

THE FOUNTAIN

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16TH GENERAL MEMBERSHIP MEETING



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



OFFICERS, DIRECTORS & ADVISERS RY 2023 - 2024



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Adviser



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PP EMMANUEL P. TESALONA
Adviser



ROSTER OF MEMBERS RY 2023 - 2024



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Supplies Trading



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Outdoor Advertising | Signage
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Precious Metal Trading



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Roof Manufacturing



PATRICK L. YARED
Resto Bar Management



17th General Membership Meeting

Casino Español de Cebu, Cebu City | February 12, 2024

Peacebuilding and Conflict Prevention Month

Programme

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	TOOTSIE SPALLER Member
Introduction of Rotarians Spouses, Visiting Rotarians Rotaractors Guest	KRISTOFFER LLEGUNAS Assistant Club Admin Director

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



Hosted by:
JOSHUA TAN
Member

INVOCATION

Our Father, we thank you for all the opportunities we have from day to day for learning, for fun, and for fellowship. Bless, we pray, that each day may broaden our horizons a bit further than the day before, that we may always praise you with spirit and with understanding. Amen.

...Fellowship Continues...

Quote for the Week

"The whole secret of a successful life is to find out what is one's destiny to do, and then do it." - Henry Ford



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 all well and in good spirits. Another General Membership Meeting has concluded, and I want to extend my gratitude to each of you who participated actively in the discussions. Our conversations centered around the forthcoming Rotary Week and a significant project led by Rtn. Tootsie Spaller—a monumental medical mission that truly embodies our commitment to service above self.

I must extend my sincere apologies for the recent lack of agenda and responsiveness on my part in our Group Chat. I realize that important queries may have gone unanswered, and for this, I take full responsibility. Going forward, I kindly request that you reach out to me directly via text message for urgent matters, as the Group Chat tends to become inundated with various items, making it challenging for me to address all concerns promptly.

In the upcoming meetings, I will make it a priority to establish a clear agenda, focusing not only on business matters such as membership dues but also on fostering meaningful discussions and updates on our ongoing projects and initiatives. Furthermore, I have delegated the coordination of our On to DISCON 2024 event to PP Joal Abad, whom I will support in finding a suitable co-chair to ensure its success.

Once again, I apologize for any inconvenience caused by my delayed responses. I appreciate the dedication of each member who actively participates in our meetings and endeavors to make a positive impact in our community. As we gear up for the Rotary Week Celebration, I wish all participants the best of luck in the games and activities planned.

Let us continue to embody the spirit of Rotary as we work together towards our shared goals of service, fellowship, and making a difference in the lives of those we serve.

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	✓	
TOTAL ATTENDEES				7	18	19	11

BIRTHDAYS

February 02 Sps. Ninna Sulay

February 03 Sps. Paul Jason Spaller

February 07 Rtn. Tootsie Spaller

February 15 Atty. Ernesto Amores

February 17 PP Marina Kaufmann

February 18 Sps. Tess Tesalona





CREATE HOPE
in the WORLD



A virtuous cycle

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the

U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

R. GORDON R. MCINALLY

President, Rotary International

PHOTOGRAPH: MONIKA LOZINSKA

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

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

58 $\text{C}\text{maj}7/\text{E}$ $\text{D}\flat7(\text{add}2)$ $\text{D}\flat/\text{G}$ 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 $\text{D}\flat\text{m}7(\text{add}2)$ $\text{D}\flat/\text{G}$ 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 $\text{D}\flat\text{m}7$ $\text{C}\text{maj}7/\text{E}$ $\text{F}(\text{add}2)$ F/G $\text{E}/\text{G}\sharp$ $\text{B}\flat\text{m}$ $\text{B}\flat\text{m}(\text{maj}7)$ C/D $\text{D}9$ $\text{D}\flat\text{m}7$ $\text{C}\text{maj}7/\text{E}$ F F/G
 hope is plant-ed, love is sure to grow. Where hope is plant-ed,

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

fp

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



YOUR PROJECT PLANNING EXPERTS



**G. VIVIANA
SANTA CRUZ MÉRIDA**
Bolivia, District 4690

CADRE TITLE:

Cadre Adviser for Water, Sanitation, and Hygiene and
Regional Organizer for Central and South America

OCCUPATION:

Civil engineer specializing in water and sanitation



**WHAT ARE ROTARY
MEMBERS SAYING
ABOUT VIVIANA?**

“Viviana’s contribution has been fundamental for Rotary members in our district to be trained on water and sanitation projects being planned, structured, sustained, and based on the needs of the community.”

