

THE FOUNTAIN

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860

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**Super Typhoon Odette
Relief Operation**

Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**



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Cebu Fuente
Rotary
Club



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19th General Membership Meeting

Virtual Meeting | February 7, 2022

Area of Focus: Peacebuilding and Conflict Prevention Month

SERVE TO CHANGE LIVES

Vol. 40, No. 19

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

Introduction of Guest Speaker.....	PP Rady Abarintos
Guest Speaker.....	PP Dave Karamihan
Topic: Shelter Kits for Balamán, Cebu	
Open Forum	
Presentation of Certificate / Token	

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

"All your life, you will be faced with a choice. You can choose love or hate...I choose love."

- Johnny Cash



Hosted by:

DICK BARBA
Past President

INVOCATION

Almighty God, who has blessed this earth that it should bring forth whatever is needed for life, we thank you for the food we have shared together. As we have shared this food may we also share together our dedication to serve you, for your way is a way of peace and truth. We pray especially for our leaders in government, more especially for our president and his colleagues. May the events of these days call us to invoke your Spirit, that we all may share in the truth that violence is not a way to settle differences, whether in the affairs of state or in our homes. May this day be a day for seeking your peace. Amen.





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

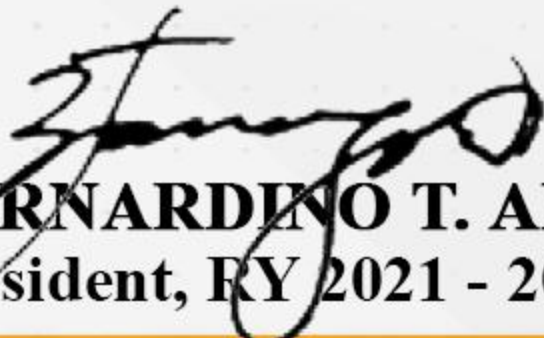
Dear RCCCF Family,

I hope this finds you well. Through the tireless efforts of PDG Meanne, RCCCF has become the recipient of donations from other Rotarians and Rotary Clubs in the country and abroad. Considering the time that has elapse since the last devastating typhoon, most of the donated funds have already been earmarked for recovery efforts.

In this wise, it may be prudent to present to the general membership our very own recovery initiative which involves distribution of shelter kits.

Our PP Dave is in the forefront of this noble undertaking and he will share with us tonight his journey of bringing hope and salvation to his immediate community under the banner of RCCCF. So let us all be inspired by the great lengths our club has taken for the people who were in need.

Thanks and kind 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	17th 12/11	18th 01/17	19th 02/07	20th 02/21	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				13			

BIRTHDAYS

February 02 Sps. Ninna Sulay February 15 Atty. Ernesto Amores
 February 03 Sps. Paul Jason Spaller February 17 PP Marina Kaufmann
 February 07 Rtn. Tootsie Spaller February 18 Sps. Tess Tesalona





GREETINGS, DEAR CHANGE-MAKERS OF ROTARY,

At the start of the Rotary year, I challenged every club to plan and host at least one practical and action-oriented Rotary Day of Service. The event should address a challenge your community is facing that fits into one or more of Rotary's areas of focus and should bring together volunteers from within and outside of Rotary.

Rotary Days of Service can motivate Rotary, Rotaract, and Interact clubs to plan innovative and impactful projects. They can showcase your work as people of action and introduce prospective members to your club.

I've been inspired by your response so far, and I want to share with you just one project that has captured my imagination.

India is home to an estimated 74 million people with diabetes, a disease that is a leading cause of death. Furthermore, about 50 percent of those people remain undiagnosed.

Rotary, together with the Research Society for the Study of Diabetes in India, saw the urgent need to diagnose, track, and treat people who have diabetes. Working together and with other organizations, we hosted a nationwide blood glucose testing camp on 29 September, which is World Heart Day.

The camp was spread across more than 10,000 sites in India, with more than 2,000 Rotary and Rotaract clubs participating in the effort. More than 1 million blood-sugar tests were conducted in a day, an accomplishment recognized by the Asia Book of Records. But more important than breaking a record is the fact that

tens of thousands of people learned that they may be living with diabetes. They can now be treated for the condition, and they also have been made aware that they should take extra measures to shield themselves from COVID-19 and scores of other diseases that are caused or worsened by diabetes.

