

THE FOUNTAIN

OFFICIAL PUBLICATION OF ROTARY CLUB OF CEBU FUENTE, DISTRICT 3860
CHARTERED OCTOBER 29, 1982

CHARTERED OCTOBER 29, 1982

VOLUME: 42, NO.: 10 DATE: OCTOBER 9, 2023

DISTRICT GOVERNOR'S OFFICIAL CLUB VISIT



Cebu Fuente
Rotary
Club



CREATE HOPE
in the **WORLD**



GORDON R. MCINALY
Rotary International
President



ROZANNE TWINKLE GAMBOA
District Governor



EDWARD VINCENT ANG
District Secretary



ROSEL SUMAYO
Assistant Governor Area 1D



OFFICERS, DIRECTORS & ADVISERS RY 2023 - 2024



JOSE MARIE M. PONCE
President



JASON ONG
Vice-President



PATRICK L. YARED
Secretary
President-Elect



REGIE P. GRATONES
Treasurer



ARCH. MANUEL L. TORRES JR.
Assistant Treasurer



ATTY. BERNARDINO T. AMAGO IV
The Rotary Foundation
Chair | Sergeant at Arms



FRANCIS ICAMEN
Director,
Club Administration



KRISTOFFER LLEGUNAS
Director,
Assistant Club
Administration



ATTY. SYDRICK DEIPARINE
Director,
Membership



ENGR. JESSELITO BARING
Director, Community
Service



ATTY. ERNESTO MIGUEL B. AMORES
Director,
Vocational Service



ATTY. LOLITA L. LOMANTA
Director, Youth Service



POULY JANG
Director,
International Service



EMMAN ABAY-ABAY
Director,
International Service



GLENFORD ELENDRINO
Director, Public Image



DAVE JOHN B. KARAMIHAN
Protocol Officer



DR. MARICEL BORROME AMORES
Digital Transformation
Officer



ARCH. JOSEPH MICHAEL P. ESPINA
Diversity, Equity, and
Inclusion (DEI) Officer



PDG JOSEPH MICHAEL P. ESPINA
Adviser



PDG MARY ANNE A. SOLOMON
Adviser



PP RICHARD G. BARBA
Adviser



PP CONRADO M. ABARINTOS
Adviser



PP MA. CONSOLACION A. PASION
Adviser



PP MARIA CELINA B. AMORES
Adviser



PP EMMANUEL P. TESALONA
Adviser



ROSTER OF MEMBERS RY 2023 - 2024



JOSE ALFONSO C. ABAD
Nonlife Insurance



CONRADO M. ABARINTOS
Gov't. Customs - Finance



EMMAN REYAN C. ABAY-ABAY
LIC - Customs Brokerage



ATTY. BERNARDINO T. AMAGO IV
Academe | Legal Services



ATTY. ERNESTO MIGUEL B. AMORES
Civil Service Commission
Legal Services



DR. MARIA CELINA BORROMEO-AMORES
Human Resources
Consultancy



ATTY. KRISTINE CENTINO ANDRINO
Local Government Law



RICHARD G. BARBA
Printing Services



ENGR. JESSELITO V. BARING
Environment Consultancy



ATTY. SYDRICK JOSE ANDREI G. DEIPARINE
Civil Law & Real Estate
Management



GLENFORD ELENDRINO
Online Management
Services



ARCH. JOSEPH MICHAEL P. ESPINA
Architecture | Planning



ROGELIO FILIPINO
Food Manufacturing



REGIE P. GRATONES
Food Distribution
Management



FRANCIS EDHILSON ICAMEN
Realty Management



ARCH. JASON S. HONRADA
Architecture



POULY JANG
Investment Advisor
Management



DAVE JOHN B. KARAMIHAN
Manpower Outsourcing
Services



MARINA E. KAUFMANN
Restaurant Services



KRISTOFFER A. LLEGUNAS
IT Saervices



ATTY. LOLITA L. LOMANTA
Prosecution Services



JASON GO KIANG KEE ONG
Manufacturing Operations
Management



ENGR. LOWELL A. PAPELLERO
Electronics Engineering



MA. CONSOLACION A. PASION
Games & Amusement



JOSE MARIE PONCE
Memorial Plan Investment
Services



MARIA DOLORES RIMAZ
Resort Management



LUZ FILIPINAS S. SAN PEDRO
Metal Engraving



DR. ALAIN O. SENERPIDA
Plastic Surgery



HERMINIA F. SPALLER
Construction & Industrial
Supplies Trading



MARY ANNE ALCORDO SOLOMON
Outdoor Advertising | Signage
Design and Production



KENDRICK S. SULAY
Retail Management



JOSHUA TAN
Government Customs



EMMANUEL P. TESALONA
Precious Metal Trading



ARCH. MANUEL L. TORRES JR
Roof Manufacturing



PATRICK L. YARED
Resto Bar Management



10th General Membership Meeting

Casino Español de Cebu, Cebu City | October 9, 2023

Community Economic and Development Month

Programme



Hosted by:
EMMIE TESALONA
Past President

INVOCATION

O God our heavenly Father, high above all thoughts, yet closer than any friend, we pray that you will be our guide and strength this day and every day. So fill us with your Spirit, that we may do your will in ways that cannot be misunderstood.

