

SUGBUANON

THE OFFICIAL NEWSLETTER OF ROTARY CLUB OF CEBU

CLUB NO. 17102
DISTRICT 3860
CHARTERED :
NOVEMBER 28, 1932



SERVE TO CHANGE LIVES

INSIDE THIS ISSUE

- *Message from TRF Trustee Chair and RCC President*
- *Service Projects Highlights*
- *RCC PHF List and Rex Reyes Contributors*
- *Calendar of Activities*



ROTARY CLUB OF CEBU

Chartered on November 28, 1932, Rotary Club of Cebu is the second oldest club in the Philippines. The club currently has 63 members and prides itself in the quality of its members and the excellent fellowship that characterizes its weekly meetings.

The club sponsored the organization of several Rotary clubs in the Visayas and has produced six district governors, including Vicente L. Faenar, Joaquin Panis, Vicente Lozada, Federico Reyes and Manuel de Veyra. The latest, Edgar Chiongbian, was the District Governor in RY2013-2014 and also the RY2017-2018 Chairman of the Philippine College of Rotary Governors.

Rotary International District 3860 has consistently

recognized the club for its role and contribution to the District, winning the Club of the Year and President of the Year awards multiple times over the years. Our members continue to donate generously to The Rotary Foundation and consistently leads the District in TRF Donations and Disaster relief drives. The club has long led the district with the greatest number of Major Donors (15 currently) and in RY2019-2020, three members of the club (one posthumously) were inducted into the Arch Klumph Society, the first AKS members in our District. Likewise, RCC was the first club to establish a TRF Endowment Fund in the District. Lastly, the RCC has been very active in Global Grant projects, leading the country with almost 5% of the total approved Philippine global grant budget over the past six years.



RY 2021 - 2022 OFFICERS & BOARD OF DIRECTORS



PRESIDENT :

Jacob P.Ong

VICE-PRESIDENT / PRESIDENT ELECT:

Hector Almario

SECRETARY :

Charles Vincent Ong

TREASURER :

Edward Tan Ting

PRESIDENT NOMINEE :

Walter Cang (*Youth Service*)

ADVISERS :

PAG Ibarra Panopio
(*TRF Chair*)

PP Angel Martinez
(*Protocol Officer*)

PAG Robin Ong
(*Club Trainer*)

DGSC Stephen Chian
(*Membership & Vocation*)

PP Bernard Sia
(*Fellowship*)

PP Renato Kintanar

IPP IPP Edward Gaisano
(*Ex-Officio*)

DIRECTORS :

George Neil Paraoan (*Club Admin*)

Joey Ontanillas (*Service Projects*)

Shigejiro Onda (*International Service*)

Ken Ngo (*Public Image*)

Javier Sala (*Membership & Vocation*)

Melchor Alejandro (*Fellowship*)

SPEAKER

RTN MIKE CUBOS

MEMBER, SINCE JULY 2017
 ROTARY CLUB OF CEBU
 CEO, PERFORMANCE 360
 FOUNDER, BPO PARTYLIST



Rtn Chris Gecha

EMCEE

I. Call to Order

Pres Jacob Ong

II. Invocation & Nasudnong Awit

III. The Four-Way Test

IV. Introduction of Visiting Rotarians and Guests

V. Birthday Greetings

VI. Fellowship Singing

Let It Be by The Beatles

VII. President's Time

Pres Jacob Ong

VIII. Introduction of Speaker

IX. Speaker's Talk

"An Essential Journey- Election 2022 From A New Party List"

X. Open Forum

XI . Response & Adjournment

INVOCATION

Almighty God, we invoke a blessing upon this occasion of Rotary fellowship. Make us aware of the deeper significance of our meeting as we develop our friendships as the source of Rotary serviceservice radiating from this community to the wider community beyond. 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!

PRESIDENT'S MESSAGE

May 19, 2022

Greetings to my fellow Rotarians.

PP Bing while still in the US, Derrick, and Terry in South Korea are working hard in writing the Global Grant Application for Sisters of Mary Boystown TechVoc. This involves so much information gathering and coordination with the school administration and all of these are being done thru emails and phone calls. It will be a project valued at almost USD100,000 with the objective of producing highly skilled Senior High Graduates in the field of Carpentry,

Plumbing, and Welding. Thank you so much PP Bing, Derrick, and Terry for your dedication and hard work.

