

THE FOUNTAIN

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**A ROTARY AWARDED
ROTARACT DISTRICT
GRANT**

Cebu Fuente
Rotary
Club



**IMAGINE
ROTARY**

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



JENNIFER JONES
Rotary International President



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ANGEL "JONG" G. FERNANDEZ
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RAYMOND ALFAR
Assistant Governor Area 1D

Cebu Fuente
Rotary
Club



IMAGINE
ROTARY

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BPO Operations Management



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Roof Manufacturing



PATRICK L. YARED
Resto Bar Management



20th General Membership Meeting

Casino Español de Cebu, Cebu City | April 17, 2023

Area of Focus: Maternal and Child Health

IMAGINE
ROTARY

Vol. 41, No. 19

Programme

| | | |
|---|----------------------------------|----------------|
| 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 | SYDRICK DEIPARINE | Member |
| Introduction of Rotarians Spouses, Visiting Rotarians Rotaractors Guest | JUN TORRES | Past President |
| PART 2 | | |
| Business Matters | | |
| Rotaract's Time | | |
| PART 3 | | |
| Secretary's Report | KRISTOFFER LLEGUNAS | Secretary |
| Director's Report | CLUB DIRECTORS | |
| President's Time | POULY JANG | President |
| Other matters | | |
| Adjournment | POULY JANG | President |



Hosted by:
PE JOMAR PONCE
Club Admin Director

INVOCATION

The lord is in his holy temple, let all the earth keep silence before him. Be silent, all flesh, before the Lord.
Concentrating on the glory of God, and remembering our needs and the needs of others, let us now be open to the Spirit of God in silent prayer. Let us pray.

...Fellowship Continues...

Quote for the Week

"The most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." - Hellen Keller



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 fellow Rotarians,

It is with great pleasure that I address you today as the President of the Rotary Club of Cebu Fuente. As we gather to discuss the preparation of the Friendship Hall for RCCF, I would like to take this opportunity to express my heartfelt gratitude to each one of you for your unwavering support and commitment to our cause.

The Friendship Hall is an important part of RCCF, and it is essential that we ensure that it is properly equipped and prepared for all the activities and events that take place there. As we embark on this important task, I urge each one of you to bring your best ideas, insights, and expertise to the table. Together, we can create a space that is welcoming, functional, and reflective of the values that we hold dear.

I am confident that with our collective efforts, we can create a space that fosters friendship, camaraderie, and a sense of belonging among our members. Let us work together to make the Friendship Hall a place where memories are made, relationships are forged, and our shared vision for a better future can be realized.

Thank you for your dedication and commitment to RCCF, and I look forward to working with you all to make this project a success.

