

Rotary
Club of Cebu



Sugbuanon

CLUB NEWSLETTER
SEPTEMBER 26, 2019



CLUB NO. 17102, DISTRICT 3860
Chartered November 28, 1932
Cebu, Philippines

*Meets every Thursday, 12noon at Café Uno
Waterfront Cebu City Hotel & Casino
Lahug, Cebu City, Philippines*



September 26, 2019

Dear fellow Rotarians

Maayong hapon sa tanan!

It is an honor and privilege to have with us this afternoon in our club our District Governor, Philip Tan, District Secretary Barbette Lominoque, and District Rotary Foundation Chair Lilu Alino and our very own Assistant Governor Stephen Chian.


We just concluded our Fifth Gift of Life VTT last September 20, 2019. Thirty (30) individuals were treated (9 open-heart and 21 catheterizations) through the collaboration of foreign and local medical specialists. Thanks to our partners, the Gift of Life International and Vicente Sotto Memorial Medical Center as well as the Philippine Heart Center Manila. Let us congratulate Project Chair Sec. Walter Cang, and his assistant Dir. Edward Tan Ting for that very successful undertaking. This was possible because of collaboration and teamwork as each committees of the club who were on top of their respective responsibilities. We are now preparing for the 6th visit sometime in December.

Next month - October is Rotary International's End Polio awareness. Let's gear up and be part of the District wide activity on this endeavor sometime this October. Also, we need help in any way you can on the club's effort to raise funds and awareness for the first time – Ride to End Polio this November spearheaded by the Triathlete himself – PP Bernard Sia. We will have more details of this in the coming weeks.

Lastly, things are shaping up our Global Grant application for the WASH project for the provinces of Cebu. Rotarian DJ Moises in coordination with PP Bing are currently getting more information and community scanning and evaluations of the Public Schools as prerequisites of our global grant application. Again let me ask your assistance so we can have these needed information and submit our application soon.

I am sure we are all excited and eager to listen to the message of our dear District Governor Philip Tan.

Have a pleasant weekend ahead! Cheers! Cheers!


Michael P. Torres
PRESIDENT, RY 2019-2020

**13th Weekly Meeting & Fellowship
GOVERNOR'S VISIT**



District Governor Philip Tan
District 3860, RY 2019-2020

PP Bernard Sia
EMCEE

- I. Call to Order**
Pres Mike Torres
- II. Invocation, Nasudnong Awit & The Four-Way Test**
PN Jacob Ong
- III. Introduction of Dignitaries, District Officers, Visiting Rotarians and Guests**
Dir Charles Ong
- IV. Fellowship Singing**
You've Lost That Lovin' Feelin' by "The Righteous Brothers"
- V. Secretary's Report**
Sec. Walter Cang
- VI. President's Time**
Pres Mike Torres
- VII. Introduction of District Governor**
AG Stephen Chian
- VIII. Governor's Message**
DG Philip Tan
- IX. Giving of Token**
- X. Adjournment**
Pres Mike Torres
(Picture taking: Members, DG and District Officers.)

SUGBUANON

September 26, 2019

Issue No. 13

RY 2019 - 2020

INVOCATION

As we gather here today as members of Rotary, we pray that we are ever mindful of opportunities to render our service to fellow citizens and to our community. Keeping in mind always the enduring values of life, exerting our efforts in those areas and on those things upon which future generations can build with confidence. Let us continue to strive to make a better world. Amen.

NASUDNONG AWIT

Yutang tabunon, mutya nga masilakon. Putling bahandi, amo kang gimahal. Mithing gisimba, yuta's mga bayani; Sa manlulupig, pagdapigan ka. Ang mga buntod mo ug lapyahan, sa langit mong bughaw. Nagahulad sa awit, lamdag sa kaliwat tang gawas. Silaw sa adlaw ug bituon sa nasudnong bandila. Nagatima-an nga buhion ta ang atong pagka-usa. Yutang maanyag, duyan ka sa pagmahal, landong sa langit ang dughan mo. Pakatam-ison namo nga nagatukaw kung mamatay man sa ngalan mo!

WHAT HAPPENED LAST WEEK...

WEEKLY LUNCHEON MEETING

By: **Walter Cang**

With many of our members out of town, I thought we were in for a quieter meeting, but I was wrong. Goes to show when a few Rotarians gets together, it is never a dull day! Our guest speaker was a lady named Reza and she wasn't used to speaking before a crowd, more so when her audience was mostly male! But she trooped on and shared her story with us.