One of our adopted schools, Balungag Elementary School in San Fernando, was severely damaged by Typhoon Odette and with face to face classes about to start soon, they are in urgent need of classrooms that can be used by the students. Our 2 Joeyes, Joey Ontanillas and Joey Suaco have already coordinated with the school principal and we also have approval for District Grant to repair 3 classrooms and their stage with a budget of P500,000. Thanks to Joey and Joey for making this happen!

Work for our Gift of Life Team led by George Paraoan has been non-stop and all this while working on the final requirements for the new GOL Global Grant. A lot of communication between Rob Raylman and Brenda, Delos Santos Medical Center, Philippine Heart Center, and several suppliers are critical in fine tuning the details for the grant. Thanks to this very amazing team!

Finally, our Moderna vaccines are also expiring today and the last day for the vaccination was yesterday (May 11). Secretary Charles, Stanley Go, and April have been working tirelessly for this program every week for more than a year already. I don't know exactly how they managed to overcome the staggering amount of work and challenges with this very complicated undertaking, but I know this team, together with volunteers from our club showing at Velez Hospital, have helped thousands and thousands of people get vaccinated during the height of the pandemic up to the present.

So much work being done in the background by our members from Club Admin to Finance to Service projects, it is just inspiring to be part of this club of dedicated individuals. Thank you everyone for your Service.

Jacob Ong

*Rotary Club of Cebu
President 2021-22*

GUIDING PRINCIPLES OF ROTARY

These principles have been developed over the years to provide Rotarians with a strong, common purpose and direction. They serve as a foundation for our relationships with each other and the action we take in the world.

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- **FIRST:** The development of acquaintance as an opportunity for service;
- **SECOND:** High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- **THIRD:** The application of the ideal of service in each Rotarian's personal, business, and community life;
- **FOURTH:** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST



CLUB ATTENDANCE HEALTH CHECK

May 12, 2022

THE LIFE OF MEMBERSHIP IS ATTENDANCE

TOTAL MEMBERS	66
TOTAL PRESENT	30
TOTAL ABSENT	35
TOTAL MAKE-UP	1

ATTENDANCE PERCENTAGE 47%

VISITING ROTARIANS & GUESTS

(RC DOWNTOWN DAVAO) DMI EXEC. DIR./PE ARCHIE GAMBOA WITH SPOUSE DGN TWINKLE GAMBOA ; (RC OKAZAKI)PE ATSUSHI NAMBU WITH PERSONAL ASST FLOR LIBOR AND HONORARY MEMBER LADY CELY CHIONGBIAN

WE MISS YOU VERY MUCH

DIR MEL ALEJANDRO; RTN MITCH ALFORQUE; PE HECTOR ALMARIO; RTN DAVID BARNES; RTN GLENN BESAÑES; RTN NOEL CAÑETE; RTN JOE FRANCE CAÑIZARES; RTN SAM CHIOSON; RTN DERRICK CHUA; RTN AC CO; RTN MIKE CUBOS; RTN PET DAKAY; PP RICKY DAKAY; PP PETE DELANTAR; RTN JIAAN GESALEM; PP TED GONZALES; RTN DON GONZALEZ; RTN TERRY KIM; RTN ERIK LIM; RTN PATRICK LOPEZ; PP ROY LOTZOF; RTN MIGZ MAGPALE; RTN DJ MOISES; DIR KEN NGO; RTN JAMES ONG; RTN ED ONGLATCO; RTN BRONSON PEÑA; RTN ANTON PERDICES; DIR JAVI SALA; PP JOE SOBERANO; RTN JOEY SUACO; RTN MIKE TAN; RTN VINCENT YU; RTN RYAN YU

THANK YOU FOR MAKING UP!

