

# THE FOUNTAIN

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## GIFTED TO SERVE: TURNOVER OF HANDWASHING AREA AND HANDWASHING SOAP



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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Director, Public Image



**DAVE JOHN B. KARAMIHAN**  
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Officer



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



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**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





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Consultancy



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**ENGR. JESSELITO V. BARING**  
Environment Consultancy



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IT Saervices



**ATTY. LOLITA L. LOMANTA**  
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**ENGR. LOWELL A. PAPELLERO**  
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Games & Amusement



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Services



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Resort Management



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Plastic Surgery



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Construction & Industrial  
Supplies Trading



**MARY ANNE ALCORDO SOLOMON**  
Outdoor Advertising | Signage  
Design and Production



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Retail Management



**JOSHUA TAN**  
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Precious Metal Trading



**ARCH. MANUEL L. TORRES JR**  
Roof Manufacturing



**PATRICK L. YARED**  
Resto Bar Management





### Programme

#### PART 1

Call to Order .....	<b>JOSE MARIE PONCE</b> President
Invocation .....	<b>AUDIO VISUAL PRESENTATION</b>
Philippine Anthem .....	<b>AUDIO VISUAL PRESENTATION</b>
The Rotary Hymn .....	<b>AUDIO VISUAL PRESENTATION</b>
Four Way Test and Objects of Rotary .....	<b>DR. MARICEL AMORES</b> Past President
Introduction of Rotarians   Spouses, Visiting Rotarians   Rotaractors   Guest .....	<b>DAVE KARAMIHAN</b> Past President

#### PART 2

Fellowship  
Announcements

#### PART 3

Secretary's Report .....	<b>PATRICK YARED</b> Secretary
Director's Report .....	<b>CLUB DIRECTORS</b>
President's Time .....	<b>JOSE MARIE PONCE</b> President
Other matters	
Adjournment .....	<b>JOSE MARIE PONCE</b> President



**Hosted by:**  
**ATTY. ERL AMORES**  
Director, Vocational Service

### INVOCATION

*Our Father, we thank you for the opportunities you have wrapped up with this day. Give us grace to worthily receive your gift. We pray that the food we have enjoyed together may strengthen us for the work of this day. Strengthen us also with strength of purpose and strength of character, that we may fully serve you through all our relationships with others, in our homes, at our places of work and business, and in our communities. Amen.*

**...Fellowship Continues...**

### Quote for the Week

*"The way to get started is to quit talking and begin doing." - Walt Disney*





# 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,

It is with great pleasure that I stand before you at the 16th General Membership Meeting of the Rotary Club of Cebu Fuente. Tonight, we gather not only to celebrate our rich tradition of service but also to unveil the very spirit that drives us forward, igniting a flame of purpose and commitment within each and every one of us.

I am thrilled to welcome our esteemed guest, Past District Governor Anna Bumagat, whose presence tonight ignites excitement for the upcoming Rotacon, a beacon of fellowship and collaboration slated for February 2, 2024, at the prestigious Bai Hotel. It is through events like these that we reaffirm our dedication to Rotary's core values and mission.

Furthermore, I am honored to recognize the exemplary contributions of our Past District Governors, Meanne Solomon and Yumi Espina, who shine brightly as Aides to RI Directors Jessie Harman and Guillermo Tumangan. Their leadership and guidance continue to inspire us all as we navigate the path towards greater service and impact.

Tonight's festivities, masterfully hosted by the dynamic Atty. Erl Borromeo Amores, RCCF's Vocational Director, have been nothing short of spectacular. From the outset, the evening sparkled with joy and camaraderie, exemplifying the spirit of Rotary at its finest.

As members of the Rotary Club of Cebu Fuente, we are privileged to be part of an organization that is deeply rooted in the Avenues of Service. Our commitment to initiatives such as Autism awareness, Breast Cancer support, combating domestic violence, promoting Education, and safeguarding the Environment underscores our unwavering dedication to making a tangible difference in the communities we serve.

In closing, let us carry forth the momentum of tonight's gathering as we continue to embrace the spirit of service, leading with compassion, integrity, and a steadfast resolve to create positive change. Together, we can truly make a lasting impact on the world around us.

Thank you, and may our collective efforts in service illuminate the path towards a brighter future for all.

Yours in Rotary Service,

**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	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		RW	✓	
<b>TOTAL ATTENDEES</b>				<b>7</b>	<b>18</b>	<b>19</b>	

### BIRTHDAYS

January 04 PP Dick Barba  
January 04 PP Alain Senerpida  
January 12 Sps. Shirley Abarintos

January 23 PP Manny Calalang  
January 27 Sps. Gaye Karamihan

### WEDDING ANNIVERSARIES

January 08 Jesse & Flora Baring  
January 08 Rady & Shirley Abarintos  
January 18 Lulu & Noel San Pedro  
January 25 Tootsie & PJ Spaller







## Light the path out of dark days

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict,

including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at [positivepeace.academy/rotary](http://positivepeace.academy/rotary).

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's *Create Hope in the World*.