*As we gather in fellowship, we thank you for this day and for this food. Bless, we pray, these gifts to our use, and each of us to your service.
Amen.*

PART 1

Call to Order	JOSE MARIE PONCE President
Invocation	AUDIO VISUAL PRESENTATION
Philippine Anthem	AUDIO VISUAL PRESENTATION
The Rotary Hymn	AUDIO VISUAL PRESENTATION
Four Way Test and Objects of Rotary	LOWELL PAPELLERO Member
Introduction of Rotarians Spouses, Visiting Rotarians Rotaractors Guest	JASON ONG Vice-President

PART 2

Business Matters

PART 3

Secretary's Report	PATRICK YARED Secretary
Director's Report	CLUB DIRECTORS
President's Time	JOSE MARIE PONCE President
Other matters	
Adjournment	JOSE MARIE PONCE President

...Fellowship Continues...

Quote for the Week

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact." - Les Brown



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

Good evening, esteemed RCCF Rotarians,

I hope this message finds you well and filled with the same sense of pride and joy that fills my heart as I address you today. It is with great pleasure that I reflect on the remarkable success of the Governor's visit during our 9th General Membership Meeting, held on September 27, 2023. The visit not only left a lasting impression on our club but also resonated throughout Area 1D and, hopefully, the entire district.

I extend my heartfelt gratitude to all of you, my fellow Rotarians, for your unwavering support and dedication, which made this event a tremendous success. I want to express my deepest appreciation to our leaders who have been instrumental in guiding and supporting us throughout this journey. A special thank you to our Assistant Governor, Atty. Bernz Amago, Past Assistant Governor Dr. Maricel Borrromeo Amores, and our Club Information and Communication Officer (CICO) Kristofer Llegunas, who worked tirelessly to help me prepare for the presentation. Additionally, my gratitude extends to all our officers and members who, in their own unique ways, supported me during this significant visit.

District Governor Twinkle Gamboa, in her visit, expressed her admiration and praises for the worthy causes and projects we have undertaken since July until September. Her words of encouragement and recognition serve as a great motivation for all of us to continue our dedicated service to the community and to push the boundaries of what we can achieve.

Thank you so very much for being an essential part of this journey and for contributing to the success of this momentous visit. Your commitment and unwavering dedication are the cornerstones of our achievements.

The second important message I want to share with you all is about the month-long celebration of Pink October, an advocacy that holds a special place in the heart of RCCF. We are privileged to have our very own Past Assistant Governor Mary Anne Alcorido Solomon leading the charge for this noble cause.

Pink October is an occasion to raise awareness about breast health and support those affected by breast cancer. RCCF has always been actively involved in Pink October projects, and we are proud to continue this tradition. I encourage each and every one of you to participate in the various events and activities planned for this month. Together, we can make a meaningful difference and help those who need our support.

In closing, let me express my deep appreciation for your continued dedication, support, and the spirit of Rotary that unites us. Together, we will continue to make a positive impact on our community and the world.

Thank you for being the heart and soul of Rotary Club of Cebu Fuente.

JOSE MARIE "JOMAR" PONCE
President, RY 2023-2024
Rotary Club of Cebu Fuente

Cebu Fuente
Rotary
Club



CREATE HOPE
in the WORLD

From Secretary's Desk



PATRICK L. YARED
Secretary, RY 2023 - 2024

ATTENDANCE

	ROTARY ID #	LAST NAME	FIRST NAME	9th 09/27	10th 10/09	11th 10/29	12th 11/13
1.	6726464	Abad	Jose Alfonso				
2.	6581939	Abarintos	Conrado	✓			
3.	8794289	Abay-Abay	Emman Reyan				
4.	9330462	Amago IV	Atty. Bernardino	✓			
5.	11227470	Amores	Atty. Ernesto Miguel	✓			
6.	6218949	Amores	Maricel	✓			
7.		Andrino	Atty. Kristine				
8.	3362897	Barba	Richard				
9.	6207695	Baring	Engr. Jesselito	✓			
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.		Honrada	Arch. Jason	✓			
17.	8944393	Jang	Pouly				
18.	3516557	Karamihan	Dave John				
19.	8599266	Kaufmann	Marina				
20.	9804883	Llegunas	Kristoffer	✓			
21.	8794288	Lomanta	Atty. Lolita				
22.	10709899	Ong	Jason	✓			
23.		Papellero	Engr. Lowell				
24.	6726443	Pasion	Ma. Consolacion				
25.	10410040	Ponce	Jose Marie	✓			
26.	8599268	Rimaz	Ma. Dolores				
27.	5476140	San Pedro	Luz Filipinas				
28.	8794286	Senerpida	Dr. Alain	✓			
29.	11103868	Spaller	Herminia				
30.	3264107	Solomon	Mary Anne	✓			
31.	8543450	Sulay	Kendrick				
32.		Tan	Joshua				
33.	9330558	Tesalona	Emmanuel	✓			
34.	5176670	Torres	Arch. Manuel, Jr.	✓			
35.	10410033	Yared	Patrick				
TOTAL ATTENDEES				14			

BIRTHDAYS

October 07 Glen Elendrino
 October 17 Tito Solomon
 October 17 Glen Elendrino
 October 22 Jomar Ponce
 October 24 Marlene Torres
 October 24 Jason Honrada

WEDDING ANNIVERSARIES

October 10 Kristoffer & Dee Llegunas
 October 18 Jose Alfonso & Mary Grace Abad
 October 21 Emmanuel & Nanette Calalang
 October 23 Dave & Gay Karamihan





Mental health and your club

Dear fellow Rotary members, The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000

endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to *Create Hope in the World*.