PP BING MARTINEZ





**ROTARY CLUB OF CEBU
39TH WEEKLY MEETING
05.12.2022 | THURS | 1PM
HUMABON ROOM CITY SPORTS CLUB
CEBU BUSINESS PARK**

The BOW & ARROW - The Best Parenting Model

BY : MS JOANNE "JENNY" F.
**ANTIQUINA
TRAINER**



11TH BOD MEETING

Big Hotel Mandaue City

2022 . 05 . 17

The Board of Directors & Officers with the advisers of RY2021-2022 held its Board Meeting last March 8, 2022 at Sacred Heart Center Cebu City. President Jacob Ong presided the meeting . Among the officers and members that were present were VP Hector Almario, Sec Charles Ong, Treas Edward Tan Ting, President Nominee / Youth Service Walter Cang, Director / Club Admin George Paraoan (via zoom), Director / Service Projects Joey Ontanillas, Director / International Service Projects Shige Onda, Director / Public Image Ken Ngo, Adviser / TRF Chair PP Ibarra Panopio, Adviser PP Renato Kintanar, Adviser / Protocol Officer PP Bing Martinez (via zoom), Adviser / Club Trainer PP Robin Ong, Adviser DGSC Stephen Chian, Adviser PP Bernard Sia, Adviser AG Mike Torres, Adviser / Immediate Past President, IPP Edward Gaisano

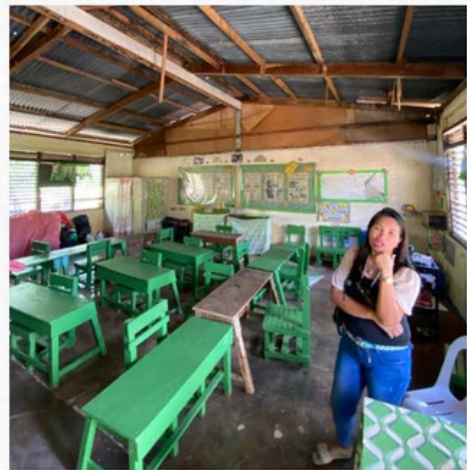




Balungag Elementary School

The effect brought about by Typhoon Odette. No roof, damaged ceiling and wall. RCC together with the district and donors will help rebuild their damaged classrooms.

Visited by Rtn Joey Suaco and we were assisted by school Caretaker Susana Larano



PIC•COLLAGE

ROTARY CLUB OF CEBU PAST PRESIDENTS

88 YEARS

CJ MARTIN

RY 1932-1933

HM POWER

RY 1933-1934

ROBERT LANDON

RY 1934-1935

HENRY GASSER

RY 1935-1936

VELOSO BUENAVENTURA

RY 1936-1937

LEO SCHMIDT

RY 1937-1938

ISABELO BINAMIRA

RY 1938-1939

JOSE CASTILLO

RY 1940-1941

FITZ REED

RY 1941-1942

HENRY GASSER

RY 1945

ALFREDO DEEN

RY 1945-1946

DART WILLIAM

RY 1946

SIMEON MIRANDA

RY 1946-1947

VICENTE FAELNAR

RY 1947-1950

JOAQUIN PANIS

RY 1950-1952

ANTONIO SUACO

RY 1952-1953

SALVADOR SALA

RY 1953-1955

JOSE MORAN

RY 1954, 1955-1956

EUGENIO ALONSO

R1956-1957

FEDERICO REYES

RY 1957-1958

JAMES JACOBI

RY 1958-1959

VICENTE LOZADA

RY 1959-1960

DOMINGO VELOSO

RY 1960-1961

RAMON DUTERTE

RY 1961-1962

BENJAMIN ALEJANDRE

RY 1962-1963

OSCAR JEREZA

RY 1963-1964

JOSE RODRIGUEZ

RY 1964-1965

MANUEL DE VEYRA

RY 1965-1966

JOSE ESCANO

RY 1966-1967

NESTOR CANOY

RY 1968-1969

PRISCILIANO BORROMEIO

RY 1969-1970

SILVIO SANTOS

RY 1970-1971

CLARO CINCO

RY 1971-1972

CANUTO BORROMEIO

RY 1972-1974

FERNANDO JAKOSALEM

RY 1974-1975

ANTONIO CUI

RY 1975-1976

MARIANO PADILLA

RY 1976-1977

LOUIE BATONGMALAQUE

RY 1977-1978

VICENTE PELAEZ, JR.

RY 1978-1979

IBARRA PANOPIO

RY 1979-1980

FRANCISCO BENEDICTO

RY 1980-1981

CATALINO CHAN, JR.