**R. GORDON R. MCINALLY**

*President, Rotary International*

PHOTOGRAPH: MONIKA LOZINSKA





### TRUSTEE CHAIR'S MESSAGE

## Make the Foundation yours

The new year ushers in promise and hope, a time to resolve to do things differently. We can do more than just hope for the best. We can take steps — big and small — to make changes in every aspect of our lives, including Rotary.

Here's a New Year's resolution to consider: Remember that The Rotary Foundation belongs to you. The Foundation is a global force, doing our good work in the world. Just like anything that belongs to you, it requires care and attention. How can we do this?

First, get to know your Foundation better this year. Did you know that in 2023, the Foundation achieved a maximum four-star rating from Charity Navigator for the 15th consecutive year? This places your Foundation among the world's top charities. Why do we consistently receive this honor? It's because we are financially strong, have a broad reach, and are highly effective with the gifts you give: 91 percent of funds are allocated to program awards and operations.

Another way to engage with your Foundation is to support it through a gift, every year. We've set an ambitious fundraising goal of \$500 million this year, and I'm confident that, with your support, we will achieve it. This year, I'm especially counting on those Rotarians and Rotaractors who have not yet contributed to make their first gift. Because

The Rotary Foundation is an excellent steward, you can be confident that your gift will make a difference, whether it's in polio eradication, literacy initiatives, peace education, or any other area in which we excel.

In 2024, resolve to share the Foundation with others. The Foundation is too great to keep to ourselves. Spread the word during your fundraisers and events. Let the public know that The Rotary Foundation plays a significant role in everything we do, including in our many partnerships. Anyone can support the Foundation, even people who are not in Rotary.

Lastly this year, take action. Your Foundation is waiting for you to roll up your sleeves and make use of its resources to make the world a better place. Seek out global or district grant projects. Consider partnering with a Rotaract club in 2024 to support a grant or collaborate on one. Team up with Rotary and Rotaract clubs in your area to plan your biggest million dollar dinner fundraiser or End Polio Now event.

Whatever you decide to do in 2024, commit to keeping our Foundation in your plans. I can't wait to hear about all the great things we will accomplish this year.

**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

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Fortaleza-Alagadiço, Brazil

#### Alberto Cecchini

Roma Nord-Est, Italy

#### Ghim Bok Chew

Bugis Junction, Singapore

#### Patrick D. Chisanga

Nkwazi, Zambia

#### Eve Conway-Ghazi

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#### 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

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**Barry Rassin**  
East Nassau, Bahamas

#### CHAIR-ELECT

**Mark Daniel Maloney**  
Decatur, Alabama, USA

#### VICE CHAIR

**Bharat S. Pandya**  
Borivli, India

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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

My Dear Rotarians of District 3860,

HAPPY NEW YEAR!

Here's hoping you had a great holiday vacation and enjoyed every moment of it. It is time to settle down and review your accomplishments for the past year.

As we begin another year of service, let us focus on this month of January on vocational service. You joined Rotary as a proud representative of your profession and vocation. In your classification talks, you share your expertise and experiences. This gives you the dual responsibility of representing your vocation and of exemplifying the ideals of Rotary service within your clubs.

In our professions and vocation, let us be guided by the Declaration of Rotarians in Business and Profession, especially on what is most expected of you on number #1 - "Consider my vocation as an opportunity to serve." and number #3 - "Do all my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation"

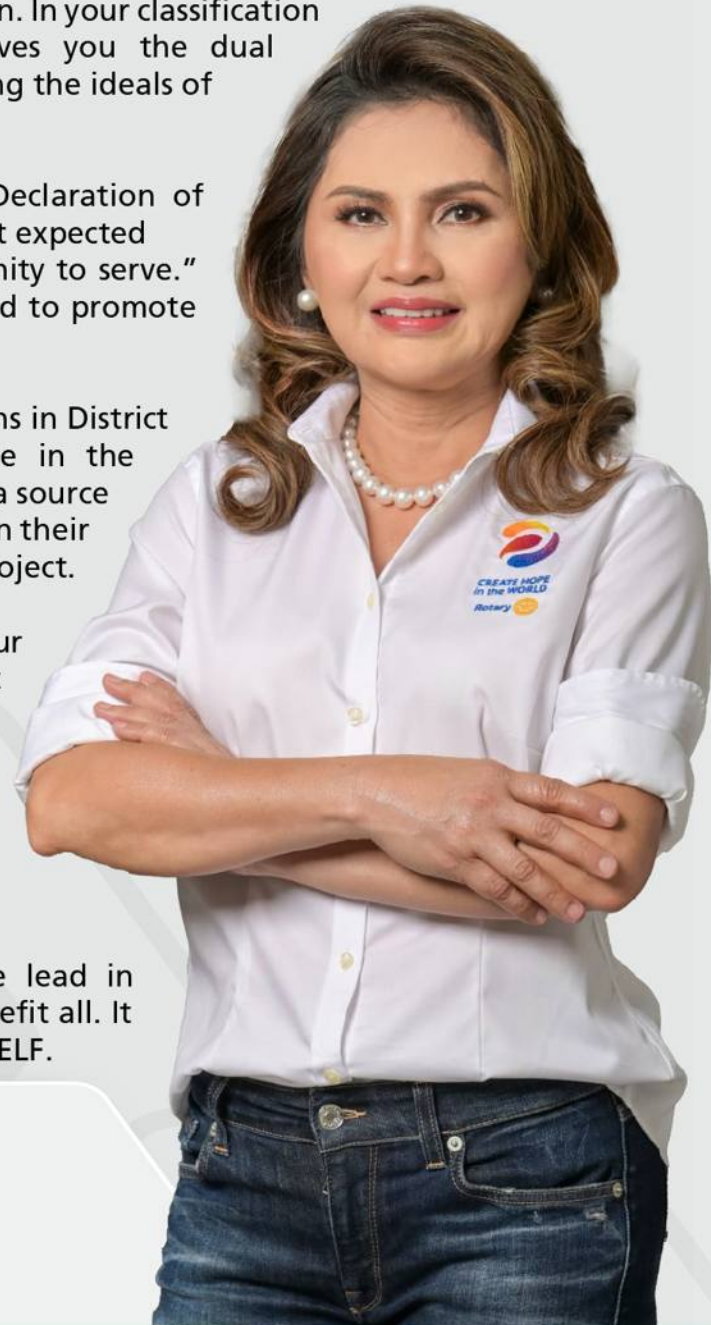
To commemorate Vocational Service Month, I urge all Rotarians in District 3860 to support community programs like training people in the community with livelihood skills that could generate for them a source of income and to help the graduating students or young ones in their choice of profession or vocation through a Career Guidance project.

