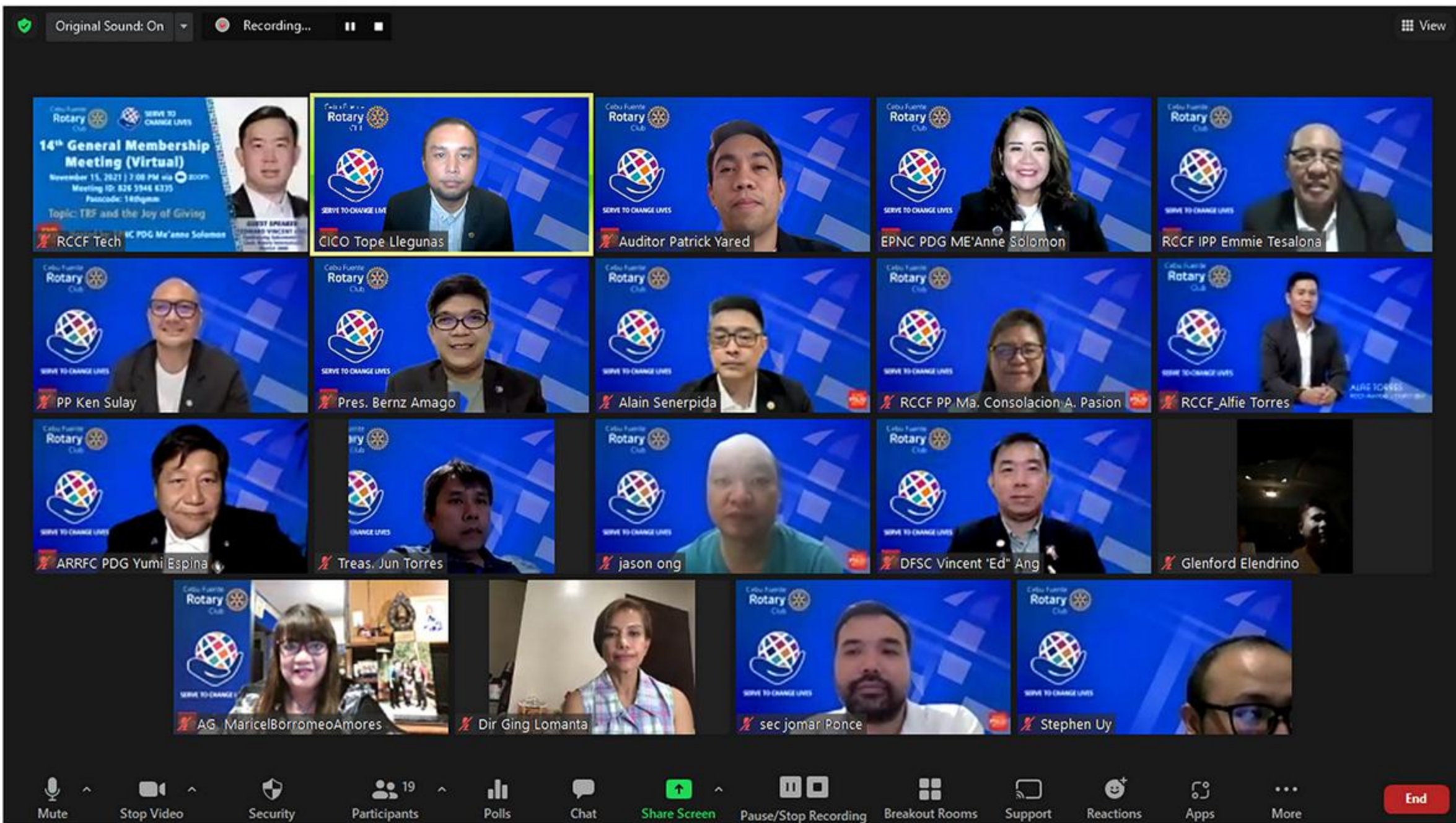
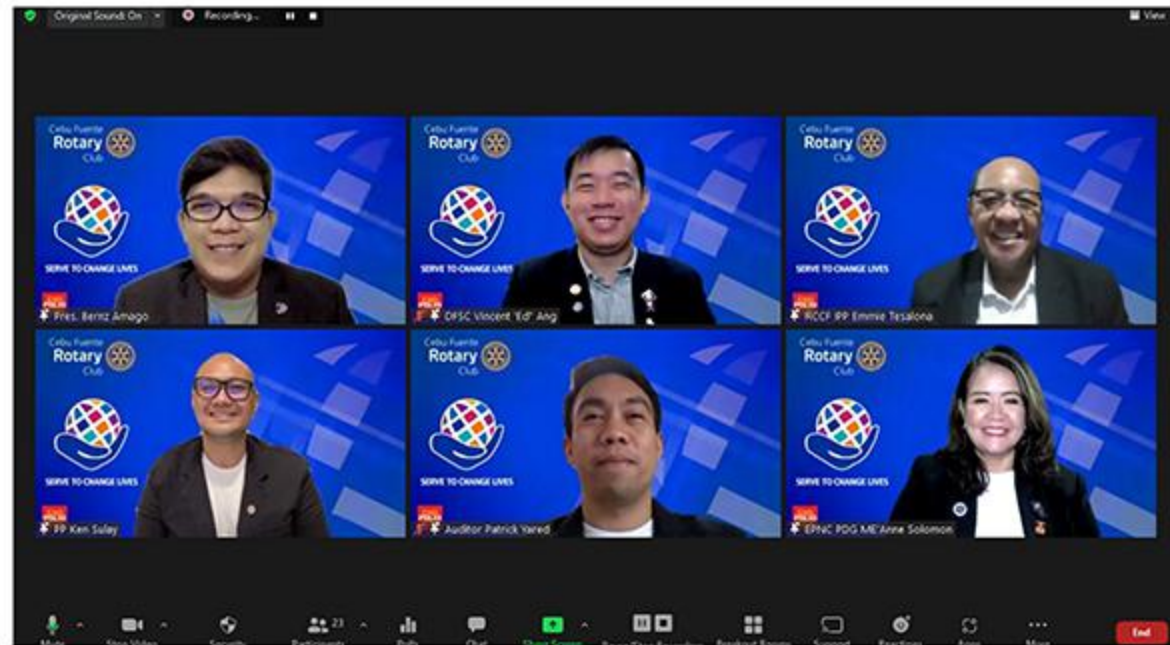
ROTARIAN CODE OF CONDUCT

