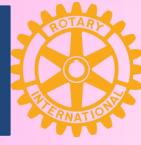


The Club 101



Volume 1 | Issue 4 Series of 2021 | October 2021



October

is

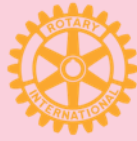
Breast

Cancer

Awareness Month



Polomolok 101
Rotary
Club



OFFICERS AND DIRECTORS RY 2020-2021



SHEKHAR MEHTA
Rotary International
President



ANNA LOUISA BUMAGAT
District Governor



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District Secretary



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Asst. Governor, 3F



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PE/Secretary



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Executive Secretary



JADE RALLOS
Treasurer



GLADYS BALANO
Auditor



FANNY FERNANDEZ
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MARIBEL ACUESTA
Membership Director



ROGELIO RALLOS, JR.
TRF Director



MELANI DEYPALAN
Vocational Service Director



XAVIER BAYAN
Youth Service Director



ALAN INES
Community Service Director



NIEVEN MAY ALFECHE
IPP

“True Leadership lies in guiding others to SUCCESS- In ensuring that everyone is performing at their best, doing the work they are pledged to do and doing it well...”



RI President's Message

Shekhar Mehta

A quarter of the Rotary year is now behind us. I am sure you are helping Rotary to grow more and do more. And I hope you have already done your part for the Each One, Bring One initiative by introducing one person to Rotary.

Do you ever think about your earliest days as a Rotarian? I often do — because those first moments of discovering the power of service shaped who I am today. When I joined my Rotary club, our efforts focused on India's rural communities, where people were living without toilets, getting their drinking water from the same pond they bathed in, and sending their children to outdoor classrooms set up under a tree. The nearest health care provider often was miles away — and the services were inadequate. But after Rotary clubs carried out some service projects, the villages had toilets, clean drinking water, a classroom for early learning, and a nearby health care center.

The spark that Rotary kindled within me forced me to look beyond myself and embrace humanity. It made service a way of life and led me to a guiding principle I still stand by: Service is the rent I pay for the space I occupy on Earth.

If you feel the need to reignite the spark of service in yourself or your club, October — Community Economic Development Month — is a great time to do so. When we work to improve the lives of people in underserved communities — through, for example, projects that provide vocational training and access to financial resources — we help build and sustain local economic growth.

The need is great. According to the United Nations, 9 percent of the world's population — that's 700 million people, a majority of them in sub-Saharan Africa — live on less than \$1.90 a day. By supporting strong community development as well as entrepreneurs, we can help improve conditions for people in that region and others. Your club can also promote economic development in your own community by expanding vocational training opportunities through local schools and community colleges, partnering with lenders to improve access to financial services, or working with a nonprofit that provides resources to entrepreneurs and connects them with the business community. Of course, developing strong communities is impossible without strong public health. On 24 October, World Polio Day, we'll celebrate our tremendous progress in the effort to eradicate polio. But we also know the fight is not over. We still need your help raising funds and awareness to ensure that all children are immunized against polio. Please don't forget to activate your clubs on that important day and encourage them to donate here: endpolio.org/world-polio-day. Service has been rewarding for me throughout my life. I know the same is true for many of you. Join me this month in becoming a good tenant of our planet by helping others to better themselves and their communities. Together, we can Serve to Change Lives



By Prexy Leni Castaniaga
President

President's Page

As we celebrate the Breast Cancer Awareness Month, we are also giving emphasis on Economic and Community Development as one of the seven Areas of Focus this October. The Rotary supports communities by providing or expanding access to employment and livelihood opportunities. This is our way to reduce poverty and inequality by generating employment among poor households and by moving highly vulnerable households into sustainable livelihoods and toward economic stability.




Rotary

**OCTOBER IS
COMMUNITY
ECONOMIC
DEVELOPMENT MONTH**

ASSOCIATED BY
RJ
@RCOPEFW



Rotary members train people to become resources for their community, offering networking activities, advice on new business development, and mathematics and financial management training.





By May Urbano
Past Assistant Governor



Editor's Note



October is Breast Cancer Awareness Month

Spread awareness of breast cancer by telling your female friends and family to get mammograms educating them on how to check breasts for abnormalities. You can lead by example. Many clinics offer discounted rate of mammograms in October. Schedule your mammogram, and hopefully, your friends and family will follow your lead. It is an annual campaign to raise awareness about the impact of breast cancer.

The good news is that most women can survive breast cancer if it is detected early enough. This is why education and awareness are so important.

Ways to get involved in Breast Cancer Awareness Month:

1) **Wear pink.** A pink ribbon is an international symbol for breast cancer. Wearing a pink ribbon - or pink clothes - is an easy way to show your support for those who are fighting breast cancer. Pick out your favorite pink outfit and encourage your friends and family to do the same. Pink nails, pink hair, pink makeup, pink bracelets - pink anything. Be creative in "thinking pink" this October.

2) **Volunteer.** There are numerous local and national volunteer organizations that raise awareness for breast cancer. Our club is a charter member of Philippine BreastCare Foundation, Inc (South Cotabato Chapter) wherein we volunteer to help women how to Self-Breast Exam.

3) **Educate yourself and others about cancer screenings.** Many women never expected to receive a breast cancer diagnosis until it happened to them. Knowing the risks of developing breast cancer can help in early detection, which makes cancer more treatable.

