

THE FOUNTAIN

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PINK TENT 2023: A PRE-CHRISTMAS BAZAAR FOR A CAUSE



Cebu Fuente
Rotary
Club



CREATE HOPE
in the **WORLD**



GORDON R. MCINALLY
Rotary International
President



ROZANNE TWINKLE GAMBOA
District Governor



EDWARD VINCENT ANG
District Secretary



ROSEL SUMAYO
Assistant Governor Area 1D



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Diversity, Equity, and
Inclusion (DEI) Officer



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Adviser



PP EMMANUEL P. TESALONA
Adviser



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Nonlife Insurance



CONRADO M. ABARINTOS
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Services



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Food Manufacturing



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IT Saervices



ATTY. LOLITA L. LOMANTA
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Supplies Trading



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Outdoor Advertising | Signage
Design and Production



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Retail Management



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Government Customs



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Precious Metal Trading



ARCH. MANUEL L. TORRES JR
Roof Manufacturing



PATRICK L. YARED
Resto Bar Management



14th General Membership Meeting

MIT Bldg, Gorordo Ave, Cebu City | December 9, 2023

Disease Prevention and Treatment Month

Programme (Christmas Fellowship)



Hosted by:
DR. MARICEL AMORES
Past President

INVOCATION
*May the spirit of
Christmas that is
Peace, the beauty
of Christmas that is
Hope, and the
blessing of
Christmas that is
Joy, be ours in
abundance this
Christmas, and
every Christmas to
come. 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 **JUN TORRES**
Past President

Introduction of Rotarians |
Spouses, Visiting Rotarians |
Rotaractors | Guest **EMMIE TESALONA**
Past President

PART 2

Fellowship

PART 3

President's Time **JOSE MARIE PONCE**
President

Other matters

Adjournment **JOSE MARIE PONCE**
President

...Fellowship Continues...

Quote for the Week

"Just remember, the true spirit of Christmas lies in your heart." - The Polar Express



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,

As we approach the joyous season of Christmas and the dawning of a brand-new year, I extend my warmest wishes to each and every one of you. May this message find you surrounded by the love of family and friends, and the spirit of the holidays filling your hearts with joy.

Reflecting upon the past year, I am filled with gratitude for the collective efforts and unwavering dedication that each member of our Rotary Club of Cebu Fuente has demonstrated. Together, we have achieved milestones, fostered goodwill, and truly embodied the essence of service above self.

As we bid farewell to 2023 and eagerly embrace the opportunities of 2024, let us carry forward the spirit of unity and commitment that defines our RCCF family. In the coming year, I am excited about the prospect of engaging in transformative community service projects that will not only embody our shared values but also uphold our theme – Create Hope for Rotary.



Amidst the celebrations and festivities, let us not forget the true reason for the season – the birth of Jesus Christ. May His love and teachings inspire us to spread kindness, compassion, and goodwill in all our endeavors.

I extend my heartfelt wishes for good health, prosperity, and boundless joy to you and your families. May the spirit of Christmas illuminate your homes and the dreams for the New Year unfold with abundance.

As we embark on this journey into 2024, let us remain steadfast in our commitment to the motto "service above self." It is through our collective dedication that we will continue to uphold the basic tenets of Rotary, making a positive impact in our communities and beyond.

Wishing you all a Merry Christmas and a Happy New Year filled with hope, joy, and the fulfillment of meaningful aspirations.

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



From Secretary's Desk



PATRICK L. YARED
Secretary, RY 2023 - 2024

ATTENDANCE

	ROTARY ID #	LAST NAME	FIRST NAME	13th 11/28	14th 12/09	15th 01/08	16th 01/29
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	Archt. 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				7			

BIRTHDAYS

December 02	Jason Ong	December 12	Kristoffer Llegunas
December 06	Sps. Yeni Deipaine	December 14	Maricel Amores
December 08	Emman Abay-abay	December 21	Nanette Calalang
December 09	Atty. Bernz Amago	December 31	Emmie Tesalona

WEDDING ANNIVERSARIES

December 15	PDG Me'anne & Tito Solomon
December 26	Janice & Jason Ong
December 27	Ken & Ninna Sulay
December 31	Pearle and Fritz Strolz



Unnatural disasters

In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.

— GORDON MCINALLY



The term “natural” disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we’ve not always gotten it right, we’ve learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often deter-

mines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

At ShelterBox, we simply say “disaster” or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly.

Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities.

Disasters are not natural. Let’s stop saying they are.

SANJ SRIKANTHAN
CEO, ShelterBox

PHOTOGRAPH: COURTESY OF SHELTERBOX



TRUSTEE CHAIR'S MESSAGE

What Rotary is all about

“So this is Christmas / And what have you done?” sang John Lennon in the holiday classic “Happy Xmas (War Is Over),” released in 1971 with Yoko Ono.

The holidays are a time of warmth and togetherness but also of reflection. Above all, the season is a time of generosity, especially to those less fortunate.

During your holiday giving, remember that gifts to The Rotary Foundation may not fit nicely in a present box, yet they keep on giving throughout the year.

December is also Disease Prevention and Treatment Month. Just think of all the Rotary efforts that would not be possible without the generosity of you, our Rotary family. Consider the incredible progress we have achieved in our fight to end polio — the countless lives we’ve saved and the hope we’ve restored. Think of all the clinics around the world Rotary has equipped and the medical professionals trained through Foundation grants, helping fight heart disease and Guinea worm disease.

Your gifts to the Foundation also help make health care accessible to underserved communities in a big way through Programs of Scale. Right now, those grant recipients are working to end malaria in Zambia, reduce the mortality rate of mothers and their infants in Nigeria, and eliminate cervical cancer in Egypt.

Of course, our reach extends far

beyond disease prevention and treatment. During times of disaster, we must act swiftly to alleviate suffering and offer support. In response to the devastating earthquake in Morocco in September, The Rotary Foundation Trustees established the Morocco Earthquake Response Fund to support immediate relief efforts led by Rotary members on the ground. You can contribute directly, and your districts can apply for grants from the fund until 21 September 2024 or until the funds are fully allocated. Anyone can initiate a fundraiser for the Morocco fund on Raise for Rotary, opening further avenues for your generosity.

We truly have the gift of giving. There are no limits to the opportunities to give and make a difference through Rotary.

As we approach the end of the year, I invite you to make your gifts before 31 December. Your generosity will have a profound impact on many — people who you may never meet, but whose lives you will change just the same.

On behalf of Esther and myself, we wish you all a joyful holiday season. Thank you for your continued support, dedication, and unwavering commitment to The Rotary Foundation and to what Rotary is all about: helping others.

BARRY RASSIN

Foundation trustee chair

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GENERAL SECRETARY

John Hewko

Kyiv, Ukraine

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Chun-Wook Hyun

Seoul-Hansoo, Korea

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Holger Knaack

Herzogtum Lauenburg-Mölln,
Germany

Hsiu-Ming Lin

Taipei Tungteh, Taiwan

Larry A. Lunsford

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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

My Dear Rotarians of District 3860,

As we approach the joyous Christmas season, I am filled with great pride and gratitude for the incredible work that you have all done throughout this year. Your dedication to the Rotary ideals of service, fellowship, and goodwill has profoundly impacted our communities and the world.

Christmas is a time for reflection, gratitude, and giving. It is a time to celebrate the spirit of kindness and generosity, and as Rotarians, these are values that we hold dear to our hearts. Let us take this opportunity to reflect on the positive changes we have brought about through our service and to express our heartfelt gratitude for the blessings we have received.

In the true spirit of Rotary, let us also remember those who are less fortunate and in need of our help. As we gather with our loved ones to celebrate, let us extend our hands and hearts to those who may be struggling, and let us continue to spread hope and joy in the true spirit of the season.

I am immensely proud to be part of this vibrant and dedicated Rotary District. Your passion, commitment, and unwavering support have been inspiring. Together, we have achieved remarkable milestones, and I am confident we will continue to make a positive difference in the world in the coming year.

I wish you and your families a Christmas filled with love, peace, and joy. May the season's spirit fill your hearts with warmth and your homes with happiness. Thank you for all that you do, and may the coming year be filled with even greater opportunities for service and fellowship.

Merry Christmas, and may the spirit of Rotary continue to shine brightly in our district and beyond.

With warmest regards,

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

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

22 $\text{C}\sharp\text{m}7(\text{add}2)$ $\text{C}\sharp\text{m}/\text{F}\sharp$ $\text{E}/\text{F}\sharp$ E^\flat/G 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 E^\flat/B
 hope is plant-ed, love is sure to grow.

