

THE FOUNTAIN

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE DISTRICT 3860

CHARTERED OCTOBER 29, 1982

CLUB # 17104

VOLUME: 41, NO.: 9 DATE: OCTOBER 24, 2022



**WORLD
POLIO DAY
IS 24 OCTOBER**

endpolio.org | #EndPolio

Rotary  | 

Cebu Fuente
Rotary
Club



**IMAGINE
ROTARY**

“You Don't Imagine Yesterday, You Imagine Tomorrow”
RI President Jennifer Jones



JENNIFER JONES
Rotary International President



LILO I. ALIÑO
District Governor



ANGEL "JONG" G. FERNANDEZ
District Secretary



RAYMOND ALFAR
Assistant Governor Area 1D

Cebu Fuente
Rotary
Club



IMAGINE
ROTARY

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PATRICK L. YARED
Resto Bar Management



9th General Membership Meeting

Casino Español de Cebu, Cebu City | October 24, 2022

Area of Focus: Community Economic Development Month

IMAGINE
ROTARY

Vol. 41, No. 9

Programme



Hosted by:

ATTY. BERNARDINO T. AMAGO IV
Past President

INVOCATION

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

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

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

PART 1

Call to Order **POULY JANG**
President

Invocation **AUDIO VISUAL PRESENTATION**

Philippine Anthem **AUDIO VISUAL PRESENTATION**

The Rotary Hymn **AUDIO VISUAL PRESENTATION**

Four Way Test and
Objects of Rotary **KRISTOFFER LLEGUNAS**
Secretary

Introduction of Rotarians |
Spouses, Visiting Rotarians |
Rotaractors | Guest **MARY ANNE A. SOLOMON**
End Polio Now Coordinator, Zone 10A
Past District Governor

PART 2

Presentation of the Club's
Plans and Programs by the
Club President **POULY JANG**
President

KRISTOFFER LLEGUNAS
Secretary

Introduction of Guest of
Honor **POULY JANG**
President

RAYMOND ALFAR
Assistant Governor, Area 1D

Guest of Honor Message

Presentation of Token /
Certificate **POULY JANG**
President

PART 3

President's Time **POULY JANG**
President

Other matters

Adjournment **POULY JANG**
President

...Fellowship Continues...

Quote for the Week

"When we strive to become better than we are, everything around us becomes better too."

- Paulo Coelho



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,

Preparation is essential in any event. We are going to have the club assembly tonight in anticipation of the District Governor's visit. The purpose of a Club Assembly is to inform the Assistant Governor of the club's accomplishments, the District targets attained, and other essential reportorial. This serves as a dress rehearsal for the Governor's visit set for this Sunday, October 29.

We have planned every aspect of our presentation, including the way it will flow, how it will be conducted, who will be giving it, and our willingness to accept any input from our special guest of honor, Assistant Governor Area 1D - Raymond Alfar.

I'm hoping everything works out as I've planned. We hope that the club will receive favorable comments in addition to the constructive feedback we anticipate.

Wishing us all good luck, Rotary Club of Cebu Fuente family!.

고맙습니다
Gomabseubnida

Very truly yours,


POULY JANG
President, RY 2022 - 2023

Cebu Fuente
Rotary
Club 

 **IMAGINE**
ROTARY



From Secretary's Desk



KRISTOFFER LLEGUNAS
Secretary, RY 2022 - 2023

ATTENDANCE

	ROTARY ID #	LAST NAME	FIRST NAME	5th 08/22	6th 09/05	7th 09/12	8th 10/03	Perfect Attendance
1.	6726464	Abad	Jose Alfonso					
2.	6581939	Abarintos	Conrado					
3.	8794289	Abay-Abay	Emman Reyan		✓	✓	✓	
4.	9330462	Amago IV	Atty. Bernardino	✓	✓	✓	✓	
5.	6218949	Amores	Maricel	✓	✓	✓		
6.	11227470	Amores	Atty. Ernesto Miguel	✓	✓	✓	RW	
7.	3362897	Barba	Richard			✓	✓	
8.	6207695	Baring	Engr. Jesselito	✓				
9.	1166426	Calalang	Emmanuel					
10.	10954392	Deiparine	Atty. Sydrick Jose Andrei	✓	✓	✓	✓	
11.	11227514	Elendrino	Glenford				✓	
12.	2036342	Espina	Arch. Joseph Michael		RW	RW		
13.	8944393	Jang	Pouly	✓			✓	
14.	3516557	Karamihan	Dave John		✓	✓	✓	
15.	8599266	Kaufmann	Marina				RW	
16.	9804883	Llegunas	Kristoffer	✓	✓	✓	✓	
17.	8794288	Lomanta	Atty. Lolita	RW			✓	
18.	10709899	Ong	Jason	✓	✓	✓	✓	
19.	6726443	Pasion	Ma. Consolacion					
20.	10410040	Ponce	Jose Marie	✓	✓	✓	✓	
21.	8599268	Rimaz	Ma. Dolores				✓	
22.	5476140	San Pedro	Luz Filipinas					
23.	8794286	Senerpida	Dr. Alain	✓	✓	✓	✓	
24.	11103868	Spaller	Herminia				✓	
25.	3264107	Solomon	Mary Anne	✓	✓	✓	RW	
26.	8543450	Sulay	Kendrick					
27.	9330558	Tesalona	Emmanuel				✓	
28.	11227493	Torres	Alfie					
29.	5176670	Torres	Arch. Manuel, Jr.	✓	✓	✓	✓	
30.	10410033	Yared	Patrick				✓	
TOTAL ATTENDEES				13	13	14	18	

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



In August, I was proud to visit Pakistan and highlight Rotary's top goal, eradicating polio. It was also a tremendous opportunity to spotlight female health workers who are playing a critical role in protecting children from this vaccine-preventable disease.