This month, on 23 February, the anniversary of Rotary, let us celebrate with more service days, showcasing Rotary's work in our areas of focus. I look forward to hearing about your Rotary Days of Service. Please share your projects on Rotary Showcase, or browse that webpage to find inspiration and project partners. In particular, I encourage you to execute projects that focus on empowering girls, as they have been disproportionately affected by the pandemic. The Empowering Girls initiative is resonating very well with members of Rotary as well as with non-Rotarians. The governments and NGOs in various countries are appreciating this meaningful effort. Let us keep focusing on it.

I am also happy that the Each One, Bring One ethos is bringing fruitful results. Let us ensure that all club members introduce at least one person to Rotary, and that we then all work to engage new members and keep them in our clubs.

In whatever we do, remember that we must push ourselves to *grow more, do more* as we *Serve to Change Lives*.

Shekhar Mishra

President, Rotary International



TRUSTEE CHAIR'S MESSAGE

Rotary builds peace by creating the next generation of peacebuilders

I always look forward to February, the month of Rotary's anniversary, as a time to remember our history. What began as a small gathering in a Chicago office in 1905 soon transformed into a global movement — one that you and I are a part of today.

February is also Peacebuilding and Conflict Prevention Month, when we celebrate a core Rotary concept: the pursuit of global peace and understanding.

Through our global and district grants, The Rotary Foundation is a force for peace — as are all of you who use those funds for projects. A grant that promotes literacy can lead to greater understanding and economic security in that community and beyond. This lays the foundation for peace. When communities aren't fighting over scarce water resources, because they have a working pump system, they can instead pursue education. Promoting peace is interwoven in all that Rotary does.

The work of actively building peace and understanding has been a hallmark of Rotary since its earliest days. But with the creation in 1999 of the Rotary Peace Centers we began a bold new chapter in this story. This year marks the 20th anniversary of the inaugural class of peace fellows; the innovative program continues to merge a strong, academic understanding of the roots of conflict with practical tactics for solving real-world problems.

Despite the impacts of the COVID-19 pandemic, the Rotary Peace Centers were able to adapt, ensuring minimal disruptions to the program. Now, students at our seven centers are resuming their normal activities. This includes young peacebuilders at our newest center at Makerere University in Kampala, Uganda, who are preparing to apply their new knowledge and skills in a region that's in need of peaceful solutions.

The peace center program keeps growing. Our search committee is researching potential locations in the Middle East or North Africa to establish our eighth center, with plans for its launch as soon as 2024. This is a significant step for Rotary's efforts in global peace education, as we lay the groundwork for the next generation of fellows to pursue peacebuilding in that region. And we aren't stopping there: Our goal is to open a Rotary Peace Center in Latin America by 2030.

In the last 117 years, Rotary has grown to become a global force for good — promoting peace and understanding in all of our endeavors. The staying power of Rotary, the Foundation, and our decades-long commitment to peace are things that are worth celebrating, supporting, and sustaining for the generations that will follow us.

JOHN F. GERM

Foundation trustee chair

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Langley Central, British
Columbia, Canada

Gulam A. Vahanvaty
Bombay, India

GENERAL SECRETARY
John Hewko
Kyiv, Ukraine



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.

"Imagine a world that deserves our best, where we get up each day knowing that we can make a difference."

President-elect Jennifer Jones revealed the 2022-23 presidential theme, Imagine Rotary, today. She's urging #Rotary members to dream big. Imagine... what dreams will you help realize?

Learn more: <https://on.rotary.org/3rCXK4r>



IMAGINE ROTARY

February events

And all that jazz

Event:
An Evening of Jazz
Host:
Rotary Club of
Hammond, Louisiana



What it benefits:
The Southeastern Louisiana
University music department and
the club's SLU scholarship fund
Date: 13 February

Looking for some romantic entertainment on Valentine's Day weekend? Reserve a pair of tickets, or book a table with friends, for an evening of music provided by Southeastern Louisiana University's jazz band. Attendees may bring their own food and drinks, and can purchase additional refreshments from a cash bar. A silent auction offers the chance to bid on a gift for your valentine.