4) **Help a cancer patient.** There are numerous ways you can help a loved one who has been diagnosed with breast cancer. You can help bring together the patient's family, friends, and coworkers by helping support your loved one through an online social network

To women who are battling the big C, keep fighting and finish strong. Don't let your diagnosis define you because your mindset can be powerful against cancer.

I am a living testimony that Breast Cancer can be cured if detected early. Cancer has shaped me to become a grateful person, even with seemingly trivial things.





by Evernie Alfeche
Club Secretary

Secretary's Report

October is known worldwide as the month in which actions occur related to the prevention and early diagnosis of breast cancer. The campaign is used to share information about breast cancer and, more recently, about cervical cancer. The idea is to promote awareness of diseases, provide greater access to diagnostic services and contribute to the reduction of mortality.

Salute to all breast cancer survivors who bravely fought the disease especially my mother who is one of them. My prayers to all women who are still battling with breast cancer. May God give them courage to endure their trials.

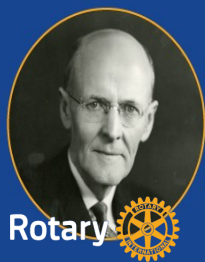


TREASURER'S REPORT



by Jade Rallos
Club Treasurer

While we are celebrating Pink October, we should also give importance to World Polio Day on October 24. Rotary has been working to eradicate polio for more than 35 years, and we've made incredible progress in the fight to rid the world of it forever. As a founding partner of the [Global Polio Eradication Initiative](#), we've helped to reduced polio cases by more than 99.9 percent. It's crucial to eradicate polio from the last two countries where it remains endemic and to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. We're close to eradicating polio, but we're not done yet. We still need funds to continue immunization and surveillance efforts. Your gift will get us closer to the finish line. Please donate now...



"Perhaps dreaming is not so bad if one dreams good dreams and makes them come true."

— **Paul Harris,**
My Road to Rotary



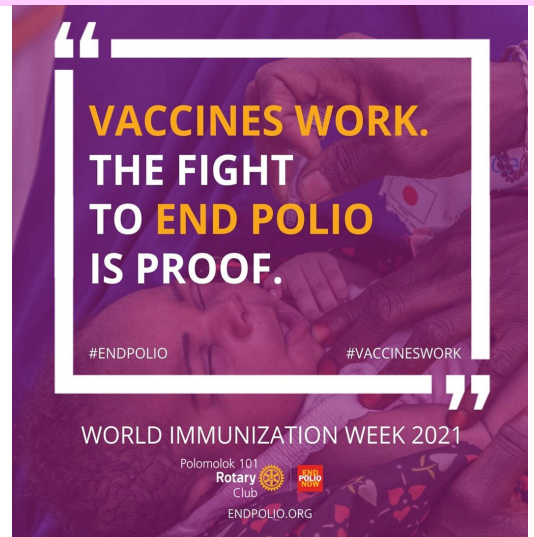
What is POLIO?



by: *PAG Alan M. Ines*

Polio, or poliomyelitis, is a paralyzing and potentially deadly infectious disease that most commonly affects children under the age of 5. Most know it as poliovirus. The virus is spread person to person, typically through contaminated water. It can attack the nervous system, and in some instances, lead to paralysis. Although there is no cure, there is a safe and effective vaccine – one which Rotary and our partners use to immunize over 2.5 billion children worldwide.

Rotary has been working to eradicate polio for more than 35 years. Our goal of ridding the world of this disease is closer than ever. As a founding partner of the Global Polio Eradication Initiative, we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979. Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort. Today, polio remains endemic only in Afghanistan and Pakistan. But it's crucial to continue working to keep other countries polio-free.





Health Alert!

By: PP Dr. Melani Deypalan



Myths vs Truths

✗ MYTH: If you've no family history of cancer, you're completely safe from getting breast cancer.

✓ TRUTH: Even if no one in your family has ever had cancer, you can still get breast cancer. About 70% of breast cancer patients have no family history of cancer.



Myths vs Truths

✗ MYTH: Surgical operations to remove breast tumors can cause cancer cells to spread.



✓ TRUTH: Surgical procedures that remove tumors don't cause the spread of cancer cells. Surgery is needed to extract certain breast tumors so doctors can determine whether the tumor's malignant or cancerous. Removing cancerous tumors is usually part of the breast cancer treatment.

Myths vs Truths



✗ MYTH: Using deodorants and bras with tight underwire can cause breast cancer.

✓ TRUTH: There are no medical studies linking the use of deodorants, or underwire bras, to getting breast cancer.



Myths vs Truths



✗ MYTH: Breast cancer only afflicts women.

✓ TRUTH: Men can get breast cancer, even though it's rare. Male patients account for 1% of breast cancer cases, worldwide.



Myths vs Truths

X MYTH: Breast cancer tends to strike women who aren't married, or who aren't sexually active.



✓ TRUTH: Breast cancer can happen to anyone, whether married or single.

Myths vs Truths

X MYTH: Having breast cancer is a death sentence. There is no cure.



✓ TRUTH: Breast cancer can be cured, especially when caught in the early stages.