This month, as we celebrate World Polio Day, we are shining a spotlight on our more than 30-year effort to lead the first global polio eradication campaign and our success in forming partnerships capable of completing this massive goal. We all know that this is one of the most ambitious global health initiatives in history and that we've reduced polio cases by more than 99.9 percent worldwide.

Pakistan is one of only two countries in the world where wild poliovirus remains endemic. (The other is neighboring Afghanistan.) I was able to witness and take part in vaccination campaigns in Pakistan, and soon after I left, a monumental nationwide immunization campaign took place, focused on 43 million children under the age of 5. I saw the incredible work of Rotary members on the ground. More than 60 percent of vaccinators in Pakistan are women, and they are doing a remarkable job building trust and convincing mothers to vaccinate their children.

Seeing it all firsthand, I know that the will exists across the Rotary world to end polio, and I'm confident that we have the strategy. The Pakistani media

has been very supportive of our efforts as well, and this is making a difference. This month, a new global pledging moment at the World Health Summit in Berlin promises to pull together more resources to fund these time-sensitive eradication efforts. Now it is up to us to do our part and raise \$50 million this year to earn the full 2-to-1 match from the Bill & Melinda Gates Foundation.

There's great cause for optimism on the polio front — but also some staggering new events that have further raised the stakes. Over the past few months, new polio outbreaks have occurred in Israel, the United Kingdom and, most recently, in the New York City area. These stories are frightening, but in every case, the response is clear — vaccines work, and if polio is spreading, we need to make sure the most at-risk people have kept their vaccinations up to date.

Most importantly, we need to eradicate this virus now. If polio exists anywhere, it can spread everywhere. What I saw in Pakistan convinced me that we can and must finish the job, but it will only happen if we remain committed to a strategy that's working and back it with all necessary resources.

Through our commitment, generosity, and sheer determination, we will #EndPolio.

JENNIFER JONES

President, Rotary International

Photograph by Khaula Jamil



“What I saw in Pakistan convinced me that we can and must finish the job, but it will only happen if we remain committed to a strategy that's working and back it with all necessary resources.”

Jones interacts with a child after giving him a polio vaccine in August at a home in Karachi, Pakistan.



TRUSTEE CHAIR'S MESSAGE

Fulfilling our promise

Who are your Rotary heroes? One of mine was Clem Renouf, 1978-79 RI president. I related to Sir Clem, who died in 2020, in many ways. We shared the same profession and Australian nationality and a passion for polio eradication. It was Clem's leadership that first put us on track to embrace the cause, mobilizing what is today a global partnership that has led us to the cusp of eradicating a human disease for only the second time in history.

What Rotary and its partners have achieved is nothing short of remarkable. We have helped reduce polio cases by 99.9 percent worldwide, immunizing more than 2 billion children across 122 countries. Last year alone, more than 370 million children were vaccinated across 30 countries, using more than 1 billion doses of oral polio vaccine. As a result, we are seeing near historic lows in the number of cases. In August 2020, the World Health Organization African region was certified free of wild poliovirus, an incredible achievement for Rotary members and a huge step on the road to eradication.

But remember that as long as polio exists anywhere, it is a threat to people everywhere, especially to young children. You may have heard about importations of the disease to Malawi and Mozambique, detection of poliovirus in sewage in the UK, and a recent case in the U.S.

To stay agile, Rotary and its partners are deploying a new polio vaccine, novel oral polio vaccine type 2 (nOPV2), to fight outbreaks of circulating vaccine-derived poliovirus, also known as variant poliovirus, which continues to threaten children in Africa, as well as several countries in Asia and the Middle East, including Afghanistan and Pakistan.

Rotary is as active as ever. We are calling on every member to take action and be part of this historic fight. Take the fight to your clubs and communities on World Polio Day, 24 October. Keep raising awareness of the importance of polio eradication and Rotary's critical role in that effort by holding events and fundraisers. Don't forget that contributions toward the goal of \$50 million per year for polio eradication will be matched 2-to-1 by our generous partner, the Bill & Melinda Gates Foundation.

Like Sir Clem, we can all be Rotary heroes, each playing a part in our organization's great legacy. Through giving, raising awareness and funds, and providing hands-on service, each of us brings Rotary a step closer to fulfilling our promise to the children of the world by eradicating polio for good.

