

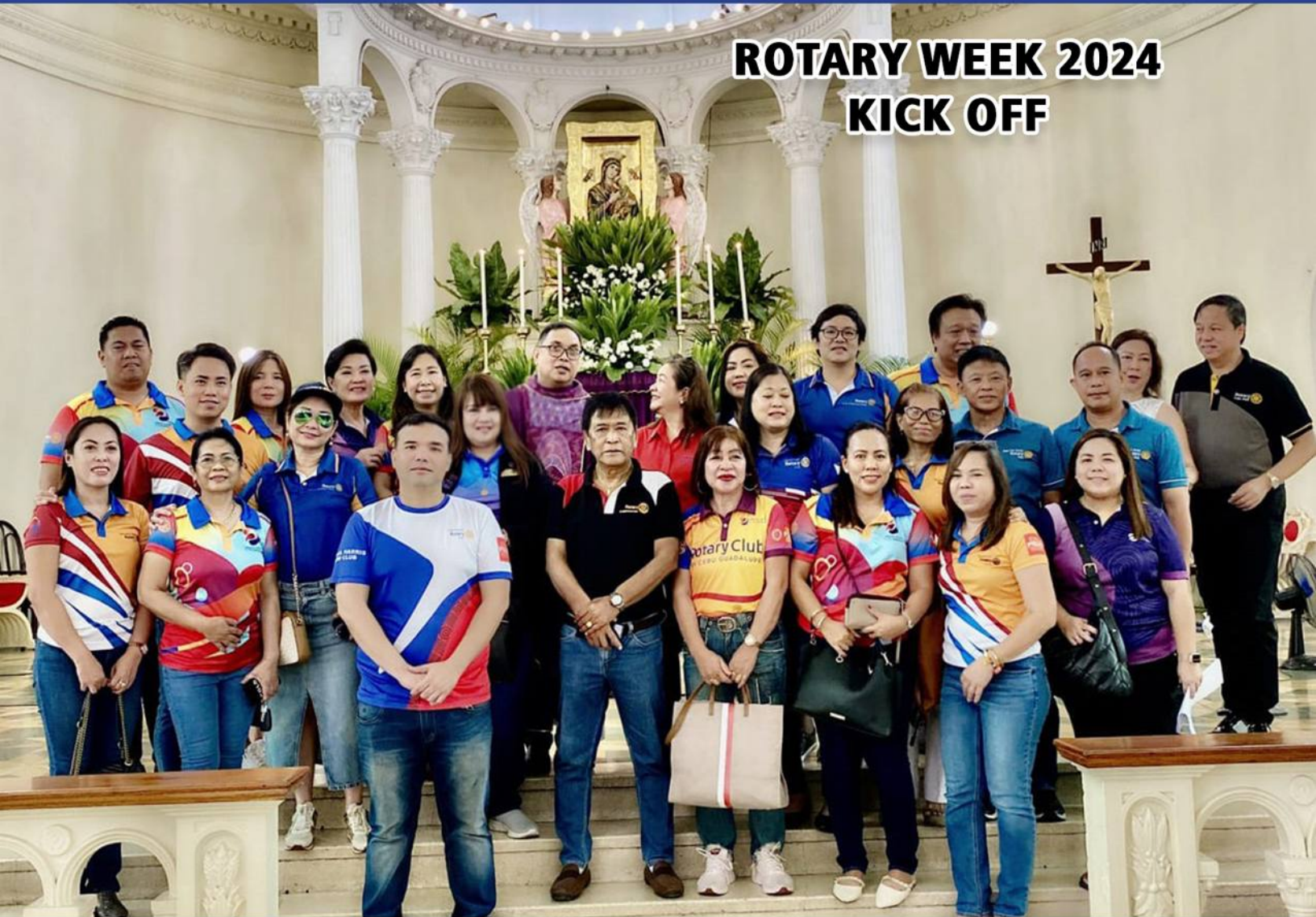
THE FOUNTAIN

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**ROTARY WEEK 2024
KICK OFF**



Cebu Fuente
Rotary
Club



**CREATE HOPE
in the WORLD**



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Rotary International
President



ROZANNE TWINKLE GAMBOA
District Governor



EDWARD VINCENT ANG
District Secretary



ROSEL SUMAYO
Assistant Governor Area 1D



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Adviser



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Roof Manufacturing



PATRICK L. YARED
Resto Bar Management



18th General Membership Meeting

Casino Español de Cebu, Cebu City | February 26, 2024

Peacebuilding and Conflict Prevention Month

Programme



Hosted by:
PATRICK YARED
President-Elect

INVOCATION

O almighty God, we thank you for all your blessings and all your mercies, which you in your love have showered upon us. Do continue your care for us. Help us to live as your obedient and dutiful people. Let us never forget who you are, and whose we are. Help us to show forth you to others. Make us humble, brave, friendly, joyful and loving, that we may be ready for adventure. Grant each person here strength and courage for the battle of life. And keep us ever loyal to the example of your Son, our Lord, Jesus Christ. Hear now, O God, our silent prayers.