고맙습니다
Gomabseubnida

Very truly yours,


POULY JANG
President, RY 2022 - 2023



From Secretary's Desk



KRISTOFFER LLEGUNAS
Secretary, RY 2022 - 2023

ATTENDANCE

| | ROTARY ID # | LAST NAME | FIRST NAME | 17th 03/05 | 18th 03/06 | 19th 03/13 | 20th 04/17 | 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 | | | ✓ | | |
| 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 | ✓ | | ✓ | | |
| 13. | 5983997 | Filipino | Rogelio | | | | | |
| 14. | 11614251 | Gratones | Regie | | ✓ | ✓ | | |
| 15. | 10411469 | Icamen | Francis Edhilson | | | | | |
| 16. | 8944393 | Jang | Pouly | ✓ | ✓ | ✓ | | |
| 17. | 3516557 | Karamihan | Dave John | | ✓ | | | |
| 18. | 8599266 | Kaufmann | Marina | | | | | |
| 19. | 9804883 | Llegunas | Kristoffer | ✓ | ✓ | ✓ | | |
| 20. | 8794288 | Lomanta | Atty. Lolita | ✓ | ✓ | ✓ | | |
| 21. | 11313408 | Maglasang | Anna Mae | | | | | |
| 22. | 10709899 | Ong | Jason | ✓ | ✓ | ✓ | | |
| 23. | 6726443 | Pasion | Ma. Consolacion | | | | | |
| 24. | 10410040 | Ponce | Jose Marie | | ✓ | ✓ | | |
| 25. | 8599268 | Rimaz | Ma. Dolores | ✓ | | | | |
| 26. | 5476140 | San Pedro | Luz Filipinas | ✓ | | | | |
| 27. | 8794286 | Senerpida | Dr. Alain | ✓ | | ✓ | | |
| 28. | 11103868 | Spaller | Herminia | | | | | |
| 29. | 3264107 | Solomon | Mary Anne | ✓ | | RW | | |
| 30. | 8543450 | Sulay | Kendrick | ✓ | | | | |
| 31. | 9330558 | Tesalona | Emmanuel | | | | | |
| 32. | 11227493 | Torres | Alfie | | | | | |
| 33. | 5176670 | Torres | Arch. Manuel, Jr. | ✓ | ✓ | ✓ | | |
| 34. | 10410033 | Yared | Patrick | | | | | |
| TOTAL ATTENDEES | | | | | | | | |

BIRTHDAYS

April 1 Sps. Dee Llegunas
 April 12 PP Jun Torres
 April 20 Sps. Juliet Abay-abay

Wedding Anniversary

April 8 Pouly & Soo Jang



Introducing the Rotary Youth Network

How do you take the best from the worst?

None of us will forget how the pandemic altered our world and our lives. Each of us had to traverse this period of uncertainty, and no one had a free pass from the effects.

I personally believe this has created space for a different kind of global leadership — one that is courageous, empathetic, and vulnerable. I met my good friend Anniela Carracedo online in early 2020. She is one such leader, and I'm thrilled to turn this month's column over to her.

— JENNIFER JONES



Anniela Carracedo addresses the International Assembly in January in Orlando, Florida.

In March 2020, I had a panic attack. I couldn't breathe, and I felt a terrible pain in my chest.

It had been a few days since the World Health Organization declared COVID-19 a global pandemic, and I was in the middle of my year as a Rotary Youth Exchange student in the United States. Think about it: an 18-year-old girl stuck in a different country, with a foreign language, with people she had only met six months before. It was scary.

But I am familiar with uncertainty. I was born and raised in Venezuela, which is going through one of the worst humanitarian and political crises in the Western Hemisphere. But my mom always said, "Challenges are nothing more than needs that require a solution."

I called up my Interact and Youth Exchange friends. Together, we organized an online meeting to share projects and get inspired by what everyone else was doing during the quarantine. In that first meeting, we had 70 people, mainly students, from 17 countries.

From that beginning, we built an online platform for Rotary youths worldwide to share their experiences and inspire others with project ideas during isolation. We looked for mentors and supporters who would help our group connect young people, share cultures, and open new collaborative opportunities for international service projects. We called it Rotary Interactive Quarantine, or RIQ.

After only a year, we engaged with more than 5,000 students from 80 countries. Several of our team members became district Interact representatives and district committee members, and some of us even

serve on Rotary International councils.

Eventually, quarantine restrictions were being lifted, and the needs of our participants were changing. At our last official meeting as RIQ, Past RI President Barry Rassin inspired us to create even bigger change, so we transformed RIQ into the Rotary Youth Network, or RYN.

A few of our members, including me, were selected to serve on the inaugural Interact Advisory Council, where we presented our vision for youth in Rotary to the RI Board of Directors.

Our presentation to the Board inspired President Jennifer and her team to create a Youth Advisory Council in Rotary International, which I am honored to serve on as a co-chair.

The Rotary Youth Network officially launched during a breakout session at the 2022 Rotary International Convention in Houston. Five of us, who had participated in Interact, Youth Exchange, and Rotary Youth Leadership Awards, traveled across continents to launch an organization we had kicked off online two years before. The convention was the first time we had met in person.