Just wing it

Event:
Florida Craft Brew & Wingfest
Host:
Rotary Club of Vero Beach Sunrise,
Florida

What it benefits:
Local and international charities
Date: 19 February

After a year off, this family-friendly event returns in 2022 with scrumptious chicken wings from some 20 vendors — who are all vying for the title of best wings in Vero Beach — and more than 250 craft beers. Four bands will perform across two stages, and there will even be a root beer tasting competition for the kids.

5K on the runway

Event:
Run the Runway
Hosts:
Rotary clubs of Fairfield, Frankton-
Te Rapa, Hamilton Central, Hamilton
East, Rototuna, and Waikato Sunrise,
New Zealand
What it benefits:
Local and international charities
Date: 20 February

In this event's second year, participants can choose to run, roll, or ride down the Hamilton Airport runway. Mobility scooters and wheelchairs are welcome, making this 5K fun run accessible for all. The race kicks off at 6:45 a.m., offering the opportunity to see a spectacular sunrise. With the number of participants capped at 600, organizers suggest booking early to avoid missing out. At the inaugural event, a marriage proposal took place mid-race.

How well can you spell?

Event:
Spelling Bee(r)
Host:
Rotary Club
of Oklahoma City
Midtown, Oklahoma
What it benefits:
Local arts initiatives
Date: 25 February



This is not the spelling bee you remember from elementary school. While contestants engage in a war of words, local breweries are on hand to showcase their lineup of beers. The first-place speller wins a \$500 cash prize, while all spelling participants (who must be at least 21 years old) get to take home a bag of goodies from the breweries. A silent auction and a photo booth add to the festivities.

Spin the wheel

Event:
Casino Night
Host:
Rotary Club of San Antonio Airport,
Texas
What it benefits:
Literacy projects
Date: 26 February



Blackjack, craps, roulette, and poker are just a few of the games offered at the San Antonio Airport club's first-ever Casino Night. Heavy appetizers and soft drinks will be provided, along with access to a cash bar. If gambling isn't your thing, check out the silent auction and raffle. Tables with information about club projects will be set up for those looking to learn more about the club's activities throughout the year.

Colorful and bright

Event:
South Miami Art Festival
Host:
Rotary Club of South Miami, Florida
What it benefits:
College scholarships and local and
international projects
Dates: 26-27 February

Originating in 1984 as a small show with only 25 booths, this art festival has grown to host more than 120 artists, an expansive food court and beer garden, and live jazz. Artists from all over the United States and beyond come to South Miami to sell their jewelry, paintings, ceramics, photography, mixed media, sculptures, and more. Admission is free, but bring your wallet, as there will be plenty of arts and crafts for purchase.

FOUR QUESTIONS

Nice and easy

Rotary's online fundraising tool eliminates the paperwork hassle



Jayne Hulbert
Rotary Club of
Ignacio, California

1 Like many Rotary members, you have a personal reason for wanting to rid the world of polio. What's your family's story?

My husband's father contracted polio in 1909 at the age of 5. My sister also contracted polio when she was 5. That was in 1949, the height of the polio epidemic in America. Doctors told my parents that my sister would never walk, would never get out of bed. There were times she was able to come home from the hospital and then had to go back. She lived with the effects of the disease her entire life, until she passed away last year.

In 1997, a Rotary member who knew my sister's story said to me, "You need to come to a Rotary meeting. We are going to eradicate polio." That is absolutely what got me in the door, and I've been raising money for polio eradication ever since.

2 What prompted you to host your district's polio fundraisers on Raise for Rotary?

I was talking with a staff member at The Rotary Foundation about wanting an easier way to raise money, and he told me about Raise for Rotary. I had been fundraising for Rotary for more than two decades, and we'd always had to handle all of the cash and checks and worry about filling out the paperwork properly. Raise for Rotary lets us share our fundraisers more widely with fellow members and new audiences, who can easily donate online, directly to The Rotary Foundation, with no paperwork. This is huge. And even when we do receive a donation by check, we can add that amount to our Raise for Rotary fundraising tally and count it toward our goal.

3 How, specifically, have you used Raise for Rotary?

We first used it in 2020 for our fundraiser supporting a \$2 million polio challenge in Zones 26 and 27. We asked people to donate online, and we also used our Raise for Rotary page to highlight significant offline donations.