RY 1981-1982

MICHEL LHUILLIER

RY 1982-1983

RAMON CENIZA

RY 1983-1984

DOMINGO ANTIGUA

RY 1984-1985

JOSE HO

RY 1985-1986

TERESO BALANKIG

RY 1986-1987

ANTONIO MIRA

RY 1987-1988

JOSE SALA

RY 1988-1989

RENATO KINTANAR

RY 1989-1990

MARIO ORTIZ

RY 1990-1991

ORLANDO ISRAEL

RY 1991-1992

GLENN LOOP

RY 1992-1993

SHEWAKRAM

RY 1993-1994

JOHN DOMINGO

RY 1994-1995

JOSE TAN YAOTIN

RY 1995-1996

JOSE SUACO

RY 1996-1997

GUNTHER HALLER

RY 1997-1998

JOSE GAPAS

RY 1998-1999

MANUEL DE VEYRA, JR.

RY 1999-2000

ANGEL OCUBILLO, JR.

RY 2000-2001

RONALD DUTERTE

RY 2001-2002

SERGIO E. ROMERO

RY 2002-2003

ANTONIO J P. LOZADA

RY 2003-2004

PERICLES P. DAKAY

RY 2004-2005

EDGAR R. CHIONGBIAN

RY 2005-2006

OSCAR P. JEREZA, JR.

RY 2006-2007

JOHN F. DOMINGO

RY 2007-2008

TEODORO K. GONZALES

RY 2008-2009

BONIFACIO BELEN

RY 2009-2010

JOSE SOBERANO, III

RY 2010-2011

ROY LOTZOF

RY 2011-2012

JONATHAN GESALEM

RY 2012-2013

ROBIN S. ONG

RY 2013-2014

PEDRO H. DELANTAR

RY 2014-2015

BERNARD VONN SIA

RY 2015-2016

WILLIAM CHAVEZ

RY 2016-2017

A. RUBEN MARTINEZ

RY 2017-2018

STEPHEN P. CHIAN

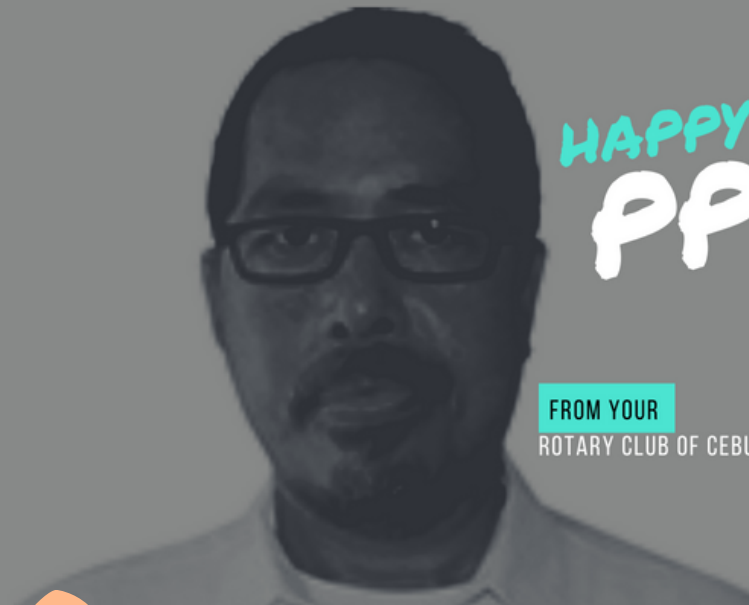
RY 2018-2019

MICHAEL P. TORRES

RY 2019-2020

EDWARD S. GAISANO

RY 2020-2021



HAPPY BIRTHDAY
PP TED
MAY 21

FROM YOUR
ROTARY CLUB OF CEBU FAMILY



PLEASE BLOCK OFF YOUR CALENDAR

Upcoming Activities

MAY 26 : DISCON 2022 Golf Tournament

MAY 27 : DISCON 2022
Bike To End Polio Now & Fellowship Night

MAY 28 : DISCON 2022 Governor's Night

JUNE 25 : 90TH INDUCTION CEREMONY

DEC 2-4 : DUBAI ROTARY INSTITUTE








BIKE TO END POLIO NOW

May 27, 2022 | 6:00 AM
 Ormoc City Stage, Larrazabal Street, Ormoc City







COME AND JOIN DISCON 2022 BIKE TO END POLIO NOW
MAY 27, 2022 AND ENJOY THE SCENIC TOUR TO LAKE DANAÓ.

ASSEMBLY AREA: Ormoc City Stage, Larrazabal Street, Ormoc City
ASSEMBLY TIME: 5:30 am
GUNSTART: 6:00am

DISTANCE: 20 kms Approximate: 8 kms hillclimb
FINISH LINE: Lake Danao View Deck Area
 Breakfast fellowship follows.