When my friends and I finished our talk, we realized more than 500 people were giving us a standing ovation. Tears filled our eyes, and the feeling of excitement and accomplishment took over.

Who would have thought that a panic attack would lead to this?

ANNIELA CARRACEDO

*Rotary Club of Bay St. Louis, Mississippi
District 6840 Rotaract chair-elect*

PHOTOGRAPH BY MONIKA LOZINSKA



TRUSTEE CHAIR'S MESSAGE

Think big, act big

In a letter to his brother Theo in 1874, Vincent Van Gogh wrote: "If you truly love nature, you will find beauty everywhere."

You can see Van Gogh's love of the natural world in his paintings: luminous sunflowers, gnarled olive trees, and the starry night sky over a Provençal village. When you see nature through Van Gogh's eyes or through your own, such as during a trip to the park or a beach, you can't help but stop to appreciate it. And when you love nature, you also want to take care of it.

April is Environmental Month for Rotary, and Earth Day is the 22nd. Marking the occasion with local projects such as roadside cleanups is fantastic and makes a difference. Consider also thinking big about protecting the environment — one of Rotary's seven areas of focus — by partnering with other clubs and districts on a larger-scale project funded through The Rotary Foundation.

The more our clubs work together on larger projects, the more we accomplish. Supported by a Foundation global grant, Rotary clubs in Pennsylvania and Brazil teamed up to provide plastic-processing equipment for a waste pickers cooperative in the city of Rio Claro. The workers, who recover recyclables from trash, increased their income by 50 percent and expanded the cooperative, while contributing to a cleaner environment.

Acting big is also one of the main ideas behind the Foundation's Programs of Scale. With each \$2 million grant distributed over a program's three- to five-year duration, the work done on the ground scales up to fulfill the potential for long-term sustainable change. The 2021-22 Programs of Scale recipient, Together for Healthy Families in Nigeria, is hard at work right now on solutions aimed at reducing the country's maternal and neonatal mortality rates.

Programs of Scale grants are among the most exciting developments of Rotary and its Foundation in recent years. They will have a big impact on the world. Remember that Programs of Scale grants take nothing away from your Foundation grant projects; the money invested is a relatively small portion of the Foundation's total. In addition, The Rotary Foundation designed Programs of Scale to foster greater partnerships, which can include co-funding the initiative.

So, think big this month — about the environment and about global grants and Programs of Scale — and you will see that, when it comes to the good we can do through our Foundation, the "starry night" sky's the limit.

IAN H.S. RISELEY

Foundation trustee chair

Illustration by Viktor Miller Gausa

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Aarau, Switzerland

Mahesh Kotbagi
Pune Sports City, India

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Herzogtum Lauenburg-Mölln, Germany

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Taipei Tungteh, Taiwan

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Borivli, India

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Evergreen, Colorado, USA

Dean Rohrs
Langley Central, British Columbia, Canada

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 Anna Maglasang</p> | <p>Conrado M. Abarintos Ma. Consolacion Abad Pasion Lulu San Pedro Francis Icamen</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>Holy Week: April 2-8, 2023</p> |
| <p>Atty. Bernardino T. Amago IV Arch. Joseph Michael P. Espina Glenford Elendrino</p> | <p>Engr. Jesselito V. Baring Patrick L. Yared Dave John B. Karamihan Regie Gratones</p> | <p>World Rotaract Week: March 13-19, 2023 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.

April 2023 Events Around the World

CALENDAR

April events

THE SHOE MUST GO ON

Event: Austin's Shoes Run
Host: Rotary Club of Corinth, Mississippi
What it benefits: Local scholarships and charities
Date: 1 April
 This annual 5K run/walk is no April Fools' Day joke: Since 2009, it has raised nearly \$300,000 for the club's many charitable causes. A 1-mile fun run immediately follows the race. The prize for each age-group winner is a medallion attached to a running shoe provided by sponsor Austin's Shoes, a regional business with a store in Corinth.

