

HABAGAT



Issue No. 028_RY2020-2021/19 March 2021

ROTARY CLUB 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





ROTARY'S AREAS OF FOCUS















PROGRAMME



15th RC CEBU SOUTH FELLOWSHIP MEETING WATER AND SANITATION MONTH 19 March 2021 (Friday), 0700 PM via Zoom

Part I:

Call to Order - Pres. Richard Azares

Invocation— Sec. Geopet Mayhew

Philippine National Anthem - Audio Visual Presentation

The Rotarian Hymn - Audio Visual Presentation

The "Four Way Test"- Treas. Ronnie Aguilar

Objects of Rotary - Rtn. Rail Litigio

Declaration of Rotarians in Business and Professions— PP Edward Bauzon

Introduction of Rotarians/Visiting Rotarians/ - Sec. Geopet Mayhew

Rotaractors / Guests

Part II.

President's Time—Pres. Richard Azares

Other Matters

Adjournment

Fellowship Singing— "MOON RIVER"

... FELLOWSHIP CONTINUES ...

Emcee: Sec. Geopet Mayhew

QUOTE FOR THE WEEK:

"PRACTICE GOLDEN RULE MANAGEMENT IN EVERYTHING YOU DO. MANAGE OTHERS THE WAY YOU WOULD LIKE TO BE MANAGED."



INVOCATION



Eternal God, I pray that You bless us in this meeting and keep us.

Lord, make Your face shine on us and be gracious to us.

I pray that we feel Your presence during this meeting because You are with us wherever we go.

I pray that this meeting focuses upon You and Your plans for us as a body of believers.

Let our actions in this meeting be valuable to our aim, which is to build up and edify one another.

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.

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- 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.



ROTARY CODE OF CONDUCT

As a Rotarian, I will

- Exemplify the core value of integrity in all behaviors and activities.
- 2. Use my vocational experience and talents to serve in Rotary.
- 3. Conduct all of my personal, business, and professional affairs, ethically, encouraging and fostering high ethical standards as an example to others.
- 4. Be fair in all dealings with others and treat them with the r4spect due to them as fellow human beings.
- 5. Promote recognition and respet for all occupations which are useful to society.
- 6. 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.
- 7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians.
- 8. Not seek from a fellow Rotarians a privilege or advantage not normally accorded others in a business or professional relation-







SERVICE ABOVE SELF & RI MISSION STATEMENT

You 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.

You 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.

You 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.

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

And 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

TRANSPARATION OF THE PROPERTY OF THE PROPERTY

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 guest And if we,

in a way help obtain Peace in the world

Then we won't have lived in vain. Peace be achieved,

So we won't have lived in vain.

Rotary Opportunities



PRESIDENT'S CORNER



My Fellow Rotarians and Guests,

Good evening ...

I would like to take this opportunity to thank all the Rotarians who joined our meeting last week. PE Jack Torrejos updated his experience in attending the PETS-SETS that it was simultaneously done last week.

Our last meeting was just an open discussion of anything and yet it was very productive and since the club has done with the RI Goal Settings and the District Challenges, any upcoming meetings of the club will be more on fellowship.

I would like to inform everyone that our scheduled Governor's Visit this year is this coming 26 March 2021, Friday 0700 PM via Zoom. There will be a series of communication on the preparation.

I am looking forward of your kind support and cooperation especially on the upcoming visit of our District Governor by next week.

Daghang salamat.