— Livio Zozzoli, district governor and former district
Rotary Foundation chair, District 4690 (Bolivia)

The Rotary Foundation Cadre of Technical Advisers is a network of hundreds of Rotary members who are experts from around the globe. These advisers use their professional skills and technical expertise to enhance Rotary members’ grant projects in our areas of focus.

THE CADRE CAN SUPPORT YOU BY:

- Providing project planning advice and implementation guidance
- Helping with community assessment design
- Incorporating elements of sustainability into projects
- Answering questions about Rotary’s areas of focus
- Providing financial management best practices

Connect with a Cadre member today by visiting the Cadre page on My Rotary, or email us at cadre@rotary.org.

There are hundreds of experts standing by to help you plan or enhance your Rotary project!



People of action around the globe

By Brad Webber



United States

Rotary clubs in the ski resort towns of Park City, Utah, and Breckenridge, Colorado, have a friendly rivalry for the longest “shot ski” — a ski affixed to shot glasses that people raise together to down whiskey at the same time. In October, the Rotary Club of Park City Sunrise recaptured the crown as 1,363 people lined a street to drink rye whiskey (or apple cider) in unison from hundreds of shot skis held end to end. The event raised more than \$43,000 for grants to assist community organizations, club member Connie Nelson says. She concedes that she and fellow club member Mike Luers were inspired by the Colorado club during a “reconnaissance” tour of successful winter resorts. “Their main street was closed for a festival. I looked at Mike and he looked at me and we said, ‘We can beat that,’” she says. The festive affair is “branding for our Rotary club,” Nelson adds. “We not only sell out but we have people on a waiting list to try to get on the line. It’s not just to sample the alcohol. It’s about the getting together, the unique community sharing.”

Rotary 
Club of Park City Sunrise



45%

Share of Honduran children who complete secondary school



Honduras

Nearly 40 percent of adolescents are not in secondary school in Honduras, where educational achievement scores are low. The Rotary clubs of Tegucigalpa Sur and Peterborough, Ontario, teamed up to address the issue. In 2018 the clubs, which have collaborated on projects before, constructed a teacher training center in the municipality of Lepaterique and supplied books and other learning materials. Most recently, the clubs partnered with a nonprofit organization and the country’s Ministry of Education to provide literacy training to primary school teachers. “Sixteen-hour workshops are being held on a rotating basis with 160 teachers” representing 62 schools, says Marie Press, a member of the Peterborough club. “The feedback has been incredibly positive.”

Rotary 
Club of Tegucigalpa Sur

Rotary 
Club of Peterborough, Ontario

65 million

Visits to U.S. ski resorts in the 2022-23 season

England

For its centennial project, the Rotary Club of Halifax built a scenic overlook above the town on an ancient road and footpath known as the Magna Via. Illustrated panels identify landmarks such as Wainhouse Tower, Borough Market, Square Church spire, the Halifax gibbet (a replica of the 16th century precursor to the guillotine), and the Town Hall, designed by Sir Charles Barry, architect of Big Ben and the Houses of Parliament. QR codes link to descriptions of the landmarks on the club website. "The views are magnificent and span the horizon," says Ken Robertshaw, a past governor of District 1040. The \$25,000 project, dedicated in late June, was funded by sponsoring businesses and individual donors, including Robertshaw, who contributed in honor of his late wife, Pauline. The Town Council agreed to maintain the overlook. "Given the history of the site, it seemed like an appropriate place for us to build something that celebrates the rich heritage of the town," Robertshaw says.



1650

The year the Halifax gibbet claimed its last victim

Rotary
 Club of Halifax




Senegal

The Rotary Clubs of Dakar-Soleil and West Chester, Pennsylvania, celebrated a milestone last year in their project to drill for water in three villages in Senegal. Despite delays during the pandemic and "several difficult months searching for water on the part of the construction company," productive boreholes were drilled in July and August in the southeastern Kédougou region, reports Samuel Lowry, a member of the Rotary Club of Greater Huntsville, Alabama, who assisted with the project. Three of five planned pumps are now in use providing potable water, Lowry says. A \$130,000 global grant supported the project. Funds were also raised online during the pandemic. A project Facebook page yielded contributions as well as comments like "How can we get one of these where we are?"