B
 30 B $\text{B}/\text{D}\sharp$
mf Bat-tles may rage, Hi-ding the voi-ces 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 $\text{B}^\flat/\text{C}\sharp$ $\text{C}\sharp(\text{add}2)$ $\text{F}\sharp$ $\text{F}\sharp$ $\text{E}(\text{add}2)$ $\text{B}\text{maj}7/\text{D}\sharp$
 to where dreams touch the sky. Turn the page, turn the tide,

49 $\text{C}\sharp\text{m}7(\text{add}2)$ $\text{C}\sharp\text{m}/\text{F}\sharp$ $\text{E}/\text{F}\sharp$ E^\flat/G 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 $\text{G}(\text{sus}4)$ $\text{D}\text{m}/\text{G}$ G^9 $\text{F}(\text{add}2)$ *f*
 hope is plant-ed, love is sure to grow. Turn the page,

58 $\text{C}\text{maj}7/\text{E}$ $\text{D}\text{m}7(\text{add}2)$ $\text{D}\text{m}/\text{G}$ 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 C^\flat/D $\text{D}^\flat(\text{add}2)$ G 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 $\text{D}\text{m}7(\text{add}2)$ $\text{D}\text{m}/\text{G}$ 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 $\text{E}^\flat/\text{G}\sharp$ B^\flatm $\text{B}^\flat\text{m}(\text{maj}7)$ C/D 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

Merry CHRISTMAS

May the spirit of Christmas bring you peace,
the gladness of Christmas give you hope, and
the warmth of Christmas grant you love.

Merry Christmas!

Greetings From

Cebu Fuente

Rotary
Club



HANDBOOK

Recycling, nature's way

How to turn food scraps
 into fertilizer

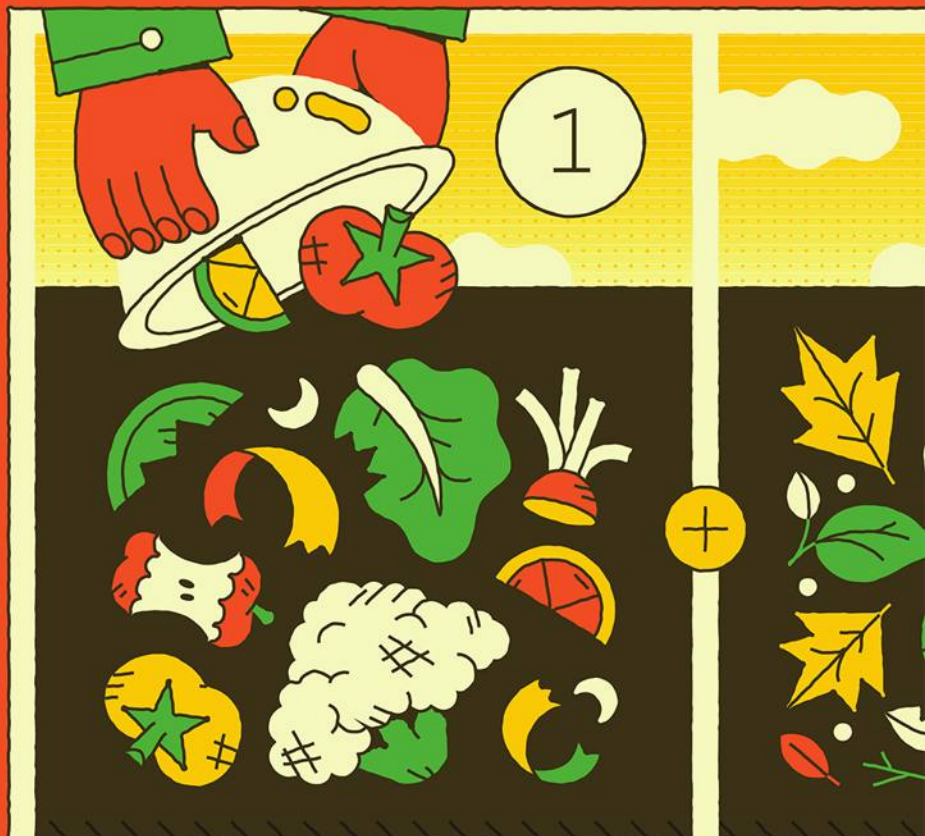
Americans fill landfills with the equivalent of 48,000 Olympic-sized swimming pools of solid waste each year. And it's not just dirty diapers and old tires taking up all that space; food and yard trimmings make up about 30 percent of landfill waste.