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

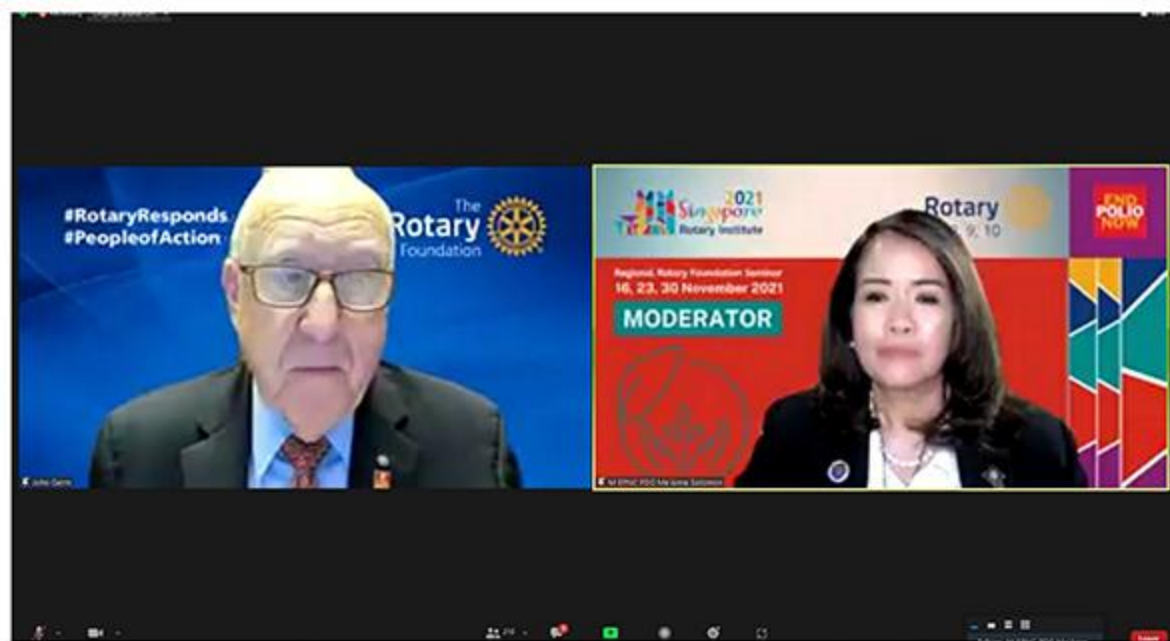
