

# HABAGAT



## ROTARY CLUB OF CEBU SOUTH OFFICIAL PUBLICATION

Club No. 17106 District 3860  
Chartered on March 5, 1972

*Meets every Friday 0700 PM via Zoom  
Club Filipino, Inc. de Cebu Club House*



# END POLIO NOW

### ROTARY'S AREAS OF FOCUS



# PROGRAMME



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**3rd REGULAR FELLOWSHIP MEETING  
Membership and Club Development Month  
14 August 2020 (Friday), 0700 PM via Zoom**

**Part I:**

Call to Order - **Pres. Richard Azares**

Invocation - **Rtn. Glen Rivarez**

Philippine National Anthem - Audio Visual Presentation

The Rotarian Hymn - Audio Visual Presentation

The "Four Way Test"- **TRF Chair Helbert Espinosa**

Objects of Rotary - **PP Manuel Gordon**

Declaration of Rotarians in Business - **Rtn. Eduard  
Mansueto**

Introduction of Rotarian/Visiting - **Dir. Arcile Padrigao**  
Rotarian / Guest / Rotaractors

**Part II:**

Guest Speaker: Mr. Chen Tan Topic: "Mental Wellness"

**Part III: Business Matter**

President's Time - Pres. Richard Azares

Other Matters

Adjournment

**... FELLOWSHIP CONTINUES ...**

**Emcee: IPP Edward Bauzon**

**QUOTE FOR THE WEEK:**

" There is no exercise better for the heart than reaching down  
and lifting people up".—John Holmes

# INVOCATION



Heavenly Father, we come to you today asking for your guidance, wisdom and support as we begin this meeting. Help us to engage in meaningful discussion; allow us to grow closer as a group and nurture the bonds of community. Fill us with your grace, Lord God, as we make decisions in our discussion for this meeting. Continue to remind us that all that we do here today, all that we accomplish, is for the pursuit of truth for the greater glory of You, and for the service of humanity. We ask these things in your name, AMEN.

# THE 4-WAY TEST

One of the most widely printed and quoted statements of business ethics in the world is the Rotary 4-way test. It was created by Rotarian Herbert J. Taylor in 1932 where he was asked to take charge of a company that was facing bankruptcy Taylor looked for a way to save the struggling company mired in depression-caused financial difficulties. He drew up a 24-word code of ethics for all employees to follow their business and professional lives. The 4-Way Test became the guide for sales, production, advertising and all relations with dealers and customers, and the survival of the company is credited to this simple philosophy.

Herb Taylor became President of the Rotary International in 1954-55. The 4-Way Test was adopted by Rotary in 1943 and has been translated into more than a hundred languages and pub-



## The Four-Way Test

*of the things we think, say or do.*

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- 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?



# OBJECT OF ROTARY

**Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster;**

1.The development of acquaintance as an opportunity for service;

2.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.



3.The application of the ideal of service in each Rotarian's personal, business, and community life.

4.The advancement of international understanding, goodwill, and peace through a world of fellowship of business and professional persons united in the ideal of service.

# DECLARATION OF ROTARIANS IN BUSINESS AND PROFESSIONS

**As a Rotarian engaged in a business or profession, I am expected to:**

- Consider my vocation to be another opportunity to serve.
- Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community.
- Do all in my power to dignify my vocation and to promote the highest ethical standards in any chosen vocation.
- Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship.
- Recognize the honor and respect due to all occupations which are useful to society.
- Offer my vocational talents to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community.
- Adhere to honesty in my advertising and in all representations to the public concerning my business or profession.
- Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.

# SERVICE ABOVE SELF & RI MISSION STATEMENT

**Y**ou serve your club and its Members when you take time to attend meetings, work on Committees, and promote Rotary's ideals through club Projects and activities.

**Y**ou serve your business or profession when you take time to carry out your job responsibilities to the best of your ability and with the highest degree of ethical standards.

**Y**ou serve all the members of your community when you take time to participate in the dev't. of quality service for youth, the elderly, the disabled and the needy.

**A**s you travel, you serve by taking time to learn about people from other countries, and their customs, needs and beliefs.

**A**nd you serve by participating in the Rotarian Program such as The Rotary Foundation, the Health Hunger, and Humanity Programs and World Community Service.

## Rotary International Mission Statement

The mission of Rotary International is to support its member clubs in fulfilling the Object of Rotary by:

- Fostering unity among member clubs;
- Strengthening and expanding Rotary around the world;
- Communicating worldwide the work of Rotary; and
- Providing a system of in-



# ROTARIAN HYMN

By: George Canseco

I want to be a Rotarian for the world,  
Make the Rotary flag be a flag of peace unfurled;  
I will serve my community,  
Help to seek international unity.  
Through Rotary, I will dedicate my all,  
World understanding shall be my cherished goal.