Guidelines

for early breast detection

- 20** by age 20, women must do a breast self-exam (BSE) monthly.
- 30** by age 30, women must have an annual clinical breast exam by a doctor, or trained medical worker.
- 40** by age 40, women must continue their monthly BSE, an annual clinical breast exam and have a mammography every year.

If you have a family history of breast cancer, please consult your doctor, as your guidelines may be different.



Polomolok 101 Rotary Club SERVE TO CHANGE LIVES

Reduce your risk of Breast Cancer

 Perform monthly self-breast exams	 Eat HEALTHY. Eat more fruits and vegetables
 Breastfeed	 Maintain a healthy weight.
 Exercise regularly	 Limit your alcohol intake.

Health & Wellness

Polomolok 101
Rotary
Club



SERVE TO
CHANGE LIVES

By: PP Bel D. Acuesta



Jumping rope is a form of cardio exercise that world-class athletes – from boxers to football pros to runners or anyone who just want to be healthy but not have enough time for long, tedious exercise. Jumping rope is a full-body workout, so it burns many calories in a short time. For an average-sized person, jumping rope might even burn more than 10 calories a minute. But jumping rope alone won't be enough to help you lose weight. Jumping rope can be a part of a diet and exercise routine that revs your metabolism and helps you drop pounds fast.

DID YOU KNOW?



Jump rope a few minutes a day strengthens your legs, glutes, calves and core, burn more fat than typical cardio, improves mood, heart & brain function.

WWW.SQUATCHALLENGE.COM



healthkar1

8 BENEFITS OF JUMPING ROPE

- #1 TONES MUSCLES & CREATES DEFINITION.
- #2 FULL BODY WORKOUT IN 15 MINS.
- #3 LOSE WEIGHT FAST.
- #4 BUILDS STAMINA.
- #5 KEEPS YOUR HEART IN GREAT CONDITION.
- #6 GREAT FOR EYE- HAND COORDINATION, LATERAL MOVEMENT, SPEED & AGILITY.
- #7 GOOD FOR YOUR LYMPHATIC SYSTEM.
- #8 EASY, FAST & INEXPENSIVE FITNESS EQUIPMENT.



GLADYS D. BALANO

Rotary International. District 3860, hosted by the Rotary Club of Cebu Gloria Maris, welcomes and presents the young and driven leaders of R.I. District 3860 with an amazing online experience during the 8th Interact Rotary Youth Leadership Awards (RYLA) Bootcamp on October 16 & 17, 2021. Rotary Youth Leadership Awards (RYLA) is an intensive leadership experience organized by Rotary Clubs and Districts where you develop your skills as a leader while having fun and making connections. Interact RYLA Bootcamp is a 2-day event filled with relevant topics, dynamic speakers, and exciting activities in stored for our attendees. This RYLA experience is poised to be an opportunity not to be missed.

This Rotary year, our club sponsored seven talented and dynamic interactors. The kids gained so much experience, having greater understanding of what resilience and energy management meant.

One of our participant Danniela Rhaenn Abuso personally expressed her gratitude for introducing her to RYLA. According to her, "RYLA was truly a wonderful experience and I really learned a lot about leadership, empowerment and service. More so, I've interacted with a lot of youth with different stories who are in the path of leadership and service. The experience is superb that I will be bringing in my life. The lesson I've learned will surely be out into practice as a youth and also since I'm a DPSSA President."

PAST PRESIDENT

Here is her ESSAY entry for competition about Youth Empowerment:

A young person is nothing much, but a dot-like streak of light in a dark night. We may be too distant to reach and too distant to understand, but this little speck in the bed of the dark universe has a potential that holds a supernova. Young people are the backbone of society and are the future of tomorrow. The youth plays a critical role in the development of our society as they have the ability to bring about social reforms and the ability to learn new skills to the environment in ways that will benefit our society. It is important to encourage and strengthen them for they are the hope of our nation. Youth Empowerment is a platform that strives to improve the quality of life for youth by focusing on building a better community that is oriented towards developing a strong independent individual. It also gives them Empowerment by allowing them access to resources that could help them gain confidence and work towards growth and transformation. Youth empowerment will contribute to a better tomorrow by raising people's living standards which is the most efficient way to ensure the country's future. Anyone may empower and be empowered, but it all begins with oneself. A person who is empowered feels in charge of their life and is able to make positive decisions and take action that will help them achieve their goals and ambitions. Empowered people understand how to set personal boundaries and recognize that they may need to reinvent themselves in order to progress in life.

Moreover, in order to influence ideas, behavior, and relations with others, one should be able to communicate effectively and act with integrity. An empowered person may inspire others by having a clear vision and empathy. Once an empowered person has empowered others, this leads to mass empowering thus shaping a better future for society and our nation. When hopes are down as the light fades during dusk, the youth are the stars the light up the sky; individually, we may be a single dot in the sky, but collectively, we shine our light in the darkest skies as we wait for the brighter glimpse of a new tomorrow. One of my inspirations whom I consider as a beacon of hope and youth empowerment is BTS, a seven-member Korean boy band. This group has long been a symbol of hope and has the capability to inspire others in achieving life aspirations through their songs, talents, and incredible success. They are the first K-pop group to speak before the United Nations in support of young people's empowerment. Kim Namjoon, the leader of the group, is a humble, inspiring, generous, golden-hearted man and is notably a leader of a movement for self-awareness and self-love. Many people respect the group because they spread messages that encourage people to be open to new ideas and knowledge, to accept mistakes and take responsibility, to be dedicated and perseverant Furthermore, BTS has imparted the message "Love Yourself, Speak Yourself," which is the most important lesson that society needs to hear today in order to inspire one another. We may not be as talented or influential as BTS is, but young people are the country's future, and youth empowerment will be an essential force toward a brighter future. Empowerment can assist the young to recognize the importance of education, which leads to the country's social development and can significantly reduce poverty rates. Elections are also approaching, and the youth make up a substantial part of the electorate, potentially altering the outcome. When young people are empowered, they empower the masses, opening the way for a more prosperous future.