...Fellowship Continues...



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	REGIE GRATONES Treasurer
Introduction of Rotarians Spouses, Visiting Rotarians Rotaractors Guest	EMMIE TESALONA Past President

PART 2

Business Matters

PART 3

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

Quote for the Week

"Risk comes from not knowing what you're doing." - Warren Buffett

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,

Welcome to our General Membership Meeting! It's a pleasure to gather together once again as we delve into significant topics that shape our club's mission and impact. Today, we'll be focusing on four major areas: District Conference (DISCON), District Training Assembly (DTA), PET-SETS, and the Tootsie Medical Mission.

Firstly, let's talk about DISCON. This event holds a special place in my heart as it marks one of my final engagements as your President. I am thrilled to announce that our very own Atty. Bernz Amago, Assistant Governor, and Dr. Maricel Borrromeo Amores, Past Assistant Governor, will be hosting this memorable occasion. I urge you all to immerse yourselves in the spirit of DISCON, enjoy the vibrant atmosphere of Davao, and celebrate Rotary fellowship at its finest.

Next, let's extend our wholehearted support to our members involved in PET-SETS and DTA. PE Patrick Jared and SE Jason Ong are leading the charge to Dumaguete for PET-SETS, while DTA Also awaits our enthusiastic participation. Your dedication to these endeavors embodies the true spirit of Rotary service, and I commend you for your commitment to making a difference in our communities.

Lastly, but certainly not least, let's turn our attention to the upcoming Tootsie Medical Mission. Under the capable leadership of Rtn. Tootsie Spaller, we are poised to make a significant impact on the lives of those in need. Your generosity and compassion are the driving forces behind our success, and I am confident that together, we will continue to uphold Rotary's legacy of service above self.

As we engage in our General Membership Meeting, let us not only discuss important matters but also cherish the camaraderie and bonds of friendship that define our Rotary family. I extend my heartfelt gratitude to all who join us today and contribute to the vibrancy of our club.

Thank you for your unwavering support and dedication to Rotary Club of Cebu Fuente. Together, let's continue to ignite positive change and inspire others to do the same.

Yours in Rotary Service,

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

Cebu Fuente
Rotary
Club

CREATE HOPE
in the WORLD

From Secretary's Desk



PATRICK L. YARED
Secretary, RY 2023 - 2024

ATTENDANCE

	ROTARY ID #	LAST NAME	FIRST NAME	17th 02/12	18th 02/26	19th 03/11	20th 03/18
1.	6726464	Abad	Jose Alfonso				
2.	6581939	Abarintos	Conrado				
3.	8794289	Abay-Abay	Emman Reyán				
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	10			

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



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

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South Queensferry, Scotland

PRESIDENT-ELECT

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McMurray, Pennsylvania, USA

VICE PRESIDENT

Patricia Merryweather-Arges
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Karachi Karsaz, Pakistan

Lena J. Mjerskaug

Enebakk, Norway

Anirudha Roy Chowdhury

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Masan South, Korea

GENERAL SECRETARY

John Hewko

Kyiv, Ukraine

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Decatur, Alabama, USA

VICE CHAIR

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Borivli, India

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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 February Message

My Dear Rotarians of District 3860,

PEACE BE WITH YOU ALL!

The Past RI President, James L. Lacey, once said, "We dream of a world without warfare and violence." Paul P. Harris gave emphasis on "Toleration " as the focal point for every Rotarian and that is understanding and respecting every point of view within our club membership, our communities and the whole world. Rotary embraces and celebrates the rich variety of all cultures, peoples, and nations. What is the best way to commemorate "Peacebuilding and Conflict Prevention Month," and indeed taking the path of realizing our dream of world peace and understanding.