Refrain:

With the Four Way Test I will pursue my quest  
And if I, in a way help obtain  
Peace in the world Then I won't have lived in vain.

I'll observe service above self,  
Lend a hand to all who need my help;  
I'll get my spouse to involve in Rotary  
And in Rotary ways I will train my family.

Refrain:

With the Four Way Test We'll pursue our quest  
And if we, in a way help obtain  
Peace in the world Then we won't have lived in vain.

Build a bridge for tomorrow's youth,  
Strengthened by nothing but the truth;  
Let's join our hands, there's no reason to divide.  
We shall all understand, while the good Lord is our guide.

Refrain :

With the Four Way Test We'll pursue our quest And if we,  
in a way help obtain Peace in the world  
Then we won't have lived in vain. Peace be achieved,





## PRESIDENT'S CORNER

**RICHARD AZARES**

**PRESIDENT, RY2020-2021**

My fellow Rotarians I would like to take this opportunity to thank you for your support and cooperation during our last month club's turnover and induction and your attendance to our Regular and Fellowship meetings via ZOOM. I would also like to thank Pastor Richard Cabaluna for providing a FREE-RIDE (LIBRENG SAKAY) to the people in Minglanilla, Cebu for almost a month and to all our Rotarians who joined us in the SOUP KITCHEN project in Cebu City for ten (10) days which was headed by our PEN Jack Torrejos. During this time of pandemic our club continues to serve humanity.

Today, I welcome you for this month of August it is a MEMBERSHIP AND CLUB DEVELOPMENT Month. We do encourage our fellow rotarians to invite their prospect to join via ZOOM in our regular and fellowship meeting. With our Membership Director PEN Jack Torrejos, we will be inducting new members to the club soon.

Formal pinning with our new member / New Generation Director Jess Anthony A. dela Cruz was already done 1st week of August. We have started distributing facial masks to our fellow rotarians and we will continue to distribute it within this month. We have done with our 1st Board Meeting last 05 August 2020 via Zoom and the result of the discussion and with the approval of the Board will be presented tonight. We are also working with the Face Shields with the Rotary Logo and for distribution.

A handwritten signature in black ink, appearing to read 'Richard Azares', written in a cursive style.

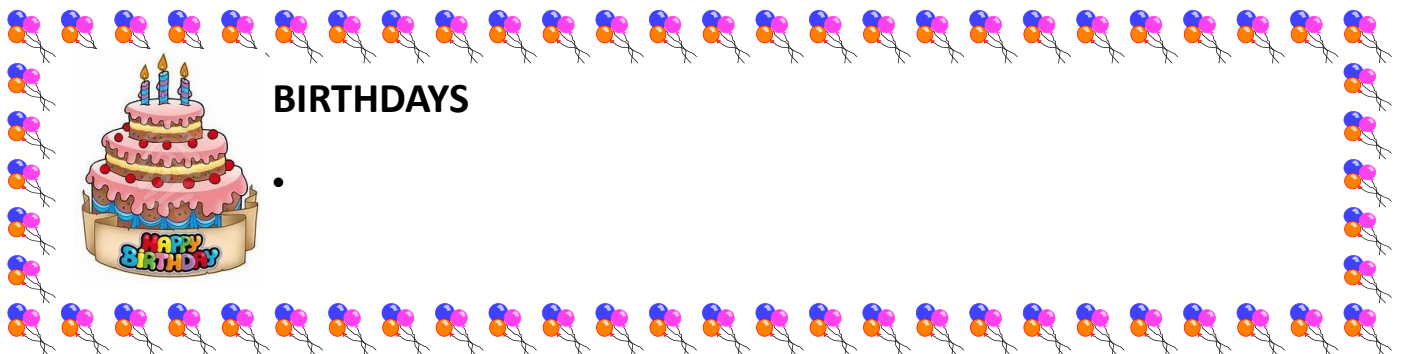
RICHARD AZARES

President, RY2020-2021

# SECRETARY'S DESK

## ATTENDANCE

	MEMBERS	7 AUG	14 AUG	21 AUG	28 AUG	PERFECT ATTENDANCE
1	Aguilar, Ronnie					
2	Apuhin, Carlos L.	P				
3	Arriesgado, Dante S.					
4	Azares, Richard	P				
5	Bacalso, Don Chriad					
6	Baclig, Reynaldo M.	P				
7	Bauzon, Edward R.					
8	Cabaluna, Richard	P				
9	Caing, Daniel Xzajyk					
10	Dela Cruz, Jess Antony A.	P				
11	Fazon, Benjamin					
12	Espinosa, Helbert P.	P				
13	Espinoza, Ellias L.	P				
14	Gordon, Manuel C.	P				
15	Litigio, Emmanuel A.	P				
16	Llido, Lydon S.					
17	Mansueto, Eduard II	P				
18	Mayhew, Geopeter T.	P				
19	Medina, Audie R.					
20	Padrigao, Arcile	P				
21	Pitogo, Darwin L.					
22	Recla, Aaron Francisco V.					
23	Rivarez, Glen	P				
24	Rosaroso, Wolfren					
25	Rosaroso, Honeyleen					
26	Ruiz, Felix II E.					
27	Singco, Danilo G.					
28	Torrejos, Jack John	P				
29	Vasquez, Randy N.					
	TOTAL	14				
	PERCENTAGE	48%				
1	Chua, Felix A.					Honorary Member
2	Rivalal Tomas					Honorary Member