But nature has its own way of recycling, one that is bypassed when food ends up in the trash heap: the compost cycle.

Members of the Rotary Club of Madison, Wisconsin, started a composting project in 2022 that diverts food scraps from their weekly lunch from the landfill and turns them into fertilizer for a community garden affiliated with an elementary school.

Rotary members constructed three compost bins at the site, educating growers about which plant materials were best to include. Meanwhile, they worked with the kitchen staff at the hotel where they hold their lunch to collect food waste — think carrot shavings, pineapple rinds, onion skins, and spoiled cauliflower. The waste is transported each week to the garden, where volunteers mix the scraps into the bins.

After a few months, the finished compost is ready to use to fertilize the garden plots. "It's great for the kids, great for the community, and great for Rotary," says David Edinger, who spearheaded the project as co-chair of the club's Going Green Fellowship. Here's a closer look at how it works.



1. Hotel staff save “green” materials high in nitrogen like fruit and vegetable scraps.
2. Growers add carbon-rich “brown” materials — dry plant matter such as dead plant clippings, fallen leaves, and straw bales.
3. Worms and microorganisms digest the organic matter, using it for growth and reproduction. Volunteers maintain the pile by keeping it damp and turning it to create air pockets, since the microbes need oxygen to survive. The work of the microbes heats the temperature to 140 degrees or higher, hot enough to kill off pathogens.
4. Growers use the remaining dark, crumbly material as fertilizer for their gardens.
5. Plants absorb the nutrients, helping produce more fruits and vegetables to eat.





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Rotary 

CALENDAR

December events

SHINE BRIGHT

Event: Santa's Shining Light Show
Host: Rotary Club of Charles City, Iowa
What it benefits: Local projects
Dates: 25 November-31 December
 Started by the club in 2021, this holiday light show in a downtown park has become a new annual tradition in Charles City. Seasonal displays sponsored by local businesses, organizations, and individuals light up the Saturday after Thanksgiving and twinkle throughout December. Past displays have featured trees, snowmen, reindeer, and a gingerbread house.

TREE TIME

Event: Lights of Kindness
Host: Rotary Club of South Anne Arundel County (Edgewater), Maryland
What it benefits: Local charities
Dates: 1-3 December
 The contest, which has raised nearly \$200,000 over the past nine years, pairs businesses with local charities to decorate Christmas trees. The trees are displayed at a garden center during the first weekend of December, and visitors can vote for their favorite tree by donating any amount of money. Each dollar donated is divided equally between the club's foundation and the charity responsible for the tree, and the three charities that collect the most money earn an additional cash prize.

HOMETOWN HOOPLA

Event: Christmas Parade
Host: Rotary Club of Chesapeake, Virginia
What it benefits: Local projects and charities
Date: 2 December
 This holiday event showcases and celebrates the residents of Virginia's



HO, HO, GO!

Event: Santa Run
Host: Rotary Club of Evansville, Indiana
What it benefits: Ronald McDonald House Charities of the Ohio Valley
Date: 2 December

Hundreds of people clad in red pass through the neighborhoods of Evansville in this whimsical winter race. Participants can opt for a 5K run or a 1-mile walk, with all receiving a Santa suit to wear during the event. Children ages 1-9 who complete a shorter kids run receive a medal. Proceeds go toward a Ronald McDonald Care Mobile, a medical clinic on wheels that will deliver free or reimbursed care to underserved pregnant people, postpartum mothers, and infants in the area.

second-largest city. The parade is led by a grand marshal, typically a local celebrity or honored citizen, with a lineup of government officials, business representatives, youth sports teams, cheerleaders, school marching bands, and others. Spectators who stay until the end are greeted by Santa Claus, riding atop the parade's final float in his sleigh.

A HIT PARADE

Event: Christmas Parade
Host: Rotary Club of Fayetteville, North Carolina
Date: 9 December
 Since the parade began in 1999, it has grown to more than 100 units, including some from out of state, and now routinely draws more than 10,000 people. Attendees can expect a variety of festive floats, school groups, and costumed characters including Santa Claus. One

of the annual highlights is E.E. Smith High School's award-winning show-style band, the Magnificent Marching Machine.

WINTER WONDER

Event: Winter Community Breakfast
Host: Rotary Club of Bedford, Massachusetts
What it benefits: Local and international projects
Date: 10 December
 This annual event welcomes the entire Bedford community, with children of all cultures and traditions invited to join in a morning of food and family-friendly fun. A pancake breakfast is served, and children can make crafts, take part in holiday and winter-themed activities from diverse cultural traditions, and take photos with Santa. All who attend receive a coloring book to take home.

