

THE FOUNTAIN

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ROTARY DAY OF SERVICE Distribution of Shelter Kits



Cebu Fuente
Rotary
Club



**SERVE TO
CHANGE LIVES**



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21st General Membership Meeting

Virtual Meeting | February 28, 2022

Area of Focus: Peacebuilding and Conflict Prevention Month

SERVE TO CHANGE LIVES

Vol. 40, No. 21

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 Dave Karamihan
Guest Speaker.....	Atty. Ruben Carranza <i>Senior Expert, International Center for Transistional Justice</i>
Topic: Can There Be UNITY Without Accountability or PEACE Without Justice	
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

"Life is what happens when you're busy making other plans." - John Lennon



Hosted by:

DICK BARBA
Past President

INVOCATION

O almighty God, we thank you for all your blessings and all your mercies, which you in your love have showered upon us. Do continue your care for us. Help us to live as your obedient and dutiful people. Let us never forget who you are, and whose we are. Help us to show forth you to others. Make us humble, brave, friendly, joyful and loving, that we may be ready for adventure. Grant each person here strength and courage for the battle of life. And keep us ever loyal to the example of your Son, our Lord, Jesus Christ. Hear now, O God, our silent prayers.

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



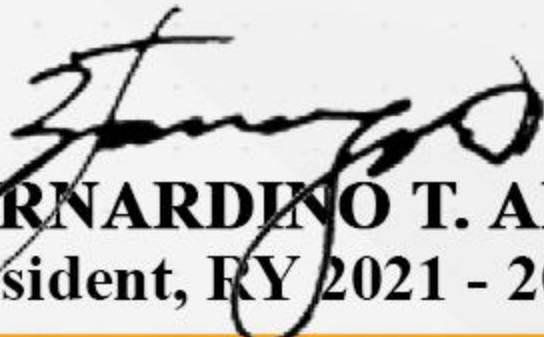
ENVIRONMENT

I hope you are all well!

In recent years, we paid witness to some communities lorded by dictatorship and reigned by tyrants. When said communities had been freed from the bondage of inequity and violence, new leaders emerged who were expected to usher the people to peace and development. Sadly, there are leaders who fail to implement the needed change and transition.

We are honored to have invited Atty. Ruben Carranza, a staunch advocate for transitional justice. He will be expounding on the topic, "Can There Be Unity Without Accountability or Peace Without Justice?" May we be enlightened on such matter and enrich us as we continue to serve to change lives.

Choose kindness...Change Lives!


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	19th 02/07	20th 02/21	21st 02/28	22nd 03/07	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			16	26			