Reza told us that at one point in her life, she suffered from depression and an autoimmune disease that debilitated her. Modern science still has to figure out what causes autoimmune disease but one thing they know is that it causes your body's immune system to attack one's body. Normally our immune system does a pretty good job at taking care of our body. It's the reason why a cut will heal, and we recover from a bout of infection. Our immune system is responsible for identifying friend from foe and eliminates the latter. So, imagine what happens when it goes haywire and begins to attack everything that is part of our body?

She shared photos of legs at the height of her bout and told us how it got so bad she couldn't walk, only crawl. How it made her young daughter fear that she was about to lose her mother. She talked of how expensive her medication was with the use of steroids and rounds of "therapies" that had side effects that were creating more problems for her body. She cited one book, the title and author's name elude me but I'm sure some of our members took note of it. Anyway, she took inspiration from it and decided to "reboot" her system. She underwent a cleansing process to rid her body of everything that was not supposed to be in

her system. Then she embarked on a vegetarian lifestyle. I often hear of the vegetarian diet, but I think a diet is one thing and a lifestyle is another. A diet can be broken whereas a lifestyle means you really embrace it. This is more significant if you realize that she is after all, a chef, one who has worked on and enjoyed food as a passion.

So began her journey of healing and in a matter of weeks, she saw a marked change in her condition. Then she took it a step further and adopted a vegan lifestyle. I must confess that Reza is probably the first vegan I've met who did not fit the mold I have of how vegans look. Being mindful of the fact that any comment about her looks may not be appropriate, I decided against bringing this up. But it certainly begs the question. Nowadays, Reza is a plant based vegan and works closely with Toniq Juice bar, which is owned by PP Jonie's daughter, Janine. They specialize in vegetarian and non-vegetarian dishes and healthy drinks. They also offer meal plans, and all are made from plants harvested from pesticide free gardens grown in her back yard and commercial organic farms.

Although her presentation was short, the Q&A that followed lasted just as long as many members were intrigued by her story and peppered her with questions regarding her ailment, the food, her service offerings and how to avail of them. PP Jonie was kind enough to extend an invitation to our members to see Reza at the shop and get more in-depth information about how a plant-based diet can make a difference in order to meet one's health objective.



WHAT IS THE GOAL OF ROTARY FOUNDATION GRANTS?

“Doing good in the world.” This is achieved via three programs categories of The Rotary Foundation.

District Grants – allows up to 25% of funding given three years ago through Annual Fund – SHARE to do projects that fall within the mission. Almost any type of project can be done and local clubs work with their districts to figure out what projects and activities are nearest and dearest to their hearts.

Global Grants – funds sustainable and measurable scholarships, humanitarian grants and vocational training teams in the Rotary Foundation’s six areas of focus.

Packaged Grants – Fully funded projects done with strategic partners that allow Rotarians to work with experts in the six areas of focus, Multiplying the good work of our Foundation and creating relevant partnerships showing the world what Rotary can do and the power of teamwork.

AS A ROTARIAN, YOU ARE ELIGIBLE TO PARTICIPATE IN ANY ONE OF THESE PROGRAMS. WHICH ONE INTERESTS YOU



RY 2019 -2020

CALENDAR OF ACTIVITIES

| | |
|----------------------|--|
| October 2019 | ECONOMIC AND COMMUNITY DEVELOPMENT |
| Oct 2-8 | Rotary Alumni |
| Oct 03 | 14 th WEEKLY MTG: Jay Neri (<i>Future Newspaper Business</i>) |
| Oct 08 | 4th BOD Meeting |
| Oct 10 | 15 th WEEKLY MTG |
| Oct 17 | 16 th WEEKLY MTG |
| Oct 20 | Rotary World End Polio Day |
| Oct 24 | 17 th WEEKLY MTG |
| Oct 31 | 18 th WEEKLY MTG |
| November 2019 | ROTARY FOUNDATION MONTH |
| Nov 07 | WEEKLY MTG |
| Nov 08 | TRF Night |
| Nov 12 | 5th BOD Meeting |
| Nov 14 | WEEKLY MTG |
| Nov 15-30 | RCC Project Exhibits at Ayala Center Cebu |
| Nov 21 | WEEKLY MTG |
| Nov 22-24 | Ride to End Polio Cebu |
| Nov 28 | NO WEEKLY MTG due to Anniversary |
| Nov 29 | 87th RCC Anniversary |
| Nov 29 - Dec 01 | 2019 Rotary Institute (Manila) |
| TBA | Korea Trip: Daegu |
| TBA | VTT Rosas Project |
| December 2019 | DISEASE PREVENTION |
| Dec 05 | WEEKLY MTG |
| Dec 7-21 | VTT Mission 6.0 |
| Dec 08 | VTT Mission 6.0: WELCOME DINNER |
| Dec 10 | 6th BOD Meeting |
| Dec 12 | NO WEEKLY MTG: in lieu of CSYGC Christmas Party |
| | CSYGC Annual Christmas Party |
| Dec 19 | NO WEEKLY MTG: in lieu of RCC Christmas Party |
| Dec 20 | RCC Christmas Party |
| | VTT Mission 6.0: CULMINATING DINNER |
| Dec 26 | NO WEEKLY MTG due to Christmas Holiday |
| January 2020 | VOCATIONAL SERVICE |