As a Senior High School student, I can empower people by encouraging and supporting them in pursuing their life goals. Sharing inspiring life experiences with them might also help to motivate and inspire them. Understanding, empathy, and making them feel as if they and their voice are significant are all vital ways to empower them. These basic methods may have a significant impact on their ability to change and empower themselves. Take advantage of every chance to empower yourself and others. Youth empowerment is important in the 21st century, and young people should consider personal development as a duty because at the end of the day, the best thing they can offer to any environment and contribute to society is themselves. With one, we shine in the dark. As one, we outshine the darkest night. As the youth calls for empowerment, it all starts with a single step of courage to form ripples and make a difference.

Serve to Change Lives

What have I learned from



RYLA taught us all the principles of integrity, teamwork, trust, planning, problem-solving, decision-making, communication, and self-esteem in ways that wove those ideals into our daily lives.

Wayne U. Baguio
Philippines Science
Highschool



Participating in the RYLA Bootcamp event has indeed taught me great lessons. It provided me with knowledge regarding Mental Health, Harrasment, & Woman Empowerment- all of which were greatly explained by excellent speakers who managed to grab my attention throughout the whole Webinar. And although I haven't won any prizes I can certainly say that I had so much FUN!

Wendy Maxine U. Baguio
Philippines Science
HighSchool



Thank you so much for introducing me to RYLA. It was truly a wonderful experience. I really learned a lot about leadership, empowerment and service. More so, I've also interacted with a lot of youth with different stories who is in the path of leadership amd service. I'm very glad and super thankful for this experience that I will be bringing in my life. The lessons I've learned will surely be out into practice as a youth and also since I'm the DPSSA President.

Daniela Abuso
Dole Philippine School



Polomolok 101
Rotary
Club




What have I learned from




8th Interact DISTRICT 3800 RYLA BOOTCAMP

What I have learned from RYLA is the leadership skills and knowledge to bring out the best in Me. RYLA also provide strategies to help us grow and be a more confident and an influential leader. Overall, my 1st RYLA experience is awesome!


Zea Xiane B. Torres
St Lorenzo School of Polomolok, Inc.



8th Interact DISTRICT 3800 RYLA BOOTCAMP

Leadership training is about teaching you the power to influence those around you. During RYLA, I have learned on how to motivate myself and others and how to discriminate between good and bad sources of power, and between strong and weak methods of influence. Leadership is about vision and responsibility, not power. Thank you for this opportunity to join RYLA, it is indeed an enjoyable & unforgettable experience.

Elvina Faye B. Torres
St. Lorenzo School of Polomolok, Inc



8th Interact DISTRICT 3800 RYLA BOOTCAMP

“Effective leaders lead by example with honesty, confidence, compassion intelligence and humor. Ineffective leaders merely mislead themselves.”

Czar D. Acuesta
Notre Dame Sienna College of Polomolok



What have I learned from



Integrity is the most important quality a leader should have; developing other leaders is the most important thing a leader should do; but always remembering that it's not about you is critical.

Leaders have a mission to execute in any organization and how the leader inspires, directs, mentors, counsels, recognizes, and influences the people can be accomplished through many different styles and techniques. But once leaders make it about them, and forget the mission, dismiss the people, they will ultimately fail. Yes, there are plenty examples of egotistical, self-centered, and toxic leaders that can "succeed," but to me it is at a great cost to the organization and on the backs of many people.

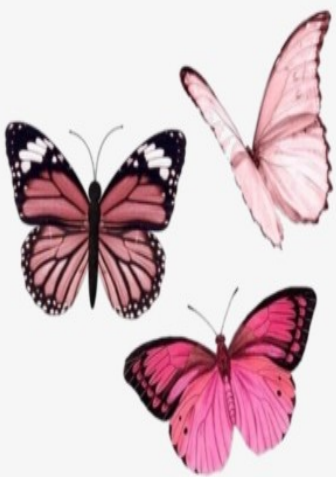
Be humble, consider leading a privilege with demanding expectations, but always remember that "it's not about you." For Rc Polomolok 101 Thankyouuu for giving me the opportunity to experience RYLA 2021 through RYLA i have learned a lot how leadership is important.

Aubrey Lou Sabordo
Christian School of Polomolok



The speaker tackles many lectures but one thing that stamped on my mind is about mental health. When the pandemic started, many of us are experiencing mental and emotional health. That's why it motivated me to help those who are affected and leadership is being applied to inspire them every day and let them be free to share their problems, that's why I'm there to hear and advise them. Leadership topics motivated me to build an aspiring vision and the responsibilities to become a good leader. Because I believe that leadership is best when people barely know he exists and leadership needs action, not a position. I also wanted to thanks RC Polomolok 101 for giving me this opportunity to join RYLA 2021 and this experience helps young people to debate issues. I met many people and Rotarians and I was having fun especially for those activities.