Rotary
 Club of Dakar-Soleil



Rotary
 Club of West Chester, Pennsylvania



Sri Lanka

All the world's a stage for young Sri Lankan thespians who, with their Rotarian supporters, take their Shakespeare seriously. For nearly five decades, tens of thousands of them have participated in the All Island Inter-School Shakespeare Drama Competition. Known as the "Shakes," last year's contest, held in September and organized by the Rotary Club of Colombo North and the Colombo YMCA, included more than 1,000 students. The ensembles performed 30-minute scenes that organizers chose from eight plays. "They are judged mainly on acting, and marks are also allocated for direction, teamwork, and effects," Club President Lasika Jayamaha says. Rotaractors assisted with front of house and backstage roles. "The competition has been a springboard for thousands of young people across the island" to careers in acting, directing, and media, Jayamaha says. Adding to the shine, the coveted rotating trophy is a silver bust of Shakespeare that was a gift from the mayor of Stratford-upon-Avon, the birthplace of the Bard.

At least 37

The number of plays written by Shakespeare

Rotary
 Club of Colombo North




01-29-2024 16th RCCF GMM RY 2023 - 2024





Rotary Concerns Forum (ROTACON) 2024



119th Years of Rotary

Rotary



END
POLIO
NOW

23 February 1905

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Over time, Rotary's reach and vision gradually extended to humanitarian service.



Cebu Fuente
Rotary
Club



CREATE HOPE
in the WORLD

FOOD SAFETY MYTHS AND FACTS



Can you tell if food is safe to eat by its look and smell?

NO.
Most microorganisms that can make you sick don't change the look or smell of the food.

Do I have to refrigerate leftover food?

YES.
Food becomes unsafe if left at room temperature for more than two hours.



Is food dropped on the floor OK to eat if you pick it up within 5 seconds?

NO.
Microorganisms can transfer to food immediately and cause disease in some cases.

Can dish cloths spread dangerous bacteria?

YES.
Dish cloths and sponges can carry and spread dangerous bacteria. Disinfect them in sanitizing solution or boil in water.

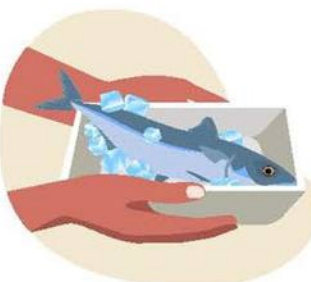


Should raw poultry be washed before cooking?

NO.
Washing poultry can spread harmful microorganisms to hands, surfaces, utensils or other food.

Can I get sick from food I ate 3 days ago?

YES.
Some dangerous microorganisms take longer than a few hours to make you sick.



Is it safe to thaw frozen food at room temperature?

NO.
Thawing food in the refrigerator or in cold water prevents the growth of microorganisms.

Do organic fruits and vegetables need to be washed?

YES.
All produce, including organic, should be washed with clean water to remove physical contaminants and reduce the risk from any harmful microorganisms or chemicals.



CALENDAR

February events



A CHILLY DIP

Event: Alpharetta Polar Bear Plunge
Host: Rotary Club of Alpharetta, Georgia
What it benefits: Local schools and nonprofits
Date: 3 February
 For this event, now in its sixth year, schools, nonprofits, and other organizations form teams of participants who don costumes and jump into a cold pool to raise money for their group. Last year's plunge generated about \$120,000, with more than 80 brave souls making a splash in outfits that included hot dog and pink bunny suits.

GET UP AND GIVE

Event: Rise.Shine.Give.
Host: Rotary Club of Lincoln, Nebraska
What it benefits: Lutheran Family Services and local projects
Date: 10 February
 This Saturday morning brunch is held at the University of Nebraska's Innovation Campus. In addition to food and drinks (which include bottomless mimosas and bloody marys), the event features speakers, silent and live auctions, and a raffle with the chance to win a vacation. Half the funds raised go toward a social services organization that offers programs focused on children, community, and behavioral health.