R. GORDON R. MCINALLY
President, Rotary International

PHOTOGRAPH: KEVIN SERNA



TRUSTEE CHAIR'S MESSAGE

Our goal is in sight

On 24 October, we renew our commitment to our top humanitarian goal for World Polio Day.

This year, let's remember a young health worker in Pakistan known as Bibi Marjana (Miss Marjana). She braves the snow and cold in the mountains to vaccinate 84 children in rural areas, visiting each home, often miles apart.

Marjana is one of the thousands of frontline workers in Afghanistan, Pakistan, and outbreak areas I consider heroes in the final push to end polio. The work they do, coupled with the vision of our partners and the support you give, is moving mountains.

With Rotary's partnership, the Global Polio Eradication Initiative is aggressively pursuing two key goals from its 2022-26 strategy. First, we aim to halt wild poliovirus type 1 transmission. This year, only six cases have been documented as of this writing. Could this be the year we see the last of these poliovirus cases? We're cautiously optimistic that it might.

Second, we aim to report the final case of circulating vaccine-derived poliovirus type 2, or cVDPV2, in outbreak countries. About 80 percent of cVDPV2 cases last year occurred in subnational areas of the Democratic Republic of Congo, Nigeria, and Yemen. We must implement tailored strategies to stop the virus in these areas.

Other challenges persist, including

political tensions, security risks and access issues, and the lasting effect of the pandemic in Afghanistan and Pakistan.

Despite these challenges, we are making progress. Poliovirus strains are diminishing, as is the number of affected regions where polio once prevailed. A new vaccine we have introduced reduces the incidence of the circulating vaccine-derived virus type 2.

Rotary is the organization that had the audacity to take on a global effort to protect children everywhere from disability or even death due to polio. We must have the tenacity to see it to the finish line.

What can you do to help us get there, you ask? Join or initiate a PolioPlus Society in your club or district and engage all members in this historic moment. And don't forget that the Bill & Melinda Gates Foundation continues to amplify Rotary's donations to polio eradication with a 2-to-1 match for every dollar.

You can also advocate the cause of polio eradication with governments to secure political and financial support and promote Rotary's leadership role in all media.

Like Marjana marching up the mountain, we have our goal in sight, and we will keep going until we get there.

BARRY RASSIN

Foundation trustee chair

GENERAL OFFICERS OF ROTARY INTERNATIONAL, 2023-24

PRESIDENT

R. Gordon R. McNally
South Queensferry, Scotland

PRESIDENT-ELECT

Stephanie A. Urchick
McMurray, Pennsylvania, USA

VICE PRESIDENT

Patricia Merryweather-Arges
Naperville, Illinois, USA

TREASURER

Drew Kessler
North Rockland (Haverstraw),
New York, USA

DIRECTORS

Antônio Henrique Barbosa de Vasconcelos
Fortaleza-Alagadiço, Brazil

Alberto Cecchini

Roma Nord-Est, Italy

Ghim Bok Chew

Bugis Junction, Singapore

Patrick D. Chisanga

Nkwazi, Zambia

Eve Conway-Ghazi

Redbridge, England

Daniel C. Himelspach

Denver Mile High, Colorado, USA

Jeremy S. Hurst

Grand Cayman, Cayman Islands

Hans-Hermann Kasten

Aachen-Frankenburg, Germany

Muhammad Faiz Kidwai

Karachi Karsaz, Pakistan

Lena J. Mjerskaug

Enebakk, Norway

Anirudha Roy Chowdhury

Calcutta Mega City, India

Yoshio Sato

Okayama-South, Japan

Beth Stubbs

Maryville, Tennessee, USA

T.N. "Raju" Subramanian

Deonar, India

Yeong Ho Yun

Masan South, Korea

GENERAL SECRETARY

John Hewko
Kyiv, Ukraine

TRUSTEES OF THE ROTARY FOUNDATION, 2023-24

CHAIR

Barry Rassin
East Nassau, Bahamas

CHAIR-ELECT

Mark Daniel Maloney
Decatur, Alabama, USA

VICE CHAIR

Bharat S. Pandya
Borivli, India

TRUSTEES

Martha Peak Helman
Boothbay Harbor, Maine, USA

Chun-Wook Hyun

Seoul-Hansoo, Korea

Jennifer E. Jones

Windsor-Roseland, Ontario,
Canada

Holger Knaack

Herzogtum Lauenburg-Mölln,
Germany

Hsiu-Ming Lin

Taipei Tungteh, Taiwan

Larry A. Lunsford

Kansas City-Plaza, Missouri,
USA

Geeta K. Manek

Muthaiga, Kenya

Aziz Memon

Karachi, Pakistan

Akira Miki

Himeji, Japan

Greg E. Podd

Evergreen, Colorado, USA

Carlos Sandoval Delgado

San Nicolás de los Garza,
Mexico

Dennis J. Shore

Hawthorn, Australia

GENERAL SECRETARY

John Hewko
Kyiv, Ukraine





District Governor's October Message

Dear Fellow Rotarians,

We begin the month of October with our advocacy on breast cancer awareness since this month is celebrated as International Breast Cancer Awareness Month dubbed as Pink October. I am so impressed with the ways the clubs commemorate it, and I am delighted to share with you that the City of Davao and the City of Dumaguete have already passed and approved a Resolution that starting this year and every year of every October, both cities will celebrate and support the campaign for Breast Cancer Awareness Program of Rotary.