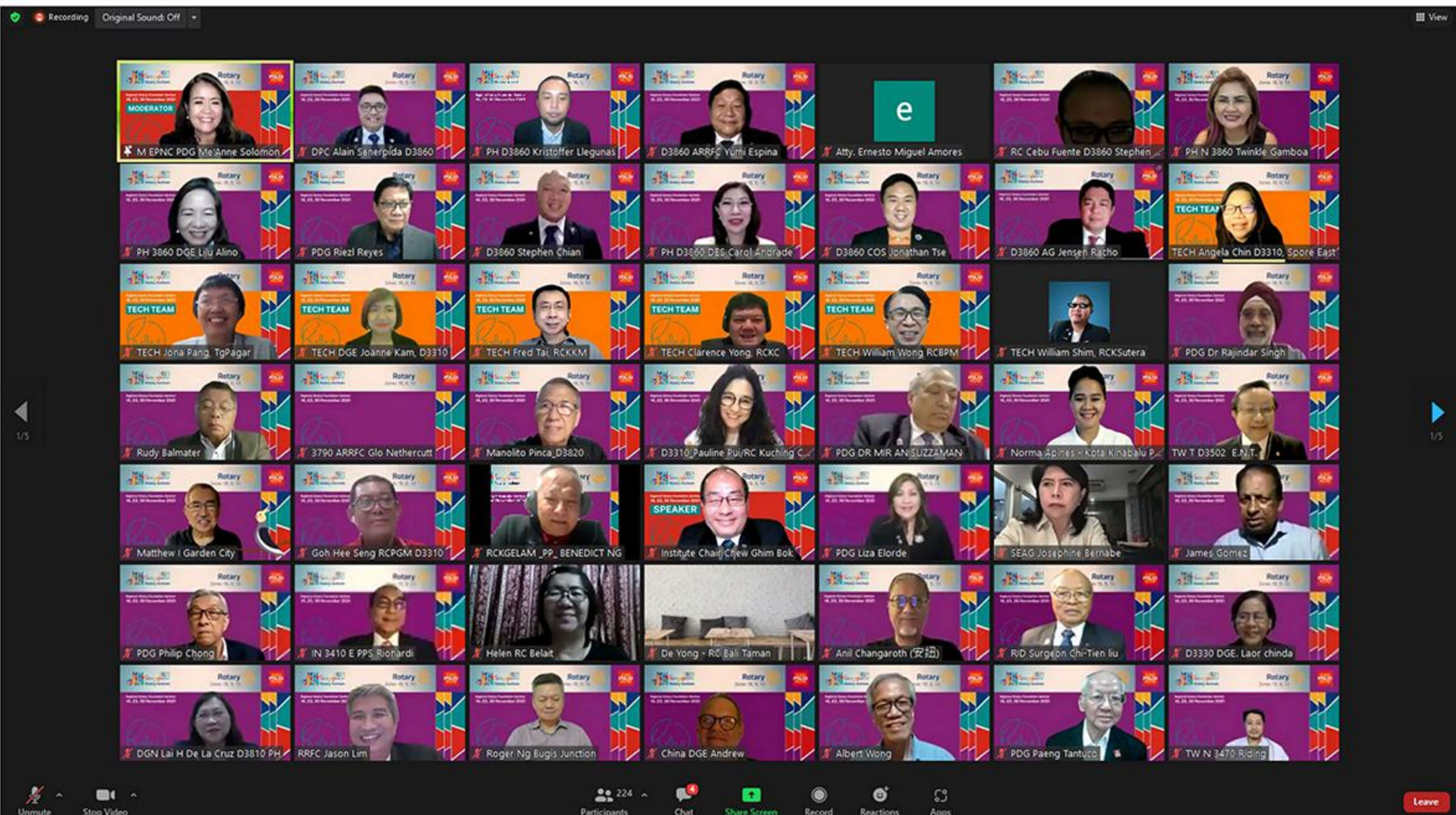
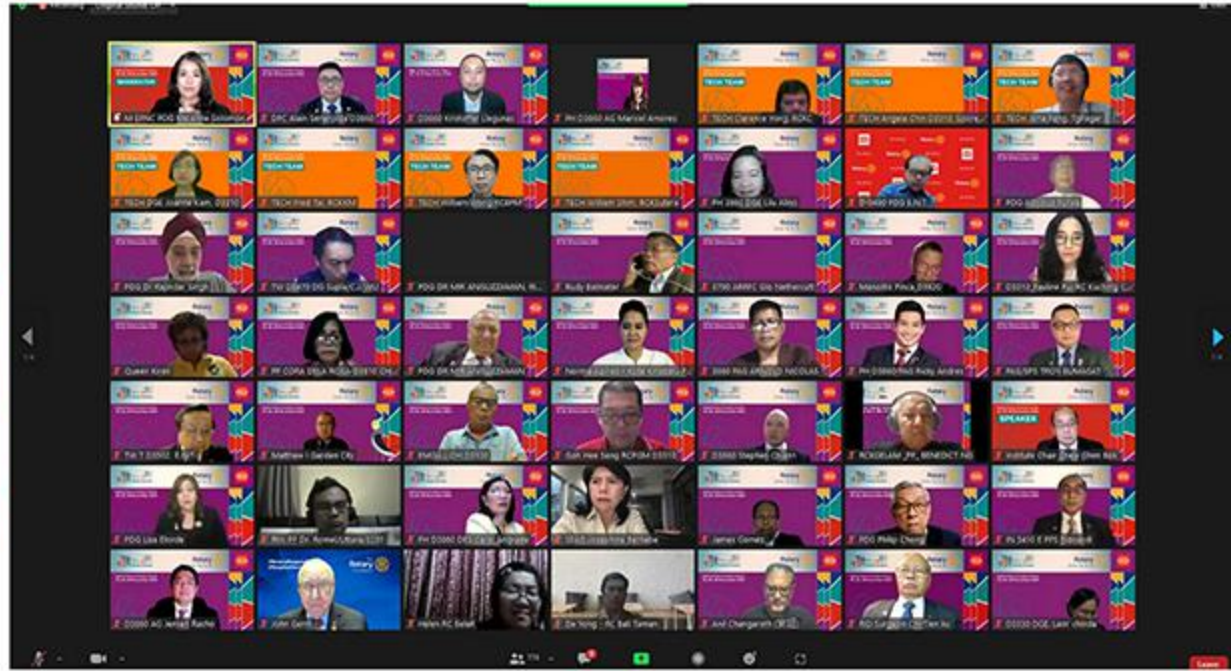
As a Rotarian, I will