Phr

RICHARD AZARES
PRESIDENT, RY2020-2021



SECRETARY'S DESK

ATTENDANCE REPORT MARCH 2021

	MEMBERS	05 MAR	12 MAR	19 MAR	26 MAR	PERFECT ATTENDANCE
		14TH	15TH	15TH	16TH	
		Fellowship	Regular	Fellowship	Regular	
1	Aguilar, Ronnie A.	М	М			
	Apuhin, Carlos Valente L.					
	Arriesgado, Dante S.					
	Azares, Richard	М	Р			
5	Bacalso, Don Chriad M.					
6	Baclig, Reynaldo M.	Р	Р			
7	Bauzon, Edward R.		Р			
8	Cabaluna, Richard					
9	Caing, Daniel Xzajyk U.					
	Cedeno, Al Joseph					
11	Chua, Felix A.					
12	Dela Cruz, Jess Antony A.					
	Espinosa, Helbert P.					
14	Espinoza, Ellias L.					
	Fazon, Benjamin Jr. T.					
	Go-Abiera, Fritz		Р			
	Gordon, Manuel C.					
	Litigio, Emmanuel A.	Р	М			
	Llido, Lydon S.					
	Mansueto, Eduard II R.		_			
	Mayhew, Geopeter T.	Р	Р			
	Medina, Audie R.					
	Padrigao, Arcile					
	Pitogo, Darwin L.					
	Recla, Aaron Francisco V.					
	Rivarez, Glen B.					
	Riveral, Tomas A.					
	Rosaroso, Honeyleen C.					
	Rosaroso, Wolfren V.					
	Ruiz, Felix II E.					
31	Singco, Danilo G.					
32	Torrejos, Jack John P.		Р			
33	Vasquez, Randy N.					
	TOTAL ATTENDANCE	5	8			
	PERCENTAGE	15%	24%			
	TOTAL MEMBERSHIP	33	33	33	33	
*	P-Present					
*	M-Make-up					

CONGRATULATIONS!!! PERFECT ATTENDANCE MONTH OF FEBRUARY 2021

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RC CEBU SOUTH TREASURER'S REPORT As of 31 January 2021

ROTARY CLUB CEBU SOUTH TREASURER'S REPORT **AS OF 31 JANUARY 2021**

BEGINNING BALANCE AS OF 01 JULY 2020

Php

TOTAL COLLECTIONS - MONTHLY PLUS:

DUES

Php 273,398.33

LESS: EXPENSES

TOTAL EXPENSES

Php 233,927.04

TOTAL OUTSTANDING BALANCE AS OF 31 JANUARY 2021

Php 39,471.29

Prepared by:

Ronnie Aguilar Club Treasurer



RC CEBU SOUTH PROJECT PERFORMANCE REVIEW SUMMARY AS OF 28 FEB 2021

PROJECT PERFORMANCE REVIEW SUMMARY REPORT AS OF 28 FEBRUARY 2021

	TOTAL BENEFI- CIARIES	TOTAL VOLUN- TEER HOURS	TOTAL PRO- JECT FUND RAISED
-			
MATERNAL AND CARE	10	30	1,000.00
BASIC EDUCATION AND LITERACY	8,250	2,100	1,055,000.00
ECONOMIC AND COM- MUNITY DEVELOPMENT	156	132	12,000.00
PEACE AND CONFLICT RESOLUTION	275,100	40	31,000.00
DISEASE PREVENTION AND TREATMENT	5,419	3,874	307,500.00
WATER AND SANITA- TION	2,250	24	30,000.00
SUPPORTING THE EN- VIRONMENT	77,600	600	40,000.00
TOTAL MEASURABLE IMPACT PER AREA OF FOCUS	368,785	6,800	1,476,500.00



CALENDAR OF ACTIVITIES / EVENTS

MARCH 2021

DATE	DAY	LEVEL	TENTATIVE ACTIVITIES / EVENTS
05 Mar	Fri	Club	14th Fellowship Meeting
06 Mar	Wed	Club	0800 AMProject Turnover on Water and Sanitation Project in Barangay Inayawan. A partner project with RC Cebu East.
11 Mar	Thurs	District	OPENING PETS-SETS RY2021-2022
12 Mar	Fri	Club	15th Regular Meeting
19 Mar	Fri	Club	15th Fellowship Meeting
26 Mar	Fri	Club	16th Regular Meeting
09 April	Fri	District	RYLA 2021
04 to 06 June		District	DISCON 2021 (Rotary District Conference) Venue: Insular Hotel, Davao City
12 t0 16 June		RI	Rotary International Convention—TAIPEI, TAIWAN



ROTARY INTERNATIONAL NEWS UPDATE

Rotary Foundation receives highest rating from Charity Navigator for 13th consecutive year

For the 13th consecutive year, The Rotary Foundation has received the highest rating — four stars — from <u>Charity Navigator</u>, an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency. Only one percent of the organizations Charity Navigator evaluates have received 13 consecutive 4-star evaluations.

"Your achievement and 4-star rating will enhance your organization's fundraising and public relations efforts," says Michael Thatcher, president and chief executive officer of Charity Navigator. "This exceptional designation sets the Foundation apart from its peers and demonstrates to the public its trustworthiness."

The rating reflects Charity Navigator's assessment of how the Foundation uses donations, sustains its programs and services, and practices good governance and openness.