I would also like to recognize and express my great appreciation for your fund-raising activities to raise funds to eradicate polio, but don't you forget that in Rotary it is also Economic and Community Development Month. It is one of the seven Areas of Focus that Rotary has asked all clubs to focus on this month of October.

Over the years, Rotarians have struggled hard to empower their communities. Every community has unique needs and concerns, and Rotary has countless ways to address them. One is to explore livelihood skills training opportunities for members of the community. Another is to improve their access to financial services by partnering with a local micro-lending organization in the locality and providing financial infrastructure in the community, including a job placement program.

In many developing countries, we see increased poverty, especially after the Covid-19 pandemic. Most of these deprived of livelihood are found in the rural areas. As Rotarians, we are in an ideal position to help them recover what they lost during the pandemic. Aside from creating livelihood skills training, you may opt to sponsor a person's career through an apprenticeship in your own business or through connections to other business or service organizations. Dole outs are discouraged since we don't want short-lived means of empowering people; we give them means that will sustain them through the years. That is economics, offering opportunities for people to be resources to their communities through networking activities. To develop community leaders that will help strengthen local entrepreneurs and help them establish their own small-scale businesses.

Rotarians should lead in developing communities through their various community service projects. Together, we empower them. Together, we give them hope, the best way to fulfill Rotary's motto of Service Above Self.

ROZANNE TWINKLE C. GAMBOA
District Governor, RY 2023-2024
Rotary International District 3860



SERVICE ABOVE SELF



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?

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.

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.



CREATE HOPE in the WORLD

When we nurture peace, opportunities,
and one another, we help heal the
world and create lasting change.

Let's create hope by:

- Confronting stigmas, expanding access, and raising awareness about the importance of mental health
- Fostering understanding and strengthening connections through virtual exchanges
- Unlocking the power of girls and women around the world



Learn more at
rotary.org/initiatives23-24

Hope Creating Theme Song

Where Hope is Planted

Lyrics by: Cathy Azanza-Dy
 Music by: Joel Balsamo
 Arrangement by: TJ Ramos
 Sung by: Poppert Bernadas

1

Melody $\text{♩} = 88$ B *mp*
 Look and you'll find. How you can

Piano $\text{♩} = 88$ $\text{B}(\text{add}2)$ $\text{E}(\text{add}2)/\text{B}$ *mp*

4 $\text{B}/\text{D}\sharp$ $\text{E}(\text{add}2)$
 serve our land If truth is left behind, will you make a stand? Days will be bright, when the

8 $\text{D}\sharp(\text{sus}4)$ $\text{D}\sharp/\text{F}\sharp$ $\text{G}\sharp\text{m}(\text{add}2)$ G $\text{F}\sharp(\text{sus}4)$ $\text{F}\sharp$
 walls between us fall We will brave the darkest night. Hear us sound the call.

A

12 $\text{E}(\text{add}2)$ $\text{B}\text{maj}7/\text{D}\sharp$ $\text{C}\sharp\text{m}7(\text{add}2)$ $\text{C}\sharp\text{m}/\text{F}\sharp$ $\text{E}/\text{F}\sharp$ B $\text{B}\text{maj}7$ $\text{E}\text{maj}7$ $\text{E}\text{m}6$
 Turn the page, turn the tide, turn the world to face the light Through Ro-ta-ry, our

17 $\text{B}\text{maj}7/\text{D}\sharp$ $\text{G}\sharp\text{m}7$ $\text{B}9/\text{C}\sharp$ $\text{C}\sharp7(\text{add}2)$ $\text{F}\sharp(\text{sus}4)$ $\text{F}\sharp$ $\text{E}(\text{add}2)$ $\text{B}\text{maj}7/\text{D}\sharp$
 hopes fly high to where dreams touch the sky. Turn the page, turn the tide,

22 $\text{C}\sharp\text{m}7(\text{add}2)$ $\text{C}\sharp\text{m}/\text{F}\sharp$ $\text{E}/\text{F}\sharp$ $\text{E}\flat/\text{G}$ $\text{E}\flat$ $\text{E}\text{maj}7$ $\text{E}\text{m}6$ $\text{B}\text{maj}7/\text{D}\sharp$ $\text{G}\sharp\text{m}7$
 turn the world to face the light Through Ro-ta-ry, we all will show. Where

2

26 $\text{C}\sharp\text{m}7$ $\text{B}\text{maj}7/\text{D}\sharp$ $\text{E}(\text{add}2)$ $\text{E}/\text{F}\sharp$ B $\text{E}9/\text{B}$
 hope is plant-ed, love is sure to grow.

B

30 B $\text{B}/\text{D}\sharp$ *mf*
 Battles may rage, Hiding the voices of the small, We Ro-ta-rians rise as one Giv-ing

33 $\text{E}(\text{add}2)$ $\text{D}\sharp(\text{sus}4)$ $\text{D}\sharp/\text{F}\sharp$ $\text{G}\sharp\text{m}(\text{add}2)$
 strength and peace to all. Hearts are a-blaze, Spread-ing joy when all seems lost Draw-ing

C

36 G $\text{F}\sharp(\text{sus}4)$ $\text{F}\sharp$ $\text{E}(\text{add}2)$
 cour-age from each o-ther For what mat-ters is the cause. Turn the page.