As Rotarians, you are role models as well as leaders of your vocation. Vocational service can lead to projects that do not only develop vocational skills and the ethical consciousness of Rotarians but also the talents in the community. One the outstanding project would be to present a vocational award to one in the community who have exemplified outstanding professional achievement while maintaining very high ethical standards. You may consider it an annual vocational project.

Young people are our future, and Rotarians can take the lead in vocational service to gain a better life and foundation to benefit all. It is a beautiful way to fulfill Rotary's motto is SERVICE ABOVE SELF.

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](https://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  $\text{♩} = 88$   $\text{B}$  *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  $\text{D}\sharp(\text{sus}4)$   $\text{D}\sharp/\text{F}\sharp$   $\text{G}\sharp\text{m}(\text{add}2)$   $\text{G}$   $\text{F}\sharp(\text{sus}4)$   $\text{F}\sharp$   
 walls between us fall We will brave the darkest night. Hear us sound the call.

**A**

12  $\text{E}(\text{add}2)$   $\text{B}\text{maj}7/\text{D}\sharp$   $\text{C}\sharp\text{m}7(\text{add}2)$   $\text{C}\sharp\text{m}/\text{F}\sharp$   $\text{E}/\text{F}\sharp$   $\text{B}$   $\text{B}\text{maj}7$   $\text{E}\text{maj}7$   $\text{E}\text{m}6$   
 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  $\text{C}\sharp\text{m}7$   $\text{B}\text{maj}7/\text{D}\sharp$   $\text{E}(\text{add}2)$   $\text{E}/\text{F}\sharp$   $\text{B}$   $\text{E}9/\text{B}$   
 hope is plant-ed, love is sure to grow.

**B**

30  $\text{B}$   $\text{B}/\text{D}\sharp$  *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  $\text{G}$   $\text{F}\sharp(\text{sus}4)$   $\text{F}\sharp$   $\text{E}(\text{add}2)$   
 courage from each other For what mat-ters is the cause. Turn the page,

40  $\text{B}\text{maj}7/\text{D}\sharp$   $\text{C}\sharp\text{m}7(\text{add}2)$   $\text{C}\sharp\text{m}/\text{F}\sharp$   $\text{E}/\text{F}\sharp$   $\text{B}$   $\text{B}\text{maj}7$   $\text{E}\text{maj}7$   $\text{E}\text{m}6$   $\text{B}\text{maj}7/\text{D}\sharp$   $\text{G}\sharp\text{m}7$   
 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  $\text{C}\sharp\text{m}7$   $\text{B}\text{maj}7/\text{D}\sharp$   $\text{E}(\text{add}2)$   $\text{E}/\text{F}\sharp$   $\text{G}$   $\text{G}(\text{sus}4)$   $\text{D}\flat\text{m}/\text{G}$   $\text{G}9$   $\text{F}(\text{add}2)$  *f*  
 hope is plant-ed, love is sure to grow. Turn the page,

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

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

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

**E**

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

78 *rit.*  
 love will always grow.  
*rit.*

*fp*

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



# "Congratulations"



**ME'ANNE SOLOMON**  
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She is reappointed  
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**Rotary**  
Club





## In Ukraine, bullets pierce through childhood. US nonprofits are reaching across borders to help.

By Terry Collins, *USA Today*

*Editor's note: This story, published 18 September 2023 in USA Today, features a New Hampshire-based aid organization, Common Man for Ukraine, that works with Rotary clubs to provide about \$140,000 a month in aid focused on helping children who lost loved ones or their homes in the war. Two of the nonprofit's founders are Rotarians.*

**Tears flowed around the room** as Alina Ilchuk's letter to Ukrainian President Volodymyr Zelenskyy was read aloud.

The 11-year-old mentioned her father, Serhiy Ilchuk, who was hailed as a hero after being fatally shot by Russian troops while evacuating around 300 Ukrainians near Kyiv about a month into the war. Alina told Zelenskyy that she and her family remain in deep mourning over her dad.