ROTARY INTERNATIONAL RI CONVENTION TAIWAN 12-16 June 2021

The Rotary International Convention, scheduled for 12-16 June 2021, in Taipei, Taiwan, will now be a virtual event in response to the ongoing threat of COVID-19.

We are sorry that we will not see you in Taipei this year, but this decision, made by the Rotary Board of Directors, is necessary to protect the health of everyone involved. We will share more details about the 2021 Rotary International Virtual Convention soon. Here's what you need to know now:

Convention, pre-convention, and ticket refunds

RI will automatically cancel and refund all existing registrations. This includes purchases made for Rotaract, Youth Exchange, and Intercountry Committees preconvention events, and ticketed meal events.

We kindly ask that you NOT contact RI Registration to inquire about registration, ticket, or housing cancellations as they work diligently to inform all attendees and process cancellations and refunds. Those who had already canceled prior to today will receive a refund of the \$50 processing fee.

Host Organization Committee (HOC) ticketed event registrations

The HOC event ticket fees will be refunded by the Taipei HOC. For more information, please visit <u>rotarytaipei2021.org</u>.

Hotel rooms

No action is required from those attendees who made accommodations secured within Rotary's official housing block. Maritz, formerly Experient and Rotary's official housing partner, will contact those who currently have rooms secured with the cancellation details. Others who have secured group room blocks and made a full or partial payment will receive a follow-up communication and instructions on receiving a refund.

We will post more details as they become available.



ROTARY INTERNATIONAL THEME ROTARY YEAR 2021-2022



SERVE TO CHANGE LIVES

President-elect Shekhar Mehta encourages members to be changemakers and announces his theme for the 2021-2022 Rotary year, Serve to Change Lives.



ROTARY INTERNATIONAL

Rotary Areas of Focus WATER AND SANITATION MONTH



Rotary's Six Areas of Service



















ROTARY INTERNATIONAL

Rotary Areas of Focus MARCH IS WATER AND SANITATION MONTH

Water & Sanitation Rotarian Action Group | MISSION

- To support Rotary clubs worldwide with effectively planning, financing and undertaking sustainable (WASH)
 - Work in communities with greatest need
 - Simple, cost effective and sustainable approach Stress Rotary involvement Promote effective partnerships on the community

 - with the community, government and other non-government organization
- Wasrag works as a water and sanitation consultant to Rotary clubs and districts



Global Water Crisis

- · Every day, nearly 1,000 children under 5 die from diarrhea caused by contaminated water, poor sanitation, and improper hygiene.
- Worldwide, 663 million people lack access to clean water.
- More than 80 percent of people without water access live in rural



MUSTICS



Water & Sanitation Rotarian Action Group | WHY?

- Unsafe water, lack of basic sanitation, and poor hygiene cause some 80% of all sickness and disease.
- Some 750 million people don't have access to safe water.
- Approximately 2.6 billion people lack access to adequate sanitation.
- As many as 6000 children die every day of water related disease.





- A group of technical experts who assist clubs and districts with water, sanitation, and hygiene projects
 - Rainwater harvest, toilets and sanitation systems, wells and boreholes, dams and aquifers, sand filters, entrepreneurship, building capacity and partnerships
- 1650+ members
- Global: 92 countries, 320 Rotary districts
- Membership is open to Rotarians, family members of Rotarians, Rotary program participants and alumni

Rotary (2)

wassog

Rotary's Six Areas of Service

















ROTARY INTERNATIONAL

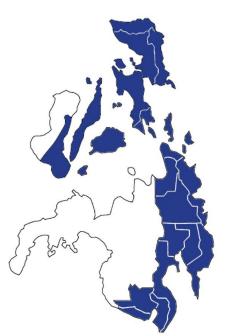
MONTH	MONTHLY THEME
JULY 2020	01 July Start of New Rotary Year of Service
AUGUST 2020	Membership and Club Development
SEPTEMBER 2020	Basic Education and Literacy
OCTOBER 2020	Economic and Community Development
NOVEMBER 2020	Rotary Foundation
DECEMBER 2020	Disease Prevention and Treatment
JANAURY 2021	Vocational Service Month
FEBRUARY 2021	Peace and Conflict Prevention / Resolution
MARCH 2021	Water and Sanitation
APRIL 2021	Maternal and Child Health
MAY 2021	Youth Services
JUNE 2021	Rotary Fellowships

MARCH 2021 WATER AND SANITATION MONTH





ROTARY DISTRICT 3860 AT A GLANCE



Rotary District 3860 is composed of the Clubs located in Mindanao Oriental, Eastern Visayas and Negros Oriental.