The following year, we set up a Raise for Rotary page for our district polio fundraiser. We worked with Truffle Shuffle, a company started by three veterans of the famed Napa Valley restaurant The French Laundry, which offers online cooking classes. We made \$3,800 from the sale of tickets. Even more amazing, during the 90-minute cooking class we raised another \$17,000, including funds from many new donors.

For World Polio Day, we organized a Race to End Polio, an urban treasure hunt in which people dressed in costumes and searched for clues to win prizes. To encourage donations through our Raise for Rotary page, we created a QR code for quick access from smartphones. We made sure the QR code and website link were included in all of our promotions. One of the great things about the Raise for Rotary platform is how easily you can upload promotional flyers, photos, and videos, and add thank-you notes to donors, to keep the page fresh.

4 What's your advice for clubs and districts that want to get the most out of Raise for Rotary?

Be creative, and just keep blasting out your website link through social media and email. Raise for Rotary eliminates credit card and processing fees. It's so simple, and staff from The Rotary Foundation are there to support you. — ARNOLD R. GRAHL

Raise for Rotary accepts online donations in U.S., Canadian, and Australian currencies. Learn more at rotary.org/raise.



Rotary International President Shekhar Mehta



14th to 20th

February 22

Registration Open!

50 COUNTRIES 150 CITIES 300 GOLF COURSES 5000 PARTICIPANTS

Click to Register:

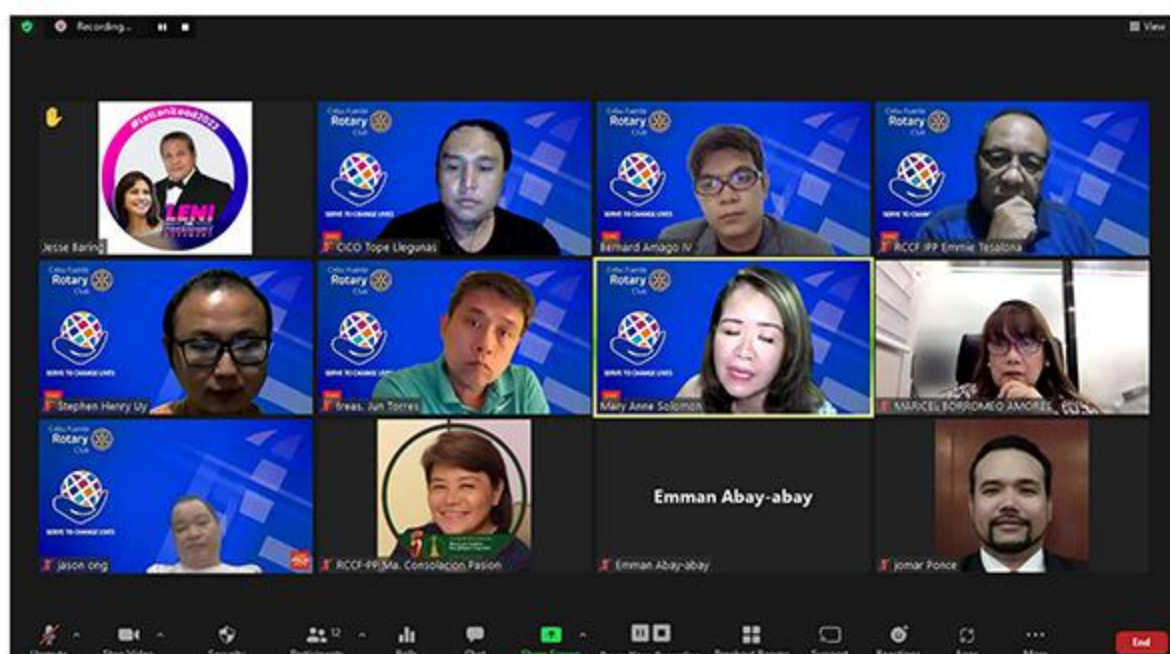
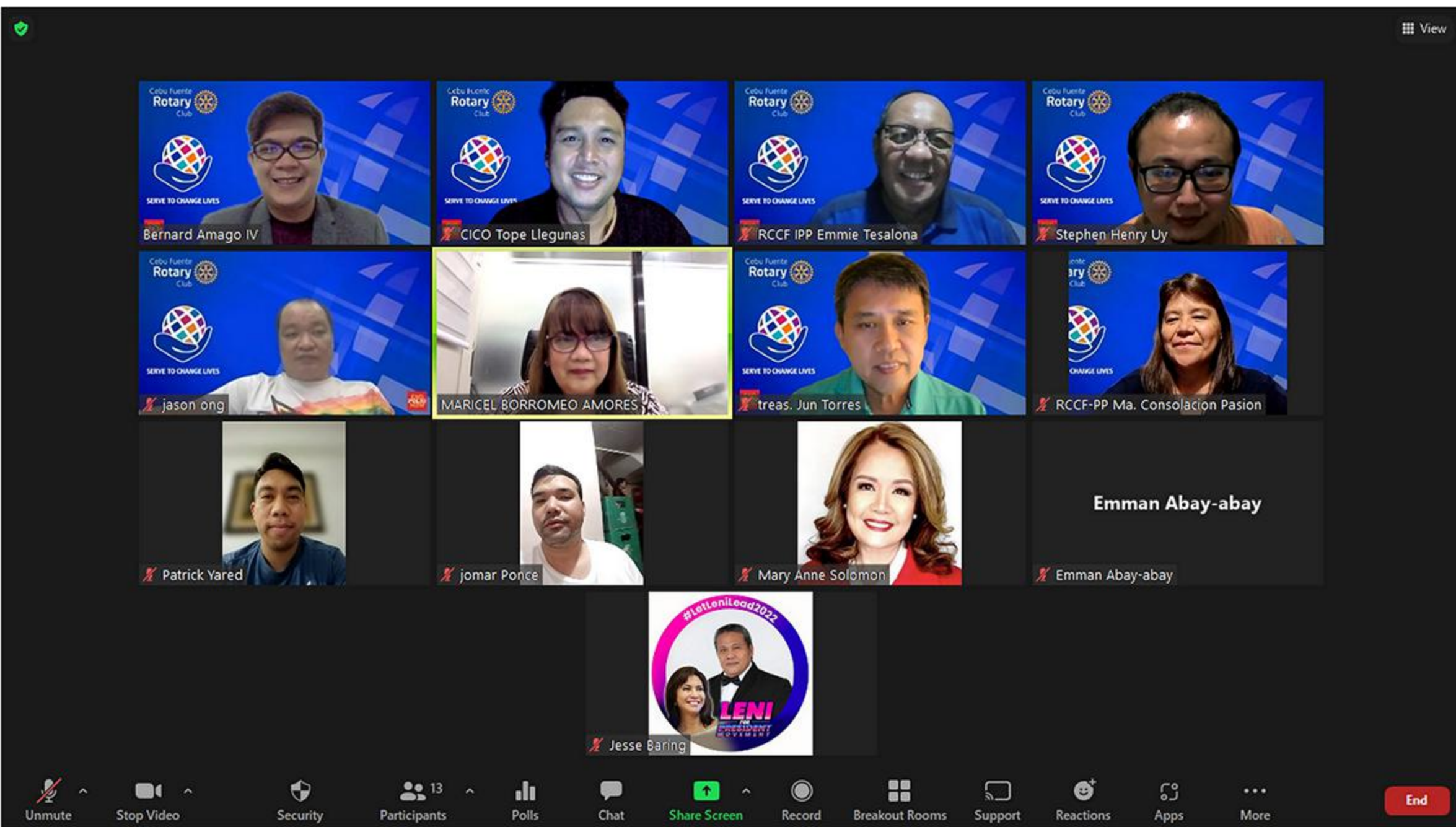