"I have a dream that the war will end because kids are growing up without their parents, like me. I really want to see my dad and hear his voice," said Alina's letter translated into English. "I really want to believe that he will come home soon, but it is not true because now he is in heaven ... he will not feel any pain anymore."

Other Ukrainian kids who lost their fathers wrote similar grief-stricken and heartfelt letters to Zelenskyy. The notes were part of a healing exercise during a retreat for 30 Ukrainian kids held last month by Common Man for



Ukraine, a small New Hampshire-based humanitarian aid nonprofit. The organization funds these monthly trauma counseling and healing retreats, where about 400 kids have participated in 11 sessions in a mountainous area in Zakopane, Poland, since the war started.

"We want to help give these kids a voice, give them the power to talk about these difficult feelings," said Susan Mathison, a Common Man for Ukraine co-founder. "This too is a part of the war that needs to be heard."

The nonprofit is among the numerous aid organizations big and small globally that fear for the mental and physical well-being of a

↑ U.S. nonprofit Common Man for Ukraine co-founder Alex Ray, a Rotary member, inspects a van that was part of a convoy sending food and other supplies from Poland to Ukraine in May 2023. Ray, who owns a chain of popular New Hampshire family-owned restaurants called Common Man, has donated more than \$1 million in aid to Ukrainian children who lost a loved one during the war with Russia.

reported more than 5 million Ukrainian children who've had their lives disrupted because of the war. Many kids with their families have fled Ukraine to other countries, including Poland, Romania, Hungary, the Czech Republic, and Slovakia.

Aid workers said they are struggling to get more resources to help the kids deal with their grief, emotions, and in some cases, upheaval. Common Man for Ukraine said it may run out of funding at year's end.

"My thinking is there are about 1.5 million Ukrainian children who need support," said Dr. Irwin Redlener, co-founder of the Ukrainian Children's Action Project, a New York-based nonprofit that also



provides humanitarian aid. "That's a huge number."

## 'These kids' pain and suffering'

The actions of these American advocates for Ukrainian kids come as Ukraine's first lady Olena Zelenska said recently in a BBC interview that the war has even taken a toll on her children. Zelenska told the network that she and her kids currently don't live with Zelenskyy because of the war.

"The family is separated," Zelenska said. "We have the opportunity to see each other, but not as often as we would like. My son misses his father."

Zelenska added that the uncertainty of living with war has come at an emotional cost for her children.

"It pains me to watch that my kids don't plan anything. At such an age, young people. My daughter is 19. They dream of traveling, of new sensations, and emotions. She does not have such an opportunity," Zelenska said. "There are limitations in time in what you can allow yourself, they exist, and we somehow try to live within them."

Mathison said the setbacks for Ukrainian kids living through the war led her and three others to create Common Man for Ukraine. The nonprofit has raised nearly \$3 million of its \$10 million goal to provide kids with food, relief supplies, and counseling since it formed last year.

"That's the collective lens we look through when we see this war," Mathison said. "These kids' pain and suffering."

## Need 'overwhelms the capacities' of small humanitarian aid groups

Earlier this month, Regina De Dominicis, UNICEF's regional director for Europe and Central Asia, reiterated the toll the war is having on Ukrainian children, this time after a child was reportedly killed in a market area in the Donetsk region of eastern Ukraine.

De Dominicis cited a United Nations figure that at least 1,715 Ukrainian children have either been



↑ As the Russian invasion of Ukraine intensified in early 2022, Steve Rand (left) and his partner, Susan Mathison, along with another couple, Alex Ray and Lisa Mure, asked each other: "What can we do to help?" The four co-founded Common Man for Ukraine. The nonprofit funds monthly retreats where about 400 Ukrainian kids have participated in sessions in Zakopane, Poland, since the war started.

killed or maimed since the war. She went on to say that every attack and life lost, whether it is a child or a child's loved one, "etches lasting wounds deeper" into young people's collective mental well-being.

"This war continues to play out as a war on children, with repercussions which could reverberate for generations," De Dominicis said. "These attacks have to stop. Children must be given the chance to experience peace. Yet again, we call on all parties to protect civilians and civilian infrastructure, and to abide by their legal and moral obligations to protect children."

Both Redlener and Mathison said their nonprofits are doing what they can. Redlener said there are about a dozen or so similar groups in the United States alone that he's aware of assisting kids in Ukraine. He said those organizations work closely with overseas aid groups such as Sincere Heart in Lviv, Ukraine; the Association of Ukrainians in Victo-

ria, Australia; Sunflowers Kids Club in the United Kingdom; and others in Western Europe and Israel.

"But even if you add up what we are all doing, it's not enough," said Redlener. "The number of Ukrainian children who need special services simply overwhelms the capacities of these organizations that want to take care of them."

He said "a devastating combination" of widespread psychological trauma and education disruption, first because of the COVID-19 pandemic and now "a war with no end in sight," has severely wounded Ukrainian kids.