Rotarians create an environment of peace by implementing service projects and supporting peace fellowships. We address the underlying causes of conflict, including poverty and discrimination. We establish and sustain relationships among people locally and globally. What better way to do this than attending and participating in Rotary activities, such as the Rotary Week, DISTAS (District Assembly), DISCON (District Convention) and the Rotary International Convention, held annually. Our DISCON 2024 is just a few months away, and I urge all Rotarians in the district to register as early as this month to avail of some promotional discounts on the registration fee. DISCON 2024 will be on May 3-4 in Davao City, and the Rotary International Convention on May 24 -29, in Singapore.

I would like to take this opportunity to thank everyone who is participating and getting involved in the preparations for the DISCON 2024. Special thanks to the host club, the Rotary Club of Downtown Davao is my home club. I will treasure every kind of cooperation you are extending. Every club's support touches me, and I am grateful.

As we celebrate the 119th anniversary of Rotary, let us reaffirm our commitment to service above self and our dedication to making a positive impact on the world. Together, we can continue to be a force for good, transforming lives and communities through our shared values and actions.

Together, we CREATE HOPE IN THE WORLD!

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.

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



Interview by Diana Schoberg
Photography by Lucy Hewett

Simply irresistible

*President-elect Stephanie Urchick sees Rotary's
Action Plan as key to a vibrant future*

It's late October at One Rotary Center, one of those autumn days that feels like summer, a last blast of warmth before the Chicago-area weather abruptly shifts. In less than a week, on Halloween, nearly an inch of snow will fall. ¶ Luckily, Rotary President-elect Stephanie Urchick isn't one to wither in the face of change. Instead, she embraces it. On the bookshelf in her office at Rotary headquarters, among the club directories and banners, the commemorative plates and plaques, and — surprise! — even some real books, there is a wooden sign adorned with multicolored leaves that reads, "Fall is proof that change is beautiful." ¶ "It's the same reason I like butterflies," explains Urchick. "They start out in little cocoons and don't look like much, but then they burst out and become a beautiful creature."





Urchick, who wears an Action Plan pin this day on her black quilted jacket, champions the Rotary plan as a guide for Rotary clubs hoping to undergo a similar metamorphosis. "I'm all about helping clubs look for ways to change their culture so they become simply irresistible," she says. "If you look at our worldwide numbers, there's something like 150,000 people who come into Rotary every year, but there are 160,000 who leave. What that says to me is that some people are not finding value in their club experience. They're not really leaving Rotary; they're leaving a Rotary club. We need to get clubs to examine what's happening."

A member of the Rotary Club of McMurray, Pennsylvania, Urchick joined Rotary in 1991 and was quickly drawn to the work of The Rotary Foundation. As a new member, she heard about Rotary's work to eradicate polio and became intrigued. She became the Foundation chair for her club and then for her district. Later, at the zone level, she served as a regional Rotary Foundation coordinator, focusing on fund development, and in 2012-14, she was a Rotary Foundation trustee at the international level. "There are so many great things that Rotary clubs do, and much of it is because they have worked through the Foundation," she says.

As fall teetered between summer and winter, Urchick sat down with *Rotary* magazine senior staff writer **Diana Schoberg** to talk about her past and Rotary's future.

You'll be the second woman to serve as president of Rotary. Should we even be making that distinction anymore?

From my perspective, no. It's about being the best leader for the time. However, I also recognize that people, especially women, will look to the position of Rotary president, and if they see a woman, they'll say, "Wow, if that's somebody who could do it, maybe I could do it too."

I'll also be one of only a few Rotary presidents who have been single while in office. Lots of people come up to me and say, "I'm single too, and it's so great that you're in the position." To me, having a spouse does not determine whether you're qualified for this role. But again, it does mean a lot to people to see someone in this position who looks like them or who has the same life status as they do.

It's like another element of diversity. Do you think the view of diversity at Rotary has shifted over the past few years?

Diversity has always been one of our core values. But I think the way we've measured diversity has definitely changed. Today it means so much more than it did 40 years ago when we were an all-male organization. For instance, we now ask people to look at their community and see if their Rotary club mirrors that community. That could mean all kinds of things. It could be age; it could be gender; it could be religion or political affiliation. It could include things like a different perspective, the fact that people think differently. If your club mirrors the community, then you really have a handle on the future. And if it doesn't, you have an opportunity.

You became a Rotary member in 1991, shortly after women were allowed to join. Why did you join and why did you stay?

Well, I was recently divorced. And when you are married, you tend to do a lot of things together. You go out to dinner together, you go on vacation together, and so on. I suddenly didn't have that. Much like Rotary founder Paul Harris, I was looking for ways to meet new people. A woman walked into my office and asked me about going to a Rotary club meeting with her. I didn't know anything about Rotary, but when she talked about the service and the internationality, I got interested. So I went, and I ended up joining.