The district includes all clubs based in the following regions:

- 1. Cebu
- 2. Negros Oriental
- 3. Bohol
- 4. Siquijor
- 5. Agusan del Norte
- 6. Agusan del Sur
- 7. Surigao del Norte
- 8. Surigao del Sur
- 9. Samar
- 10. Davao del Norte
- 11. Davao del Sur
- 12. Davao Oriental
- 13. South Cotabato
- 14. General Santos

How District 3860 Evolved

(By: PDG Xavier C. Ledesma and PDG Antonio Tambunting, Jr.)

DISTRICT 3860

Fourteen years after the first Rotary club was organized by Paul P. Harris in Chicago, the Rotary movement reached the shores of the Philippines when the Rotary Club of Manila, the first Rotary club in Asia, was chartered in June 1919.

Thirteen years later, RC Manila sponsored the birth of the first Rotary club outside Manila and the second in the country – Rotary Club of Cebu – on November 26, 1932 with 26 charter members. This was followed in 1933 by the organization of the Rotary Club of Iloilo.



ROTARY DISTRICT 3860



Rotary is the original social network. It has 1.2 million members in 35,000+ clubs worldwide. We transform passion into action

every day, leading change in our own backyards and across the world.



ROTARY DISTRICT 3860 SAVE THE DATE !!!

Rotary Convention (Virtual) 12—16 June 2021





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







OFFICERS AND DIRECTORS ROTARY YEAR 2020-2021

President : Richard Azares

Vice President/ : Emmanuel A. Litigio

President Elect

Secretary : Geopet T. Mayhew

Treasurer : Ronnie A. Aguilar

Auditor : Dante S. Arriesgado

Protocol Officer : Carlos Valiente L. Apuhin

TRF Chair : Helbert P. Espinosa

Public Image Chair : Wolfren V. Rosaroso

Honeyleen C. Rosaroso

AVENUES OF SERVICE

Club Service / Club Admin Randy N. Vasquez

Vocational Service : Richard Cabaluna

Community Service : Glen B. Rivarez

International Service : Ellias L. Espinoza

Club Membership : Jackjohn P. Torresjos

New Generation : Jess Anthony A. Dela Cruz

Community Based: Don Chriad M. Bacalso





OFFICERS AND DIRECTORS ROTARY YEAR 2020-2021 Continuation ...

AREAS OF FOCUS

Basic Education and Literacy: Manuel C. Gordon

Assistant Chair : Benjamin T. Fazon, Jr.

Disease Prevention and

Treatment

Felix R. Ruiz II

Assistant Chair : Lyndon Llido

Economic and Community :

Development

Audie R. Medina

Maternal and Child Health : Darwin L. Pitogo

Peace and Conflict Prevention: Xzai

/Resolution

Xzaiyk U. Caing

Assistant Chair : Aaron Francisco V. Recla

Water and Sanitation : Arcile Padrigao

RC CEBU SOUTH PRESIDENTS

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





RC CEBU SOUTH PAUL HARRIS FELLOW

★ROTARY	INTERNA-
☆TIONAL	
★CLUB REC	COGNI-
★TION SUN	MMARY
★REPORT ((as of No-
★vember 2	(020)

★MULTIPLE PAUL ★ HARRIS FELLOW

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Espinosa, Helbert P.	+3
Nomura, Ion	+2
Azares, Richard	+2
Arriesgado, Dante S.	+1
Baclig, Reynaldo M.	+1
Chua, Felix A.	+1
Gordon, Manuel	+1

PAUL HARRIS SUS-TAINING MEMBERS

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Medina, Audie R. Pitogo, Darwin L. Recla, Aaron Francisco V

★PAUL HARRIS

★FELLOW (PHF)

Apuhin, Carlos Valente L.

Bauzon, Edward R. Cedeno, Al Joseph Espinoza, Elias P. Go- Abiera, Fritz Litigio, Emmanuel A. Riveral, Tomas A. Singco, Danilo A. Torrejos, Jack John P. Rosaroso, Honeyleen C. Rosaroso, Wolfren V. Ruiz, Felix II E. Vasquez, Randy N.