REGISTRATION FEE: PHP 500/rider.
 Finisher will be entitled to Breakfast, and one Musset Bag full of goodies and DISCON 2022 souvenirs.

RECOMMENDED BIKE TYPE: Gravel, MTB, or Road Bike

ROAD TYPE:
 Paved road all the way with small portion (500m) of dirt road

For Other Details please contact: PE Rex Tan,
Rotary Club of Ormoc, 0917 622 2739





Play and Win

GOLF TOURNAMENT

END POLIO NOW CHARITY TOURNAMENT

Leyte Golf Club & Country Club, Ormoc City
May 26, 2022 | 6:00 AM (Ceremonial Tee-off)



DISCON 2022 GOLF TOURNAMENT END POLIO NOW CHARITY TOURNAMENT

Leyte Golf Club & Country Club, Ormoc City | May 26, 2022 | 6:00 AM (Ceremonial Tee-off)

LATEST DEVELOPMENT IN END POLIO GOLF TOURNAMENT

Due to the big turn out of Rotarians and golf enthusiasts signing up for the May 26, 2022 Tournament, we are going to implement two Tee Off schedule (6AM and 12NN).

Those arriving before May 26 may play at the 6AM Tee Off time while golfers arriving late on May 26 may Tee Off at 12nn.

Therefore, we move the buffet from LUNCH time to DINNER to be followed by Awarding Ceremony and Fellowship. Everyone playing golf will be given snack and refreshments during the game.

Good news for those coming from Cebu City and Tacloban City. Golfers coming from Cebu may take the 6AM trip of either Ocean Jet or SuperCat and still reach Leyte Golf and Country Club in Brgy Mabini, Ormoc City before 10AM.

Vans will pick up golfers at your hotel. Those with vehicles may drive to the venue.

Come in casual attire (shorts and shirt) and let's all enjoy the fellowship night !

Please help us inform other golfers! See you!





Fellowship Night **SUMMER** at the **TROPICS**



Attire: Summer Wear | May 27, 2022 | 6:00pm
Mega Tent, Ormoc City Plaza Quadrangle

**END
POLIO
NOW**



Governor's Night *Glitz & Glam*

Attire: Glittery and Sparkling Cocktail Wear
May 28, 2022 | 6:00pm
Venue: Mega Tent, Ormoc City Plaza Quadrangle

**END
POLIO
NOW**

SISTER CLUBS – INTERNATIONAL

RC Yokosuka

RC Yotsukaido

RC Kasugai

RC Osaka Urban

RC Tawau

RC Singapore East

RC Daegu-Taebaek

RC Kota Kinabalu

RC New Territories (Hongkong)

RC Taipei Seven Star

BROTHER CLUBS – LOCAL (PHILS.)

RC Manila

RC Bagumbayan -Manila

RC Manuel A. Roxas Boulevard

RC Makati

RC Makati West

RC Rizal West

RC North Bay East

FELLOWSHIP SONG

"YOU'VE LOST THAT LOVING FEELING"

by: **The Righteous Brothers**

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 (baby)
But baby, baby I know it...

You've lost that lovin' feelin'
Whoa, that lovin' feelin'
You've lost that lovin' feelin'
Now it's gone... gone... gone...
woooooo...

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

You lost that lovin' feelin'
Whoa, that lovin' feelin'
You've lost that lovin' feelin'
Now it's gone... gone... gone... wooooo...

Baby, baby, I 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 (I 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 (so 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
Wooooo...
Bring back that lovin' feelin'
Whoa, that lovin' feelin'
Bring back that lovin' feelin'
'Cause it's gone... gone...

REX REYES CONTRIBUTORS

AS OF SEPTEMBER 30, 2021



- Stephen Chian - RRF
- Hector Almario - RRF
- Renato Y. Kintanar - RRF
- Edward Onglatco - RRF
- Eduardo Onglatco - RRF
- David Barnes - RRF
- Bernard Vonn Sia - RRF
- Frank Benedicto - RRF
- Jesus N. Alcordo - RRF
- Robin Ong - RRF
- Sydney K. Constantino - RRF
- Hendrik K. Constantino - RRF
- **Mike Torres - GOLD**
- Sing Pek King - RRF



SENSE OF HUMOR
(a joke a day keeps the doctor away)

BEN WENT TO SAFARI

Ben went on safari with his wife and mother-in-law. One evening, while still deep in the jungle, the Mrs. awoke to find her mother gone. Rushing to her husband, she insisted on them both trying to find her mother.