### BIRTHDAYS

# CALENDAR OF ACTIVITIES / EVENTS

## AUGUST 2020

### MEMBERSHIP AND CLUB DEVELOPMENT MONTH

DATE	DAY	LEVEL	ACTIVITIES / EVENTS
07	Friday	Club	3rd Regular Weekly Meeting
14	Friday	Club	3rd Fellowship Meeting
15	Sat	District	TRF Fundraising & Grants Management Seminar
16 Tenta- tive	Sun	Club	Group Picture@ Castle Peak Hotel Roof Deck.
21	Friday	Club	4th Regular Weekly Meeting
28	Friday	Club	4th Fellowship Meeting
Tenta- tive	Open	Club	ROTARY BASICS Orientation - New Member (via ZOOM)
Tenta- tive	Open	Club	Induction of New Member (via ZOOM)
Tenta- tive	Last week	Club	Club's Annual Strategic Planning (via ZOOM)
On- going		Club	Distribution of PPE Facial Mask to fellow RC Cebu South Rotarians



# ROTARY INTERNATIONAL



## President

Rotary's president presides over the Board of Directors and is elected to a one-year term.

### MEET OUR PRESIDENT

Holger Knaack is the CEO of Knaack KG, a real estate company. He was previously a partner and general manager of Knaack Enterprises, a 125-year-old family business. He is a founding member of the Civic Foundation of the City of Ratzeburg and served as president of the Golf-Club Gut Grambek. Knaack is also the founder and chair of the Karl Adam Foundation.

Holger Knaack, a member of the Rotary Club of Herzogtum Lauenburg-Mölln, Germany, has been selected to serve as president of Rotary International in 2020-21.

The Nominating Committee's decision follows the resignation of President-nominee Sushil Gupta due to health reasons.

To build a stronger membership, Knaack says Rotary must focus on increasing the number of female members and transitioning Rotaractors into Rotarians.

Knaack believes that the People of Action campaign offers new public awareness possibilities for Rotary. "This campaign conveys our global image while still respecting differences in regions and cultures," he says.

A Rotary member since 1992, Knaack has served Rotary as treasurer, director, moderator, member and chair of several committees, representative for the Council on Legislation, zone coordinator, training leader, and district governor.

He is an endowment/major gifts adviser and co-chair of the Host Organization Committee for the 2019 Rotary International Convention in Hamburg.

He is a founding member of the Civic Foundation of the City of Ratzeburg and served as president of the Golf-Club Gut Grambek. Knaack is also the founder and chair of the Karl Adam Foundation.



# ROTARY INTERNATIONAL

## Avenues of Service

We channel our commitment to service through five Avenues of Service, which are the foundation of club activity.

1. **Club Service** focuses on making clubs strong. A thriving club is anchored by strong relationships and an active membership development plan.
2. Vocational Service calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society.
3. **Community Service** encourages every Rotarian to find ways to improve the quality of life for people in their communities and to serve the public interest.
4. **International Service** exemplifies our global reach in promoting peace and understanding. We support this service avenue by sponsoring or volunteering on international projects, seeking partners abroad, and more.
5. **Youth Service** recognizes the importance of empowering youth and young professionals through leadership development programs.



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## Rotary's Six Areas of Service



PROMOTING  
PEACE



FIGHTING  
DISEASE



PROVIDING  
CLEAN WATER



MATERNAL &  
CHILD HEALTH



LITERACY &  
BASIC  
EDUCATION



ECONOMIC &  
COMMUNITY  
DEVELOPMENT

# ROTARY INTERNATIONAL

## ROTARY INTERNATIONAL CONVENTION

ROTARY YEAR 2020-2021

# SAVE THE DATE ...12 June 2021



Each year, Rotary members from all over the world come together to discover new opportunities to increase our impact, broaden our reach, and strengthen our ability to adapt for future success. It's also the perfect venue to find new ways to enhance your Rotary experience. The 2021 Rotary International Convention in Taipei will energize every attendee and deliver memories that last a lifetime.

# ROTARY INTERNATIONAL THE ROTARY FOUNDATION

**The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.**



Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

With your help, we can make lives better in your community and around the world.

## **Our mission**

The mission of The Rotary Foundation of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

## **What impact can one donation have?**

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an antibullying campaign and create a safe environ-



# ROTARY INTERNATIONAL

## August is Membership & New Club Development Month



Each month of the calendar year is celebrated in Rotary with a different theme (with the exception of May).