In March, a study by Ukrainian Children's Action Project revealed about 28 percent of children were separated from a family member in the past year and 24 percent experienced some form of shelling or bombing. The study, which surveyed 2,000 mothers, grandmothers, and guardians across the country, showed that for the Ukrai-



nian children not attending school, 60 percent of their parents said it was because their kid's school was closed and another 37 percent said they were afraid to send them.

The study also suggested that Ukrainian kids' mental health sharply declined during the war. About 55 percent of parents polled reported their children being bothered by loud sounds, such as bombs and gunfire, 41 percent of parents reported their children being irritable or apathetic, and 1 in 4 of those parents surveyed said their children showed traumatic experiences participating in games or activities.

And for those Ukrainian children with a loved one who died in combat, that experience only compounds the trauma, Redlener believes.

"This trauma that millions of Ukrainian children are going through may impede their long-term ability to meet their optimal potential," said Redlener.

## Small-town Americans entering the war zone

As the Russian invasion of Ukraine intensified in early 2022, Mathison, who lives in Plymouth, New

**"This war continues to play out as a war on children, with repercussions which could reverberate for generations."**

Hampshire, said she and her partner, Steve Rand, along with another couple, Alex Ray and Lisa Mure, asked each other: "What can we do to help?"

Send food? Clothes? Supplies? Cash?

All four live pretty good lives as small-town retirees. Mathison spent 30 years with the U.S. Forest Service. Ray owns a chain of popular family-owned restaurants called Common Man. Mure was a longtime public health advocate, and Rand is a third-generation owner of a century-old local hardware store.

"We've always believed in helping others and making a social

impact," Mathison said. "This is a calling to us."

Local Rotary club leaders Ray and Rand reached out to a Rotary club in Zamość, Poland, asking how they could help. Within days, the four co-founders of the newly created Common Man for Ukraine traveled to Poland with supplies and met with 15 Rotary club presidents from the region who had projects underway or in development.

Ray then donated \$1 million to the nonprofit and challenged his friends to help fundraise another \$1 million in humanitarian aid. After a couple more trips to Ukraine and Poland touring makeshift orphanages and refugee and counseling centers, Common Man for Ukraine decided to focus on Ukrainian children displaced by the war.

Mathison said the on-the-ground experiences, especially seeing kids who are far from their homes, schools, and communities, are hard to ignore. Common Man for Ukraine said it has donated about 800 tons of food, 10,000 sleeping bags, and hundreds of generators to orphanages and safe houses, as well as thousands of hours of counseling throughout western and central Ukraine. The nonprofit spends about \$140,000 monthly, Mathison said.

She describes Ukraine as "a complex puzzle of terror and normalcy" and its people have "both fear and courage, along with an unshakable spirit" that they will win the war.

Mathison said she occasionally gets asked why the nonprofit is helping Ukrainian kids when the group could help kids in the U.S.

↓  
Alex Ray (left), Susan Mathison, and Steve Rand meet a girl during a healing retreat in May 2023 for Ukrainian children who have lost a loved one during Russia's war with Ukraine.







She usually responds unapologetically, mentioning she's president of her local Habitat for Humanity and each of the co-founders do charitable work domestically as well.

"I say there is enough good to go around, enough need to go around, you can do what you can do, and what these kids are going through (in Ukraine) is enough for me," she said.

### Doesn't matter what country help comes from

Common Man for Ukraine collaborates closely with Ryszard Luczyn, a Rotary Club of Zamość Ordynacki member in Poland. He helps coordinate the convoys of 20 vans delivering tons of food to orphanages and safe houses. Luczyn also helps with monthly counseling retreats in Poland's Tatra Mountains for Ukrainian children.

An insurance company owner, Luczyn told *USA Today* via email that he appreciates working side by side with the Common Man co-founders. He admires their 24-hour overseas trips, which typically include a flight to Warsaw, Poland, then a train ride to Lublin, Poland, followed by a van ride to Chelm, Poland.

From there, the co-founders often spend a day helping Polish

and Ukrainian Rotary volunteers load up vans with supplies to cross to the Ukrainian border the following day for distribution.

"Help for children is needed. It doesn't matter what country that help comes from," Luczyn said about his Common Man for Ukraine colleagues. "These four are very involved in giving aid; they personally participate in convoys, and they load and unload cars with humanitarian aid with their own hands. They risk their own lives."

Mathison said their nonprofit wants to do more than just wire funds. "We want to do the real work," she said.

### 'These kids will help rebuild Ukraine'

The kids who attend Common Man for Ukraine monthly retreats share an unfortunate trait. They lost a loved one to war. The kids live throughout Ukraine with their mother or other relatives. They come either by train or by bus to Lviv and are then taken by a charter bus funded by the nonprofit to Poland.

While the retreats consist of hiking, playing soccer, making arts and crafts, and writing, those activities are weaved into group and indi-

vidual therapy sessions. Certified psychologists, volunteer teachers, and Polish Rotary club members work with the Ukrainian kids to share their thoughts, Mathison said.

The goal is to help kids cope with their grief, Mathison said. But she added some kids also can't resist looking at their phones to monitor the war's movements (and if they may have lost any loved ones) through an app called Повітряна тривога, which means Air Alarm in English.