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.

11-15-2021 14th RCCCF GMM (Virtual) RY 2021 - 2022



Singapore Rotary Institute Regional Rotary Foundation Seminar - Polio



11-19-2021 End Polio Now Bike Ride



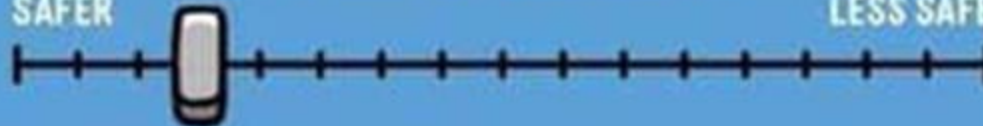
3 FACTORS TO HELP YOU MAKE SAFER CHOICES

WHEN YOU'RE IN AN AREA OF WIDESPREAD COVID-19 TRANSMISSION

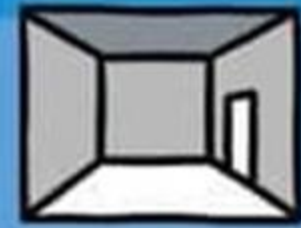
LOCATION



SAFER

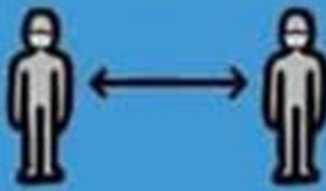


LESS SAFE



Open air spaces safer than enclosed spaces

PROXIMITY



SAFER



LESS SAFE



Farther away from others safer than close together

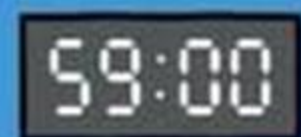
TIME



SAFER



LESS SAFE



Shorter time periods with others are safer

REMEMBER, IT'S ALWAYS SAFER TO:



KNOW YOUR RISK.
LOWER YOUR RISK.