### **August is the Membership and New Club Development month.**

Each club throughout the Rotary world is encouraged to concentrate on programs to promote each of these monthly themes.

View the membership message from 2020-2021 Rotary International President Holger Knaack on YouTube at:

<https://youtu.be/asmeEkZ5SgY>

There are many resources produced by Rotary to assist Clubs with Membership and New Club Development.

They enable Clubs to:

Assess your club

Engage current members

Connect with prospective members

Follow your membership leads

Make new members feel welcome



# ROTARY DISTRICT 3860

## RODEL RIEZL S. REYES DISTRICT GOVERNOR RI DISTRICT 3860



RODEL RIEZL S. REYES believes that the opportunity to lead the District is an honor and a privilege to give back to Rotary what he has achieved in his 22 years of dedicated and committed service in doing good with the community.

A third generation Rotarian, he was destined to serve the District drawing inspiration from his father, the late Roberto C. Reyes, past president of the Rotary Club of South Davao. His journey as a Rotarian began when he was inducted as member of the Rotary Club of Metropolitan Davao in September 1998, with his friends in the same line of business. In August 2001, he joined the Rotary Club of East Davao and ascended the club leadership ladder to become its 41st President in RY 2005-06. Throughout his 16 years in Rotary, he displayed admirable leadership skills that paved the way for him to be appointed various key positions within and beyond the club level having served as conference and training chair, resource speaker and district officer that enriched his knowledge in Rotary and honed him to lead us in this coming Rotary year.

A TRF Major Donor and Paul Harris Society member, he will continue to work on increasing members' contribution to The Rotary Foundation and ensure that all the 98 clubs contribute to the Annual Programs Fund and Polio fund.

Professionally, he joined SGV & Company based in Makati right after his graduation in 1983. In the same year, he passed the Certified Public Accountancy Board Examination. He is a proud graduate of San Beda College. In 1986 he was engaged by San Miguel Corporation Audit and Finance group. In 1990, a call for family duty brought him back to Davao to take care of the family business.

He is happily married to Anne Marie C. Lopez, a daughter of former Davao City Mayor Elias B. Lopez. Blessed with an only son Roberto Elias who is currently working in Manila.

He believes that District 3860 will adapt to a rapidly changing world by embracing innovation within the guidelines of our tradition and values. By aggressively embracing new technologies, social media and new opportunities, individual and businesses will see that Rotary helps promote a good civic and public image while adding credibility.

As Rotarians we are still Blessed to take on leadership at this wonderful but very challenging moment of our organization. Let us together embrace the new year as Rotary Opens Opportunities.

# ROTARY DISTRICT 3860

Rotary  
District 3860



Rotary Opens  
Opportunities

## TRF Fundraising and Grant Management Seminar

Via ZOOM Meeting

August 15, 2020

12:00 p.m. (Meeting Room Opens)

1:00 pm - 5:00 pm (Program)

Attire: Club Uniform

Participants: Presidents, Pres.- Elect, TRF Chair

3:08 PM Sat Aug 8

Zoom

Leave

Rotary District 3860

Rotary Opens Opportunities

### End Polio Now Fundraising/Donation

- **Rotary International Challenge \$ 1,500 per club**
- **District to give their 20% DDF to Polio**
- **Rotary District 3860 Challenge \$ 200 per club**

Rotary

END POLIO NOW Fundraising and Awareness Campaign

# RC CEBU SOUTH MILESTONES

In the beginning, the Rotary Club Cebu South was just the proverbial “gleam-in-the-eye” of RC Cebu West resident Joe Cavan, and former District Governor Marianing Ilano. The year was 1968, and a feasibility study showed that there were as many as 92 classifications that could be availed of in the southern portion of the sponsoring club’s territory. The matter was not pursued, however, and it was not until the incumbency of President Tom Espina that the move to form the new club was revived by then District Governor Onor Lozano.

On January 8, 1972 the Rotary Club Cebu South was formally organized at a meeting held at Cavan’s Resort in Guadalupe, Cebu City, and a Charter was applied for. On March 5, 1972, Rotary International gave its official sanction to the club and released its Charter as the Fourth Club in RI District 385. On May 27, 1972, Rotary Club Cebu South held its Charter Presentation and Induction at the Casino Espanol de Cebu, with first President Munding Crystal accepting the Club Charter from District Governor Onor Lozano. There were 28 Charter Members then.