IAN H.S. RISELEY

Foundation trustee chair

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GENERAL SECRETARY

John Hewko
Kyiv, Ukraine





MEETING HOSTING RY 2022 - 2023

<p>1.) AUGUST 2022</p>	<p>5.) DECEMBER 2022</p>	<p>9.) APRIL 2023</p>
<p>Membership And New Club Development Month</p>	<p>Area Of Focus: Disease Prevention and Treatment Month</p>	<p>Area Of Focus: Maternal and Child Health Month</p>
<p>Atty. Sydrick G. Deiparine Atty. Ernesto Miguel B. Amores</p>	<p>Jose Marie Ponce Emman Reyhan C. Abay-abay Jose Alfonso C. Abad</p>	<p>Dr. Alain O. Senerpida Richard G. Barba Emmanuel C. Calalang</p>
<p>2.) SEPTEMBER 2022</p>	<p>6.) JANUARY 2023</p>	<p>10.) MAY 2023</p>
<p>Area Of Focus: Basic Education and Literacy Month</p>	<p>Vocational Service Month</p>	<p>Youth Service Month</p>
<p>Jason Go Kiang Kee Ong Herminia Fernandez Spaller Emmanuel P. Tesalona</p>	<p>Atty. Ernesto Miguel B. Amores Dr. Maricel Amores Alfie M. Torres</p>	<p>Atty. Lolita L. Lomanta Rotaract Club of Cebu Fuente Combased, USC & UV</p>
<p>3.) OCTOBER 2022</p>	<p>7.) FEBRUARY 2023</p>	<p>11.) JUNE 2023</p>
<p>Area Of Focus: Community Economic Development Month</p>	<p>Area Of Focus: Peacebuilding and Conflict Prevention Month</p>	<p>Rotary Fellowships Month</p>
<p>Mary Anne A. Solomon Kristoffer Llegunas Maria Dolores Rimaz</p>	<p>Arch. Manuel L. Torres Jr Marina Kaufmann Kendrick S. Sulay</p>	<p>Conrado M. Abarintos Ma. Consolacion Abad Pasion Lulu San Pedro</p>
<p>4.) NOVEMBER 2022</p>	<p>8.) MARCH 2023</p>	<p>Dates to Remember</p>
<p>The Rotary Foundation Month</p>	<p>Area Of Focus: Water, Sanitation, And Hygiene Month</p>	<p>World Polio Day October 24, 2022</p>
<p>Atty. Bernardino T. Amago IV Arch. Joseph Michael P. Espina Glenford Elendrin</p>	<p>Engr. Jesselito V. Baring Patrick L. Yared Dave John B. Karamihan</p>	<p>40th Charter Anniversary: October 29, 2022</p> <p>Holy Week: April 2-8, 2023</p> <p>World Rotaract Week: March 13-19, 2023</p> <p>Rotary's Anniversary: February 23, 2023</p>

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.



Our guest of honor is no stranger to all of us with the various Rotary Club of Cebu Fuente projects he has attended and supported. He is the owner of a refreshment retail business, FBI Fruit Juices & Shakes Station, a franchisee of Thirsty Fruit Juice & Shakes.

Raymond, as he is fondly called, is a degree holder of

Bachelor of Science in Commerce Major in Accounting from the University of San Carlos. He traces his Rotary roots from the Rotary Club of Cebu Naga Central, where he is one of the charter members. He rose through the ranks in his home club starting as its Computer and Internet Communication Officer (CICO), then Secretary, and ultimately as President for inspiring year RY 2018-2019.

With just six (6) year of living the Rotary ideals, this humble Rotarian's dedication impressed the imaginative District Governor that he was invited to sit as one of its indispensable assistants. Ladies and gentlemen, let us join our hands together for the Assistant Governor of Area 1D, the amiable, Raymond Enriquez Alfar.



END POLIO NOW

October 2022 Events Around the World

RUBBER MEETS THE ROAD

Event: White Pine Ride
Host: Rotary Club of Cadillac, Michigan
What it benefits: Local projects
Date: 1 October

Cycling enthusiasts of all levels are invited to hop on their bikes for this fourth annual scenic ride along the White Pine Trail. Riders can choose from four routes, with distances of 12, 24, 58, and 83 miles. Proceeds support the preservation of the trail; last year's ride funded the installation of a picnic shelter at the trailhead in Cadillac.

A BREATHTAKING RIDE

Event: Asti Tour de Vine
Host: Rotary Club of Cloverdale, California
What it benefits: Local projects
Date: 8 October

Harvest season is an ideal time to explore wine country, and this 14th annual tour offers cyclists the opportunity to ride 100 miles or 25, 50, or 100 kilometers through the gorgeous valleys and vineyards along the Russian River in northern Sonoma County. Registration includes snacks at harvest-themed rest stops and a post-tour lunch at the historic Asti Winery.

A CAR LOVER'S DREAM

Event: Cars in the Park
Host: Rotary Club of Marina, California
What it benefits: Local youth and senior programs
Date: 8 October

This event, which is free to the public, showcases a wide range of cars and trucks. More than 40 awards will be handed out to owners of vintage and modern models. The show features a

raffle, a silent auction, and music from a DJ. The cost to display a vehicle is \$65, which includes a catered barbecue lunch for two, a souvenir bottle of wine, and other treats.

THE BEST DARN CHILI

Event: Chili Cook-Off
Host: Rotary Club of West Chester, Pennsylvania
What it benefits: Local projects
Date: 9 October

More than 70 chili teams, from local restaurants to home cooks, will face off in this annual competition in downtown West Chester. The team that wins the People's Choice Award receives a cash prize of \$1,000. For \$15, attendees can sample as much chili as they like, shop from a variety of artisan vendors, and sway to the sounds of live music. A kids zone offers games and activities for the little ones.

MORE CHILI, MORE FUN

Event: Hillbilly Chili Cook-Off
Host: Rotary Club of Bull Shoals-Lakeview, Arkansas
What it benefits: Local and international projects
Date: 15 October

This annual festival includes live music, arts and crafts vendors, food vendors, a car and boat show, a bouncy house and games for kids, and a contest for the cutest costumed "chili dog." But the main attraction is the chili cook-off, in which cooks compete in Judged Homestyle Chili and People's Choice Chili categories, with winners taking home prize money. Prizes will also be awarded for the best decorated cooking booth and vendor booth.

PROST!

Event: Red Rocks Oktoberfest
Host: Rotary Club of Sedona Red Rocks, Arizona
What it benefits: Local projects
Date: 15 October

Dust off the lederhosen and dirndls to wear to this autumnal celebration, a long-standing community tradition that the club organizes with the city of Sedona, among other partners. Food trucks, craft beer on tap from local breweries, and live music (including a polka band) make for a festive day of outdoor enjoyment.



"We have whole generations who have no knowledge of it whatsoever. Now, guess what? It's only a car ride away."

Carol Ferguson runs the Pennsylvania Polio Survivors

Network out of her home in Bucks

County. In the

summer of 1954, when she was just 2 years old, Carol spiked a fever. She spent decades trying to determine what was wrong with her body. This fever was originally dismissed as the

flu, but later, she learned it was polio. It wasn't until she turned 50 that she was officially diagnosed with post-polio syndrome.