| | |
|----------------------|--|
| Jan 02 | WEEKLY MTG |
| Jan 09 | WEEKLY MTG |
| Jan 14 | 7th BOD Meeting |
| Jan 16 | WEEKLY MTG |
| Jan 23 | WEEKLY MTG |
| Jan 30 | WEEKLY MTG |
| February 2020 | PEACE AND CONFLICT PREVENTION |
| Feb 06 | WEEKLY MTG |
| Feb 11 | 8th BOD Meeting |
| Feb 13 | WEEKLY MTG |
| Feb 20 | WEEKLY MTG |
| Feb 23 | Rotary Anniversary |
| Feb 27 | WEEKLY MTG |
| March 2020 | WATER AND SANITATION |
| Mar 05 | WEEKLY MTG |
| Mar 5-7 | DisCon 2020: Cebu |
| Mar 10 | 9th BOD Meeting |
| Mar 12 | WEEKLY MTG |
| Mar 12-18 | World Rotaract Week |
| Mar 19 | WEEKLY MTG |
| Mar 26 | WEEKLY MTG |
| April 2020 | MATERNAL & CHILD HEALTH MOM |
| Apr 02 | WEEKLY MTG |
| Apr 09 | WEEKLY MTG |
| Apr 14 | 10th BOD Meeting |
| Apr 16 | WEEKLY MTG |
| Apr 23 | WEEKLY MTG |
| Apr 30 | WEEKLY MTG |
| May 2020 | YOUTH SERVICE |
| May 07 | WEEKLY MTG |
| May 12 | 11th BOD Meeting |
| May 14 | WEEKLY MTG |
| May 17 | Run for Gift of Life Year 4 |
| May 21 | WEEKLY MTG |
| May 28 | WEEKLY MTG |
| June 2020 | ROTARY FELLOWSHIP |
| Jun 06 | WEEKLY MTG |
| June 6-10 | RI Convention: Honolulu Hawaii |
| Jun 09 | 12th Joint BOD Meeting |