Paula Lingganay
Christian School of Polomolok



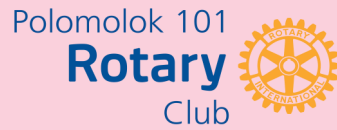
The lectures motivate me to build an inspiring vision, and create something new. and as the ssc president of Christian School of Polomolok, it helps me to become a better and I believe good leaders have the desire and will power to become an effective leader and for Rc Polomolok 101 thank you for giving me this opportunity to experience RYLA 2021 and through RYLA it enables young people to debate issues of professional responsibility and human relations, improve leadership and communication skills and I meet Rotarians while having fun and Making friends.

Britney Jill de Leon
Christian School of Polomolok



Polomolok 101
Rotary
Club 





RC POLOMOLOK 101 OFFICERS 2021 -22

PRESIDENT	Lani Castaniaga
VICE PRES./ PN	Mary Joy Torres
PRES-ELECT/SEC	Evermie Alfeche
EXEC SEC	May Urbano
TREASURER	Jade Rallos
AUDITOR	Gladys Balano
PIO	Rona Pineda
Sgt. at Arms	Rizaldy Cruz
PROTOCOL OFFICER	Fanny Fernandez
CICO	Evernie Alfeche

DIRECTORS	
Membership	Maribel D. Acuesta
Public Image	Omar Gallinero
Club Admin	Celema Grino
TRF	Rogelio Rallos, Jr.
DRRM	Alan M. Ines
Service Project	Xavier Bayan

FOUR AVENUES OF SERVICE DIRECTORS :

Vocational Service	Melani Deypalan
Community Service	Alan Ines
International Service	Malou Teoxon
Youth Service	Xavier Bayan

IPP Twinkle Alfeche

Roster of Members

Acuesta, Maribel , RFSM +2
 Alfeche, Evernie
 Alfeche, Nieven May, PHF
 Amolat, Grace
 Balano, Gladys ,RFSM +2
 Bayan, Xavier ,PHF +2
 Castaniaga, Lani, RFSM+1
 Cruz, Rizaldy , PHF
 Deypalan, Melani ,RSFM
 Fernandez, Fanny ,PHF
 Gallinero.Omar ,PHF+1
 Grino, Celema ,RFSM+2
 Ines, Alan ,PHF
 Jandic, Darnie ,RFSM
 Jesura, Grace
 Maliwat, Espie , RFSM+1
 Mondejar, Edelyn
 Pineda, Rona
 Rallos, Jade,PHF+1
 Rallos, Wang ,PHF+3
 Sabellano, Ivie, RFSM +3
 Teoxon, Malou
 Tonguia, Tommy
 Urbano, May, PHF+1

Classification

Dental Services; Pediatrics
 Management;Transport Services
 Management; Cooperative
 Management; Cooperative
 School Registrar; Private
 Law; General Practice
 Management; Government Bank
 Architecture; Building
 Dental Services; Orthodontics
 Insurance; Life&Non-Life
 Management; Photography & Events
 Dental Services; Hospital
 Administration; Private School
 Management; Spa
 Management; Commercial Banking
 Management; Real Estate
 Investment Consultant; Insurance
 Management; Farm Resort
 Medical Technologist
 Management;MedicalSuppliesDistribution
 Management; Commercial Bank
 Management; Travel Agency
 Management; Commercial Bank
 Management; Restaurant

New Members

Torres, Mary Joy	Management; Logistics
Baldostamon, Ducky	Management; Restaurant Cafe
Buaron, Kris Bianca	Registered Nurse

*PHF- Paul Harris Fellow
 *RFSM- Rotary Foundation Sustaining Member

The Rotarian Pledge

I am a Rotarian. I will always uphold the truth.
 I am a Rotarian. I will always strive to be fair in all my dealings with my fellow human beings.
 I am a Rotarian. I will always endeavor to build goodwill and understanding in my community. Among my countrymen, and among peoples of all nations.
 I am a Rotarian. I will always seek to promote the greatest good for the greatest number of people in the spirit of Rotary service.
 I am a Rotarian. I will always observe Rotary International's motto:
 Service Above Self.
 And I will promote this year's theme "Serve to Change Lives".



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 goodwill and better friendships?
- 4 Will it be beneficial to all concerned?

"KINDNESS IS THE MOST IMPORTANT TOOL TO SPREAD LOVE AMONG HUMANITY."



Rotary



**14TH GENERAL MEMBERSHIP MEETING
& FELLOWSHIP NIGHT**
Sadok Restaurant, Cannery Road
25th October, 2021

- I. Call to Order _____ Pres. Lani Castaniaga
- II. Rotary Grace _____ PAG May Urbano
- III. National Anthem _____ IPP Twinkle Alfeche
- IV. The Rotary Hymn _____ PP Xavier Bayan
- V. The Rotarian Pledge _____ PE/SEC Evernie Alfeche
- VI. Introduction of Visiting _____ PAG Alan Ines
Rotarians & Guests
- VII. Secretary’s Report _____ PE/Sec Evernie Alfeche
- VIII. Treasurer’s Report _____ Treas. Jade Rallos
- IX. President’s Time _____ Pres. Lani Castaniaga
- X. Open Forum
- XI. Adjournment _____ Pres. Lani Castaniaga

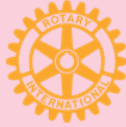
VP Joy Torres
Moderator




The 4-Way Test
of things we do and say:

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?