Click for More

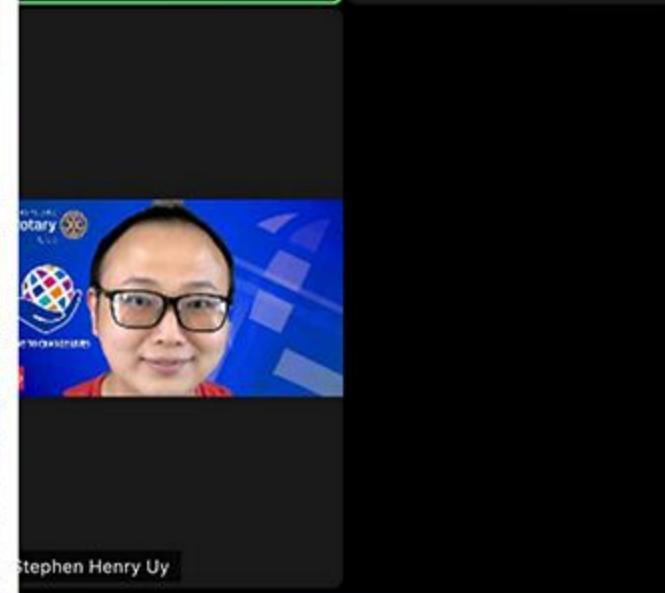
EVENT CHAIR | RTN. PARAG SHETH | PH: +9199980 14005

EMAIL: INFO@SAFGR.ORG WWW.SAFGR.ORG

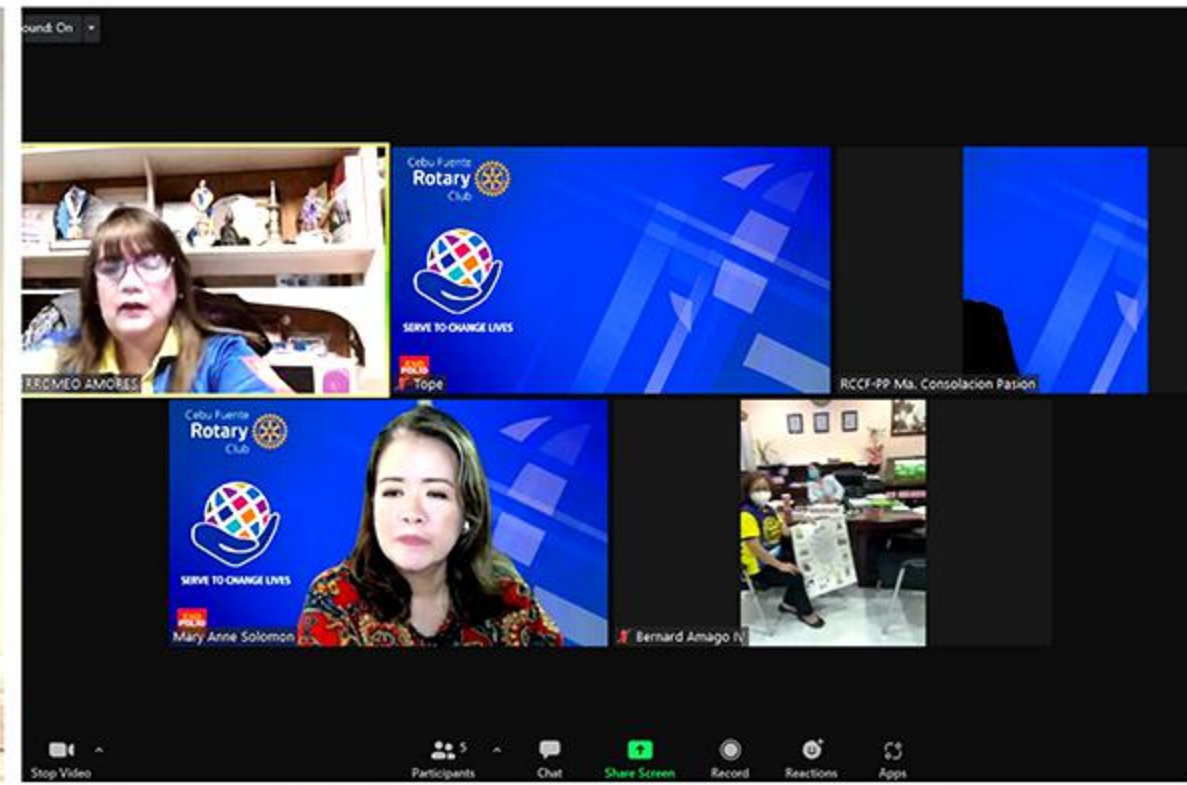
01-17-2022 18th RCCCF GMM (Virtual) RY 2021 - 2022



01-24-2022 SM City Cebu Autism Week 2022



01-25-2022 Autism Poster Turn-over DEPED



DON'T PUT OFF NECESSARY MEDICAL APPOINTMENTS



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.