BIG RUN ON CAMPUS

Event: Corvallis Half-Marathon and 5K
Host: Rotary Club of Corvallis After 5, Oregon
What it benefits: Local charities and The Rotary Foundation
Date: 15 April
 In its 12th year, this event offers three routes: a half-marathon, a 5K run/walk, and a family-friendly 1K. Each starts and ends on the Oregon State University campus, with the longest course winding through residential areas, city parks, and rural areas west of town. The event has raised more than \$350,000 over the years, much of which has gone toward a regional food bank.

HOP TO IT

Event: Bunny Run
Host: Rotary Club of Bridge City-Orangefield, Texas
What it benefits: Local scholarships
Date: 15 April
 For this eighth annual event, an Easter-time tradition in Bridge City, more than a hundred participants are expected to don bunny ears as they complete a 5K



LIKE TO BIKE?

Event: Limestone Cycling Tour
Host: Rotary Club of Maysville, Kentucky
What it benefits: Relief for 2022 flooding in eastern Kentucky
Date: 29 April

This springtime bike ride, which the club organizes with the Limestone Cycling League, takes place on 100-mile (century), 62-mile (metric century), 40-mile, and 25-mile routes through northern Kentucky's rolling hills. Each route includes volunteer-staffed support-and-gear stops, and riders can look forward to live music and special offers at local eateries after they cross the finish line.

run or 1K walk. Additional seasonal attire is encouraged. In past years, the event has included egg decorating, an egg hunt, sidewalk chalk art, and a bounce house for kids.

DON'T BE SHELLFISH

Event: Crawfish & Craft Beer Festival
Host: Rotary Club of FishHawk-Riverview, Florida
What it benefits: Scholarships and local and international charities
Date: 22 April
 Attendees at this 13th annual festival in Riverview can dig into a traditional crawfish dinner with corn and potatoes. For those not into shellfish, there will be hamburgers, hot dogs, and other food items available, along with plenty of craft beer. The Soul Circus Cowboys, a local

Southern rock band, will provide entertainment. Admission is free, with dinner tickets sold in advance and at the event.