Through the years, the club continues to create footprints and impact in the service of the rotary. Its passions for service were manifested by the countless awards and citations as it rises to prominence and importance. The club prided itself for having a new President every rotary. This is just among the qualities of its members who can be the leader of the Club that can continue its legacy and identity. Currently, the Club has 30 active members. Even with the swift passing of the time that some men of honor and dedication to Club’s service have gone by, the Club’s enthusiasm to serve the community and do better has earned in the Rotary Year 2016-2017 marvelous and exceptional awards, as follows:

- ◆ MOST OUTSTANDING CLUB OF DISTRICT 3860
- ◆ PRESIDENTIAL CITATION AWARDEES
- ◆ 100% FOUNDATION GIVING CLUB
- ◆ SUCCESSFULLY TRANSFORMING INTO A MIXED GENDER CLUB

# RC CEBU SOUTH PRESIDENTS

ROTARY YEAR	PRESIDENT'S NAME	ROTARY YEAR	PRESIDENT'S NAME
1972-1973	+ Munding Crystal	1996-1997	Sover Cobrado
1973-1974	+ Patrocinio Bacay	1997-1998	Nonne Mapeso
1974-1975	+ Tony Mansueto	1998-1999	Willy Puno
1975-1976	+ Boy Flores	1999-2000	Hommer Vargas
1976-1977	+ Ben Rodis	2000-2001	Jojo Casas
1977-1978	+ Rudy Divinagracia	2001-2002	Maxi Maximo
1978-1979	+ Dito Florido	2002-2003	+ Noel Tawatao
1979-1980	+ Bert Albacao	2003-2004	Felix Chua
1980-1981	+ Monching Benetiz	2004-2005	Junki Flores
1981-1982	+ Ruben Dalisay	2005-2006	Butch Aleta
1982-1983	+ Angel Veloso	2006-2007	Felix Asoy
1983-1984	+ Angie Fajardo	2007-2008	Tom Rivalal
1984-1985	Reynaldo Baclig	2008-2009	Ion Nomura
1985-1986	+ Ramon Escario	2009-2010	Carlos Apuhin
1986-1987	Dandy Gonzales	2010-2011	Manuel Gordon
1987-1988	Roger Yebes	2011-2012	Nelson Rosales
1988-1989	+ Ely Bernabe	2012-2013	Randy Vasquez
1989-1990	Billy Tan	2013-2014	Benjie Hortelano
1990-1991	Atit Reroma	2014-2015	Danilo Singco
1991-1992	Lino Dagus	2015-2016	Dante Arriescgado
1992-1993	Jun Pagayanan	2016-2017	Helbert Espinosa
1993-1994	Pocholo Streegan	2017-2018	Ellie L. Espinoza
1994-1995	Frank Ng Chee	2018-2019	Arron Francisco
1995-1996	Ed Suegay	2019-2020	Recla Edward Bauzon





# RC CEBU SOUTH

## PAUL HARRIS FELLOW

### MULTIPLE PAUL HARRIS FELLOW

Felix Asoy	+3
Ion Nomura	+2
Helbert Espinosa	+1
Reynaldo Baclig	+1
Dante Arriesgado	+1
Lino Dagus	+1
Tomas Rival	+1
Felix Chua	+1

### PAUL HARRIS FELLOW

Carlos Apuhin  
 Richard Azares  
 Manuel Gordon  
 Randy Vasquez  
 Danilo Singco  
 Francisco Ng Chee  
 Patrocinio Bacay  
 Malcolm Cark  
 Tony Cuenco  
 +Ramon Escario  
 Leandro Gonzales  
 Benjamin Hortelano  
 Tony Mansueto  
 Nelson Rosales

### PAUL HARRIS SUSTAINING MEMBERS

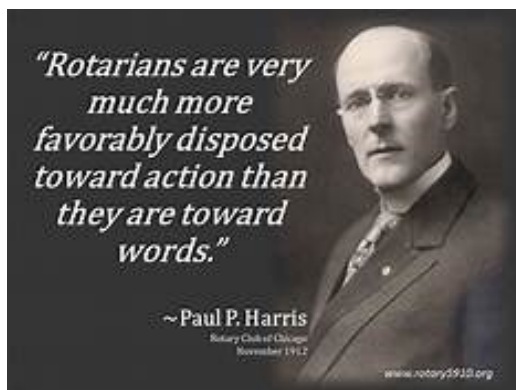
Wilfredo Puno  
 Athena Casas  
 Leo Miravalles  
 Amado Aleta, Jr.  
 Jerome Tanco  
 Eusebio Selga, Jr.  
 Avelino Flores  
 Rogelio Yebes  
 Emmanuel Calderon  
 Aurelio Bernabe

Danilo Ledesma

Danilo Dalocanog  
 Elias Espinoza  
 Lyndon Llido  
 Felix Ruiz  
 Aaron Francisco Recla  
 Audie Medina  
 Emmanuel Rail Litigio  
 Rodel Vicente