"These kids will help rebuild Ukraine one day," Mathison said. "They are going to be future leaders of this country and will have to know how to deal with adversity. We want to give them the tools and the strength to be the best they can be."

One therapy exercise included the children writing their hopes and fears in letters to Zelenskyy. Tatyana Zhaga, 11, lost her father, Volodymyr Zhaga, in combat in May. She wrote that she supports the Ukrainian armed forces' counterattack.

"I want to get our territories back. I, as a daughter of a hero of Ukraine, want all of our heroes to live really good and come back alive," said Tatyana's letter translated into English. "I am dreaming about a meeting with you and your family. Also, I am dreaming about our victory. Together, we are a power."

Mathison said the kids enter the retreats as strangers "but leave as brothers and sisters. They create a network of support we hope will last a lifetime."

Luczyn said last month he delivered the children's letters to the Ukrainian consul in Krakow, Poland. He is confident the letters will reach Zelenskyy's office.

Mathison said she looks forward to her seventh humanitarian aid trip to the region in October, hopefully with the news Zelenskyy has read and responded to the kids' letters and more funding to continue their efforts.

"I think we're making a small dent in an enormous problem. Our work is far from over," Mathison said. "We're not finished." ■

↑ Common Man for Ukraine founders pose with Polish Rotary partners Ryszard Luczyn (second from right) and Piotr Jankowski (far right) before departing in a convoy loaded with food, sleeping bags, and generators for children's safe houses in Ukraine.



## HANDBOOK

### A preventable killer

Why so many people are still dying of cervical cancer, and what Rotary is doing about it

Women diagnosed with cervical cancer are almost twice as likely to die than those diagnosed with breast cancer. Yet cervical cancer is a disease that is preventable and treatable. What's going on?

About 90 percent of the women killed by cervical cancer — more than 340,000 in 2020 — live in low- and middle-income countries, where access to prevention, screening, and treatment is severely limited. And reproductive care remains a taboo topic, even when it means people are dying as a result.

The Rotary Foundation has awarded more than \$10.3 million in global grant funding for cervical cancer projects since 2014, and other Rotary projects, such as an initiative in Alabama, have tackled this issue outside of global grant funding. In addition, \$2 million was awarded to United to End Cervical Cancer in Egypt as part of the third annual Programs of Scale competition. The Foundation awards these grants to evidence-based programs that align with at least one of Rotary's causes and are ready for expansion to create larger-scale change.

The four-year program in and around Cairo will vaccinate more than 30,000 girls ages 9 to 15 to prevent infection with the human papillomavirus, which causes the disease. It will provide cancer screenings for 10,000 women — allowing for early detection and treatment — and launch a public awareness campaign to reach 4 million people, helping address cultural misconceptions that may deter people from seeking care.

For Cervical Cancer Awareness Month in January, we examined the state of the disease around the world, and what Rotary members are doing about it.

#### Your Foundation money at work

Countries and geographical areas where global grants have funded cervical cancer projects in the past 10 years