Now 70 years old, Carol walks with a cane and leg brace. Climbing steps is too painful, and she struggles with drop foot, a condition that means the arch of her foot is permanently frozen into an "S" shape.

You can learn about her journey and that of other survivors in the recent article, "We are still here" by the Philadelphia Inquirer's Wendy

Ruderman. <https://on.rotary.org/3Ts7FqA>

5 REASONS WHY WE MUST ERADICATE POLIO



1 YOUR GIFT WILL IMPROVE LIVES.

Today, 20 million people who would otherwise be paralyzed by polio are walking, and 1.5 million people who would otherwise have died are alive.

2 YOUR GIFT WILL INVEST IN THE FUTURE.

If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. A polio-free world will be a healthier world for children everywhere.

3 YOUR GIFT WILL IMPROVE CHILD HEALTH.

Polio surveillance networks and vaccination campaigns also monitor children for other health problems, like vitamin deficiency and measles, so we can address them sooner.

4 YOUR GIFT WILL LOWER HEALTH CARE COSTS.

The global effort to eradicate polio has already saved more than \$27 billion in health care costs since 1988, and expects to save \$14 billion more by 2050.

5 YOUR GIFT WILL MAKE HISTORY.

Polio eradication will be one of history's greatest public health achievements, with polio following smallpox to become only the second human disease eradicated from the world.

At the end of the 1980s, more than 350,000 children were paralyzed by polio every year. Today, Rotary and its partners have reduced the incidence of polio by 99.9%. However, until we see the last of the poliovirus, eradication efforts need additional funding to:

IMMUNIZE

more than 400 million children against polio every year

IMPROVE

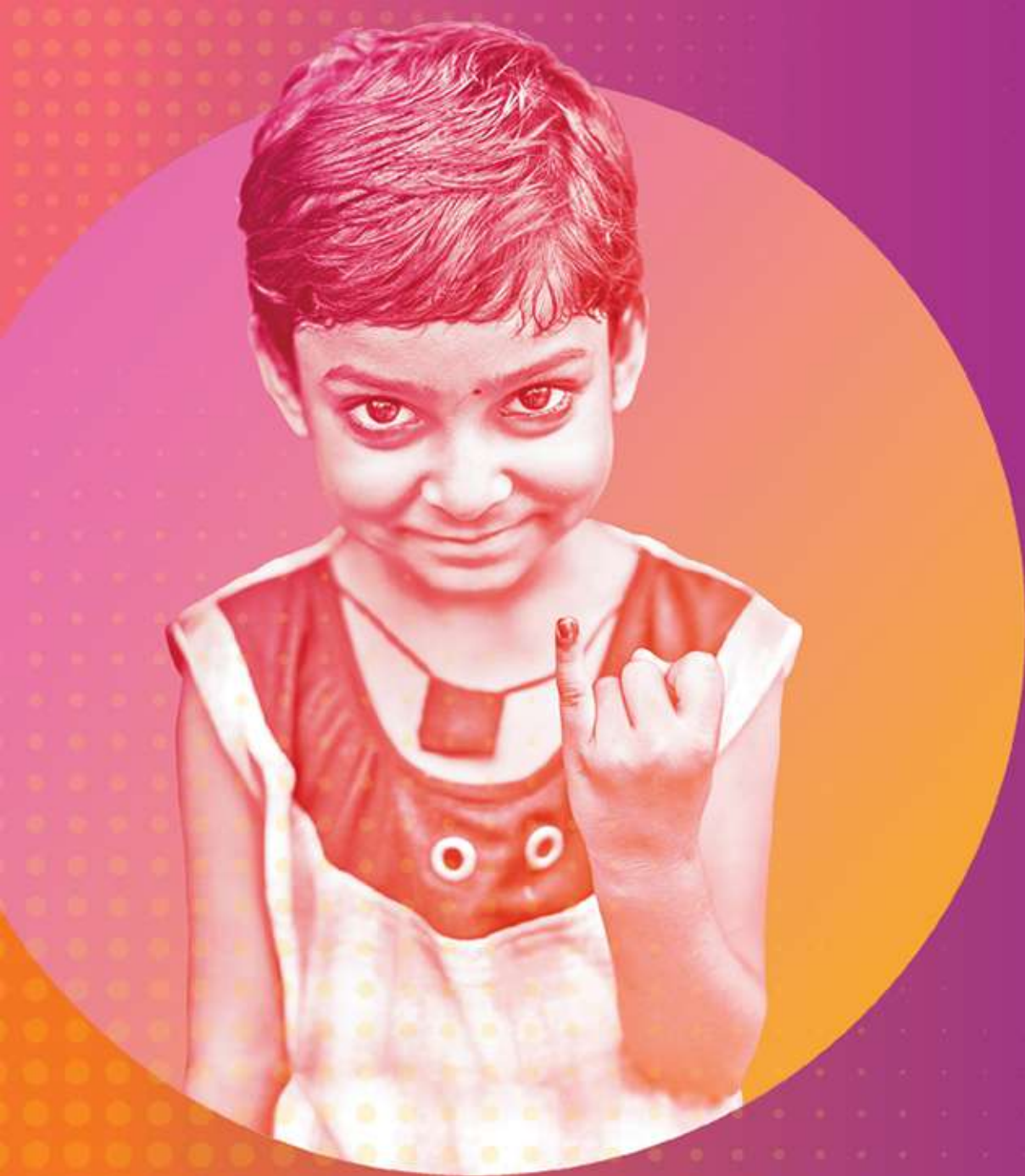
disease surveillance systems to detect any poliovirus in a person or the environment