Originally for me, it was about the fellowship. I wanted to meet new people. And I did; I met all kinds of people. But I also immediately got involved in service activities. By the fourth meeting, I was doing the newsletter, so I was already doing club service. That club was active in Rotary Youth Exchange and Group Study Exchange and Rotary Foundation grants. It was all amazing to me. So like most people, it was the service that kept me engaged in Rotary.

Why did you want to become Rotary president — and what makes you the right leader for the organization right now?

Becoming Rotary's president was never really on my radar screen. I've served Rotary in so many different ways over the 30-plus years I've been a member. A special opportunity that really shaped my thinking was chairing the Strategic Planning Committee. We had the chance

to look at the organization's strengths and weaknesses and reach out to the Rotary and non-Rotary world to get information about what people thought would move us into a thriving future.

Rotary had had the same meeting model for decades. We met four times a month; we rang the bell; we took attendance, etc. Clearly the world had changed, but we hadn't. We really needed to catch up! Now we have e-clubs and passport clubs and satellite clubs and corporate clubs, all different opportunities for people to come into Rotary and to serve.

I started to look at all of that, and I realized that we are positioned to move into a thriving future. That's what really propelled me to put my name forward. I truly believe that if Rotary districts and clubs use the Action Plan, we can thrive. It's a future where there are many more Rotary members involved in service and fellowship.

What skills from your past professional life will you lean on as president?

I have a background in three different fields. I sang with a band when I was in college and for a few years after that. I had the experience of getting on stage and inspiring people, getting them to dance and have fun. It may sound simple, but it really did develop a set of skills. My second career was in higher education. I worked in college and university settings. For much of that time, I was helping students find careers and jobs. It was both fulfilling and eye-opening. My third career was as a self-employed person at my consulting and business development firm. I did a little bit of training and a whole lot of business development. I don't think there's any skill that we leave behind. They all become part of your package.

What was your band name?

The Harmoners.

Will there be any Harmoners music playing as you arrive onstage at any events?

No, I don't think so. I hope they'll be playing Robert Palmer's "Simply Irresistible."

You used that phrase earlier: "simply irresistible." Is there a significance to it?

That's what I want Rotary to be: simply irresistible. I'm hoping Rotary and Rotaract clubs will be simply irresistible to community members who have a heart for

service and fellowship. They will use the Action Plan to assess where they are and figure out where they need to go. Hopefully the outcome is clubs that are more attractive and will retain more people.

Every club is different. There's not a cookbook that we can give to clubs and say, "Do this and you're going to be fine." Every club develops its own culture. Country to country, Rotary is done differently. You can have Rotary clubs in the same district that are very different. We need every club to take a moment, do an assessment, and look at the four priorities of the Action Plan. Then they must ask themselves, Is there something we can do a little differently, or are we already doing the best we can in this or that category? If you're already irresistible, then stay that way. But we have to attract people to our existing clubs, and we have to start new clubs. That's the way to grow Rotary and to have a future.

What's your theme, and how did you come up with it?

It's simply *The Magic of Rotary*. People can put any verb they want in front of it. *Believe* in the magic of Rotary. *Spread* the magic of Rotary. *Build on* the magic of Rotary. *Celebrate* the magic of Rotary. There are all kinds of words that we can use.

It came from a visit to the Dominican Republic. We were helping install a water filter in a home where a grandmother, a mother, and three little boys lived. We assembled the water filter and then put dirty water in it so that the family could see that it came out clean. The women learned how to use the filter, and we were getting ready to leave when one of the children grabbed my sleeve and said, "Show me that magic again." That caught me, and I thought: It is magic. We're helping create a change in their lives.

What will be your priorities as president, and why did you choose them?

Advancing the Action Plan to grow membership is at the top of my list. I love this organization, just like every member of Rotary whom I meet. I want Rotary to have a future.

My second priority is healing a divided world through Positive Peace. There are several ways to get involved. If everyone would live The Four-Way Test instead of just reciting it, we would have a more peaceful world. I hope clubs will

rally around The Four-Way Test and use it in creative ways. And there is the peace pole project: Clubs can have peace poles erected in their local park, town square, or college campus. The message of peace on the poles is a visible sign to the community that Rotary is a peacebuilding organization. Additionally, Rotary has a Positive Peace Academy, which is an online activity. Any Rotary member or non-Rotary member can take the time to go through that. And our Rotary Peace Centers are powerful activators in changing lives. We're opening a new peace center in the Middle East, in Istanbul. In February 2025, we will have a peace conference at that location.