40 $\text{B}\text{maj}7/\text{D}\sharp$ $\text{C}\sharp\text{m}7(\text{add}2)$ $\text{C}\sharp\text{m}/\text{F}\sharp$ $\text{E}/\text{F}\sharp$ B $\text{B}\text{maj}7$ $\text{E}\text{maj}7$ $\text{E}\text{m}6$ $\text{B}\text{maj}7/\text{D}\sharp$ $\text{G}\sharp\text{m}7$
 turn the tide, turn the world to face the light Through Ro-ta-ry, our hopes fly high.

45 $\text{B}9/\text{C}\sharp$ $\text{C}\sharp7(\text{add}2)$ $\text{F}\sharp$ $\text{F}\sharp7$ $\text{E}(\text{add}2)$ $\text{B}\text{maj}7/\text{D}\sharp$
 to where dreams touch the sky. Turn the page, turn the tide,

49 $\text{C}\sharp\text{m}7(\text{add}2)$ $\text{C}\sharp\text{m}/\text{F}\sharp$ $\text{E}/\text{F}\sharp$ $\text{E}\flat/\text{G}$ $\text{E}\flat$ $\text{E}\text{maj}7$ $\text{E}\text{m}6$ $\text{B}\text{maj}7/\text{D}\sharp$ $\text{G}\sharp\text{m}7$
 turn the world to face the light Through Ro-ta-ry, we all will show. Where

3

53 $\text{C}\sharp\text{m}7$ $\text{B}\text{maj}7/\text{D}\sharp$ $\text{E}(\text{add}2)$ $\text{E}/\text{F}\sharp$ G $\text{G}(\text{sus}4)$ $\text{D}\flat\text{m}/\text{G}$ $\text{G}9$ $\text{F}(\text{add}2)$ *f*
 hope is plant-ed, love is sure to grow. Turn the page.

58 $\text{C}\text{maj}7/\text{E}$ $\text{D}\flat\text{m}7(\text{add}2)$ $\text{D}\flat\text{m}/\text{G}$ F/G C $\text{C}\text{maj}7$ $\text{F}\text{maj}7$ $\text{F}\text{m}6$ $\text{C}\text{maj}7/\text{E}$ $\text{A}\text{m}7$
 turn the tide, turn the world to face the light Through Ro-ta-ry, our hopes fly high.

63 $\text{C}9/\text{D}$ $\text{D}7(\text{add}2)$ G $\text{G}7$ $\text{F}(\text{add}2)$ $\text{C}\text{maj}7/\text{E}$
 to where dreams touch the sky. Turn the page, turn the tide,

67 $\text{D}\flat\text{m}7(\text{add}2)$ $\text{D}\flat\text{m}/\text{G}$ F/G $\text{E}/\text{G}\sharp$ E $\text{F}\text{maj}7$ $\text{F}\text{m}6$ $\text{C}\text{maj}7/\text{E}$ $\text{A}\text{m}7$
 turn the world to face the light Through Ro-ta-ry, we all will show. Where

E

71 $\text{D}\text{m}7$ $\text{C}\text{maj}7/\text{E}$ $\text{F}(\text{add}2)$ F/G $\text{E}/\text{G}\sharp$ $\text{B}\flat\text{m}$ $\text{B}\flat\text{m}(\text{maj}7)$ C/D $\text{D}9$ $\text{D}\text{m}7$ $\text{C}\text{maj}7/\text{E}$ F F/G
 hope is plant-ed, love is sure to grow. Where hope is plant-ed,

78 *rit.*
 love will al-ways grow.
rit.

fp

Completed on 11 March, 9:45 p.m. in Manila, PHILIPPINES



October 2023

ROTARY INTERNATIONAL EXCHANGE RATES OCTOBER 2023

RI Collections & Disbursement Rates (Except in Special Cases)

Country	Monetary Unit	Currency Per US \$1.00	U.S. Dollar Equivalent
Argentina	ARS	350.00	0.00285714
* Australia	AUD	1.55	0.64516129
* Bangladesh	BDT	110.00	0.00909091
* Brazil	BRL	5.03	0.19880716
* Canada	CAD	1.35	0.74074074
* Switzerland	CHF	0.91	1.09890110
* Colombia	COP	4,070.00	0.00024570
* Denmark	DKK	7.05	0.14184397
Egypt	EGP	31.00	0.03225806
Ethiopia	ETB	55.00	0.01818182
* Euro Zone Countries	EUR	0.94	1.06382979
* United Kingdom	GBP	0.82	1.21951220
India	INR	83.00	0.01204819
* Japan	JPY	149.00	0.00671141
* Korea	KRW	1,350.00	0.00074074
* Sri Lanka	LKR	324.00	0.00308642
* Nigeria	NGN	776.00	0.00128866
* Norway	NOK	10.67	0.09372071
* Nepal	NPR	133.00	0.00751880
* New Zealand	NZD	1.66	0.60240964
Philippines	PHP	57.00	0.01754386
* Pakistan	PKR	288.00	0.00347222
* Sweden	SEK	10.89	0.09182736
* Thailand	THB	37.00	0.02702703
* South Africa	ZAR	18.90	0.05291005

* Indicates rate change from the previous month.