Jun 13
Jun 20

WEEKLY MTG
WEEKLY MTG

VTT Mission 5.0 Culminating Dinner

(September 20, 2019)
Granda Hall Casino Espanol de Cebu, Cebu City





ROTARY CLUB OF CEBU PAST PRESIDENTS 1932 - 2019

| | | | |
|--|--|---|---|
| CJ MARTIN RY 1932-1933 | JAMES JACOBI RY 1958-1959 | FRANCISCO BENEDICTO RY 1980-1981 | ANGEL OCUBILLO, JR. RY 2000-2001 |
| HM POWER RY 1933-1934 | VICENTE LOZADA RY 1959-1960 | CATALINO CHAN, JR. RY 1981-1982 | RONALD DUTERTE RY 2001-2002 |
| ROBERT LANDON RY 1934-1935 | DOMINGO VELOSO RY 1960-1961 | MICHEL LHUILLIER RY 1982-1983 | SERGIO E. ROMERO RY 2002-2003 |
| HENRY GASSER RY 1935-1936 | RAMON DUTERTE RY 1961-1962 | RAMON CENIZA RY 1983-1984 | ANTONIO J P. LOZADA RY 2003-2004 |
| VELOSO BUENAVENTURA RY 1936-1937 | BENJAMIN ALEJANDRE RY 1962-1963 | DOMINGO ANTIGUA RY 1984-1985 | PERICLES P. DAKAY RY 2004-2005 |
| LEO SCHMIDT RY 1937-1938 | OSCAR JEREZA RY 1963-1964 | JOSE HO RY 1985-1986 | EDGAR R. CHIONGBIAN RY 2005-2006 |
| ISABELO BINAMIRA RY 1938-1939 | JOSE RODRIGUEZ RY 1964-1965 | TERESO BALANKIG RY 1986-1987 | OSCAR P. JEREZA, JR. RY 2006-2007 |
| JOSE CASTILLO RY 1940-1941 | MANUEL DE VEYRA RY 1965-1966 | ANTONIO MIRA RY 1987-1988 | JOHN F. DOMINGO RY 2007-2008 |
| FITZ REED RY 1941-1942 | JOSE ESCANO RY 1966-1967 | JOSE SALA RY 1988-1989 | TEODORO K. GONZALES RY 2008-2009 |
| HENRY GASSER RY 1945 | NESTOR CANOY RY 1968-1969 | RENATO KINTANAR RY 1989-1990 | BONIFACIO BELEN RY 2009-2010 |
| ALFREDO DEEN RY 1945-1946 | PRISCILIANO BORROMEIO RY 1969-1970 | MARIO ORTIZ RY 1990-1991 | JOSE SOBERANO, III RY 2010-2011 |
| DART WILLIAM RY 1946 | SILVIO SANTOS RY 1970-1971 | ORLANDO ISRAEL RY 1991-1992 | ROY LOTZOF RY 2011-2012 |
| SIMEON MIRANDA RY 1946-1947 | CLARO CINCO RY 1971-1972 | GLENN LOOP RY 1992-1993 | JONATHAN GSALEM RY 2012-2013 |
| VICENTE FAELNAR RY 1947-1950 | CANUTO BORROMEIO RY 1972-1974 | SHEWAKRAM MANGHARAM RY 1993-1994 | ROBIN S. ONG RY 2013-2014 |
| JOAQUIN PANIS RY 1950-1952 | FERNANDO JAKOSALEM RY 1974-1975 | JOHN DOMINGO RY 1994-1995 | PEDRO H. DELANTAR RY 2014-2015 |
| ANTONIO SUACO RY 1952-1953 | ANTONIO CUI RY 1975-1976 | JOSE TAN YAOTIN RY 1995-1996 | BERNARD VONN SIA RY 2015-2016 |
| SALVADOR SALA RY 1953-1955 | MARIANO PADILLA RY 1976-1977 | JOSE SUACO RY 1996-1997 | WILLIAM CHAVEZ RY 2016-2017 |
| JOSE MORAN RY 1954, 1955-1956 | LOUIE BATONGMALAQUE RY 1977-1978 | GUNTHER HALLER RY 1997-1998 | A. RUBEN MARTINEZ RY 2017-2018 |
| EUGENIO ALONSO RY 1956-1957 | VICENTE PELAEZ, JR. RY 1978-1979 | JOSE GAPAS RY 1998-1999 | STEPHEN P. CHIAN RY 2018-2019 |
| FEDERICO REYES RY 1957-1958 | IBARRA PANOPIO RY 1979-1980 | MANUEL DE VEYRA, JR. RY 1999-2000 | |



SISTER CLUBS - INTERNATIONAL



RC Yotsukaido Japan
RC Singapore East
RC Kasugai
RC Tawau Sabah, Malaysia
RC Kota Kinabalu, Sabah, Malaysia
RC Daegu - Taebaek
RC Pohang

BROTHER CLUB - LOCAL (Philippines)

RC Bagumbayan
RC Rizal West
RC Makati
RC North Bay
RC Manila (Mother Club)

FRIENDSHIP PACT - INTERNATIONAL

RC Osaka Urban
RC Yokosuka





Secretary's Report
September 19, 2019

WALTER CANG
Secretary
RY 2019-2020

The Life of Membership is Attendance

| | |
|------------------------------|---------------|
| Total Members | 66 |
| Total Present | 23 |
| Total Absent | 19 |
| Total Make-up | 24 |
| Attendance Percentage | 71.21% |

VISITING ROTARIANS & GUESTS

Rtn Michelle Rohan (RC Moorestown, NJ); Pres Stella Siboa & Rtn Frances Mae Gatungay (RC Banilad Metro); Paul Iverson (guest of Rtn Joey Suaco); Speaker Reza Girlie G. Alix with daughter Venice Adolfo and companion Darlyn Perez.