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 Mehta

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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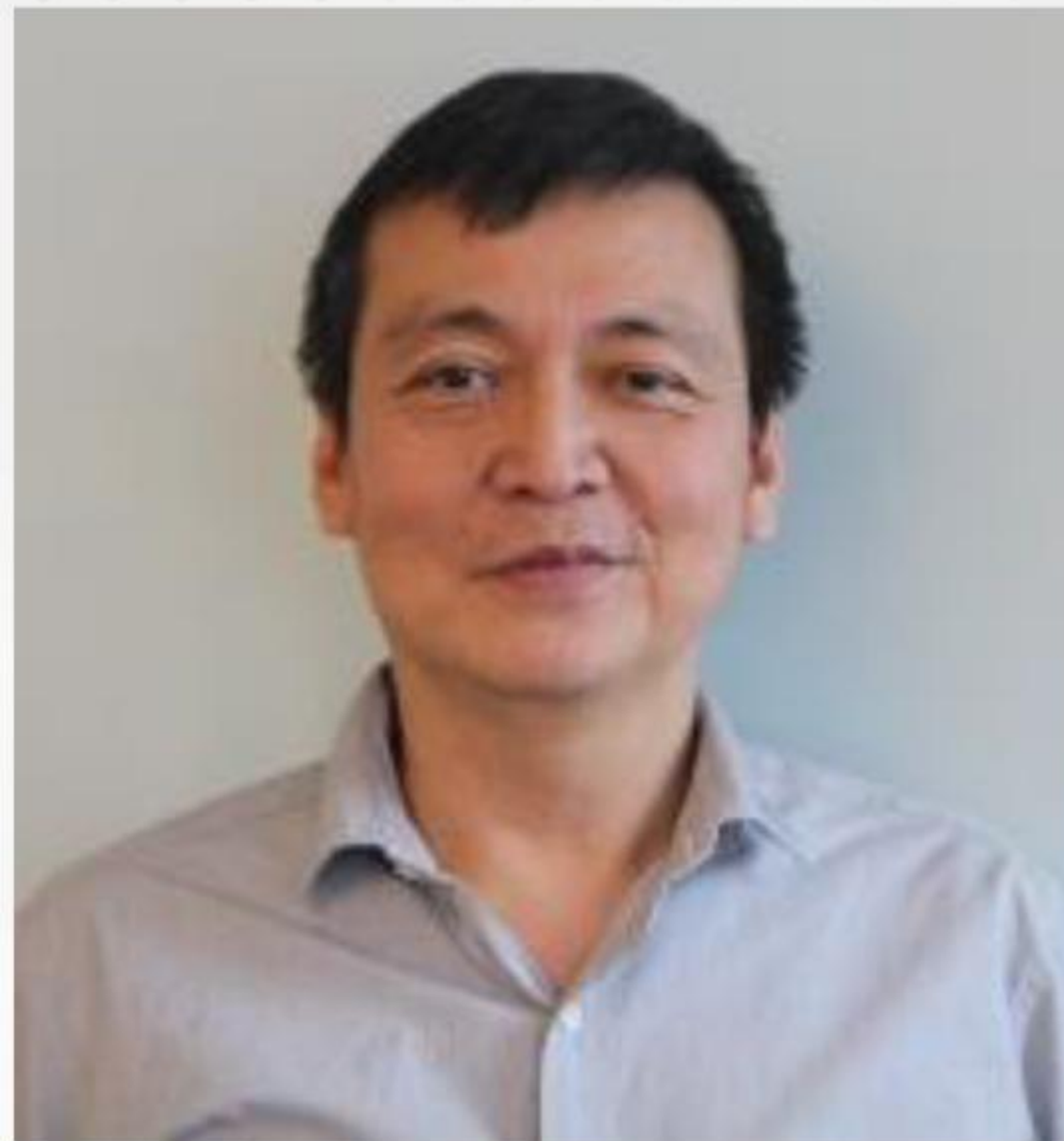
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Ruben Carranza obtained his B.A. and LL.B. degrees from the University of the Philippines in 1990 and an LL.M. from New York University (NYU) in 2005 as a Global Public Service Law Program scholar. Placed 8th in the 1991 Philippine Bar Examination. Since 2016, has also been an Adjunct Professor at NYU's Gallatin School.

A Senior Associate at the International Center for Transitional Justice (ICTJ) and Director of ICTJ's Reparative Justice Program. He currently works with victims' communities and reparations policymakers in Nepal, Timor-Leste, Indonesia, the Philippines, Iraq, Palestine, Liberia, Ghana, South Africa, and Kenya. He also provides advice on issues involving reparations and war crimes

tribunals including the Extraordinary Chambers in the Courts of Cambodia (ECCC) and the International Criminal Court (ICC).

From 2001–2004, he was the commissioner in charge of litigation and investigation in the Philippine commission that successfully recovered \$680 Million in ill-gotten assets of the family of Ferdinand Marcos hidden in banks in Switzerland, the U.S. and other foreign countries. He concurrently served in the UN Ad Hoc Committee that drafted the 2003 UN Convention Against Corruption. He was involved in litigation against the Marcos family filed in the U.S. by victims of human rights violations of the Marcos dictatorship based on the Alien Tort Claims Act (ATCA). He worked with civil society on proposed reparations measures for victims of the Marcos dictatorship and counseled families of the disappeared, former political detainees and other victims groups.

From 1998–2000, he was an assistant secretary of national defense in the Philippines, where he developed his expertise in security, peacebuilding and conflict issues in Asia, including those involving China, Japan and members of the Association of Southeast Asian Nations (ASEAN). He has done significant research, writing and field work on the relationship among transitional justice, corruption, and economic crimes.

A Cebuano, student leader, editor-in chief of the Philippine Collegian. A fellow naka-Tunob sa UP College Cebu.

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.

WHAT ARE Rotary Peace Centers?