My final priority will be continuity. That means two things: all of us in leadership positions working with our predecessors and those who follow us. It also means looking at the things that

clubs have rallied around and things that have taken root. Just because a president leaves office doesn't mean that you should drop a successful program. What would have happened if Rotary had abandoned its efforts to eradicate polio after Clem Renouf or James Bomar were no longer president?

One of your favorite mantras is "life is more interesting on the other side of yes." Can you talk about that?

Usually what I tell people is: "Say yes, and then just figure it out." "Hey, do you want to be newsletter editor?" "Yes." "Hey, do you want to be president?" "Yes." "Hey, do you want to do this?" "Yes." "Hey, do you want to do this?" "Yes." The only time I say no is if I follow it up with the word "problem." No problem. Life gives you so many opportunities. Say yes to them. You'll have time to figure out what to do next. ■



That's what I want Rotary to be: simply irresistible.

Solar cell phone chargers help Ukrainians

By Jerry W. Venters, Past governor of District 6040 and member of the Rotary Club of Lander, Wyoming, USA



Members of the Rotary Club of Lander with the first batch of solar chargers.

Four members of our Rotary Club in Lander, Wyoming, attended the 2023 District 5440 Conference in Estes Park, Colorado, USA expecting to promote our recent projects in Mexico and Rwanda. Much to our surprise, another international project found us!

Andy Lenec, a former senior Peace Corps volunteer in Ukraine, stirred the audience at the district conference with his story of a developing program to convert used solar panels into cell phone chargers for the people of Ukraine. The program, developed in coordination with a professor and students at Western Colorado University in Gunnison, Colorado, was still in its infancy and only a very few chargers had been shipped to Ukraine.

The Ukrainian power grid remains a target of Russian airstrikes and blackouts are common. Gas generators are more expensive, harder to ship, less mobile, and require fuel which is in limited supply. Solar chargers are easier to move and relatively inexpensive to replace if damaged or destroyed. With



charged cell phones, the Ukrainians can receive evacuation orders, air raid warnings, and school schedules. They can also stay in touch with friends and relatives fighting on the front lines.

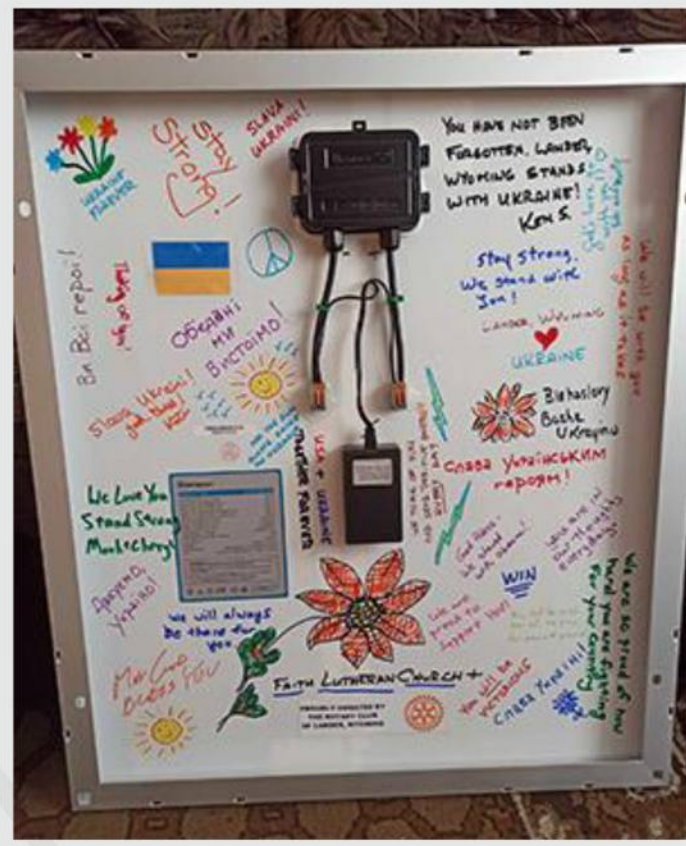
We couldn't wait to get started

Our excitement for the project was instant and electric. We couldn't wait to get back to energize our 65-member club and start converting used solar panels into cell phone chargers. Our service committee quickly endorsed the project, and Ken Schreuder (a retired engineer and current club secretary) agreed to lead it. We planned to ship the chargers to schools, medical facilities, internally displaced people's camps, and others in desperate need of a means of communication in the war-torn country.