LET IT SNOW

Event: Snow Festival
Host: Rotary Club of Deerfield Valley (West Dover), Vermont
What it benefits: Local nonprofits
Date: 11 February
 The annual festival on the grounds of a 19th-century inn offers an antidote to the winter doldrums. Attendees can take part in cold weather activities such as ice

COOKIN' LOW AND SLOW

Event: Annual Crock-off
Host: Interact Club of District 117, Illinois
What it benefits: EdPowerment, an educational nonprofit based in Tanzania
Date: 9 February

What began over a decade ago as an annual chili cook-off is now a "crock-off," in which a wider range of slow cooker dishes, from soups and stews to mac and cheese, can be entered. Attendees try samples and then vote for their favorite. The event includes a silent auction, a raffle, and live music. It is held before a basketball game between rival high schools; the Interact club, which is sponsored by the Rotary Club of Antioch, is made up of students from both schools.

skating and a snowshoe race and then warm up with hot chocolate and s'mores by a fire pit or duck inside for cocktails and bites to eat. The event includes kids games, a raffle, and live music performed by club member Ian Campbell, a folk-rock singer-songwriter.

HAVE A BALL

Event: Indoor Mini Golf Classic
Host: Rotary Club of Williamsport, Pennsylvania
What it benefits: Local nonprofits
Date: 18 February

For its annual Mardi Gras-themed event, the club installs in a hotel an 18-hole miniature golf course designed and built by club members and supporters. One hole is a replica of the Operation board game, requiring golfers to use forceps to

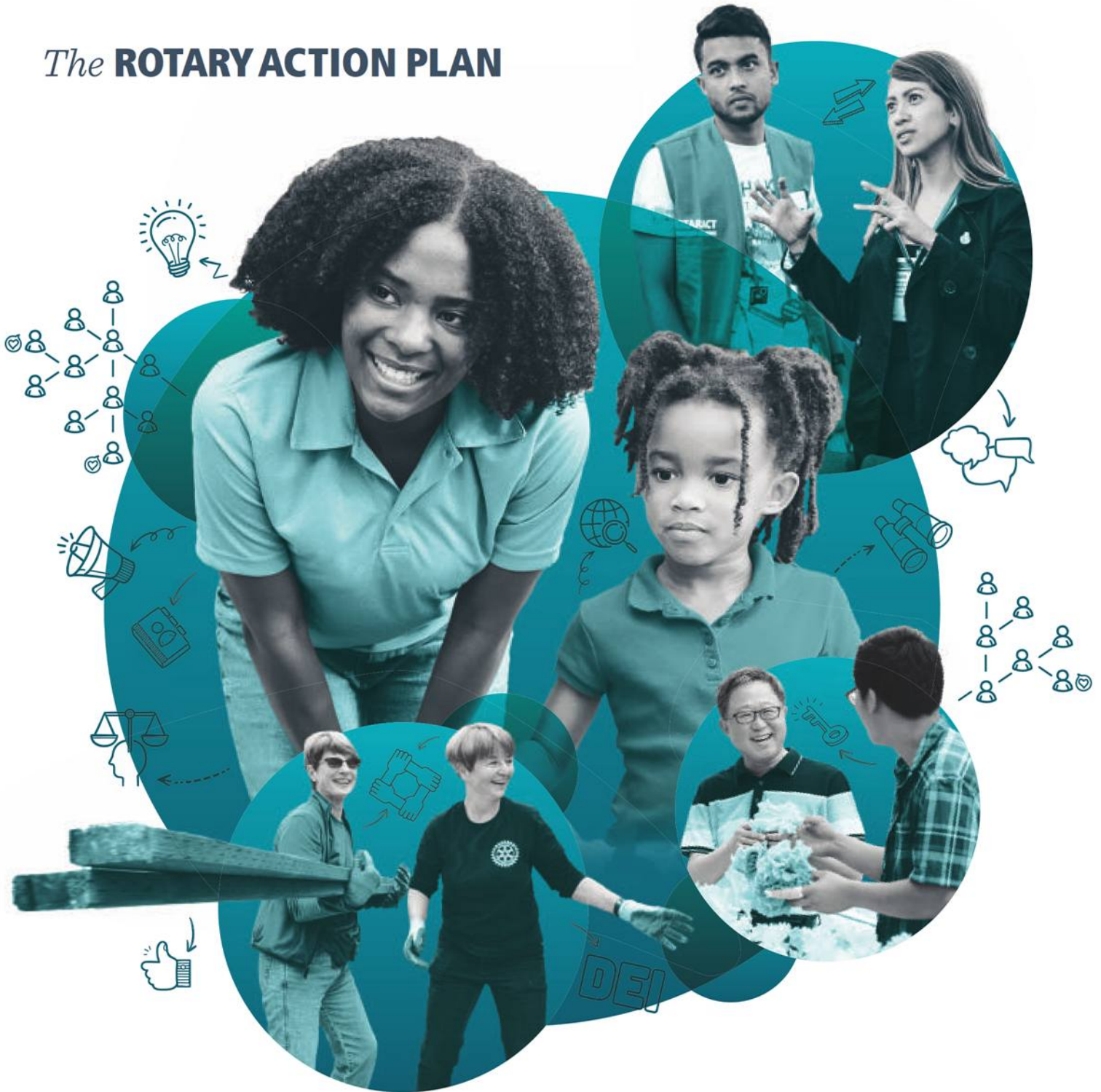
fetch their ball from an opening in the board. Other holes send golf balls up ramps or through tunnels. Adults can play for \$8, with discounted rates for children and for parties of four.