Skills They Teach



RESEARCH &
CONFLICT ANALYSIS



CONFLICT RESOLUTION



COMMUNICATION &
PRESENTATION SKILLS



AND MORE



“The fellowship further fueled my passion and commitment to peace by building my capacity through praxis (theory and practice) engagements in the intersecting field of peacebuilding and development. The experience and people I met throughout the program supported me to be more grounded and reflexive as I continue to examine my life goals not just as a professional but as an activist and a peacebuilder.

ERIKA YAGUE, PHILIPPINES
UQ 2019-20

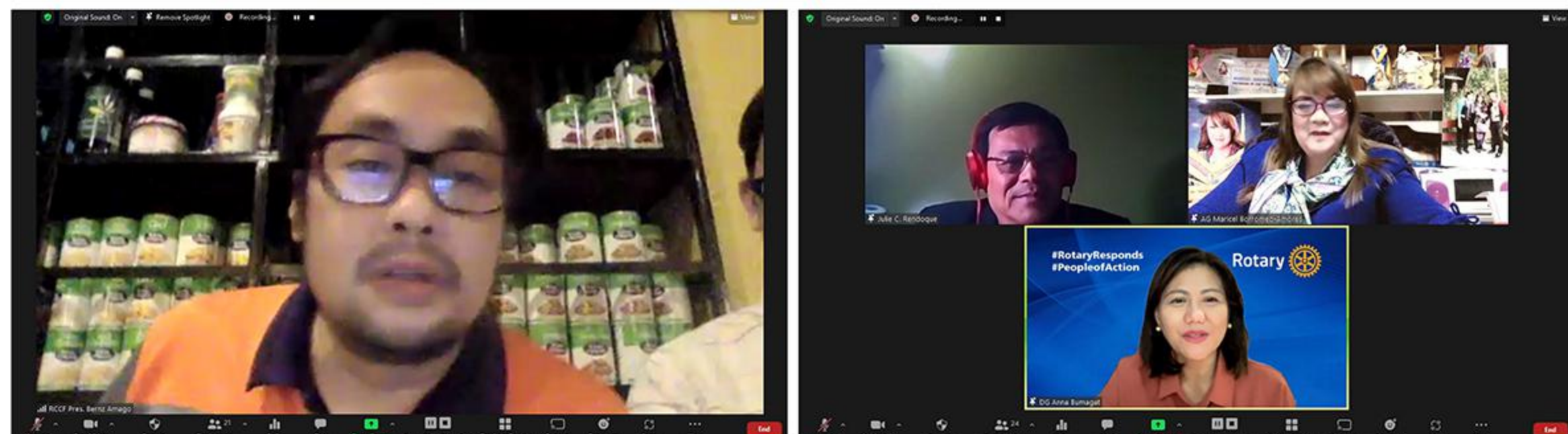
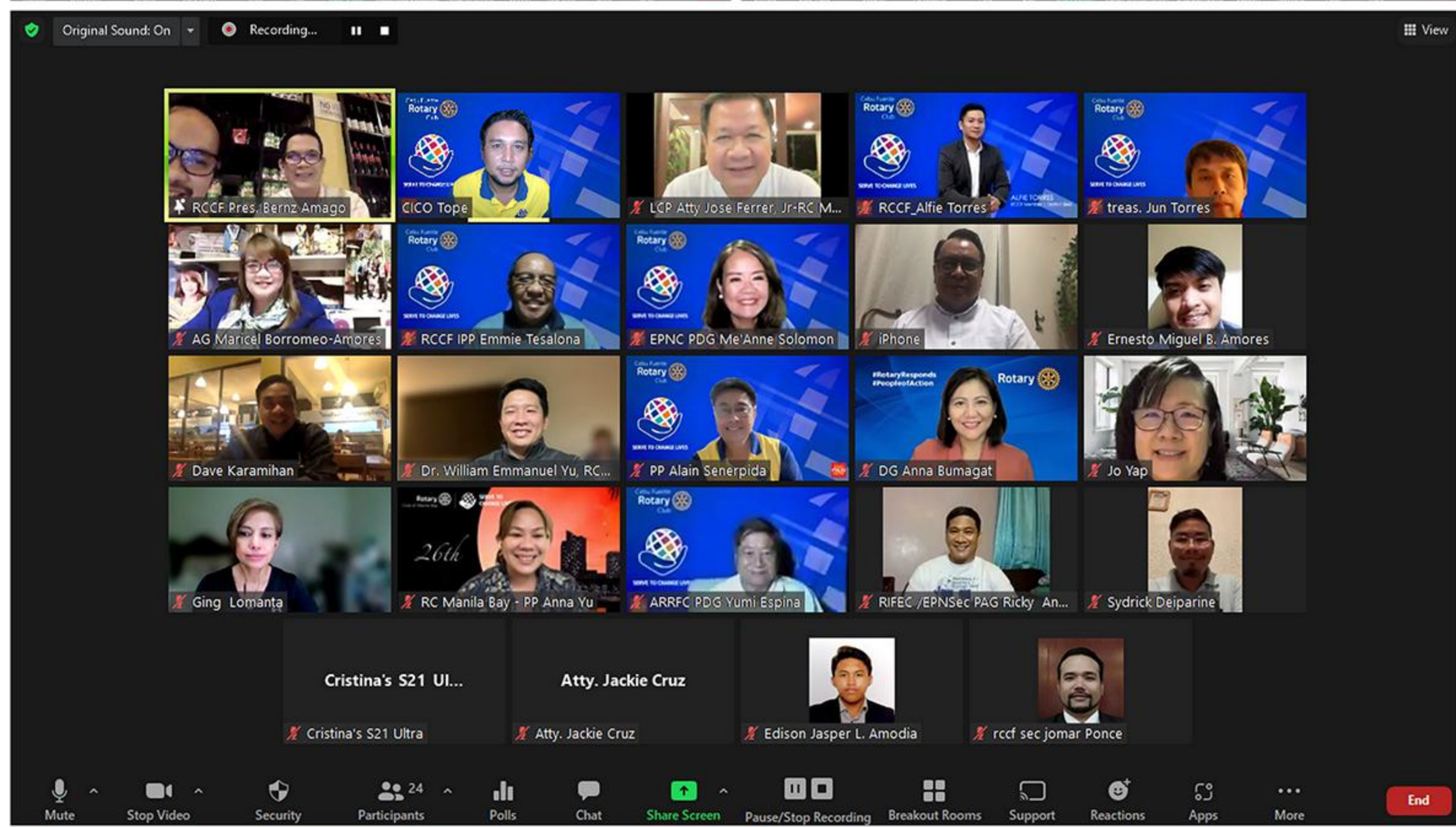
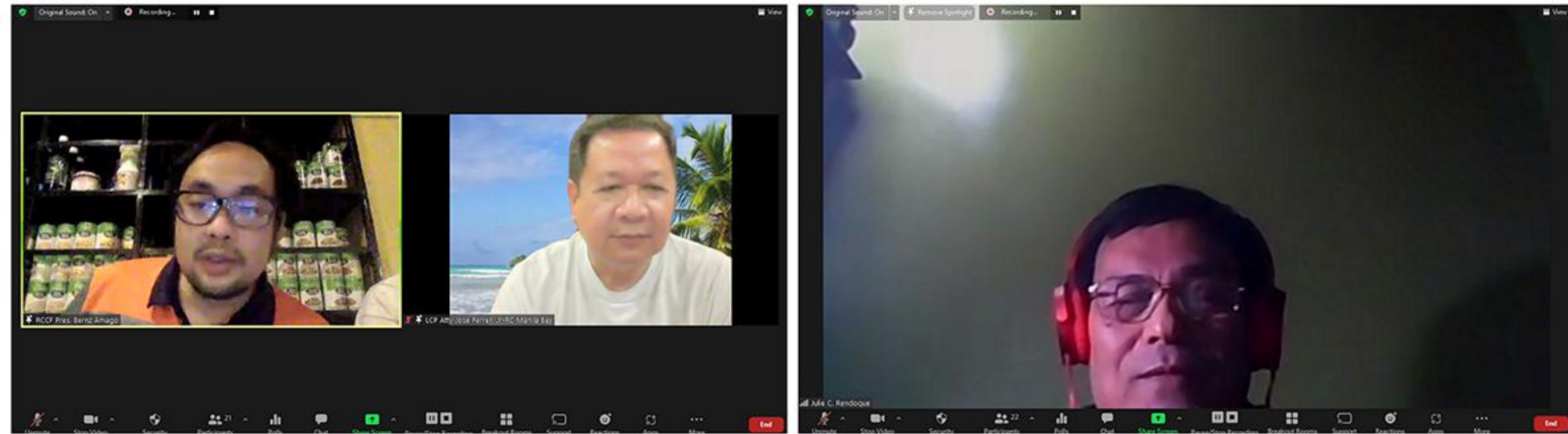
Being a pioneer of peace doesn't mean it comes naturally, like any skill it takes time, passion, and practice. Rotary Peace Centers, located around the globe, serve as a training ground for peacebuilding and conflict resolution.