WE MISS YOU VERY MUCH

Rtn. Almario, Hector; Rtn. Cañete, Noel; Rtn. Canizares, Joe France; Rtn. Castillo, Bobong; Dir. Chan, George; Rtn. Chioson, Sam; Rtn. Cubos, Mike; PP Dakay, Ricky; PP Delantar, Pete; Rtn. Garcia, Ed; PP Gonzales, Ted; Rtn. Gonzalez, Don; Rtn. Heredia, Manolet; Dir. Kim, Terry; Rtn. Lim, Erik; Rtn. Magpale, Migz; Rtn. Ong, James; Rtn. Perdices, Anton; PP Soberano, Joe; Rtn. Yu, Vincent

THANK YOU FOR MAKING UP!

Rtn. Alejandro, Mel; Rtn. Alforque, Mitch; Rtn. Barnes, David; Rtn. Besañes, Glenn; Rtn. Bowers, Anthony; IPP Chian, Stephen; Rtn. Dakay, Pet; PE / VP Gaisano, Ed; Rtn. Gesalem, Jiaan; Treas Go, Stanley; Rtn. Kintanar, Aris; PP Martinez, Bing; Rtn. Moises, DJ; Dir. Ngo, Ken; Rtn. Onda, Shige; Dir. Ong, Charles; Rtn. Paraoan, George; Rtn. Peña, Bronson; Dir. Sala, Javi; PP Sia, Bernard; Rtn. Stonebraker, Larry; Rtn. Suaco Joey; Rtn. Tan, Mike

SISTER CLUBS - INTERNATIONAL



RC Yotsukaido Japan
RC Singapore East
RC Kasugai
RC Tawau Sabah, Malaysia
RC Kota Kinabalu, Sabah, Malaysia
RC Daegu - Taebaek
RC Pohang

BROTHER CLUB - LOCAL (Philippines)

RC Bagumbayan
RC Rizal West
RC Makati
RC North Bay
RC Manila (Mother Club)

FRIENDSHIP PACT - INTERNATIONAL

RC Osaka Urban
RC Yokosuka



FELLOWSHIP SONG

You've Lost That Lovin' Feelin'

You never close your eyes anymore
when I kiss your lips
And there's no tenderness like before in
your fingertips
You're trying hard not to show it
But baby, baby I know it

You lost that lovin' feelin'
Whoa, that lovin' feelin'
You lost that lovin' feelin'
Now it's gone, gone, gone, woh

Now there's no welcome look in your
eyes when I reach for you
And now you're starting to criticize little
things I do
It makes me just feel like crying
'Cause baby, something beautiful's dyin'

You lost that lovin' feelin'
Whoa, that lovin' feelin'
You lost that lovin' feelin'
Now it's gone, gone, gone, woh

Baby, baby, I'd get down on my knees
for you

If you would only love me like you used
to do, yeah

We had a love, a love, a love you don't
find everyday

So don't, don't, don't, don't let it slip
away

Baby, baby, baby, baby
I beg you please, please, please, please
I need your love, need your love
I need your love, I need your love
So bring it on back, so bring it on back

Bring it on back, bring it on back
Bring back that lovin' feelin'
Whoa, that lovin' feelin'
Bring back that lovin' feelin'
'Cause it's gone, gone, gone
And I can't go on, woh

Bring back that lovin' feelin'
Whoa, that lovin' feelin'
Bring back that lovin' feelin'
'Cause it's gone, gone, gone

20 REASONS TO JOIN A ROTARY CLUB

- * Friendship
- * Business Development
- * Personal Growth
- * Leadership Development
- * Citizenship in the Community
- * Continuing Education
- * Fun
- * Public Speaking Skill
- * Citizenship in the world
- * Assistance when traveling



- * Entertainment
- * Develop Social Skill
- * Family Program
- * Vocational Skills
- * The development of Ethics
- * Cultural Awareness
- * Prestige
- * Nice People
- * The absence of "Official creed"
- * The Opportunity to Serve