BARGAINS AHoy!

Event: Gigantic Nautical Market
Host: Rotary Club of Upper Keys, Florida
What it benefits: Local scholarships
Dates: 24-25 February

First held in 1995, this popular flea market at a park in the Florida Keys focuses on all things nautical. More than 300 vendors sell clothing, fishing and diving gear, boats, motors, and more, while over a dozen food trucks spread around the park feed hungry bargain hunters. Organizers expect some 20,000 people to attend.

The **ROTARY ACTION PLAN**



Is your club looking for new ways to connect with your community?
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Learn about expanding your club's reach:
rotary.org/actionplan

Rotary doctor clears plastic from Ghanaian hospital Grounds

By Dr Ralf Hardenberg, a member of the Rotary Club of Nuremberg-Connect, Germany



Volunteers and Ralf Hardenberg (far right) with some of the collected plastic waste.

As a just-retired physician, I was excited to volunteer for a medical project at a hospital in Nkawkaw, Ghana. While I was there, I saw plastic everywhere. Thousands of black disposable plastic bags, small plastic water sachets, plastic bottles – even littering the hospital grounds. As a member of the Rotary Club of Nuremberg-Connect, which is involved in the EndPlasticSoup initiative, I am an ambassador for the initiative. I really wanted to change the situation.

EndPlasticSoup is a global initiative supported by thousands of Rotary members and hundreds of Rotary, Rotaract, and Interact clubs around the world. Plastic never goes away. It just gets smaller. Microplastics pose a threat to human health, biodiversity, and



the climate. Through the initiative, clubs are working together to address and prevent the full-cycle problem of plastic pollution.



Volunteers bag up the plastic waste during an hour of cleanup on the hospital grounds.

Volunteers bag up the plastic waste during an hour of cleanup on the hospital grounds.

Plastic has been a problem in Ghana since the 1980s. Plastics have begun to dominate not only the landscape, but also villages and towns. They clog sewers and cause flooding before being washed into rivers, lakes and the sea.

When I learned about the problems this waste was causing in nature, I suggested that we start a cleanup competition. EndPlasticSoup supported this idea. Holy Family Hospital is a former mission hospital that includes St. Michaels Church and convent. Everyone wanted to take part, including the Reverend, maintenance staff, the sisters, and nuns from the convent. We bought T-shirts with the EndPlasticSoup logo. Everyone looked great in the T-shirts and red gloves.

Then off they went, into the bushes and everywhere. The biggest success was in the nuns' garden. In total, 15.9 kilograms of pure plastic was collected, not including bottles. The collected plastic was carefully weighed and documented. After about an hour of collecting waste, the hospital grounds were clean.

The winners of the cleanup competition were awarded certificates and other prizes. The plastic was carefully packed up, and a company was contacted to purchase the material for recycling. At the big farewell party before I left Ghana, they promised to carry out regular cleanup events – next time including the hospital's immediate surroundings as well. The movement aims to influence the city of Nkawkaw as a whole.



Health workers in Pakistan mark the little finger of a child after vaccinating him.