PHOTOGRAPH: COURTESY OF CATHY RENNER

2024 CONVENTION

Top reasons to register early



Daydreaming about a trip on your calendar is one of life's small rewards.

All the more so if the destination is the 2024 Rotary International Convention in Singapore, Asia's dazzling garden city, rich in culture and unique attractions. Here are just a few of the reasons to register early.

- **Give yourself a vacation to look forward to.** Whether you're making the trip of a lifetime or a return visit, you'll find inspiration and wonder in Singapore.
- **Save significant money.** The last day for the early registration discount is 15 December. You won't get a lower rate.
- **Have your pick of airfares and hotels.** It's the right time to lock in a good airfare rate before prices almost certainly go up closer to 25-29 May. You'll have more room choices when you book your hotel at a special rate.

Looking for a deal? A city view? Enough space for your kids? Check your options.

- **Book a special experience.** Exclusive excursions for Rotary members can sell out, and organizers have curated tour packages to see hidden gems in Singapore and nearby countries.
- **Leave time to gather your entourage.** Veronica and Johnny Yu, of the Rotary Club of Cubao, Quezon City, Philippines, committed to Singapore while still in Melbourne and have been encouraging others to take advantage of early registration. "You can only believe in the magic of Rotary if you go to the convention," Johnny Yu says. No two conventions are the same, so even if you've been before it's a chance to reconnect with friends and be inspired. This convention is when members turn ideas into actions for *Sharing Hope With the World*. ■

Learn more and register at convention.rotary.org.

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People of action around the globe

By Brad Webber

Peru

Much of the milk produced in Peru never leaves the farm: It's consumed directly by farming families, fed to calves, and used to make artisanal cheeses. The Rotary E-Club of Fusión Latina Distrito 4465 teamed up with the nonprofit CEDEPAS Norte to help subsistence farmers in the country's northern highlands. Last year the club delivered stainless steel presses and molds to open two cheese production facilities. A global grant of more than \$50,000 helped pay for the equipment, training, management, and marketing. "So far there are 21 new employees and 63 families served, and 25 pregnant cows were gifted" through the Peruvian government program Agroideas, says Club President Fernando Barrera, who lives in Trujillo.



United States

Earl Knauss got a lesson in food waste when he received a neighbor's gift of three bushels of red peppers that had been cast aside by a farm because they were misshapen. "I discovered that odd-shaped, blemished, and imperfect vegetables were dumped or destroyed," says Knauss, of the Rotary Club of Hamburg in western New York state. He asked the farm's owner for more of the unsalable produce and collected 18-gallon totes of vegetables that he sent to food pantries. The Farm to Family project has since expanded to include three farms, and the Hamburg club formally adopted it in 2018. From May to December, Rotary members and friends work alongside Knauss delivering vegetables to about 3,000 families. In 2022, they provided more than 100,000 pounds of vegetables to 23 distribution sites. Among them is the Resurrection Life Food Pantry in Cheektowaga, where pantry director Kim Reynolds says the site would not have many fresh vegetables without the program. "Our clients rely on Farm to Family to fill that gap," she says.



36,849 tons

Peru's cheese production in 2021

\$600 billion

Annual value of food wasted worldwide during or just after harvest

Italy

A rising number of young people with eating disorders prompted the Rotaract Club of Terre Cremasche and the nonprofit Consultorio Insieme Crema to conduct workshops for people ages 20 to 35. Beginning in April, the series covered three topics: body image, mindful eating, and wellness and sustainable dining. The sessions were developed in collaboration with counseling centers and psychologists. “The aim is to guide participants in critically examining their eating habits and the emotional and historical significance of meals,” says club member Emma Prévot. The club funded much of the program with a gala cocktail reception in the town of Crema’s civic museum, housed in a 15th century convent.



Rotaract
 Club of Terre Cremasche 

3 million

Italians with eating disorders

Philippines

With two club leaders being registered nutritionist dietitians, the Rotary Club of Lucena University District takes healthy eating seriously. The club paired with the Quezon chapter of the Nutritionist-Dietitians’ Association of the Philippines to offer lessons at a jail on how diet can prevent disease, the importance of exercise, sleep, and drinking enough water, and other topics. Club President Joey Kathlyn Samonte and Past President Bella Castro also explained a food chart on optimal portion sizes for various food groups. And aspiring chefs tested their skills in a cooking contest using the organic vegetables grown at the jail. Club member Jasper Panganiban lauds the pair’s devotion. “These types of projects to encourage healthy lifestyles and diets in the community are close to their hearts,” Panganiban says.