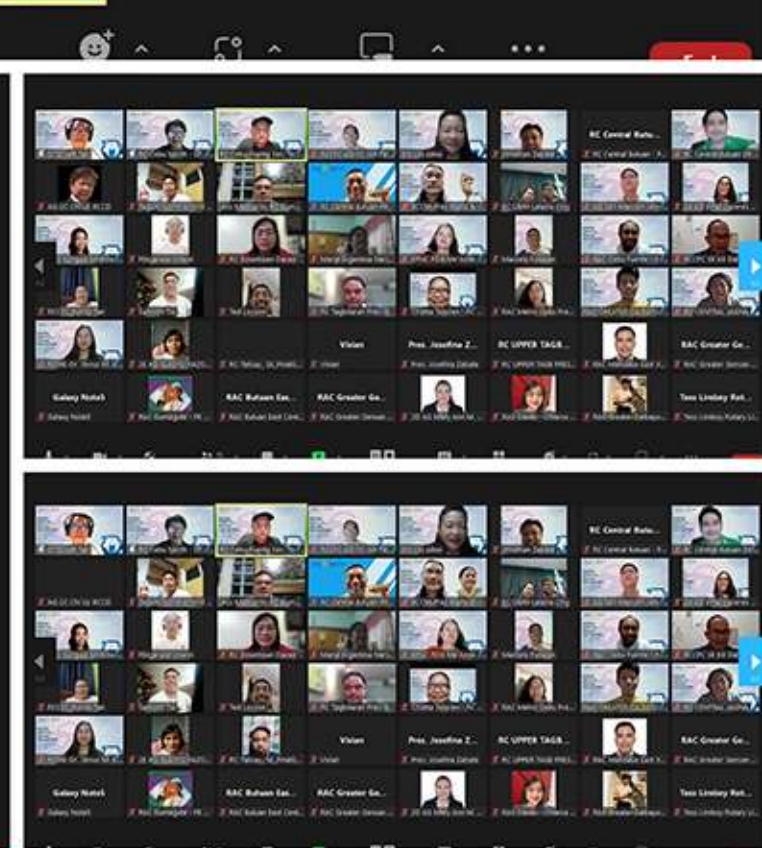
KICK UP YOUR HEELS

Event: Frontier Day
Host: Rotary Club of Alvin, Texas
What it benefits: Local scholarships and charities
Dates: 26-29 April
 The 49th annual Frontier Day festival kicks off Wednesday evening with the opening of a four-day carnival. An old-fashioned barn dance on Friday features live country music. Saturday's extravaganza includes a parade, an arts and crafts show, and a car and bike show. Kids will enjoy train rides, bounce houses, and mini golf throughout the day, while a beer garden will be open for adults.

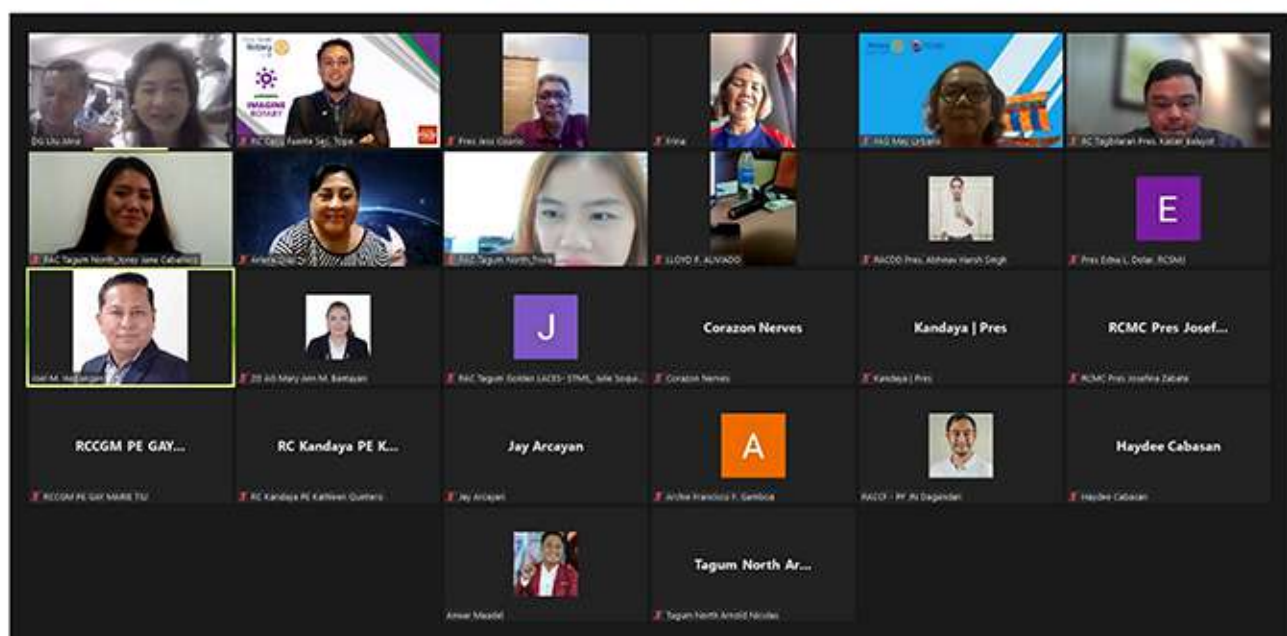
03-13-2023 19th RCCF General Membership Meeting (GMM) RY 2022 - 2023



03-15-2023 Digital Security Webinar



03-17-2023 Lets Save Our Children The Reality of Online Sexual Abuse and Exploitation of Children



04-01-2023 April Area 1 Coordination Meeting (ACOM)



04-02-2023 Angels Walk for Autism



04-05-2023 Project Loo: Provision of Hand Washing Station & Comfort Rooms (A Rotary awarded Rotaract District Grant)