REDUCE YOUR RISK

Call to check if a phone or telemedicine consultation is possible and appropriate. If not, schedule your appointment in advance.

BEFORE YOU GO OUT



Always check on local regulations.



Bring sanitizer and wear your mask.



If you are in a high-risk group, wear a medical mask.



WHILE WAITING FOR YOUR APPOINTMENT

Avoid crowded settings, maintain physical distance or ask to sit in a less crowded space.

REMEMBER, IT'S ALWAYS SAFER TO



KNOW YOUR RISK. LOWER YOUR RISK.



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.



DISCOVER NEW HORIZONS

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

Build connections. Exchange ideas. Share successes.
Register today at convention.rotary.org.

And invite a friend to join you.
Nonmembers are welcome to register and attend.



**HOUSTON
2022**

There's a 9% increase in giving among adult children if their parents are charitable. Charitable giving is one of the key ways Rotary funds its service projects – from the eradication of polio to supporting refugees. You can teach your child the power of giving. And in that, support future generations, including theirs.

5 WAYS TO SUPPORT CHILDREN WHO WANT TO HELP THEIR COMMUNITY

- 1. Ask:** What inspires your child to take action?
- 2. Get Them Inspired:** Stories can introduce the concept of problem-solving and being charitable.
- 3. Give Time:** Charity starts with time, find a cause your child can donate time to.
- 4. Give Money:** If able, find ways you or your child can donate to a charitable cause.
- 5. See the Impact:** Witness the positive impact community involvement has on your child as they begin to think bigger than themselves.



A very timely reminder for all Leaders that you must set your sights to be redundant in your roles for others not to shine beside you or behind you but alone in the limelight. This intuitive quote by best-selling author, Sheryl Sandberg, caught my eye especially this line..” ...AND MAKING SURE THAT IMPACT LASTS IN YOUR ABSENCE.”

These kinds of leaders are secure, forward-thinking, agile, and versatile in their approach to achieve a goal. Hence, bringing to the forefront their team as individual stellar contributors. These leaders understand what to focus on with a sense of urgency but not be a cliffhanger of urgency addiction. Needless to state, urgency addiction is a self-destructive behavior trying to



fill the void created by unmet needs. There is the tendency to overwork the team which makes them less fecund and more frazzled. Stephen Covey in his book 7 Habits of Highly Effective people stated that, “The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Successful leaders allow their team members to make decisions with room for intelligent mistakes. They are open to new ideas and listening to the novices for they, too, have great ideas to share. These leaders do not get paranoid if they are not cced to all the emails in the department nor miss out on taking vacations for fear that their teams cannot make it without micro-managing them. They do not do an “MBA” (Management by Anger) when they do not get the desired results.

Centering on knowledge transfer and emboldening others to learn and take on more responsibilities and duties creates room for redundancy. And why is this a good thing? You have just made them to be more competent, confident and capable. That even in their absence, their teams can manage commendably by themselves with a perfect understanding of what is obligatory.

As redundant leaders, they will then be free to think again, be better equipped to better process and reinvent the wheel – which is where they can really add value to the organization.

A LEADER IS ONE WHO

KNOWS THE WAY, GOES THE WAY,

AND

SHOWS THE WAY.

JOHN C. MAXWELL

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CHANGE LIVES**

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Mental health is one of the most neglected areas of public health. Close to 1 billion people are living with a mental disorder, 3 million people die every year from the harmful use of alcohol and one person dies every 40 seconds by suicide. The limited access to quality, affordable mental health care in the world before the pandemic, and particularly in humanitarian emergencies and conflict settings, has been further diminished due to Covid-19 as the pandemic has disrupted health services around the world.

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YOUR MENTAL HEALTH MATTERS

What is Mental Health?

Is it a state of mind?



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More Common than You Think



1 in 5 adults experienced a mental health concern in the past year.

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More than a State of Mind

Having good mental health is more than the absence of illness. Rather, it's a state of holistic well-being.




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Defining Mental Health

Mental health is a positive concept.

It encompasses our emotions, our psyche, and our social interactions.



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