- 93% of working alumni have a job connected to peace development
- 90% of alumni have opportunities to connect & collaborate with Rotary networks and partners
- 188M has been contributed to the program

Learn more about the Rotary Peace Centers:
<https://on.rotary.org/3BUqryw>



02-21-2022 20th RCCF GMM (Virtual) RY 2021 - 2022



02-26-2022 Rotary Day of Service Distribution of Shelter Kits



Avoid consuming too much sugar. WHO recommends no more than 6 level teaspoons of free sugar a day including sugars added to processed foods like:

- breakfast cereals
- sauces
- sugar snacks
- sweetened drinks

WHO recommends intake of free sugars should be



less than 10%

of total daily energy intake for adults & children and ideally less than 5%.

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**

HANDBOOK

Make everyone welcome

How to create a club that values diversity

“One friend of our club in Kenya has severe cerebral palsy. He can’t control his body or talk very well,” says Ken Masson. “But he can use his toes. He’s a DJ, and he creates all his music using his toes.”

When looking for potential members, Rotarians should focus on qualities that make a good Rotary member rather than what makes a person seem different, says Masson, president of the Rotary Club of World Disability Advocacy, Central MA and Metro West, an e-club that works with other clubs worldwide to improve the quality of life for people with disabilities. He says a club that values the contributions of people of different abilities, experiences, and cultures will be more interesting, stronger, and better equipped to create lasting change.

“Don’t think that because someone has a disability, they can’t be a Rotarian,” Masson says. “That’s focusing on the person’s disability. But, man, this person has 20 beautiful abilities that would make a really good Rotarian.”

Creating an inclusive environment begins with an honest assessment. Does your club include members from underserved groups in your community, including veterans and LGBTQ+ people? Are your meeting locations and times accessible to people with disabilities and young professionals with families? Do you seek out and value the opinions of people with differing viewpoints and experiences? (Download the Rotary Club Health Check at my.rotary.org/en/document/rotary-club-health-check.)

Here are some tips to help you start practicing inclusivity.

— MAUREEN VAUGHT

DO'S & DON'TS

DO

Educate yourself. Provide learning opportunities for your club members to expand their perspectives and open up meaningful conversations. Invite local diversity, equity, and inclusion experts to speak to your club. By educating yourself, you help identify the biases that may be preventing you from creating an inclusive environment.

Start a committee. A committee can help your club prioritize inclusivity. “Some of our clubs were apprehensive to call it a diversity, equity, and inclusion committee,” says David Hart, who heads up District 7930’s committee, “because they thought they already knew and represented their community’s demographic.” Hart urges clubs to look at what kinds of people might be missing from their membership.

Be accessible. Is your club’s meeting time convenient for all? Is the location accessible to people with mobility challenges? Can some of your events be held virtually or as a hybrid of in-person and online? “People don’t understand what accessibility means,” Masson says. “They think, ‘We don’t need to worry that our meeting place has a stairwell, since we don’t have any members with disabilities.’ But of course, that could be why they don’t have any members with disabilities.”

Create a sense of belonging. Involve all of your members in club committees and activities. Make sure everyone’s voice is not just heard but respected. A buddy or club mentor system can help new members feel they belong.

Speak up. Hold yourselves and each other accountable when a person’s actions don’t reflect Rotary’s ideals or values. Respectful conversations can bring about meaningful change.



“Exclusiveness is more of a concern to me. To exclude someone from participating because they’re different doesn’t make sense. And it doesn’t follow The Four-Way Test.”