People of action around the globe

By Brad Webber

United States

Members of the Rotary Club of Kaka'ako Eco, Hawaii, tossed 5,000 mud balls filled with beneficial organisms into the Ala Wai Canal in Waikiki as part of a rehabilitation effort to make the waterway fishable and swimmable. The healthy bacteria in the genki balls — made with soil, molasses, rice bran, and water — digest and oxygenate sludge at the bottom of the canal (genki means healthy in Japanese). In March 2022, more than 200 volunteers, including club members and friends, made the balls, advised by the Genki Ala Wai Project. Three weeks later, they threw the fermented genki balls into the waterway. Donors paid \$5 per ball to defray some of the cost. "A lot of kids came out and we had canoes come through the canal to help throw the balls," says Club President Jenny Do. "We blew the air horn and then hundreds of balls just went into the Ala Wai Canal."

15-20 tons

Trash washing up every year on a stretch of shoreline on Hawaii's Big Island

Rotary Club of Kaka'ako Eco



Canada

Guelph, Ontario, is one of 25 Canadian municipalities to sign a pledge with the United Nations refugee agency, UNHCR, to welcome people who have fled countries such as Afghanistan, Syria, and Ukraine. In December, the Rotary Club of Guelph Trillium launched a drive to collect winter clothing donations for refugees. "People were so generous," says Club President Anne Day. The club placed a bin at a mall, and donors loaded it up with more than 70 coats, 109 hats, and 52 scarves — many of them with the price tags still attached. The club also teamed up with appliance company Danby to collect furniture and household equipment for the newcomers.

Rotary Club of Guelph Trillium

Over 1 million

Refugees welcomed by Canada since 1980



55,700

Italians diagnosed with breast cancer in 2022



Italy

The Rotaract Club of Milano Nord Est Brera collaborated with an art publisher to produce a book of photography featuring women who have had breast cancer surgery to put a face to the fight against the disease. "With body painting they show that the scars have been overcome while remaining part of their history," says club member Stefano Mercuri. "The project was aimed at them rediscovering the beauty that comes from art, even starting from a scar." The club worked with the artist Stefano Pelloni, whose style is based on tribal body painting, and Il Randagio Edizioni, a book company that uses environmentally friendly materials. The club printed a limited-edition run of 500 books and is selling them to raise funds for the Italian branch of the Susan G. Komen Breast Cancer Foundation.



United Kingdom

One coin at a time, a whimsical contraption celebrates a legendary Scottish locomotive while raising thousands of dollars for charity. Ken Wilson, a past president of the Rotary Club of Inverness Loch Ness, led the effort to commission and install the Flying Scotsman Automata in a local shopping center in 2016. A contribution of about \$1 activates the complex mechanism, which depicts a kilted train conductor in an engine on a track trailed by bobbing carriages. Inside are characters that include a couple knitting and drinking tea, a pilot flying a plane, and Nessie, of course, whose tail spins to the musical accompaniment. The club has maintained the device and collected about \$27,000, allowing it to disburse more than \$350 in grants each month. "It has enabled Rotary Loch Ness to help nearly 60 local charities," says the mall's former manager, Jackie Cuddy, "which is amazing."

565 AD

First recorded sighting of a purported monster in Loch Ness



Uganda

When the Rotary Club of Malta constructed its second primary school in Uganda, it made sure to consider the needs of menstruating girls in the design of washroom facilities. "Very often, girls are embarrassed to attend school due to the lack of these facilities, and their attendance, and therefore education, suffers," says John de Giorgio, club member and past governor of District 2110. The construction of the school in Luwero District was carried out in partnership with the Rotary Club of Bwebajja, which "played an active part in the supervision of the project during construction, carrying out many on-site visits," de Giorgio says. The Malta club spent about \$60,000 on the project, and the Maltese government covered more than half the cost of the \$140,000 school. In 2014, the club built another school on the Lake Victoria island of Nkose.