HIRE

more than 150,000 health workers to go door to door to find every child

Donate now at endpolio.org





WORLD POLIO DAY IS 24 OCTOBER

endpolio.org | #EndPolio

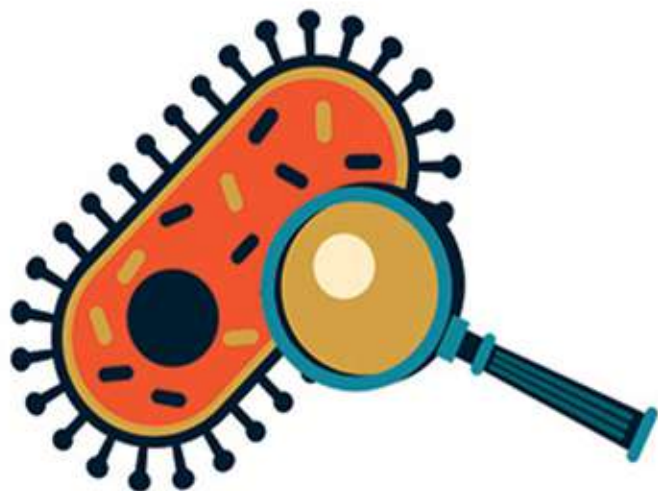


**ROTARY AND ITS PARTNERS
HAVE REDUCED POLIO CASES
BY 99.9% SINCE 1988.**

WORLD POLIO DAY IS 24 OCTOBER

#EndPolio | endpolio.org





SURVEILLANCE

for disease detection, including the Polio Laboratory Network

\$72.5 million



RESEARCH

into new ways to facilitate eradication

\$16.6 million



TECHNICAL ASSISTANCE

including salaries for health and immunization professionals such as field officers and cold chain managers

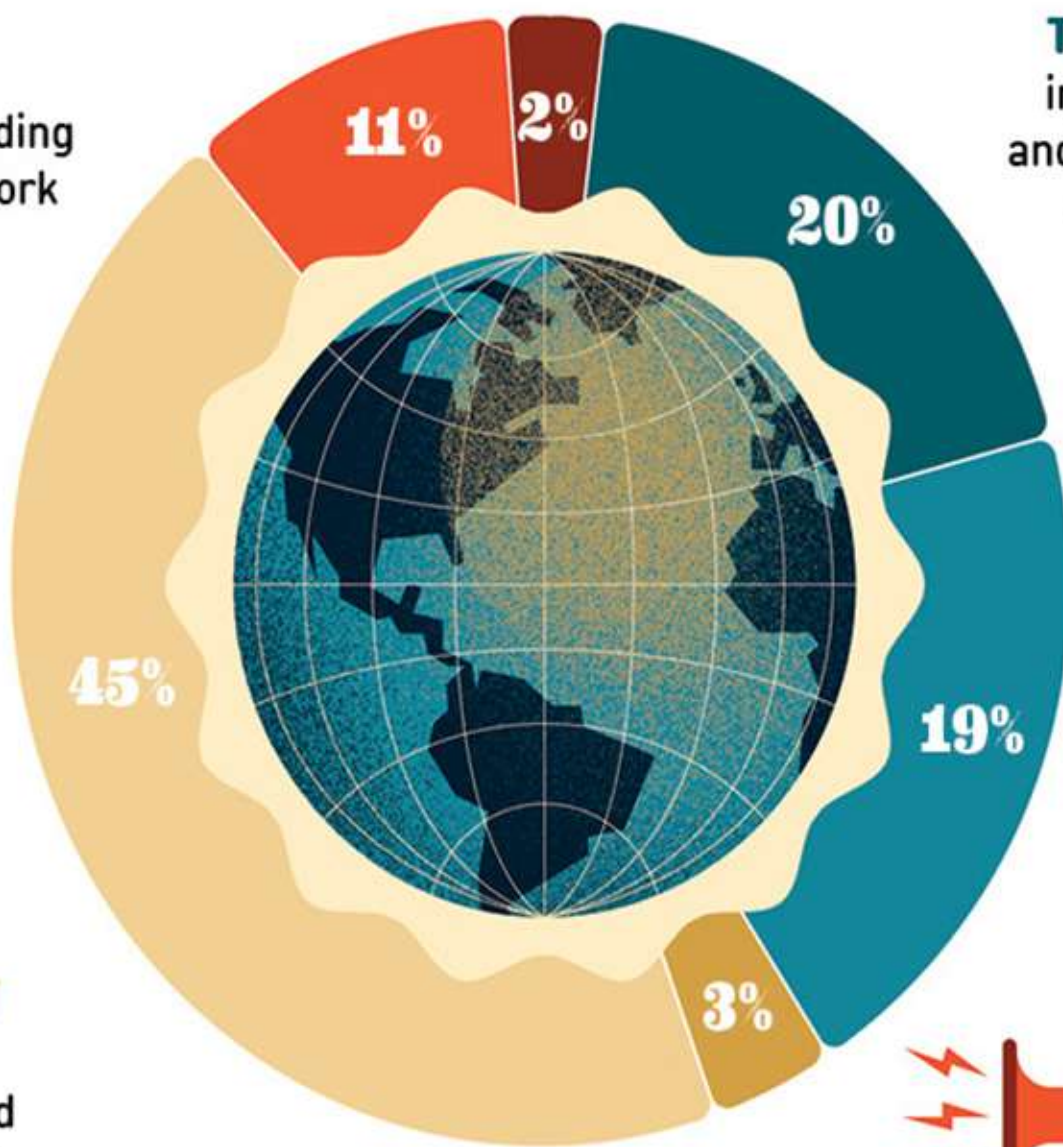
\$132 million



OPERATIONAL SUPPORT

including stipends for the millions of community-based vaccinators who administer the vaccine and perform house-to-house follow-up visits