**Together,
we end polio**



**WORLD
POLIO DAY
24 OCTOBER**



**Register your
World Polio Day event**



**END
POLIO
NOW**



**TOGETHER, WE
END POLIO**

Rotary 

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



943-EN—(123)

09-27-2023 9th RCCF GMM RY 2023 - 2024 District Governor's Official Club Visit



09-30-2023 September 2023 Area 1 Coordination Meeting (ACOM)



09-30-2023 SM Seaside Cube Pink Lighting



10-01-2023 Pink Cancer Chat





10-01-2023 Rustans Pink Facade Lighting



CALENDAR

October events

GOOD UNCLEAN FUN

Event: Family Fun Mud Run
Host: Rotary Club of Fair Lawn, New Jersey
What it benefits: Local projects and scholarships
Date: 1 October

For this annual outing, the club partners with a company that puts on family-friendly mud runs. The course, which includes obstacles and plenty of mud over 1.5 to 2 miles, is designed so that parents and kids can run together. Anyone age 5 and older is welcome to participate. Members of the Interact Club of Fair Lawn High School help out as well.

RUN TO END HUNGER

Event: Harvest Classic
Host: Rotary Club of Longview-Early Edition, Washington
What it benefits: A local food collection and distribution center
Date: 7 October

This footrace invites runners and walkers to compete in either a 5K or a 10K. Both routes are flat with scenic views of downtown Longview; the 10K also loops around part of Lake Sacajawea. This year's event is part of Longview's centennial celebration, and participants can use an app along the route to learn about the city's history. Proceeds go toward the Lower Columbia Community Action Program's Help Warehouse, which supplies area food banks.

SHELLFISH SHINDIG

Event: Oyster Crush
Host: Rotary Club of Cape Henry, Virginia
What it benefits: Local charities, scholarships, and youth leadership programs
Date: 8 October



DRESSED UP DOGS

Event: Halloween Dog Parade and Costume Contest
Host: Rotary Club of Florham Park, New Jersey
What it benefits: Local scholarships and charities
Date: 14 October

Pet lovers will delight in this event, held outside the Florham Park borough hall, in which dogs and their owners parade in Halloween costumes and compete for prizes in various categories. Last year's best-in-show award went to a *Jurassic Park*-themed trio: a greyhound dressed as a dinosaur, accompanied by humans in park ranger uniforms. A DJ will provide music, and refreshments will be sold.

Over nearly four decades, this massive oyster roast and all-around party has raised more than \$300,000 for organizations and programs in the Hampton Roads region. No one will go hungry with an all-you-can-eat menu of raw and wood-fired oysters, steamed clams, barbecue, fried chicken, and more. The event takes place outside a restaurant in Virginia Beach and includes music and dancing.

RIDE FOR READING

Event: Road Rally at the Lakes and Festival
Host: Rotary Club of Norman, Oklahoma
What it benefits: The club's Success Cycle program
Date: 14 October

For this bike race, participants can choose to ride 28, 40, or 50 miles, with all routes traveling from Lake Thunderbird to Lake Stanley Draper and back again. A

festival replete with food trucks, beer, and live music awaits cyclists past the finish line. The event helps fund a literacy program in which the club awards bicycles and e-readers to local elementary school students who have reached reading goals.

WINNER, WINNER, CHICKEN DINNER

Event: Chicken BBQ
Host: Rotary Club of Upper St. Clair-Bethel Park-Breakfast, Pennsylvania
What it benefits: Local and international charities
Date: 28 October

Club members work with volunteers to barbecue more than 800 chickens and serve upward of 1,600 drive-thru meals for this annual fundraiser. Each meal includes a half chicken, baked beans, coleslaw, and cookies. Over the past 34 years, the event has raised more than \$800,000 in support of charities.

Rotary

Zone 10A



**END
POLIO
NOW**

VIRTUAL POLIO SUMMIT 2023

October 18, 2023
6 PM Philippine Time
via Zoom Meetings

MEETING ID:
874 3733 1615

PASSCODE:
poliosum23

**TOGETHER, WE
END POLIO**



Celebrate Community Economic Development

Rotary and Rotaract members are passionate about finding sustainable solutions to the problem of poverty. By supporting projects that focus on creating employment opportunities and generating income, we can reduce poverty. During Community Economic Development Month, consider how you can address community needs and challenges. These Rotary resources can help you start a local project or support an international one:

- Contact your district international service chair, who can connect you with other local experts, such as members of the District Resource Network.

- Contact a Rotary Action Group to get expert advice on planning and implementing a project and help finding partners, funding, and resources. Many of these groups, for example, the action groups for community economic development, disaster assistance, and food plant solutions, focus on economic issues.

You can involve community members in your work:

- Sponsor or work with a Rotary Community Corps, which can engage members of the community where you're working and help a project become sustainable by empowering local leaders.
- Contact your district community service chair, who can advise you about developing local projects to address your community's needs. The service chair can also connect you to local organizations, district committees, and other Rotary groups that focus on service.

You can increase your impact by working with one of Rotary's service and project partners:

- Ashoka helps find creative solutions to social problems.
- Habitat for Humanity International provides safe and affordable homes to families in need.
- The Peace Corps promotes peace and community development.
- ShelterBox responds to disasters and emergencies with community assessments, temporary shelter, and essential aid.