Ben picked up his rifle, took a swig of whiskey, and started to look for her. In a clearing not far from the camp, they came upon a chilling sight: the mother-in-law was backed up against a thick, impenetrable bush, and a large male lion stood facing her.

The wife said, "What are we going to do?"

"Nothing," said Ben, "The lion got himself into this mess, let him get himself out of it."

PAUL HARRIS FELLOWS



1. Dir Mel T. Alejandro - PHF +5
2. Rtn Mitch V. Alforque - PHF +3
- 3. VP/PE Hector C. Almario - MD1**
4. Rtn Roberto Atienza, Jr. - PHF
- 5. Rtn David B. Barnes - MD1**
6. Rtn Mark Glenn G. Besaños - PHF +1
7. Rtn Noel Peter F. Cañete - PHF +3
8. PN Walter Y. Cang - PHF +6
9. Rtn Jose Francis R. Canizares - PHF +1
- 10. Rtn Stephen G. Castillo - AKS**
11. Rtn George C. Chan - PHF +2
- 12. DGSC Stephen P. Chian - MD3**
13. Rtn Samuel L. Chioson - PHF +3
14. Rtn Derrick N. Chua - PHF
15. Rtn Albert Christian Co - PHF
16. Rtn Brian Connelly - PHF
17. Rtn Michael Cubos- PHF
- 18. PP Pericles P. Dakay - MD3**
- 19. Rtn Petrious P. Dakay - MD1**
- 20. DPHSC Pedro H. Delantar - MD1**
21. Rtn Hugh Michael Edenburn- PHF +4
- 22. IPP Edward S. Gaisano - MD3**
23. PP Jose R. Gapas - PHF +4
- 24. Rtn Edward Griffin Y. Garcia - MD1**
25. Rtn Chris Gecha - PHF
26. Rtn Jiaan Regis G. Gesalem - PHF+1
- 27. PP Jonathan U. Gesalem - MD2**
28. Rtn Stanley Go - PHF +8
29. PP Teodoro K. Gonzales - PHF +3
30. Rtn Donato Gonzales - PHF
31. Rtn Manuel T. Heredia - PHF +1
32. Rtn Meng "Gorden" Hsieh - PHF
- 33. Rtn Tae Yun Kim- AKS**
34. Rtn Cesar Aris C. Kintanar - PHF +4
- 35. PP Renato Y. Kintanar - MD2**
36. Rtn Eugene Erik L. Lim - PHF +2
37. Rtn Patrick K. Lopez - PHF +1
38. PP Roy Lester Lotzof- PHF +2
39. PP Antonio J. P. Lozada - PHF +3
40. Rtn Thomas Magee- PHF +1
41. Rtn Miguel A. Magpale - PHF
- 42. PP Bing J. Martinez - MD1**
43. Rtn Darwin John N. Moises - PHF+1
44. Dir Ken S. Ngo - PHF +2
45. Dir Shigejiro Onda- PHF +8
46. Sec Charles Vincent Ong- PHF +5
47. Pres Jacob P. Ong - PHF +4
48. Rtn James Y. Ong - PHF +3
- 49. PAG Robin S. Ong - MD1**
- 50. Rtn Edward G. Onglatco - MD1**
51. Rtn Jose L. Ontanillas - PHF+1
- 52. PAG Ibarra Panopio - MD2**
53. Dir George Paraoan- PHF+1
54. Rtn Bronson Peña- PHF +2
55. Rtn Anton Perdices - PHF +7
56. Dir Javier Sala - PHF +8
57. Dir Jose Sala - PHF +3
58. PP Bernard Vonn Sia - PHF +8
- 59. PP Jose, III Soberano - AKS**
60. Rtn Larry Stonebraker - PHF +4
61. Rtn Joey Suaco - PHF
62. PP Jose Suaco - PHF +1
63. Treas Edward Tan Ting - PHF +6
64. Rtn Michael Charles Tan - PHF
- 65. AG Michael Torres - MD3**
66. Rtn Joseph Vincent Yu - PHF
67. Rtn Ryan Raymond Yu - PHF+3