Polomolok 101
Rotary
Club



HALL OF PAST PRESIDENTS



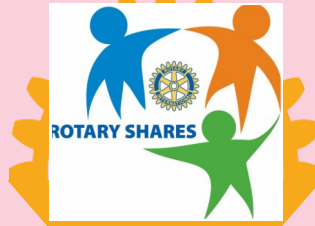
**CP Omar Galinero,
PHF+1**

**ROTARY YEAR
2005-2006**



**PP Espie Maliwat,
RFSM+2**

**ROTARY YEAR
2006-2007**



**PAG Alan Ines,
PHF.**

**ROTARY YEAR
2007-2008**



**PP Rogelio Rallos,
PHF+3**

**ROTARY YEAR
2008-2009**



**PP Maribel Acuesta,
RFSM+2**

**ROTARY YEAR
2009-2010**



**PP Xavier Bayan,
PHF +2**

**ROTARY YEAR
2010-2011**



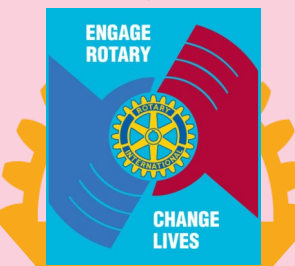
**PP Rey
Trasporto**

**ROTARY YEAR
2011-2012**



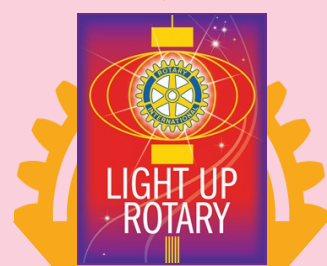
**PP Grace Salazar,
RFSM**

**ROTARY YEAR
2012-2013**



**PP Benhur
Dapanas**

**ROTARY YEAR
2013-2014**



**PP Rex
Machan**

**ROTARY YEAR
2014-2015**



**PP Celema Griño,
RFSM+2**

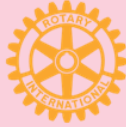
**ROTARY YEAR
2015-2016**




**PAG Mayvelyn
Urbano, PHF+1**

**ROTARY YEAR
2016-2017**

Polomolok 101
Rotary
 Club



HALL OF PAST PRESIDENTS

 <p>ROTARY: MAKING A DIFFERENCE</p>	 <p>BE THE INSPIRATION</p>	 <p>ROTARY CONNECTS THE WORLD</p>	 <p>Rotary Opens Opportunities</p>
<p>PP Gladys Balano, RFSM+2</p>	<p>PP Melani Deypalan, RFSM</p>	<p>PP Fanny Fernandez, PHF</p>	<p>IPP Nieven May Alfeche, PHF</p>
<p>ROTARY YEAR 2017-2018</p>	<p>ROTARY YEAR 2018-2019</p>	<p>ROTARY YEAR 2019-2020</p>	<p>ROTARY YEAR 2020-2021</p>

History of the Rotary Club of Polomolok 101

The Rotary Club of Polomolok 101 was officially chartered as a legitimate club by Rotary International, through the efforts of its mother club – the Rotary Club of Midtown Gensan -on August 31, 2005. As early as February 2003, there were already numerous attempts to organize a Rotary club in the municipality of Polomolok, but it was only in January 2005 when persistence finally paid off. With the blessing of RC Midtown Gensan, Omar Gallinero became the new club’s Charter President, leading 25 other charter members with various classifications. Rotary Club of Polomolok 101 was formed under the leadership of Len Magno as then the District Governor of 3860.

The club’s name is suffixed with the number 101 for two significant reasons: one, the club was founded on Rotary International’s 101st foundation anniversary; and the club was the 101st club to be chartered under District 3860.

The Rotary Club of Polomolok 101 was registered under District 3860, Area 3F with Club Number 70517 . To date, the Club runs on man-strength of 26 committed individuals.

Mission Statement

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

Vision Statement

“Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.”



The Club 101 Calendar of Activities



July

New Leadership Month



August

Membership & New Club Development Month



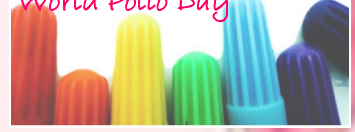
September

Basic Education and Literacy Month



October

Economic and Community Development Month
October 24
World Polio Day



November

Rotary Foundation Month
November 1-7
World Interact Week
November 26-27
Presidential Conference, Manila



December

Disease Prevention and Treatment Month



January

Vocational Service Month



February

Peace and Conflict Prevention & Resolution Month
February 23
Rotary's Anniversary