World Health Organization



MY RIDE TO END POLIO NOW EXPERIENCE PP Dave Karamihan, Rotary Club of Cebu Fuente



20km short of final destination for day 1. We just had to call it a day. It was like Vikings resto. Instead of all you can eat, it was all you can climb! The most grueling was around kilometer 60, with an 11percent gradient. We had our lunch in Campo 8, an idyllic spot underneath a canopy of trees. At that point, we figured, it was a fitting end to an 81km trip of hills, muddy roads and rolling downhills.

It was several times more draining than the Bogo 100km we did a week before. Total moving time of over 7hours. The slick tires of my bike didn't help. But it was fun recalling right around Balungag when

the road got rocky and muddy, riders on their road bikes gingerly traversing that section with their reed thin tires, suddenly there i was, swooping by as I said: "this is how a GRAVEL bike does it."



It was also a route filled with memories. We stopped by Lamac in Pinamungahan. The natural spring formation there we visited way back in 1987 when there were barely any proper roads. Then we ended up in Lutopan, Toledo and Manipis. I grew up in the mines in Lutopan, Toledo and we pass by Manipis regularly enroute to Cebu City. This was before the Uling, Naga road was completed. So, with the heat,

unclimbed, full meal and nostalgia, all the sense got their fill and they just had to have the time to relive the day and reminisce yesterday.

Skipping day 2, we look forward to day 3, a 50-kilometer fast ride from up the mountains of Danao down to carmen, Danao, Compostela all the way to capitol, where we started. But as luck would have it, day 3 was cancelled due to technical glitches. Oh well, the journey may have ended in day 1 for us, but the journey to a POLIO-free world continues, and we shall roll with it.



-PP Dave Karamihan, Rotary Club of Cebu Fuente with nephew Niccolo Fernandez, support crews Jonathan Pangadlo and Walter Claros.

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.



SUPPORTING EDUCATION



Let's talk about one of Rotary's Causes: Supporting Education

773 million people around the world who are over the age of 15 can't read or write. Supporting Education is an important cause to Rotary because literacy can increase health, lifelong learning, promote gender equality, and the list goes on. All of these things lead to an overall better quality of life.

Education experts discovered

increasing school attendance doesn't guarantee a student will learn to read and write. In Guatemala and Nepal, teachers struggled to overcome student illiteracy until Rotary members helped through the Guatemala Literacy Project and the Nepal Teacher Training Innovations. The programs provide literacy lesson plans and train teachers on how to get students to take a more active role in their education. Instead of memorization of words, teachers now encourage critical thinking skills. Literacy plays an important role in helping people out of poverty, increasing their chances of better job opportunities, therefore improving their quality of life.

Want to support education? Here are some simple things you can do to help education in your community.

- Volunteer with a local literacy organization
- Become a tutor
- Host a donation drive for school supplies



Cebu Fuente
Rotary
Club



**END
POLIO
NOW**

**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



PILIPINAS ROTARACT MDIO WEBSITE IS OFFICIALLY LIVE!



A well designed, informative, responsive and updated website for Pilipinas Rotaract MDIO is officially live at pilipinasrotaract.org.

This website will be an information guide for the online viewers which preview the following:

- ✓ About Pilipinas Rotaract MDIO
- ✓ Member Philippine District

- ✓ MDIO Programs and Activities
- ✓ Rotaract Statistics
- ✓ Our Stories

Visit the official website now at <https://pilipinasrotaract.org/>

Together, we will Serve to Change Lives!

Invite someone to become a

Cebu Fuente
Rotary
Club



Rotarian today.

Join Rotary Club of Cebu Fuente



Spread the Word!