No special engineering is required to turn the 12-volt solar panels into a 5-volt power source to charge phones. The positive and negative wires coming from the used solar panels are wired to the respective wires in the power converter. We worked with a local solar installer to make sure the panels we purchased produced enough power to operate the four charging ports on the power converter without exceeding the input capacity. This allowed us to use the smallest and cheapest panels possible.

A student pen pal relationship springs up

In just six months, our club has shipped 36 chargers to various groups in Ukraine. Each unit can charge four cell phones in about two hours. Our club contributed \$750 to kick-start the project, and numerous individuals and churches have given more than \$5,000 in support. We have also helped three other Rotary clubs in Wyoming, and one in Missouri, to replicate the project.



Encouraging messages written by the students on the back of a converted solar panel.

Students at local high schools in Lander and the adjacent Wind River Indian Reservation have also been attaching converters to solar panels. The students write encouraging messages on the panels' backs and ship the units to high schools in Ukraine. Recently, a pen pal relationship started to develop between the students in Wyoming and Ukraine.

The cost of attaching a voltage converter to a small solar panel and shipping it to Ukraine is about \$120. That seems like a small price to pay to build goodwill and friendships with the people of Ukraine and help them survive a war that is ravaging their country. We believe we are "Doing Good in the World," one charger at a time!



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Rotary Week 2024 Celebration



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02-12-2024 17th RCCF GMM RY 2023 - 2024



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1

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2

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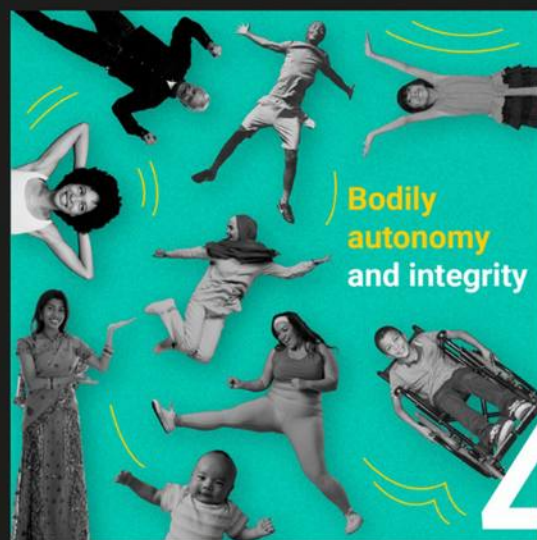
3

Information about your treatment and to informed consent



4

Bodily autonomy and integrity



5

Make decisions about your own health

YES NO



Health is a human right!

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 $\text{B}\text{maj}7/\text{D}\sharp$ $\text{G}\sharp\text{m}7$ $\text{B}9/\text{C}\sharp$ $\text{C}\sharp7(\text{add}2)$ $\text{F}\sharp(\text{sus}4)$ $\text{F}\sharp$ $\text{E}(\text{add}2)$ $\text{B}\text{maj}7/\text{D}\sharp$
 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 $\text{B}/\text{D}\sharp$
 Bat-tles may rage, Hiding the voices of the small, We Ro-ta-rians rise as one Giv-ing

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

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

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

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

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

3

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

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

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

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

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

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

fp

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



Cebu Fuente
Rotary
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A Fruitful Twin Club Signing Day!

Last February 18, 2024, the Rotaract Club of Cebu Fuente - University of San Carlos, as represented by **HCP Jysrielle Faith Paderes** with International Service Director **Jossiah Jireh Faith Montives** as the witness had a twin club agreement signing with the Rotaract Club of Bagong Sandigan as represented by **HCP Carlos Miguel Requino** and International Service

Director **Jaysen Monte de Ramos** at the Waterfront Cebu City Hotel & Casino.

Joined by the District Rotaract Representative of the Rotaract Clubs of Rotary International District 3780, **DRR Bhon Mar Balois** and the District Rotaract Representative of the Rotaract Clubs of Rotary International District 3860, **DRR Remuel Coles**, District Service Committee Chair **Melshun James Yu** and District International Service Director **Jerry Bual**, both clubs solidified a partnership aimed at transcending borders and maximizing impact.

Here's to a journey of shared goals and collective change!



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

Cebu Fuente
Rotary
Club



Spread the Word!