PHILIPPINE ROTARY **MAGAZINE**

LIFETIME SUBSCRIB-**ERS**

Nomura, Ion Riveral, Tomas A.







RC CEBU SOUTH CONGRATULATIONS!!! NEW AND MULTIPLE PAUL HARRIS FELLOW

MULTIPLE PAUL HARRIS FELLOW

- 1. Azares, Richard
- 2. Gordon, Manuel
- 3. Espinosa, Helbert



☆☆☆☆☆☆☆☆☆

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#### **NEW PAUL HARRIS FELLOW**

1. Cedeno, Al

~~~~~~~~~

- 2. Go-Abiera, Fritzie
- 3. Litigio, Rail
- 4. Rosaroso, Honeyleen
- 5. Rosaroso, Wolfren
- 6. Ruiz, Rexy

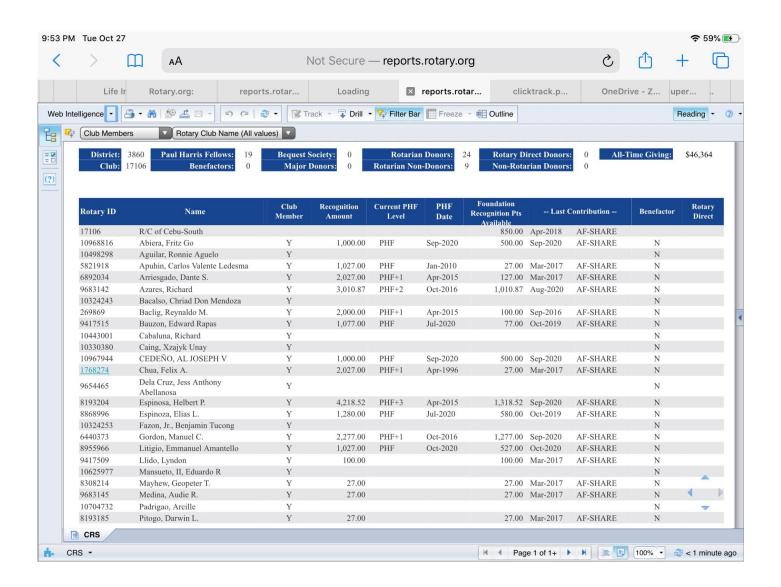


Multiple Paul Harris Fellows receive pins with additional stones. Recognition levels are based on the following guidelines:

Recognition total US\$2,000 to 2,999.99 3,000 to 3,999.99 4,000 to 4,999.99 5,000 to 5,999.99 6,000 to 6,999.99 7,000 to 7,999.99 8,000 to 8,999.99 9,000 to 9,999.99 Pin level one sapphire two sapphires three sapphires four sapphires five sapphires one ruby two rubies three rubies



Club Recognition Summary Report as of 27 October 2020

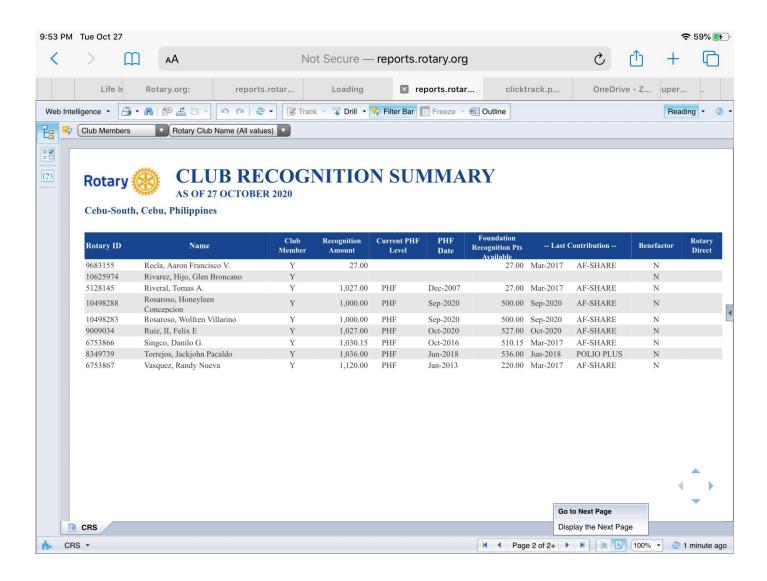








Club Recognition Summary Report Continuation ...







IMPORTANT EMERGENCY CONTACT NUMBERS

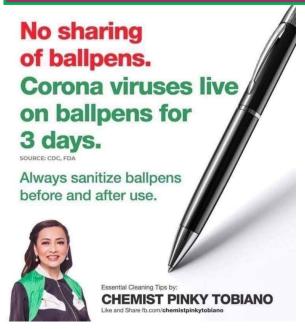
Cebu City Fire Department - 160	ERUF Ambulance Service - 161
Reseue Hottine - 117	Cabu City Police Department - 166
ERUF Banilad: +63.32.233-9300	CITOM Cebu: +63.32.253-9211
ERUF Lapu Lapu: +63.32.340-2994	CITOM Mandaue: +63.32.344-6314
ERUF Abellana: +63.32.255-7287	Mobile Patrol Group: +63.32.233-2178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

CEBU EMERGENCY PHONE NUMBERS





RC CEBU SOUTH HEALTH AND WELLNESS







HOW TO KNOW THAT YOU ARE INFECTED WITH CORONA VIRUS?

- 1. ITCHY THROAT
- 2. DRY THROAT
- 3. DRY COUGH
- 4. HIGH TEMPERATURE
- 5. SHORTNESS OF BREATH
- 6. LOSS OF SMELL





FIGHT

MEDICINES THAT ARE TAKEN IN ISOLATION

- 1. Vitamin C-1000
- 2. Vitamin E (E)
- 3. From (10 to 11) hours, sitting in the sunshine for 15-20 minutes.
- 4. Egg meal once
- 5. We take a rest / sleep a minimum of 7-8 hours
- 6. We drink 1.5 liters of water daily
- 7. All meals should be warm (not cold).

And that's all we do in the hospital to strengthen the immune system. Note that the pH of coronavirus varies from 5.5 to 8.5





COVID MEDICAL KIT REQUIRED AT HOME

- Paracetamol
- Betadine for mouthwash and gargle
- Vitamin C and D3