6.4%

Share of adult Filipinos considered obese

Rotary
 Club of Lucena University District 



Papua New Guinea

Protein deficiency is a leading cause of stunted growth, which affects about half of children under age 5 in Papua New Guinea. Working with the nonprofit Kyeema Foundation, members of the Rotary Club of Brisbane, Australia, donated about \$2,900 to construct a chicken shed and yard in the town of Wau. The aim is to conserve indigenous breeds of poultry that are better at resisting disease, require less supplemental food, and produce nutrient-dense eggs and leaner meat. After training the villagers and stocking the farm with native breeding hens, the club created a similar facility in Gabagaba village. Celia Grenning, a club member and a director with Kyeema, says the project is a blessing for the community, which previously relied on the overfished and reef-damaged coast for most of its protein. Today, the club and Kyeema operate on land and sea: They have enhanced their work to include coral reef restoration.



1,600+

Recognized chicken breeds worldwide

Rotary
 Club of Brisbane 



Temple Run gives sacred sites a clean sweep

*By Gautam Shrestha, immediate past president (2022-23) of
 the Rotary Club of Yala, Nepal*



Members of the Rotary Club of Yala clean a temple in the Kathmandu Valley.

Kathmandu Valley is renowned for its rich cultural and historical heritage. It's home to numerous World Heritage Sites, and many visitors are attracted to the temples, squares, and stupas that reflect ancient and diverse cultural traditions. Local people come to the temples to pray or visit as part of their morning walks. Older residents meet up to have a friendly chat or sing devotional songs called bhajan. The temples are a place of community, prayer, and reflection where people of all ages come together.

Recently, members of our club became aware of a troubling problem at some of these sites. Their beauty was being marred by a buildup of dust and debris. People arrive carrying plastic bags, but in their devotion to worship, they fail to keep the temple area



Gautam Shrestha



clean or dispose of the trash they generate. There's also a practice of disposing of plastic and paper waste materials by burning them in the temple area.

After talking about it in our club and hearing from others in the community, we decided to take action. We mounted our first effort, which we called "Chandeswori Temple Cleaning," in Pimbahal, Lalitpur. We gathered about 55 volunteers from the Rotaract and Interact clubs of Yala, the Chandeswori Women's Group, and the Yala Heritage Group. The volunteers spent the day picking up trash, debris, organic matter, and worn-out religious offerings in the temple area. We also cleaned floors, dusted, and performed various other surface cleanings.

The positive feedback we received was remarkable. The people who live in the area were happy with our project, and we were happy to see the community come together. We began to see members of the community taking the initiative to clean the temple on a weekly basis. This inspired us to expand our project and commit to cleaning a different temple every three to four months. I called it the "Temple Run" project, because we are regularly moving from one temple to another.

This approach not only allowed us to contribute consistently, but also encouraged local members of the community to actively participate in the regular cleaning of various temples.

We've been able to clean six locations – both Hindu and Buddhist – including Banglamukhi Temple, Mahalaxmasthan Temple, the Machindranath Chariot Area, Karyabinayak Temple, and Sunakoti.

Volunteers from our club, which numbers about 50 members, are joined by many others on our cleaning visits: spouses, Interactors, local community groups, students, and about a dozen members of Rotaract.

We're leading by example, encouraging individuals and communities to engage in social responsibility by taking care of the shared spaces that hold cultural and religious significance. Our project aligns with Rotary's values of service and community engagement. The results may potentially have far-reaching positive impacts on health, culture, and the environment.

We look forward to continuing to foster a sense of community while helping to maintain the sanctity of these revered places, drawing attention to how Rotary unites neighbors, friends, and leaders to volunteer their skills and resources to solve issues and address community needs.

When you give to The Rotary Foundation, you're supporting the work of Rotary members who are working with communities around the world to find sustainable solutions to their needs. Rotarians and Rotaractors are taking action to make a difference, but we need your help.

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President Guillia took the floor, highlighting our club's achievements over the past 6 months and unveiling exciting upcoming projects aligned with the District Rotary Representative's (DRR) Thrust. Building on our successes, we're ready to make an even greater impact in the months ahead!



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