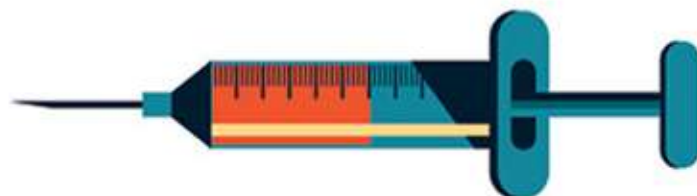
\$308 million



SOCIAL MOBILIZATION

to raise awareness of the vaccination campaigns and the benefits of immunization

\$141.4 million



VACCINES

\$20.4 million





- Afghanistan
- Angola
- Benin
- Cameroun
- Central African Republic
- Chad
- Côte d'Ivoire
- Democratic Republic of Congo
- Djibouti
- Equatorial Guinea
- Ethiopia
- Gabon
- Guinea
- Guinea-Bissau
- India
- Indonesia
- Iraq
- Kenya
- Laos
- Liberia
- Libya
- Madagascar
- Mali
- Mauritania
- Mozambique
- Myanmar
- Nepal
- Niger
- Nigeria
- Pakistan
- Republic of the Congo
- Sierra Leone
- Somalia
- South Sudan
- Sudan
- Syria
- Tajikistan
- Uganda
- Yemen

Rotary





TAKE ACTION

ERADICATE A DISEASE FOREVER

WORLD POLIO DAY **24 OCTOBER 2022**

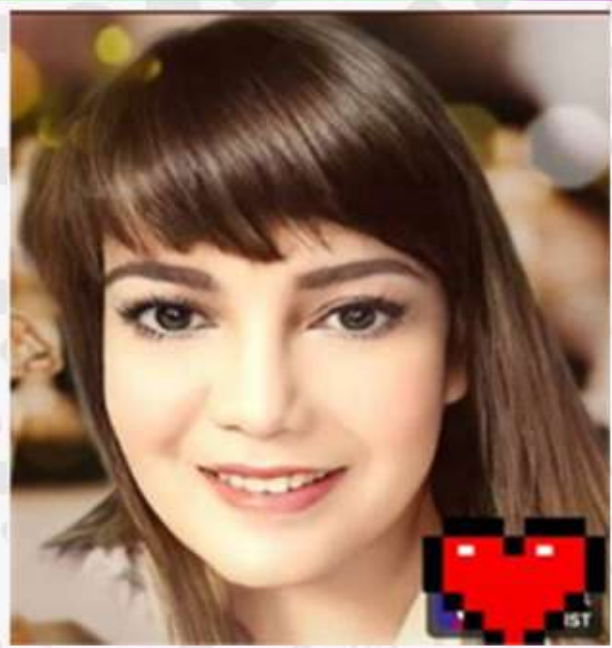
endpolio.org/world-polio-day

Rotary 

**END
POLIO
NOW**



By: DR. MARICEL BORROMELO-AMORES
Public Image Director, RCCF RY 2022-2023
Past Assistant Governor Area 1B D3860 RY 2021-2022
President, RCCF RY 2017-2018



FOLLOW UP ON OUR PAINT DONATION TO GUINACOT INTEGRATED HIGH SCHOOL

We took advantage of the fact that we were already in Danao City to visit Guinacot Integrated High School, one of the schools that RCCF has supported. We evaluated the impact of the newly painted classrooms on the children. This was paint donation by Rtn. Jason Ong and Treasure Island Paints many months ago.

We have a thorough understanding of how color can enhance a room and influence attitudes and behavior. We are aware that the educational climate in the modern world is unique. Safety is the top priority as school districts, teachers, and families figure out how to offer a worthwhile educational experience through traditional classroom settings, online learning, or a combination of both. Our quest to comprehend how color affects learning in the classroom is in line with that of many educators and parents, who are responsible for creating learning settings that encourage pupils to be calm, focused, and successful both inside and outside of the classroom.

Nonetheless, it also slows the decay of buildings. The first line of defense against environmental damage for a building is paint. The natural deterioration of school paint caused by sunlight or moisture might be slowed down by routine care.

Learning, morale, and conduct can all be improved or negatively impacted by color. According to studies, color has an impact on a student's attention span and sense of time. The brain actually undergoes a rewiring process when exposed to visual stimuli, creating stronger connections and enhancing creativity, visual thinking, and problem solving.



GUINACOT INTEGRATED PUBLIC SCHOOL
President Pouly, Past President Marina, and Past Asst. Gov. Maricel Borrromeo-Amores with the students and teachers in front of the freshly painted classrooms.



President Pouly happily posing in front of one of the classrooms with the fresh coat of paint. RCCF is grateful to our member, Jason Ong and Treasure Island Paints for the paint donation.



By: DR. MARICEL BORROMELO-AMORES

Public Image Director, RCCF RY 2022-2023

Past Assistant Governor Area 1B D3860 RY 2021-2022

President, RCCF RY 2017-2018



Guinacot Integrated School Danao City



Since she now calls Switzerland her home, Past President Marina is just in town for a short visit. But since she continues to contribute to projects from Switzerland, she is a shining example of a Rotarian who truly puts service above self. She will make time to join RCCF projects while she is in the Philippines. Bravo!



We enjoyed a late lunch treat from our President after our lengthy travel to Danao to give the TV donation and check on the freshly painted classrooms... Nothing else except Korean cuisine?