# 116

Global grants awarded to fund cervical cancer projects since 2014

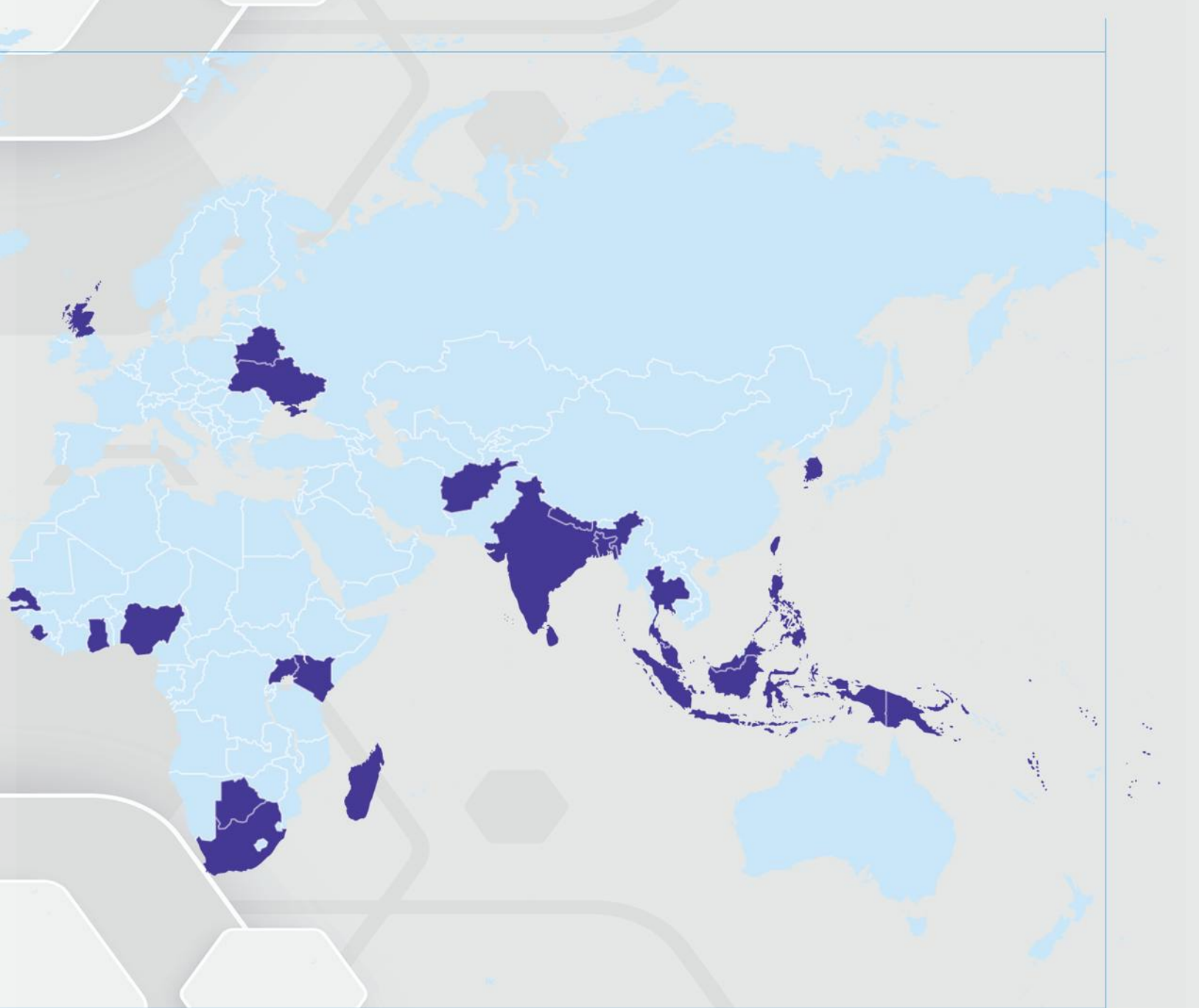
# 91%

Share of cervical cancer deaths in low- and middle-income countries, where access to prevention, screening, and treatment is severely limited

# 604,127

Number of people diagnosed with cervical cancer in 2020





## How HPV infection can lead to cervical cancer

Cervical cancer is primarily caused by the human papillomavirus, a group of more than 200 related viruses, some of which are sexually transmitted. Nearly all sexually active people will be infected with HPV at some point in their lives; most of these infections are harmless, but some high-risk HPV viruses can progress to cancer. HPV vaccinations before a young person becomes sexually active can prevent infection, and therefore cervical cancer. The cancer develops slowly, with five to 20 years between the first cellular changes to the actual development of cancer. Screening for abnormal cells and treatment when necessary can stop the disease from progressing and save lives.





## 01-08-2024 15th RCCF GMM RY 2023 - 2024





Generosity in action: Together, the Rotary Club of Cebu Fuente, JCI Tycoons, Sarausad Watanabe Family, USC HS Student Council, and Barangay Captain Amado Igot Manatad, along with their officials, joined forces for the #GIFTEDToServe project. Led by the indefatigable Ms. Irene Watanabe and three generations (grandmother Irene, Daughter Barangay Councilor Sarausad, & Granddaughter USC HS Student Council President Sarausad) we awarded 25 scholarships, gifted 100 toys to Labogon Elementary School, and educated children on proper handwashing techniques. Presidents Jomar Ponce, Mark Neumann, Anna Yared, and Sarausad orchestrated a seamlessly successful event. The smiles of these children captured in our pictures speak volumes about the power of teamwork and collaboration. A day of fulfilling service - salute to these generous hearts!







## January 2024 Area Coordination Meeting (ACOM)







## Touching moments from the Melbourne Convention

By Kwi-Young Song, Rotary Club of Hanseong, District 3650, Korea



Kwi-Young Song and her daughter (left) at the opening session of the 2023 Rotary International Convention in Melbourne, Australia.

I had been a Rotarian for 23 years, but before attending the 2023 Rotary International Convention in Melbourne, Australia, I never fully appreciated the global nature of our organization with more than 1.4 million members around the world. During the opening ceremony, I saw the 200 flags from Rotary countries and territories waving and the large arena seemingly overflowed with cheering people. Even my daughter, who attended the convention with me, was moved. "Rotary is truly an international organization!" she exclaimed.

As each country's name was announced, the shouting and cheering resembled waves upon a vast ocean. Everyone mingled peacefully, regardless of nationality – Korean, American, Japanese, Ukrainian – embracing each other warmly, laughing, shaking hands, and greeting one another. It was truly moving.





I also found the content moving. The first speaker, a member of one of Australia's Indigenous peoples, shared a story about the difficulties they have faced. The term "Aborigine" has been used to refer to Australia's indigenous peoples, despite the fact that they were the land's original inhabitants. They faced many discriminations in regard to their language, art, and customs. Even in death, they could not be buried in well-maintained Victorian-style cemeteries but had to be buried in remote areas. As a result, some Indigenous descendants don't even know where their ancestors are buried.

But with the passage of time, people from all cultures have come together. Communication combined with education has led to reconciliation, and many cultures are embracing diversity. It gave me much to think about.

The reason for including this speaker became clear. 2022-23 Rotary International President Jennifer Jones's message of expanding our reach through Diversity, Equity, and Inclusion highlights how, as an organization of 1.4 million members in more than 200 countries, we need to come together to become "One Rotary." In light of the plight of Indigenous peoples, I understood her initiative more fully.