March

Water and Sanitation Month
March 14-18
World Rotaract Week



April

Disease Prevention and Treatment Month



May

Youth Service Month



June

Rotary Fellowships Month
June 30
Rotary International Convention, Houston, Texas

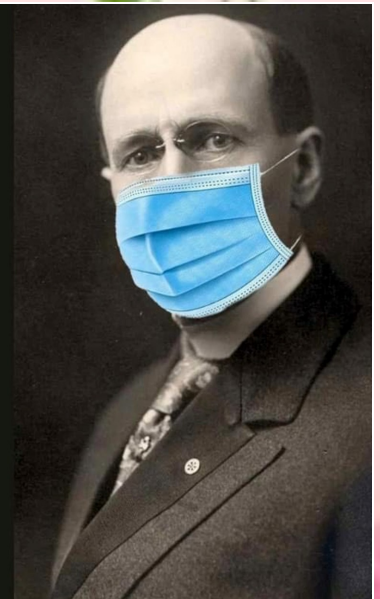


Paul Harris Quotes

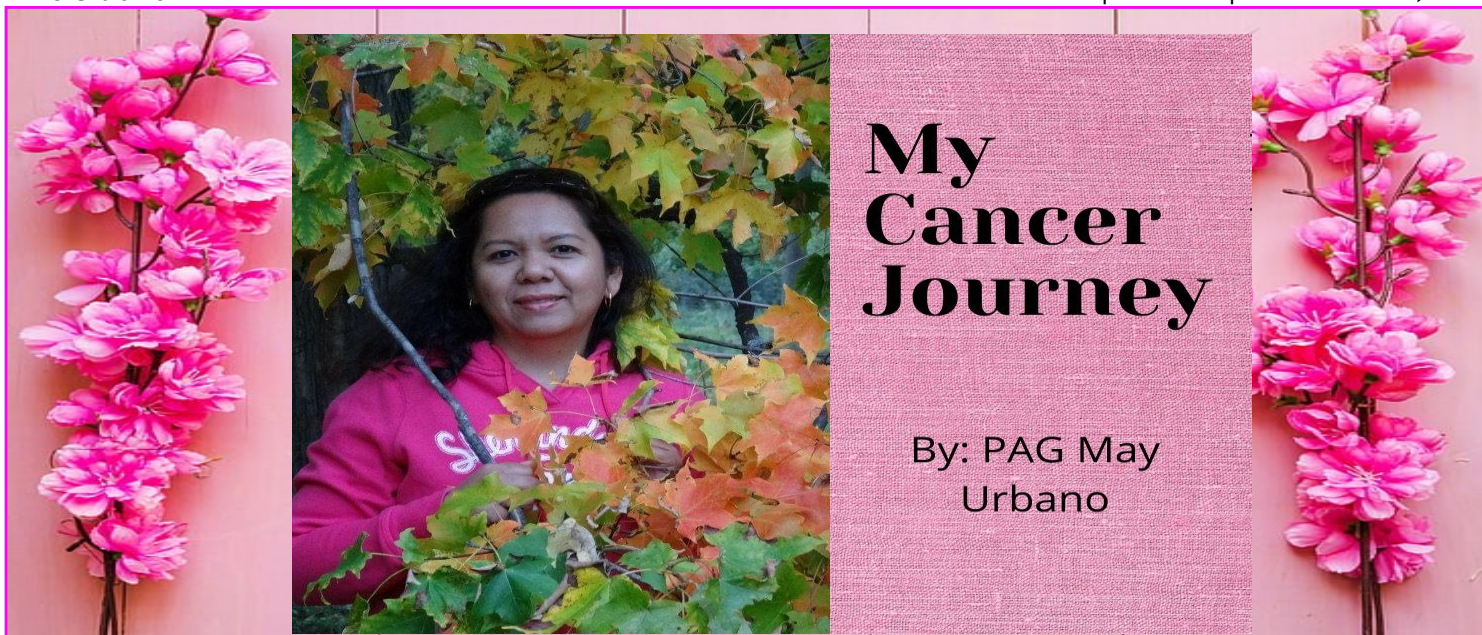
Rotary changes us and those we serve.

I believe we can change the world, one life at a time.

Polomolok 101
Rotary Club



Rotary Year 2021-2022



It was March of 2007 that I was diagnosed with stage 2A Breast Cancer. When I saw my doctor's reaction after reading my laboratory test, I immediately got what He would tell me, that it is Positive, that I have breast cancer. There must be some mistake, I told my doctor, I am only 37 years old, I am healthy and I don't have any vices, so I consulted another doctor for second opinion. But the results are just the same, that I had indeed breast cancer. So I wasn't as healthy as I thought.

At first, I just kept it to myself, I don't want my family to be worried about me. In fact, when I decided to undergo surgery, I went to the hospital alone and I admitted myself there without them knowing it. I told myself, I have to be strong but later I realized that they are the only ones who could help me, who could give me strength to overcome my ordeal. I impatiently ask God for healing. I cried night & Day. But the Lord apparently is teaching me a lesson on trust and patience. It was painful to realize that I do not have control of my life after all. God wanted me to keep still, to wait and let Him work His healing on me. I didn't blame God, I wasn't bitter. I have to be positive and continue to live as normal as what I used to. I went through several religious healing sessions. Cancer made me closer to God. I went through 6 agonizing chemotherapy sessions. There was a time I was rushed to the hospital in the middle of the night because I was in so much pain that I couldn't bear anymore. Yes, I lost my hair due to the treatment, I became bald. But I took it as my opportunity to wear a long straight hair with bangs, wear my favorite hat or use a fashionable head dress.