- B complex
- Vapour+ capsules for steam
- Oximeter
- Oxygen cylinder (for emergency only)
- Breathing Exercises











COVID THREE STAGES

- 1. Covid only in nose recovery time is half a day. (Steam inhaling), vitamin C. Usually no fever. Asymptomatic.
- Covid in throat sore throat, recovery time 1 day (hot water gargle, warm water to drink, if temp then paracetamol. Vitamin C, Bcomplex. If severe than antibiotic.
- 3. Covid in lungs- coughing and breathlessness 4 to 5 days. (Vitamin C, B complex, hot water gargle, oximeter, paracetamol, cylinder if severe, lot of liquid required, deep breathing exercise.

Stage when to approach hospital: Monitor the oxygen level. If it goes near 43 (normal 98-100) then you need oxygen cylinder



PROVIDE IT TO ALL YOUR FAMILY AND FRIENDS.





RC CEBU SOUTH **FELLOWSHIP SINGING**

"MOON RIVER"

By: FRANK SINATRA

Moon river, wider than a mile
I'm crossin' you in style some day
Old dream maker, you heartbreaker
Wherever you're goin', I'm goin' your way

Two drifters, off to see the world
There's such a lot of world to see
We're after the same rainbow's end, waitin'
'round the bend
My huckleberry friend, Moon River, and me

[instrumental-first verse]
Two drifters, off to see the world
There's such a lot of world to see
We're after the same rainbow's end, waitin'
'round the bend
My huckleberry friend, Moon River, and me

My huckleberry friend, Moon River, and me









RC CEBU SOUTH As Time Goes By



















RC CEBU SOUTH PROJECT TURNOVER, BARANGAY INAYAWAN, CEBU CITY





PROJECT TURNOVER

AT BGY. INAYAWAN Sitios Kaluwasan and Sampaguita

San Pedro Calungsod SM Seaside Cebu March 6, 2021 at 7:00AM







RC CEBU SOUTH CONTACT INFORMATION



Club Filipino de Cebu

16th Floor, Ayala FGU Building

Mindanao Avenue, Cebu Business Park, Cebu City 6000



Meets every Friday at 0700 PM (currently via Zoom)



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@rotarycebusouth



www.rotaryclubcebusouth.org



Rotary



WE'RE LOOKING FOR...

Community Minded People
Passionate & Fun People
Practical & Resourceful People
Helpful People

If you're one of these people, then get in contact to see how you can change the world starting in your very own community!

Invite someone to become a

ROTARIAN



Join Rotary Club Cebu South ...