Visit our Rotary Service in Action blog for stories about members and participants supporting community economic development that will inspire your next project.

SM CITY CEBU

PINK

OCTOBER 2023



PINK ROOM

Every Tuesdays & Thursdays of October
3PM - 6PM | Mall Clinic
2nd Level, North Wing

PINK TALK

A breast cancer awareness forum
October 1
9AM - 1PM
Cinema 7

PINK TOTES

EXHIBIT LAUNCH
October 23 | 2PM
EXHIBIT | October 23 - 31
North Wing

PINK DRINK

October 1 - 31
A pink lemonade
drink available at
The Lemon Co.

PINK DISPLAY

October 15 - 31
Lower Ground Level,
Main Mall
In partnership with
Harley-Davidson

PINK MASS

October 30 | 9 AM
North Wing Atrium

We are one with every woman this Breast Cancer Awareness Month.



SEASIDE CITY



in cooperation with



THIS OCTOBER, WE THINK PINK

Join us as we support Breast Cancer Awareness Month at SM Seaside!



iCanServe
PHOTO EXHIBIT

October 11 - 31

Third Level, Seaview Wing
(near GAOC)

PINK ROOM
FREE BREAST EXAMINATION

Every Wednesday of October
starting October 11

3PM - 6PM

Second Level, City Wing
(beside Coffee Bay)

(032) 340-8735

SM Seaside City Cebu (Official)

@SMSeasideCebu

@SMSeasideCityCebu

PINK

Perspective

Year 4

EVERY STORY BEGINS WHEN YOU THINK PINK.

October 14-15, 2023
1-4 PM via Zoom

are you PINKcited?

SCAN ME



Rotaract
Club of Cebu Fuente

Cebu Fuente
Rotary
Club

Rotaract
Club of Cebu Fuente
University of San Carlos

Rotaract
Club of Cebu Fuente
University of the Visayas Chapter



LEMONS & MELONS

FOR A CAUSE

LET'S PINK IT UP!

The Lemon Co. in partnership with the **Rotary Club of Cebu Fuente**, **Rotary Club of Metro Mandaue 2006** and the **I Can Serve Foundation** is raising awareness for breast cancer. A portion of **Pink Lemonade** purchases for October will contribute to **Mammograms for Indigent Women**.



Pink
LEMONADE
with **Watermelon Sinkers**

Order a

Pink
LEMONADE

and contribute to Mammograms
for Indigent Women

IN PARTNERSHIP



SAVE THE DATE:
OCT 29TH CEBU

SMARTIES
APPAREL
Active Woman



STRONGER Than CANCER

WITH **WOWIE DE GUZMAN**

FOR MORE INFO VISIT  /STRONGER THAN CANCER DANCE FITNESS EXPO

₱500
WITH SHIRT


of Cebu

REGISTRATION ONSITE
STARTING 12NN
MARATHON STARTS AT 4PM

Cebu Fuente
Rotary
Club 

Rotaract 
Club of Cebu Fuente

Rotaract 
Club of Cebu Fuente
University of San Carlos

Rotaract 
Club of Cebu Fuente
University of the Visayas Chapter



Cebu Fuente
Rotary
Club



Inner Wheel Club of
Cebu Central

PINK *Moves*

DANCE FITNESS FOR Breast Cancer Awareness

OCTOBER 19, 2023 | 6:00 PM
AYALA CENTER CEBU ACTIVE ZONE

*"This afternoon's PINK MOVES is
hosted by Rotary and Rotaract"*



Rotaract 
Club of Cebu Fuente

Rotaract 
Club of Cebu Fuente
University of the Visayas Chapter

Rotaract 
Club of Cebu Fuente
University of San Carlos



OAKRIDGE
Business Park

Cebu Fuente
Rotary
Club



icanserve
FOUNDATION INC.
C E B U

IN COOPERATION WITH

Rotaract



Club of Cebu Fuente

Rotaract



Club of Cebu Fuente
University of the Visayas Chapter

Rotaract



Club of Cebu Fuente
University of San Carlos



Inner Wheel Club of
Cebu Central



Zugbuana

OAKRIDGE 2023

Link Tent

CELEBRATE LIFE

A PRE-CHRISTMAS BAZAAR FOR A CAUSE

ADMISSION IS FREE

OCTOBER 28, 2023 | SATURDAY | 9:00 AM - 8:00 PM

OCTOBER 29, 2023 | SUNDAY | 9:00 AM - 6:00 PM

OAKRIDGE PAVILION, OAKRIDGE BUSINESS PARK
A.S. FORTUNA ST., BANILAD, MANDAUE CITY, CEBU



Cebu Fuente
Rotary
Club



IN COOPERATION WITH



OAKRIDGE 2023 Pink Tent

CELEBRATE LIFE

A PRE-CHRISTMAS BAZAAR FOR A CAUSE

OCTOBER 28, 2023 | SATURDAY | 9:00 AM - 8:00 PM

OCTOBER 29, 2023 | SUNDAY | 9:00 AM - 6:00 PM

OAKRIDGE PAVILION, OAKRIDGE BUSINESS PARK
A.S. FORTUNA ST., BANILAD, MANDAUE CITY, CEBU

NOW ACCEPTING CONCESSIONAIRES

For inquiries please contact

Fely: 0928 500 9102 | Myres: 0917 328 9356



icanserve
FOUNDATION INC.