Thanks God, I finished all my six chemotherapy cycles without a hitch and my blood levels stayed normal throughout all cycles. The result of my recent tests have once again declared me a cancer-free, I continue to look forward to the long life as I claim to the Lord He will grant me. I wake up each day with much gratitude in my heart for being alive, healthy & strong. Day by day I try my best to be pleasing to the Lord. I fail many times but I continue trying, knowing that the Lord will never give up on me.

Cancer has left me with a big scar on my left chest- a scar that will forever remind me of the difficult battle I went through. But where my scar ends is my new life begins. It is my new life of faith, hope, and gratitude to the Lord. Cancer has taught me to see life in new perspective. It has taught me to be thankful for even the tiniest things that come my way. I still don't know what trials await me in my journey through life. But I rest the fact that I am under God's love and care. I know He will never give me anything I couldn't handle, and most certainly, He will continue to overwhelm me day after day with His amazing LOVE...

God gave me a chance to live longer for a reason, so that's why I'm here, I'm sharing my story...

PS

I wrote this blog 14 years ago.



OCTOBER

Breast Cancer AWARENESS MONTH



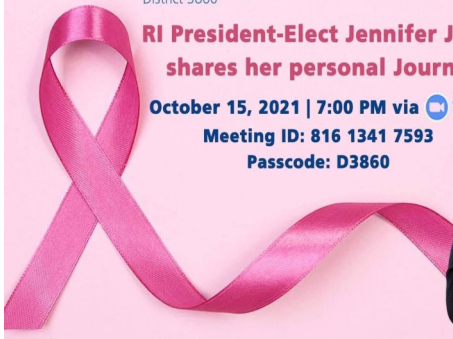
EARLY DETECTION OF BREAST CANCER SAVES LIVES

Rotary District 3860 Pink October spearheaded by The Rotary Club of Cebu Fuente

RI President-Elect Jennifer Jones shares her personal Journey

October 15, 2021 | 7:00 PM via zoom

Meeting ID: 816 1341 7593
Passcode: D3860



Celebrate Life



JENNIFER JONES
Rotary International President-Elect



Area 3 F, G & H invite you to a Breast Cancer Awareness Forum with our special Guest Speaker
EPNC/PDG Mary Anne "Me'anne" Solomon



October 22, 2021 6PM
ZOOM ID #- 702 132 8442
PassCode- PinkOct



Breast Cancer Awareness Forum

October 22, 2021



OCTOBER ACTIVITIES

Polomolok 101
Rotary
Club



SERVE TO
CHANGE LIVES



WALK AND RUN TO END POLIO ACTIVITY



Sunshine Greetings!

Happy Birthday!

October 5– Rotakid Bea
October 20– Rotakid Nikki R.
Rotakid Panpan



Happy Anniversary!



The Rotary Hymn

by George Canseco

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

Chorus:
With the Four Way Test
I will pursue my quest
And if I, in a way help obtain
Peace in the world
We shall not have lived in vain.

II. I 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.
(Back to Chorus)

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

IV. Peace be achieved,
We shall not have lived in vain.



Plant Lovers' Corner

by VP Joy Torres

If you are new to the world of orchids, don't be afraid of them. Many orchids can be easy to grow if you take some time to learn what they need. They are not like traditional potted plants. They are epiphytes which means that they do not grow in dirt but rather by hanging on to the bark of trees. There are some orchids, most notably lady slippers, that are semi-terrestrial and grow in the loamy soil of the jungle floor.

Orchid care is not difficult; it is just different. Orchids have a reputation for being difficult to grow when in fact many varieties make excellent house plants. With proper care an orchid can be in bloom for months each year and can live indefinitely. In this respect orchids are an excellent value as far as blooming plants go. A well cared for and varied orchid collection can provide continuous bloom every day of the year.



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HERBALIFE NUTRITION

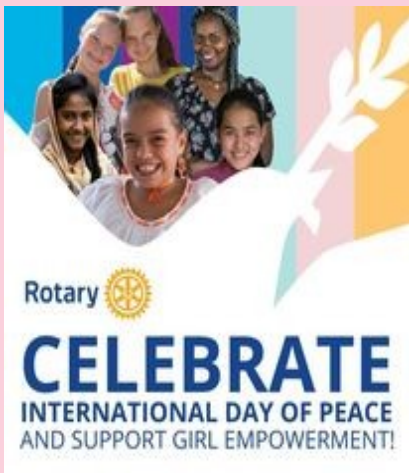
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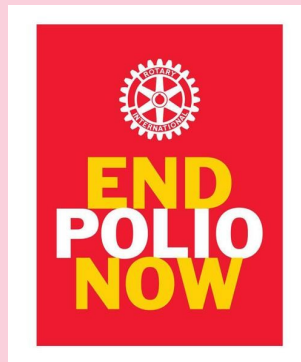
Joeys' Peak
Majestic views of *Mt. Matutum* you would always want to go back to.




GOLDEN RANCH FARM



Rotary
CELEBRATE
INTERNATIONAL DAY OF PEACE
AND SUPPORT GIRL EMPOWERMENT!



END POLIO NOW



Rotary District 3860
END POLIO NOW
Save the Date
ROTARY DAYS OF SERVICE
END POLIO NOW RIDE 2021
NOVEMBER 19-21, 2021
DETAILS TO FOLLOW



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