

# HABAGAT



Issue No. 034\_RY2020-2021/14 May 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*



# END POLIO NOW

### ROTARY'S AREAS OF FOCUS



# 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.



# ROTARY CODE OF CONDUCT

## As a Rotarian, I will

1. 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 respect due to them as fellow human beings.
5. Promote recognition and respect 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

**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,  
So we won't have lived in vain.

# SECRETARY'S DESK

## ATTENDANCE REPORT APRIL 2021

	MEMBERS	02 APRIL	09 APRIL	16 APRIL	23 APRIL	30 APRIL	PERFECT ATTENDANCE
		NO MEETING	NO MEETING	NO MEETING	16TH REGULAR	NO MEETING	
		GOOD FRIDAY	NON- WORKING			DISTAS CLOS-	
1	Aguilar, Ronnie A.				P		PERFECT ATTENDANCE
2	Apuhin, Carlos Valente L.		HOLIDAY		P		PERFECT ATTENDANCE
3	Arriego, Dante S.		ARAW				
4	Azares, Richard		NG		P		PERFECT ATTENDANCE
5	Bacalso, Don Chriad M.		KAGITI-				
6	Baclig, Reynaldo M.		NGAN		P		PERFECT ATTENDANCE
7	Bauzon, Edward R.						
8	Cabaluna, Richard						
9	Caing, Daniel Xzajyk U.						
10	Cedeno, Al Joseph						
11	Chua, Felix A.						
12	Dela Cruz, Jess Antony						
13	Espinosa, Helbert P.						
14	Espinoza, Ellias L.						
15	Fazon, Benjamin Jr. T.						
16	Go-Abiera, Fritz						
17	Gordon, Manuel C.						
18	Litigio, Emmanuel A.				MU		PERFECT ATTENDANCE
19	Llido, Lydon S.						
20	Mansueto, Eduard II R.						
21	Mayhew, Geopeter T.				P		PERFECT ATTENDANCE
22	Medina, Audie R.						
23	Padrigao, Arcile						
24	Pitogo, Darwin L.						
25	Recla, Aaron Francisco V.						
26	Rivarez, Glen B.						
27	Riveral, Tomas A.						
28	Rosaroso, Honeyleen C.						
29	Rosaroso, Wolfren V.						
30	Ruiz, Felix II E.						
31	Singco, Danilo G.						
32	Torrejos, Jack John P.				DISTAS	DISTAS	
33	Vasquez, Randy N.						
	<b>TOTAL ATTENDANCE</b>				<b>6</b>		
	<b>PERCENTAGE</b>				<b>18%</b>		
	<b>TOTAL MEMBERSHIP</b>	<b>33</b>	<b>33</b>	<b>33</b>	<b>33</b>		
*	<b>P—Present</b>						
*	<b>M—Make-up</b>						



**CONGRATULATIONS!!!**

**PERFECT ATTENDANCE**

**MONTH OF APRIL 2021**

**Aguilar, Ronnie**  
**Apuhin, Carlos**  
**Azares, Richard**  
**Baclig, Reynaldo**  
**Litigio, Emmanuel**  
**Mayhew, Geopheter**

# RC CEBU SOUTH

## PROJECT PERFORMANCE REVIEW

### SUMMARY AS OF 30 APRIL 2021

#### PROJECT PERFORMANCE REVIEW SUMMARY REPORT AS OF 31 APRIL 2021

	TOTAL BENEFICIARIES	TOTAL VOLUNTEER HOURS	TOTAL PROJECT FUND RAISED
<b>MATERNAL AND CARE</b>	10	30	1,000.00
<b>BASIC EDUCATION AND LITERACY</b>	8,250	2,100	1,055,000.00
<b>ECONOMIC AND COMMUNITY DEVELOPMENT</b>	156	132	12,000.00
<b>PEACE AND CONFLICT RESOLUTION</b>	275,100	40	31,000.00
<b>DISEASE PREVENTION AND TREATMENT</b>	5,419	3,874	307,500.00
<b>WATER AND SANITATION</b>	2,250	48	30,000.00
<b>SUPPORTING THE ENVIRONMENT</b>	77,600	600	40,000.00
<b>TOTAL MEASURABLE IMPACT PER AREA OF FOCUS</b>	<b>368,785</b>	<b>6,824</b>	<b>1,476,500.00</b>