PAGTAMBAYAYONG

an Art Exhibit by
Cebuano Artists for the
benefit of ICanServe
Cebu

With special participation
of Jose "Kimsoy" Yap, Jr.
and Fred Galan
Friday Group Sessionistas,
ArtPortalCebu Gallery,
Arkisketchers Cebu,
Medical Group Artists

October 2-31, 2023
The Mall | NUSTAR
Level 2 (near Cafe Laguna)



www.facebook.com/rotaryclubofcebufuente



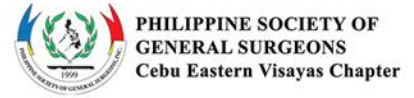
info@rccebufuente.org



www.rccebufuente.org

pink room

presented by



FREE Breast Consultation and Breast Screening

Every Wednesday for the
Month of October
at the Clinic of
SM Seaside City Cebu
3:00 PM - 6:00 PM

Every Tuesdays and Thursdays
for the Month of October at
Breast Feeding Station,
SM City Cebu, Cebu City
3:00 PM - 6:00 PM

Early Breast Cancer Detection is your Best Protection



Cebu Fuente
Rotary
Club



BLOOMS OF HOPE

Walk in Pink Fashion Show

Designer: Griffins Malazarte of
GMO Collections

October 22, 2023 | 5:00 PM
The Gallery, Ayala Center Cebu



The new and easier-to-use Brand Center is now available!

Promote your club. Inspire your community.

Visit the Brand Center to access promotional materials and resources to share your club's stories of impact and show your community we're people of action. You'll find:



Templates to create club logos and custom promotions



Ads, photos, and videos that show Rotary in action



Guidance to apply Rotary colors and design elements

Use these tools to update your website, social media accounts, and community outreach materials. **Get started at rotary.org/brandcenter.**

WWS15

IT ALL STARTS WITH WASH

THANK YOU!



Thank you to all of our attendees, sponsors, volunteers, and NGO exhibitors who helped make **World Water Summit 15** in Melbourne, Australia, a success!



Join us! May 24, 2024 in Singapore

Register today for World Water Summit 16 at www.wasrag.org



WE WANT YOUR FEEDBACK



THE ALL-MEMBER SURVEY IS COMING IN NOVEMBER!

This is your chance to tell us what you like, what you don't like, and what you want from your Rotary membership.

To make sure you receive the survey, update your email address at my.rotary.org/profile/me.



Cebu Fuente
Rotary
Club



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

THE 2024 ROTARY INTERNATIONAL CONVENTION

SINGAPORE | 25-29 MAY 2024

**REGISTER AND PAY BY 15 DECEMBER 2023
BEFORE PRICES INCREASE**

**BUILDING IDEAS FROM HOPE.
SETTING COURSE TOWARD A BETTER FUTURE.
SHARING HOPE WITH THE WORLD.**

Be a part of Rotary's biggest event of the year!
Register and pay by 15 December 2023 before prices increase.



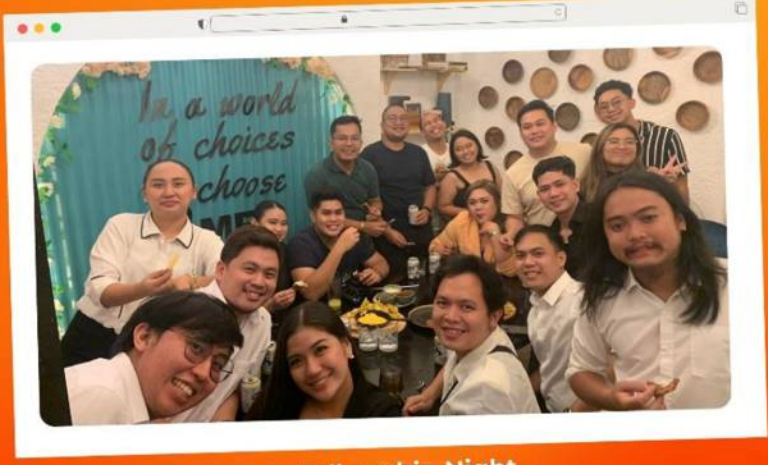
Register today at
convention.rotary.org





Rotaract   CREATE HOPE
Club of Cebu Fuente In the WORLD

CEBU FUENTE IN ACTION



Fellowship Night
September 23, 2023

INSPIRE CONNECT TRANSFORM SERVE DREAM

 @raccebufuentecombased  raccebufuentecombased@gmail.com

Last September 23, after the club Induction the team had a fellowship night with our guests and fellow members at Kopola, Panagda-it, Mabolo, Cebu City.

Continuing fellowship activities within your Rotaract club is an excellent way to strengthen bonds among members, create a sense of community, and enhance the overall Rotaract experience.

Rotaract   CREATE HOPE
Club of Cebu Fuente In the WORLD

CEBU FUENTE IN ACTION



Fellowship Night
September 23, 2023

INSPIRE CONNECT TRANSFORM SERVE DREAM

 @raccebufuentecombased  raccebufuentecombased@gmail.com

Invite someone to become a **Rotarian today.** Join Leaders Exchange Ideas Take Action

Cebu Fuente
Rotary
Club



Spread the Word!