64%

Share of girls enrolled in primary school in Uganda who drop out before the last grade





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Cyclorama

Whether it was pedaling around a Midwestern quarry or racing up Chicago's North Shore, my biking adventures led to one inevitable destination: Tucson

By John Hewko



I first heard about El Tour de Tucson in the unlikeliest of places, on a water taxi in Thailand. In May 2012, during the Rotary International Convention in Bangkok, I was sharing a river boat with a group of Rotary members from Arizona. Among them were Ernie Montagne, a past district governor, and his wife, Sally, who would become a district governor herself in a couple of years. They knew I was an avid cyclist and told me enthusiastically about Rotary clubs in southern Arizona that had begun using the annual Tucson ride to raise money for polio eradication.

By the time our ferry ride was over, I had eagerly agreed to join them, and in November that year I participated in my first El Tour de Tucson, a rigorous 102-mile ride staged against a backdrop of mountains, desert, and cacti. Since then, I've made the ride nine more times, missing only 2020 when it was canceled due to the COVID-19 pandemic. During those years, my Rotary teammates and I, including my colleagues at Rotary International, have raised about \$61.1 million to end polio. El Tour, as I'll explain, was also the site of my two most memorable rides, albeit for very different reasons.

I wasn't always the passionate cyclist that Ernie and Sally Montagne encountered that day on the Bangkok ferry. Of course, riding a bike was a part of my childhood, as it was for most of my friends. My generation, we all grew up on bicycles. We'd grab our bikes and zoom around the neighborhood. These days, that can seem like a lost art from a long-gone era.

A couple of photos from my childhood spring to mind. I remember one of me and my sister learning how to ride a bike on a sidewalk in Detroit, where my father worked for General Motors. I distinctly recall the circumstances behind another photograph from when we lived in Ohio: I was 12 or 13 then, and my family had taken our bikes out one summer afternoon on the ferry to Kelleys Island in Lake Erie. The island's quarries made it fun to bike around. And there I am, a suntanned kid wearing glasses, a white T-shirt, and jeans — hardly the slick cycling outfit I don today — straddling a bike with fenders and, if those weren't enough extra weight, what appears to be a 10-pound tire pump strapped to the



back rack. I've got a big, happy smile. Given the chance, I'd pedal back to those days in an instant.

EVEN THOUGH I WAS an athlete growing up, I drifted away from cycling. My big sport was lacrosse; in high school and college, I was co-captain of the lacrosse team. I also played hockey and squash, but after graduation, I became a runner to stay fit. But since my 20s, I've been plagued with arthritis, particularly in my right hip, and the pain finally reached the point where I couldn't run anymore.

My wife, Marga, wasn't into running. She preferred cycling, and one day she suggested that I join her and see if I enjoyed it. And though my biking sprang from a necessity to find another way to stay in shape, it turned out I really loved the sport, which is a great cardiovascular workout. While strengthening muscles and tendons, the activity is easier on the joints. And more importantly, it gave me something I was able to do with Marga. We spend a lot of time biking when we travel to our place in Park City, Utah, or, like last summer, when we visited Washington Island in Door County, Wisconsin. It's fun just to tool around. As you unwind and focus on the breathtaking scenery around you, you kind of lose yourself. That's one of the things I love about cycling.

Here in Evanston, Illinois, where I live and where Rotary International has its headquarters, there is a series of largely uninterrupted roads that run north along Lake Michigan toward the Wisconsin border.

That's my standard route when I can squeeze in a ride after work: 21 miles from home to the North Shore suburb of Lake Bluff and 21 miles back again.

When I really want to push myself, I join my weekend riding crew, an intense, but not overly aggressive, group of lawyers and executives riding fancy bikes. When I first showed up 12 years ago with my mid- to low-end Giant bike, they teased me, "Nah, you can't ride with us on that thing." I did upgrade my bike, settling on a good, *high-end* Giant. We usually ride in pace lines, one cyclist riding behind the wheel of another, concentrating on that person in front of you to make sure you don't crash. My right hip has been replaced *and* my left shoulder, so I have no safe side to fall on.