# CALENDAR OF ACTIVITIES / EVENTS

## MAY 2021

DATE	DAY	LEVEL	TENTATIVE ACTIVITIES / EVENTS
07 May	Friday	Club	RC Cebu South Meeting
14 May	Friday	Club	RC Cebu South Meeting
21 May	Friday	Club	RC Cebu South Meeting
28 May	Friday	Club	RC Cebu South Meeting
04 to 06 June		District	DISCON 2021 (Rotary District Conference) Venue: Insular Hotel, Davao City
12 to 16 June		RI	Rotary International Convention—TAIPEI, TAIWAN

# 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 pre-convention 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 [rotarytaipei2021.org](http://rotarytaipei2021.org).

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 YOUTH SERVICE

MAY DESIGNATION IS



TAKE ACTION: Engage Rotary, Change Lives

### 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 Areas of Focus MAY IS YOUTH SERVICE MONTH

### Maternal and Child Health

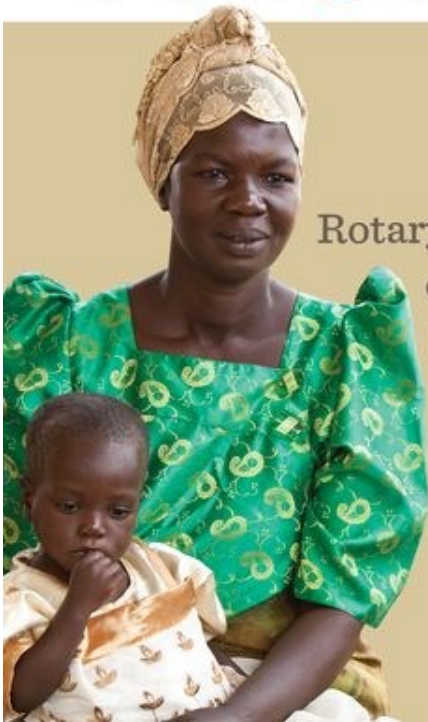


Funding:

**\$5.1m**

Number  
of grants:

**69**



Rotary members around the world improve access to essential medical services and support trained health care providers for mothers and children. Get involved with Rotary to improve health in developing communities.



DONATE: [www.rotary.org](http://www.rotary.org)

### Rotary's Six Areas of Service



PROMOTING  
PEACE



FIGHTING  
DISEASE



PROVIDING  
CLEAN WATER



MATERNAL &  
CHILD HEALTH



LITERACY &  
BASIC  
EDUCATION



ECONOMIC &  
COMMUNITY  
DEVELOPMENT



# 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

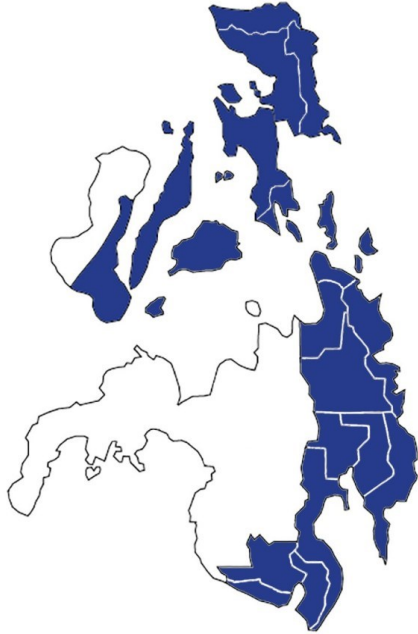
## MAY 2021 YOUTH SERVICE MONTH



# 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





**ROTARY DISTRICT 3860**

**SAVE THE DATE !!!**

**Rotary Convention (Virtual)**

**12—16 June 2021**



Rotary District 3860 | Rotary Opens Opportunities

**DISCON 2021**

**"District 3860: In a Whole New World"**

**June 4,5,6, 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

# RC CEBU SOUTH



## OFFICERS AND DIRECTORS ROTARY YEAR 2020-2021

President	:	Richard Azares
Vice President/ President Elect	:	Emmanuel A. Litigio
Secretary	:	Geopet T. Mayhew
Treasurer	:	Ronnie A. Aguilar
Auditor	:	Dante S. Arriego
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