EVERY
ROTARIAN
EVERY
YEAR

HELP KEEP COMMUNITIES HEALTHY

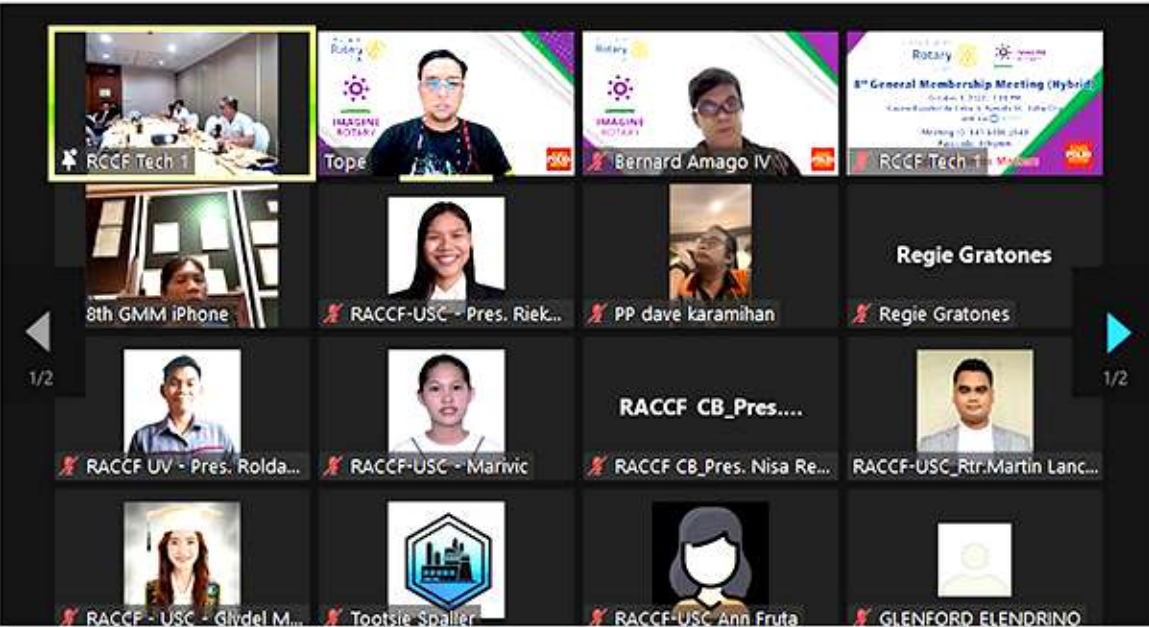
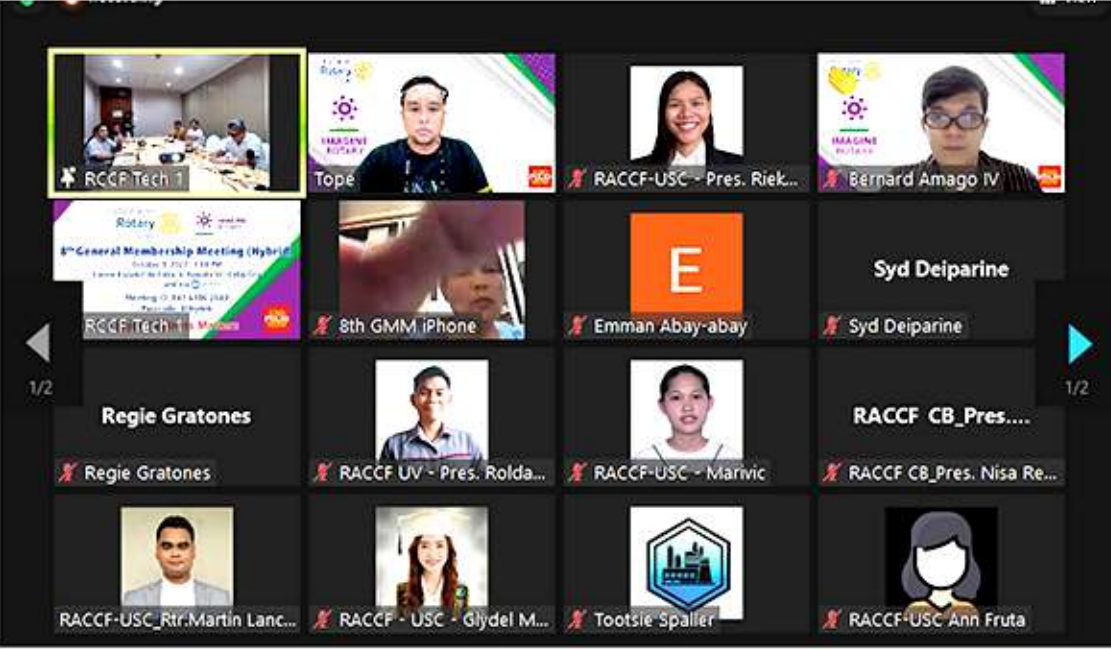
Your donation to our Annual Fund supports Rotary members around the world as they work to prevent disease and strengthen healthy communities by providing access to basic health care. When you give to The Rotary Foundation, you help combat diseases such as polio, COVID-19, malaria, AIDS, and diabetes.

GIVE TODAY: rotary.org/donate

The
Rotary
Foundation



10-03-2022 8th RCCF General Membership Meeting RY 2022 - 2023 (Hybrid)



10-04-2022 Pink Room (Free Breast Examination, Consultation and Counselling)



10-08-2022 Ribbons of Life Photo Exhibit



The G.I.R.L. Project



10-26-2022 Pink Moves (Dance for a Cause)



10-10-2022 A Fun Meal for the Kids (Children with Austism)





Cebu Fuente
Rotary
Club



**END
POLIO
NOW**

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



A.D.O.P.T. (*A Dose of Positive Thoughts*)