The benefits of these rides go beyond the physical; like meditation, cycling relaxes the brain and delivers a sense of calm and well-being.

During the winter, I move indoors for stationary rides. With an online training app connected to my laptop, I put the back wheel of my bike into a docking hub. I can choose on the computer all types of rides that emulate real ones.

ALL THIS IS IN PREPARATION for my big annual ride: El Tour de Tucson in November. While living in Washington, D.C., I had done a couple of great century (100-mile) rides: the Civil War Century in Maryland and Pennsylvania, and the Sea Gull Century along Maryland's Eastern Shore. But El Tour has been my focus for the last 10 years, and from an endurance and athletic point of view, it was the scene of two unforgettable rides.

One never really knows how the fall weather will turn out for the tour. Regardless, I always bring a plethora of warm- and medium-weather gear. I wear layers so I can pull down my arm sleeves as the day gets warmer, and carry two water bottles and a bag full of snacks, which I munch on every half-hour to reach energy targets and stay hydrated.

The 102-mile ride starts at 7 in the morning, and some years it can be 45 degrees, and other years it can be 65, getting hotter as the day goes on. But the ride in 2013 was nothing like that. Tucson is known as the city of sunshine, but that year it was windy, freezing cold, and pouring rain, just as it had been the day before. Water streamed down from the mountains, and there were times you had to get off your bike and wade through water up to your knees. The organizers rerouted slower riders because the path became treacherous. My teammate, Bob McKenzie, who has cycled across America multiple times, pulled me through. It was the hardest 100 miles, but camaraderie among like-minded Rotary riders endured.

While we use El Tour to raise money for polio eradication, my personal goal for each tour was to break the five-hour mark, which earns a rider the platinum classification: For the next three years you're entitled to start up front with the professional riders. Those personal and anti-polio goals overlapped when many enthusiastic Rotary members pledged to double or triple their donations if I reached the elite level. And in 2015 I finally achieved that, crossing the finish line at four hours and 55 minutes. Crawling off my bike, I just sat for an hour. Exhausted as I was, I felt a surging sense of elation.

In 2017, I had hip replacement surgery, and keeping under the five-hour mark became too difficult, but I wasn't short on motivation. Rotarians who have put their weight behind our cause have com-



I will always keep in mind that finishing the ride with my teammates symbolizes Rotary's determination to finish what we started over 35 years ago and eradicate a human disease for only the second time in history.

pleted events far more arduous. Minda Dentler, one of our Rotary polio ambassadors and herself a polio survivor, was the first female wheelchair athlete to successfully complete the Ironman World Championship triathlon (which involves swimming 2.4 miles, hand cycling 112 miles, and pushing a racing wheelchair for 26.2 miles). Such stories of perseverance inspired me throughout the tough post-surgery rehab sessions and long training rides.

Last year I finished at 5:48 or so, and soon I'll be fighting just to crack six hours. Regardless, I will always keep in mind that finishing the ride with my

teammates symbolizes Rotary's determination to finish what we started over 35 years ago and eradicate a human disease for only the second time in history. That should carry me over the finish line.

With the arrival of spring, a season of rejuvenated hopes, it's time to head outdoors, get back on my bike, and make those hard, joyous rides up and down the North Shore, solo and in line with my hard-riding pals. It may not seem like it now, but 18 November lies just over the next hill. See you in Tucson. ■

John Hewko is general secretary and CEO of Rotary International and The Rotary Foundation.

This year's El Tour de Tucson is Saturday, 18 November. Find out how to register at polioride.org.



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Last April 15, 2023, the Rotaract Club of Cebu Fuente-University of the Visayas gathered for a meeting. They discussed the upcoming Rotary and Rotaract district conferences, as well as the organization's year end and new rotary year plans. The club's initial annual evaluation also took place.



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