| MEETING SCHEDULE | | | | AREA | ROTARY CLUB |
|------------------|--|--|--|-----------|----------------------|
| DAY | TIME | VENUE | | | |
| Monday | 07:00PM | FGU Bldg., 16th Floor, Ayala Center Cebu, Cebu City | | 1D | Mandaue North |
| | 07:30PM | Cebu Country Club, Cebu City | | 1B | Cebu Port Centre |
| | 07:30PM | Casino Español de Cebu, Cebu City | | 1D | Cebu Fuente |
| Tuesday | 12:00NN | Manila Peninsula Hotel Cor. of Ayala & Makati Avenues, 1226 Makati, Metro Manila | | | Makati |
| | 06:00PM | Bistro Alberto, East Pob., Naga, Cebu | | 1B | Cebu Naga Central |
| | 07:00PM | YMCA Osmeña Blvd., Cebu City4 | | 1A | Talisay |
| | 07:00PM | Cebu Country Club, Cebu City | | 1C | Cebu West |
| Wednesday | 12:00NN | Casino Español de Cebu, Cebu City | | 1B | Metro Cebu |
| | 07:30PM | Aloha Hotel 2150 Roxas Blvd., Malate, Manila | | | Manuel A. Roxas Blvd |
| Thursday | 12:00NN | New World Makati Hotel | | | Manila |
| | 06:30PM | New World Manila Bay Hotel | | | Bagumbayan |
| | 06:30PM | Elks Club 7th flr, Corinthian Plaza Bldg., 121 Paseo de Roxas St. | | | Rizal West |
| | 06:30PM | Parklane Intl. Hotel, 2nd Level Board Room, cor. Archbishop Reyes Ave., Escario St., Cebu City | | 1D | Mandaue East |
| | 07:00PM | Casino Español de Cebu, Cebu City | | 1D | Cebu Fort San Pedro |
| | 07:00PM | Casino Español de Cebu, Cebu City | | 1A | Cebu Gloria Maris |
| | 07:30PM | Bogo Plaza Resto Bar, Bogo City, Cebu | | 1C | Metro Bogo |
| | 07:30PM | Cebu Country Club, Cebu City | | 1C | Cebu Mabolo |
| | 07:30PM | Vienna Kaffehaus, Gorrordo St., Cebu City | | 1E | Metro Mandaue 2006 |
| | 08:00PM | Pescadores Restaurant 4-6, P. Aquino Ave., Longos Malabon | | | North Bay East |
| Friday | 11:30AM | Penong's Restaurant, Juana Osmena, Cebu City | | 1C | Cebu Midtown |
| | 12:00NN | Café Laguna Restaurant, Ayala Terraces, Cebu City | | 1D | Cebu Guadalupe |
| | 12:00NN | Don Mertos Casa Escani, Osmeña St., Cebu City | | 1D | Cebu North |
| | 12:00NN | Casino Español de Cebu, Cebu City | | 1E | Mandaue |
| | 07:00PM | Club Filipino, Ayala-FGU, Cebu Business Park | | 1A | Cebu South |
| | 07:00PM | Crown Regency, Osmeña Blvd., Cebu City | | 1A | El Pardo de Cebu |
| | 07:00PM | Abuhan Restaurant | | 1C | Banilad Metro |
| | 07:30PM | Lighthouse Restaurant Gen. Maxilom Ave., Cebu City | | 1A | Cebu East |
| | 07:30PM | RC Mactan Info & Training Center, MEPZ, Lapu-lapu City | | 1E | Mactan |
| 08:00PM | Ang Tay Golf Course and Restaurant Rovira Road, Bantayan | | | Dumaguete | |

**Rotary Club of Cebu
D-3860 Club No. 17102**

NAME: _____
 CLUB: _____ DATE: _____

This serves as your make up card

 President/Secretary
 RY 2019-2020

REX REYES CONTRIBUTORS

1. Pres. Stephen Chian
2. Rtn. Hector Almaria
3. PP Renato Kintanar
4. Rtn. Edward Onglatco
5. Dir. David Barnes
6. PP Bernard Vonn Sia
7. PP Frank Benedicto
8. Mr. Jesus Alcordo



SENSE OF HUMOUR

(A joke a day keeps the doctor away)

How is Norma?

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, 'Is it possible to speak to someone who can tell me how a patient is doing?'

The operator said, 'I'll be glad to help, dear. What's the name and room number?'

The grandmother, in her weak tremulous voice said, "Norma Findlay, Room 302.'

The operator replied, 'Let me place you on hold while I check with her nurse.'

After a few minutes the operator returned to the phone and said, 'Oh, I have good news. Her nurse told me that Norma is doing very well.. Her blood pressure is fine; her blood work is normal and her physician, Dr. Cohen, has scheduled her to be discharged on Tuesday.'

The grandmother said, 'Thank you. That's wonderful! I was so worried! God bless you for the good news.'

The operator replied, 'You're more than welcome. Is Norma your daughter?'

The grandmother said, 'No, I'm Norma Findlay in 302. No one tells me s**t.'

Rotary



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:

- 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 fellowship of business and professional persons united in the ideal of service.



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 GOOD WILL
AND BETTER FRIENDSHIPS?
- 4. WILL IT BE BENEFICIAL TO
ALL CONCERNED?