— Ken Masson



19 million

veterans in the United States

15%

of people in the world have some form of disability

DON'T

Cling to traditions. Exclusionary or out-of-date club traditions can be off-putting to people from other backgrounds. “We used to [start our meetings with] a prayer, the Pledge of Allegiance, and a song,” says Hart. Now, members take turns sharing a Rotary moment or telling the club why they joined Rotary or when they truly felt they were a Rotarian.

Speak in Rotaryisms. Make sure everyone understands what you’re saying by avoiding Rotary acronyms and phrases that only insiders understand. Remember, no one ever complained that something was too easy to understand.

Ignore your biases. Whether conscious or unconscious, our biases prevent us from seeing the qualities in a person that make them an excellent Rotary club member.

Be cliquish. Look around the room and make sure no one is sitting alone. Invite visitors and new members to join your conversation.

Fill a quota. “Reflecting the diversity in our community is one of our best tools and best strategies for changing perceptions about Rotary,” says RI Director Elizabeth Usovicz. “When [the community] starts seeing themselves in the club leadership, then Rotary’s public image starts to be adjusted and awareness changes.”

RESOURCES

- ▶ Learn more about **how to create an inclusive club culture** at my.rotary.org/en/learning-reference/about-rotary/diversity-equity-and-inclusion
- ▶ Download the **Rotary Club Health Check** at my.rotary.org/en/document/rotary-club-health-check
- ▶ Download the **club diversity assessment** at my.rotary.org/en/document/diversifying-your-club-member-diversity-assessment



Let the world know

We are Rotary

Our new 30-second video shows what Rotary clubs are doing to make a difference in their communities and around the world.



Visit rotary.org/brandcenter to download and share Rotary's latest video today.



The authentic optimist possesses a positive mindset about the future and is heedful of complexities when they are small. This paradox has the propensity to trust that the future will be progressive. And the drawbacks are simply linked to a plan or strategy. This is now the emerging businessman's profile.

Covid 19 and all its variants has literally changed the businessmen's frame of mind with a newfound optimism though not blind of the abstruse business environment. Adversity has taught the business leaders to sift well through the challenges that have an impact on the business. It has strengthened their resolve to anticipate prospective teething hitches and fast on the draw for more swift resolutions.

From a silent observer through the lens of an HR practitioner, it can be gleaned that businessmen have learned to pursue the balanced flexibility that of a robust decision maker yet not eluding sight of intuition. They have transfused in their work ethic to be an adaptive organizer, effective communicator, and more sensitive to the needs of their team members in order to create a more meaningful influence on the company and the community at large.



“
Everyone wants to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.
 - OPRAH WINFREY

It has become a thing in the past that business owners impose their ideas on everyone as they embrace the fact that there are still a lot of unknowns out there due to the pandemic. The great businessmen are reborn leaders who understand about communicating their strategy and vision while uplifting others and welcoming feedback from everyone.

One thing is certain though that being self-aware and holding oneself accountable is particularly important during these challenging times whether

you hold the highest position in the company or the foot soldier.



Cebu Fuente
Rotary
Club



**END
POLIO
NOW**

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



Cebu Fuente
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**SERVE TO
CHANGE LIVES**

www.rccebufuente.org
info@rccebufuente.org



It was a special Valentine's Day!

Last February 14, 2022 (Monday), the Rotaract Club of Cebu Fuente - University of San Carlos in partnership with USC SED Council (School of Education) held its second round of book turnovers for their Christmas project, Bookas Palad: Donate a Book, Build a Library.

At 2 pm, three active RACCF – USC officers namely Rtr. Emerey Mendez, Rtr. Christina Lumagbas, and Rtr. Mary Dominique Onate visited the Pediatric Ward in Vicente Sotto Memorial Medical Center to hand the book donations to the children-patients. Although the RACCF-USC team wanted to interact with the kids, it was not possible due to the hospital protocols and policies.

Vicente Sotto Memorial Medical Center one of the three beneficiaries of the Bookas Palad Book Donation Drive. A total of 80 books were donated to them thanks to the generous donors who sent novels, storybooks, and activity books for the children to enjoy and learn from. With that, we would like to sincerely thank all the donors who contributed to the flourishing mini library in VSMMC!



 Vicente Sotto Memorial Medical Center
Pediatric Ward, B. Rodriguez St, Cebu City

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