I was also moved by the speech of Steve Dimopoulos, Australia's Minister for Tourism, Sport and Major Events, who emphasized that "diversity is the most important value in Melbourne's history, where various races come together." Francesco Arezzo, the chair of the International Convention Committee, further stated that "we must dream big," with innovative ideas.

The highlight for me, though, was undoubtedly seeing President Jennifer Jones on stage. As the first female president in Rotary's history, she stood confidently in front of the Canadian flag, embracing everyone with a warm sincerity and passion.

By attending the convention, I gained a fuller understanding of the global reach of Rotary. I carry the cheers from the opening session in my heart, where they are engraved with the words, "Rotary is wonderful."





# RY 2023-2024 Search for the Most Outstanding Environmental Projects Awards

## Eligibility

- ❑ Award is open to all solely Rotary Club-initiated Projects or projects implemented with significant partnership/engagement with NGOs/GOs.
- ❑ Any nominated project from the 10 districts must be operational for at least one (1) year at the time of the granting of the award in June 2024.

**Deadline (District Level): February 28, 2024**

**Deadline (National Level): March 2024**

**Awarding of Winners: June 29, 2024**

<b>Prizes:</b>	<b>PhP 50,000</b>	- District Level
	<b>PhP 300,000</b>	- Champion (National)
	<b>PhP 200,000</b>	- 1 <sup>st</sup> Runner-up (National)
	<b>PhP 150,000</b>	- 2 <sup>nd</sup> Runner-up (National)

Download the nomination form and guidelines at  
<https://drive.google.com/drive/folders/1kQT0EOfm4I58o4-mYn6beHvghA3YmbLz?usp=sharing>

### NATIONAL ORGANIZING COMMITTEE

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**PDG MIKE LIRIO**

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# Stephanie Urchick *invites you to* Help Rotary Strike Out Polio

Stephanie A. Urchick, 2024-25 RI president, invites 25 PolioPlus supporters to her hometown of Pittsburgh, Pennsylvania, USA, to **Help Rotary Strike Out Polio at the \$1 Million Baseball Game.**

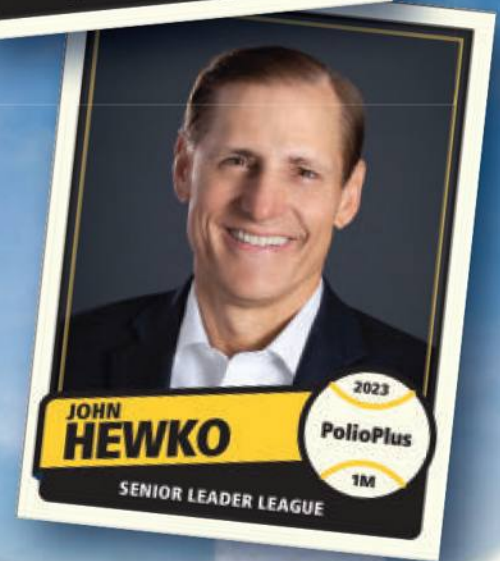
Starting 1 December 2023, the first 25 Rotary Foundation supporters who donate US\$10,000 or more to the PolioPlus Fund will be invited to join RI President Stephanie Urchick and General Secretary John Hewko to cheer on Major League Baseball's Pittsburgh Pirates from a private suite at PNC Park on 23 July 2024.

*Attendees' transportation and accommodation expenses are not included.*

When matched 2-to-1 by the Bill & Melinda Gates Foundation, these gifts will result in an additional \$1 million in funding to support Rotary's work to eradicate polio worldwide.

Space is limited, so interested donors are encouraged to register right away. Contact Kevin Kelly, Rotary Foundation major gifts officer, at [kevin.kelly@rotary.org](mailto:kevin.kelly@rotary.org) or +1-847-866-3205.

The Rotary Foundation thanks Bob Brooks, 2023-24 president of the Rotary Club of Delmont-Salem, Pennsylvania, for hosting this special event.



The  
**Rotary**  
Foundation





Make new connections and reunite with friends at Rotary's biggest event of the year!



# 2024 ROTARY INTERNATIONAL CONVENTION

SINGAPORE | 25-29 MAY 2024



Register today at [convention.rotary.org](https://convention.rotary.org)







Cebu Fuente  
**Rotary**  
Club



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





## Shoe Giving Day: Every Shoe has a Story!

- 1.) Brgy. Sangi, Toledo City, Cebu
- 2.) Brgy. Tubigagmanok, Asturias, Cebu

January 13, 2024

Kicking off the year with heart and sole

On January 13, 2024, the Rotaract Club of Cebu Fuente, in partnership with the Rotaract Club of Cebu 3rd District and other dedicated organizations, presented 'Shoes Giving Day, Every Shoe has a Story.' Our team helped facilitate the program and distributed shoes to beneficiaries in Brgy. Sangi, Toledo City, and Brgy. Tubigagmanok, Asturias. Each step was filled with hope and kindness.





**Invite someone to become a**

**Rotarian today.**

**Join Leaders  
Exchange Ideas**

**Take Action**

Cebu Fuente  
**Rotary**  
Club



**Spread the Word!**