### PHILIPPINE ROTARY MAGAZINE LIFETIME SUBSCRIBERS

Felix Asoy  
 Ion Nomura  
 Tomas Rival



# RC CEBU SOUTH

Sugbo.ph

## CEBU GCQ GUIDELINES

### ALLOWED

- INDIVIDUALS NOT BELOW 21 Y/O AND NOT ABOVE 60 Y/O (CURFEW: 10PM-5AM)
- MALLS (NON-LEISURE ONLY)
- BUYING AND SELLING OF ALCOHOLIC BEVERAGES
- PUBLIC TRANSP: BUSES, JEEPNEYS, V-HIRES, TAXIS, GRAB AT 50% CAPACITY & STRICT PHYSICAL DISTANCING
- PRIVATE TRANSP: ALL PRIVATE VEHICLES ARE ALLOWED BUT MUST FOLLOW NUMBER CODING SCHEME
- MORE BUSINESS SECTORS; RETURNING WORKERS MAY PRESENT COMPANY ID/ COE
- NON-CONTACT OUTDOOR ACTIVITIES: JOGGING, BIKING, GOLF, SWIMMING, SKATEBOARDING

### NOT ALLOWED

- INDIVIDUALS UNDER 21 Y/O AND ABOVE 60 Y/O; INDIVIDUALS WITH HEALTH CONDITIONS AND PREGNANT WOMEN
- MOVEMENT OR TRAVEL FOR LEISURE PURPOSES
- DRINKING IN PUBLIC
- TRAVEL AND TOURIST SPOTS (BEACH)
- MASS GATHERING (PARTIES, CONVENTION, MASS)
- GYMS, SPORTS FACILITIES, CINEMAS, KARAOKE, BARS
- PERSONAL CARE (MASSAGE, FACIAL, SAUNA)
- INTERNET CAFES, LIBRARIES, AMUSEMENT CENTERS

- ✓ QUARANTINE PASS FOR NON-WORKERS
- ✓ MANDATORY WEARING OF FACE MASKS
- ✓ NUMBER CODING SCHEME FOR VEHICLES
- ✓ BORDER CONTROL AND CHECKPOINTS

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*Stay  
safe  
AND  
healthy*





# RC CEBU SOUTH

## IMPORTANT EMERGENCY CONTACT NUMBERS

<b>Cebu City Fire Department - 160</b>	<b>ERUF Ambulance Service - 161</b>
<b>Rescue Hotline - 117</b>	<b>Cebu City Police Department - 166</b>
<b>ERUF Banilad: +63.32.233-9300</b>	<b>CITOM Cebu: +63.32.253-9211</b>
<b>ERUF Lapu Lapu: +63.32.340-2994</b>	<b>CITOM Mandaue: +63.32.344-6314</b>
<b>ERUF Abellana: +63.32.255-7287</b>	<b>Mobile Patrol Group: +63.32.233-2178</b>
<b>SWAT: +63.32.235-9666</b>	<b>Theft and Robbery Section: +63.32.233-0202</b>
<b>Chong Hua Hospital: +63.32.255-8000</b>	<b>Cebu Doctor's Hospital: +63.32.255-5555</b>
<b>Perpetual Succour Hospital: +63.32.233-8620</b>	<b>Cebu Velez General Hospital: +63.32.253-1871</b>
<b>Cebu City Medical Center: +63.32.255-7141</b>	<b>Mandaue City Hospital: 345-9739 to 42</b>
<b>Mactan Doctor's Hospital: +63.32.341-0000</b>	<b>Lapulapu District Hospital: +63.32.340-0248</b>
<b>Vicente Sotto Medical Center: +63.32.255-1591</b>	<b>Vicente Gullas Hospital: +63.32.346-9292</b>
<b>North General Hospital: +63.32.343-7777</b>	<b>Philippine Red Cross - Cebu: +253-4611</b>
<b>Guadalupe Police Station: +63.32.256-2193</b>	<b>Talamban Police Station: +63.32.244-7400</b>
<b>Mandaue Police Station: +63.32.344-1200</b>	<b>Mabolo Police Station: +63.32.233-6793</b>
<b>Pardo Police Station: +63.32.273-3642</b>	<b>Waterfront Police Station: +63.32.254-6968</b>
<b>Carbon Police Station: +63.32.256-2192</b>	<b>San Nicolas Police Station: +63.32.261-9788</b>
<b>Cebu Fil-Chinese Fire Brigade: +63.32.254-0200</b>	<b>Mandaue Fire Department: +63.32.344-4747</b>
<b>Talamban Fire Department: +63.32.344-9200</b>	<b>Talisay City Fire Department: +63.32.272-8277</b>
<b>Minglanilla Fire Department: +63.32.273-2830</b>	<b>Argao Fire Department: +63.32.367-7680</b>

**CEBU  
EMERGENCY  
PHONE  
NUMBERS**





## Lessons from Bill Gates

This virus has reminded us how important our family and home life is and how much we may have neglected this. It is forcing us back into our houses so we can rebuild them into our home and to strengthen our family unit.