MARICEL BORRROMEO-AMORES

Public Image Director 2020-2021

Membership Director 2020-2021

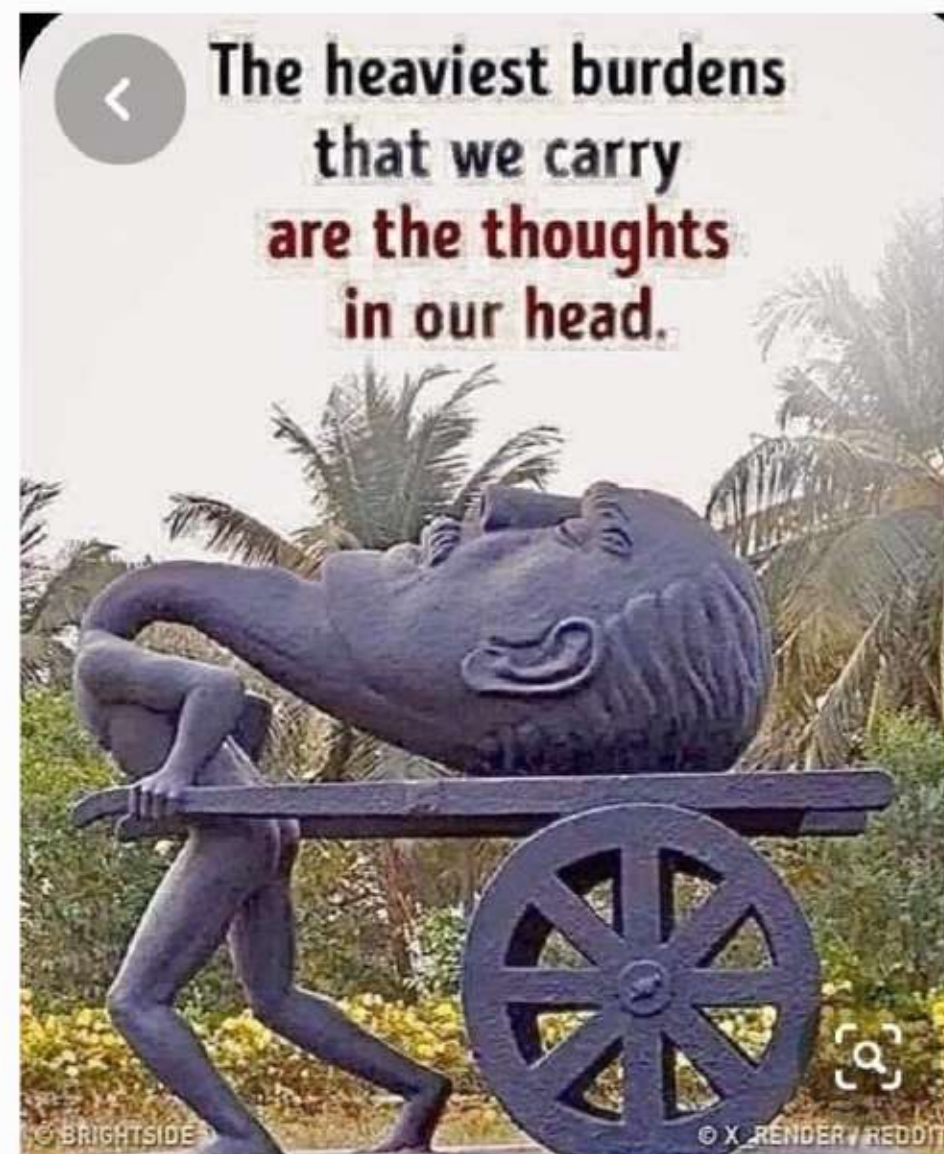
President RY 2017-2018

A lot of people overthink even on very petty things. Their excuse is they are just ruminating, cogitating and musing over life. Oftentimes, these so-called simple thoughts consume them that naturally leads to unnecessary stress. This reminds me of one profound quote from the famous George Bernard Shaw, *“People become attached to their burdens sometimes more than the burdens are attached to them.”* They say these things are so normal that guileless conversations have a penchant to paddle across the frenetic philosophical travesty. It may sound ridiculous and absurd but I am sure that somewhere, somehow in your lifetime, you have experienced it.

Hence, even though, you can't prevent your mind from pondering over these thoughts, but you can refashion the way you respond to these views and contemplations. You must not allow it to overwhelm you because you worry on things that may or may not happen at all. No fortuneteller nor soothsayer can truly predict tomorrow so why even waste time worrying over it.

This may sound too cliché' but trust that situations in life are meant to be lessons, wonderful experiences and your guide towards a more meaningful life. But the most important thing is for you to be able to let go and set yourself free from the demons that wreak havoc in your minds through these nonsensical reveries. It is unhealthy for you physically, spiritually and emotionally. Life is meant to be relished with happiness and peace. As they say, it is all in the mind. Who owns your mind? Of course, YOU!!! So, the power to control it solely depends on you.

So, the next time these senseless thoughts get into you, pause and rest if you must. Clear the cobwebs that cloud and distract your mind and switch on those happy hormones. If it still bothers you then the surefire antidote is to lift it all up to God through prayer.



Last October 20, 2022, Rotaract Club of Cebu Fuente Community Based joined St. Vincent General Hospital's celebration of the Infection Prevention & Control Week by distributing hygiene kits to first graders of Banilad Elementary School & teaching them with proper hand washing & oral hygiene. Thanks for initiating this ADRR/PP Jacob Erm Jericho & Sec. Laurisa Mae Tabotabo!





IMAGINE TRANSFORMATION

Renew your connections, perspective, and imagination in Melbourne, Australia, and carry the energy home to light up your community and communities around the world. You'll be transformed as you **Imagine What's Next.**

2023 ROTARY INTERNATIONAL CONVENTION
MELBOURNE, AUSTRALIA
27-31 MAY 2023



Register today at
convention.rotary.org

Invite someone to become a

Rotarian today.

Cebu Fuente
Rotary
Club



Join Leaders
Exchange Ideas
Take Action



Spread the Word!