# RC CEBU SOUTH



## 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: /Resolution :	Xzaiyk U. Caing
Assistant Chair :	Aaron Francisco V. Recla
Water and Sanitation :	Arcile Padrigao

# 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	John 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 Arriesgado
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 Recla
1995-1996	Ed Suegay	2019-2020	Edward Bauzon







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

## MULTIPLE PAUL HARRIS FELLOW

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



## NEW PAUL HARRIS FELLOW

1. Cedeno, Al
2. Go-Abiera, Fritzie
3. Litigio, Rail
4. Rosaroso, Honeyleen
5. Rosaroso, Wolfren
6. Ruiz, Remy



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

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





# 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**






# RC CEBU SOUTH HEALTH AND WELLNESS

## Top 10 Health Tips

### GREAT WAYS TO GET AND STAY HEALTHY


**EAT FOR THE HEALTH OF IT!**

Eat plenty of fruits, vegetables and whole grains to reduce your risk of cancer and other chronic diseases.



**Get and keep a healthy weight.**

Choose your foods wisely, watch portion sizes and be active! You will lower your risk for heart disease, diabetes and high blood pressure.



**Move your body.**


Try for 30 to 60 minutes of moderate physical activity on most days. Being active boosts your mood and your fitness!

*Keep stress in check.*

Too much stress can hurt your health. Regular exercise, talking things over with friends or family, and setting limits can help.

**KEEP SAFETY IN MIND.**

Take the time to learn ways to stay safe at work, home or play. For example, use seat belts, and protect your skin from the sun.




**Get plenty of sleep.**

A good night's sleep can help your mood and your health.


**Stay tobacco free.**

Tobacco has been linked to serious health problems such as lung and heart disease, cancer and stroke.



**LIMIT ALCOHOL.**

This means no more than one drink per day for women, two drinks per day for men. Heavy drinking raises the risk of liver disease, certain cancers and other health problems.




**Get routine exams, screenings and vaccinations.**

Talk to your doctor or visit a clinic to find out what you need. When health problems are caught early, they are often easier to treat and cure.

**WASH YOUR HANDS.**

Scrub with warm soapy water for at least 20 seconds. Always wash after you sneeze, cough or blow your nose; before you eat or fix food; and after you use the bathroom or change a diaper.



**HEALTHY CHOICES MEAN A HEALTHIER YOU!**

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# RC CEBU SOUTH .... As Time Goes By





# RC CEBU SOUTH AREA 1 MONTHLY COORDINATION MEETING



Zone	District	Club Name (IC)	JULY INVOICE	JANUARY INVOICE	GOALS COMPLETED	CITATION EARNED
33	3860	Cebu Fuente (17124)	Yes	Yes	17	Yes
33	3860	Cebu Gloria Maria (28753)	Yes	Yes	16	Yes
33	3860	Cebu Guadalupe (26873)	Yes	Yes	12	Yes
33	3860	Cebu Makina (26920)	Yes	Yes	14	Yes
33	3860	Cebu Raja Central (87684)	Yes	Yes	14	Yes
33	3860	Cebu North (17106)	Yes	Yes	15	Yes
33	3860	Cebu Pure Centre (22879)	Yes	Yes	22	Yes
33	3860	Cebu South (17106)	Yes	Yes	17	Yes
33	3860	Cebu West (17107)	Yes	Yes	18	Yes
33	3860	Central Baluarte Tarakan (22485)	NA	NA	18	Yes
33	3860	Central Bagan (8330)	Yes	Yes	20	Yes
33	3860	Central Carabunan (86136)	Yes	Yes	16	Yes

# RC CEBU SOUTH End Polio Campaign

**END POLIO NOW**

**Cebu South Rotary Club**

[endpolionow.org](http://endpolionow.org)

**WE ARE THIS CLOSE TO ENDING POLIO**

Join in. Speak out. Donate. Be part of history.

**Richard Azares**  
President, RS 2020 - 2021

# 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)**



**rotaryclubcebusouth@gmail.com**



**<https://web.facebook.com/rotaryclubcebusouth>**



**@rotarycebusouth**



**www.rotaryclubcebusouth.org**





# 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!

@ROTARIANEVANBURRELL

# RC CEBU SOUTH

Invite someone to  
become a  
**ROTARIAN ....**



**Join Rotary Club Cebu South ...**