This virus has reminded us that our true work is not our job, this is not what we are created to do. Our true work is to look after each other, to protect each other and to be of benefit of one another.

"We can choose to be patient or be in panic. In every difficulty, there is always ease, life is cynical and this is just a phase in this great cycle, we do not need to panic; this too shall pass."

---

BILL GATES



Peso Advisor

# RC CEBU SOUTH



## CEBU PROVINCE TO RELEASE PHP 336.6 MILLION

Cebu Provincial Government will release funds totaling about P336.6 million to help local government units (LGUs) and businesses across the province hurdle the Covid-19 crisis.

Gov. Gwendolyn Garcia made the announcement in a speech during the 451st founding anniversary of the Province on Thursday, Aug. 6, 2020.

Garcia said P2.5 million will be released to each of the Province's 44 towns and six component cities, while its



## CEBU CITY SEAPORTS TO REOPEN FOR PASSENGERS

AS CEBU City's quarantine restrictions ease up on Saturday, Aug. 1, 2020, seaports are starting to reopen but only for locally stranded individuals (LSIs) going in and out of the city.

Councilor Joel Garganera, Cebu City Covid-19 Task Force on Seaports and Coastal Areas chairman, said three groups are expected to arrive in ports as the city downgrades its status from modified enhanced community quarantine (MECQ) to general community quarantine (GCQ) from Aug. 1 to Aug. 15.



## PROJECT BALIK BUHAY TO KEEP WORKPLACE SAFER FOR WORKERS

AS CEBU economy starts to recover, Project Balik Buhay (PBB) will serve as a road map for businesses to open safely.

Edmun Liu, Project Balik Buhay chairman for the private sector, presented the renovated Project Balik Buhay, which addresses the role of the private sector in the fight against Covid-19 pandemic. The representatives of the business sector and the mayors of the cities of Cebu, Mandaue, Lapu-Lapu and Talisay and the municipalities of Consolacion and Minglanilla were present during the meeting.

Liu reiterated that the basic PBB strategy is to reopen the economy gradually and safely and to avoid exceeding the health care capacity.





# RC CEBU SOUTH

## Definition Of A Healthy Lifestyle

[The World Health Organisation](#) in 1946 defined health as 'A complete state of mental, physical and social well-being not merely the absence of disease'.

[Wikipedia](#) defines a lifestyle as the way a person lives. This includes patterns of social relations, consumption, entertainment, and dress. A lifestyle typically also reflects an individual's attitudes, values or worldview. A healthy lifestyle is generally characterized as a "balanced life" in which one makes "wise choices".

## What is the definition of Healthy Living?

The actual definition of [Healthy Living](#) is the steps, actions and strategies one puts in place to achieve optimum health.

Healthy Living is about taking responsibility for your decisions and making smart health choices for today and for the future. So healthy living would consist of:



### *Physical (For The Body)*

- Good Nutrition, Eating Right
- Getting Physically Fit, Beneficial Exercise
- Adequate Rest
- Proper Stress Management

### *You Also Need to Give and Receive*

- Forgiveness
- Love and Compassion
- You Need to Laugh and Experience Happiness
- You Need Joyful Relationships With Yourself and Others

### *Emotional Wellness (For The Mind)*

- Self-Supportive Attitudes
- Positive Thoughts and Viewpoints
- Positive Self-Image

### *Spiritual Wellness*

- Inner Calmness
- Openness to Your Creativity
- Trust in Your Inner Knowing



**And all aspects of one's self, must work in harmony to achieve wellness, so you need to create a balanced life.**



# ROTARACT CORNER

## ROTARACT CLUB OF CEBU SOUTH

### (Community Based)

**Join the global movement of young leaders who are developing innovative solutions to the world's most pressing challenges.**

Rotaract clubs bring together people ages 18 and older to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service.

In communities worldwide, Rotary and Rotaract members work side by side to take action through service. From big cities to rural villages, Rotaract is changing communities like yours.



### What's involved?

Rotaract members decide how to organize and run their clubs, manage their own funds, and plan and carry out activities and service projects. Rotary club sponsors offer guidance and support and work with your club as



# ROTARACT CORNER

Rotaract  
District 3860



Rotary Opens  
Opportunities

## DISTAS 2020

DISTRICT ASSEMBLY

PRESIDENTS & SECRETARIES'  
TRAINING SEMINAR

AUGUST 7-9, 2020 |  zoom

## REGISTRATION PROCEDURES

### STEP 1

PAY THE REGISTRATION FEE WITH THE AVAILABLE OPTIONS BELOW

P200 - PRESIDENTS, SECRETARIES, & DISTRICT OFFICERS  
P100 - INTERESTED ROTARACTORS

PAYMENT OPTIONS:

A. GCASH (09460966540)

B. BANK DEPOSIT  
PHILIPPINE NATIONAL BANK

ACCOUNT NAME:  
ROBERT BELLARMINE ASANE

ACCOUNT NUMBER: 0140341000005178

### STEP 2

SCAN OR SCREENSHOT THE PROOF OF YOUR PAYMENT.