Geison Rodrigues, District 4500
Mary Eileen Shackleton, District 7230
Charlotte Smith, District 5000
Marie R. Turnbull, District 6970
Peter Joseph Van Well, District 5060

EASTERN MEDITERRANEAN

Rana Saeed Ahmad, District 3272
Abdul Gaum Almas*
Safdar Hussain Arain, District 3271
Ahmed Ejaz, District 3272
Muhammad Moosa Khan Gondal, District 3271
Azmat Hayat, District 3272
Shakeel Kaim Khani, District 3271
Shahzadi Mansoor, District 3271
Bushra Maryam, District 3272
Sadardin Memon, District 3271
Afzal Muhammad, District 3272
Muhammad Ismail Qamar, District 3272
Arshad Muhammad Qureshi, District 3271
Muhammad Aslam Ranger, District 3271
Aqeela Shamsi Saeed, District 3272
Abdul Jabbar Shaikh, District 3271
Dileep Singh, District 3271
Saira Zaffar, District 3272

**Member of a nondistricted club in Afghanistan*

EUROPE

Barry Buttenshaw, District 1145
Lorentzos Chazapis, District 2475
Faruk Mustafa Güler, District 2430
Wim Leerman, District 2130
Luis Santos, District 2203
Michel Zaffran, District 1710

SOUTHEAST ASIA

Mohammad Tayub Chowdhury, District 3282
Sridhar Jagannathan, District 3232
Shivakumar JM, District 3190
Narasinha Ramchandra Joshi, District 3170
Sasanka Mahapatra, District 3262
Rabinderjit Singh Panesar, District 3240
Shyamashree Sen, District 3291
Parameshwar Shiggaon, District 3182
Narasimhan Subramanian, District 3011
Lakshmanan Veerappan, District 3000

WESTERN PACIFIC

David Anderson, District 9685
Mark Anderson, District 9685
Enrique Guillermo Andres, District 3860
Josephine Vergara Bernabe, District 3800
Apolinario Caballero Castillo, District 3780
Carla Garcia Espinosa, District 3790
Mohan Kishan Lalwani, District 3770
Sang-Chul Lee, District 3700
Anne Maree Matthews, District 9560
William Peter Sheehan, District 9560

THE ROTARY FOUNDATION

2022-23 Service Award for a Polio-Free World

The Rotary Foundation Trustees established the Service Award for a Polio-Free World to honor members who have made outstanding contributions to Rotary's polio eradication efforts. Members can nominate individuals for regional or international service. The 68 members listed received the 2022-23 award.

INTERNATIONAL SERVICE

Kunle David Adeyanju, District 9110
Antonio Amoroso, District 2102
William Ferreira, District 6440
Ramesh Ferris, District 5370
Keshav Kunwar, District 3292
Greg Owen, District 5320
Charles Robert "Bob" Rogers, District 5130
E.K. Sagadhevan, District 3203
Dolly Siew Keat Yeap, District 3310

REGIONAL SERVICE

Regions are as defined by the World Health Organization.

AFRICA

Achabi Akouavi "Cathy" Attiogbé, District 9101
Elvis Chibiko Chukwu, District 9125

AMERICAS

Douglas M. Kauffmann, District 7750
Alka Khanolkar, District 6000
Leonel Eduardo López Treviño, District 4130
Fernando Meier, District 4355
Raimunda Gisele Oliveira, District 4720
David John Palmer, District 7410
William Randy Perkins, District 7690
Ricardo Henryque Reginato Quevedo Melo, District 4700

Nominations for the Service Award for a Polio-Free World are accepted each year between 15 July and 1 October. To learn more, visit rotary.org/awards.



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

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

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

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Rotary
Club



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in Rotary International
District 3860
for RY 2016 - 2017



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What a great way to end the Sinulog Season!

Last January 21, 2024, the Rotaract Club of Cebu Fuente - University of the Visayas Chapter conducted their project titled Trashure 4.0 After the Sinulog 2024 festival, the Clubs President Neslen Canonigo and Club Service Director and Social Media Head Abdul Khamal Manonggiring pick up garbages outside emall where there's a lot of crowd and vendors. The activity was a great movement to help ease the work of street sweepers. It was also a perfect time to foster Hygiene and Sanitation.

Garbage during Sinulog has always been a problem. You can see a lot of trash thrown by people on the streets during and after the event. This trash can end up in our drainage systems and can cause flooding due to the clogging of our canals, and it is truly one of

the major problems that our city is facing. We hope that we inspire some of those food vendors who help us in filling up our trash bags and also those passersby who saw us.

Together let's make our city clean and livable for every living creature.



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

Cebu Fuente
Rotary
Club



Spread the Word!