### STEP 3

SIGN UP USING THE REGISTRATION FORM  
(<https://forms.gle/2uG7d8RDrwESkrZb6>)

### STEP 4

CHECK YOUR EMAIL ADDRESS FOR  
THE CONFIRMATION OF YOUR REGISTRATION.

FOR MORE QUERIES, PLEASE CONTACT:

RTR. ROBERT BELLARMINE U. ASANE  
CHAIRMAN, DISTAS EXECUTIVE COMMITTEE  
09460966540  
[rba17asane.ra@gmail.com](mailto:rba17asane.ra@gmail.com)



Rotary 



Rotary Opens  
Opportunities



# RC CEBU SOUTH PHOTO GALLERY

May 2020—June 2020  
Libre Sakay from Sitio  
Bayong Minglanilla  
Market

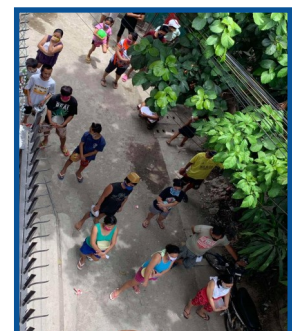
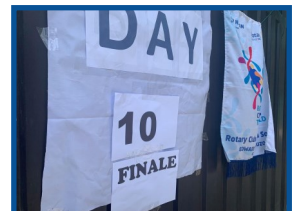




# RC CEBU SOUTH PHOTO GALLERY

## LIBRENG PAGKAON SA MGA KATAWAHAN SA PUNTA PRINCESA, CEBU CITY

23 APRIL TO 02 MAY 2020 (10 DAYS)





# RC CEBU SOUTH

OPPORTUNITY TO WELCOME . . .

Pinning of the newly inducted Rotarian

JESS ANTHONY A. DELA CRUZ



The pinning ceremony was done by Pres. Richard Azares and witnessed by Rtn. Arch. Richard Cabaluna

# WELCOME!

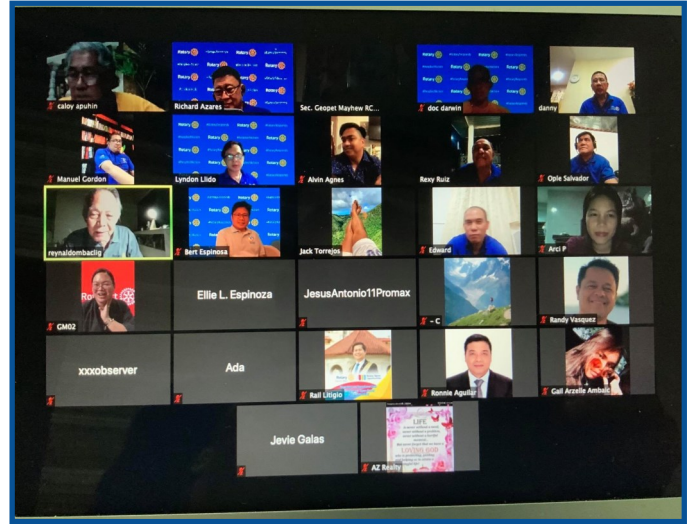
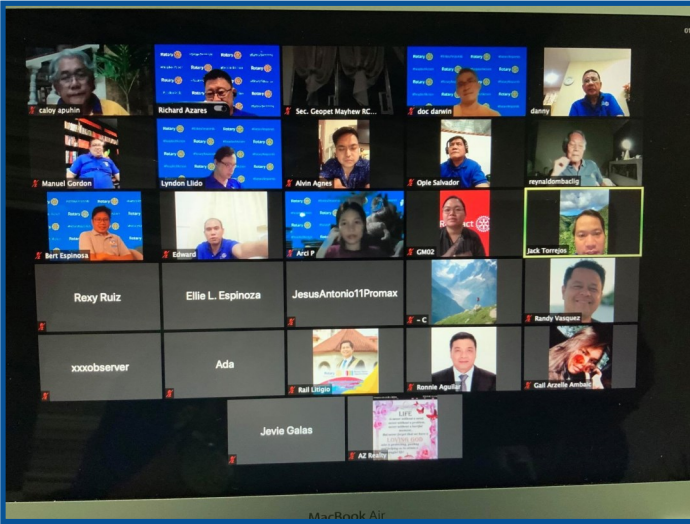
# RC CEBU SOUTH PHOTO GALLERY

23 July 2020 Partial Distribution of PPE Mask to Fellow Rotarians with Pres. Richard Azares . . .





# RC CEBU SOUTH PHOTO GALLERY



## 24 July 2020 2nd Regular General Membership Meeting via Zoom

