

THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101

The Club 101



Volume 1 | Issue 5 Series of 2021 | November 2021

NOVEMBER IS THE ROTARY FOUNDATION MONTH



Polomolok 101
Rotary
Club



**SERVE TO
CHANGE LIVES**

Polomolok 101
Rotary
Club



OFFICERS AND DIRECTORS RY 2020-2021



SHEKHAR MEHTA
Rotary International
President



**ANNA LOUISA
BUMAGAT**
District Governor



**CAROLINE DEE
ANDRADE**
District Secretary



**RUSSEL
REGOLLO**
Asst. Governor, 3F



**LANI
CASTANIAGA**
President



**MARY JOY
TORRES**
Vice President



**EVERNIE
ALFECHE**
PE/Secretary



**MAYVELYN
URBANO**
Executive
Secretary



JADE RALLOS
Treasurer



**GLADYS
BALANO**
Auditor



**FANNY
FERNANDEZ**
Protocol Officer



**CELEMA
GRINO**
Administration
Director



**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

I first discovered the value of service when I saw how a few simple acts can immeasurably change lives. It began when I joined others in my club for a project to bring toilets and clean drinking water to rural villages near our city. It moved forward when we promoted sanitation and provided opportunities for education across the country, thanks to generous gifts from supporters who believed in our projects as much as those of us on the ground did.

As the charitable arm of Rotary International, The Rotary Foundation is the engine that powers so many Rotary projects throughout the world. The Foundation transforms your gifts into projects that change lives. It is the Foundation that helps us to get closer to our goal of eradicating polio, to show more people how we promote peace through tangible actions, and to demonstrate the impact our projects have in our areas of focus.

Consider some recent projects that were made possible by the Foundation:

- The Rotary clubs of Guatemala La Reforma, Guatemala, and Calgary, Alberta, received an \$80,000 global grant to organize a comprehensive plan to train nurses and rural health care workers to prevent and treat cervical cancer and to implement a sustainable system of referrals in seven regions of Guatemala.
- More than two dozen hospitals in Honduras received personal protective equipment for their medical staff thanks to a \$169,347 global grant sponsored by the Rotary clubs of Villa Real de Tegucigalpa, Honduras, and Waldo Brookside-Kansas City, Missouri.
- The Rotary clubs of Cotonou Le Nautille, Benin, and Tournai Haut-Escout, Belgium, received a \$39,390 global grant to provide agricultural training at an ecologically responsible permaculture mini-farm connected to a center for children in Sowé, Benin. This will help a new generation of farmers become economically self-sufficient.

I like comparing The Rotary Foundation to the Taj Mahal, a monument of one man’s love for a woman. The Foundation is a dynamic monument of our love for all of humanity.

This month I am asking all Rotary clubs to bring attention to the Foundation. It is what connects all Rotarians worldwide and transforms our collective passions into projects that change lives. Visit rotary.org/donate; once there, you will have an opportunity to give directly to the program you’re most passionate about.

Thank you for giving your all to Rotary. You are the reason that Rotary is able to *do more* and *grow more*. Let’s continue to represent that important legacy this month, this year, and beyond as we *Serve to Change Lives*.

Shekhar Mehta
RI President





President's Page

As the President of our club, I was challenged to become a Paul Harris Fellow— and I accepted the challenge. Together with Rtn. Aivie Sabellano we were recognized as the new Paul Harris Fellows last November 13, 2021 during TRF Recognition Day. I am calling all the members of our club as well, to accept the challenge— to be Paul Harris Fellows. This is the best gift that we can give to our club.

Our Foundation has very special qualities as it is an enabling Foundation, it asks us to donate or contribute like so many other charities but it also asks us to get involved and utilise the funds. We give but we also receive. Our Foundation is able to achieve its mission through the generous contributions and active participation of Rotarians and friends of Rotary.

By Prexy Leni Castaniaga
President

Through the Foundation, Rotary members find satisfaction in serving others. The Foundation offers countless opportunities for all members, and their friends to do good in their communities and in the world — and to make a real, life-changing difference for people in need.

NOVEMBER IS

ROTARY FOUNDATION MONTH

EVERY ROTARIAN EVERY YEAR

"We cannot always build the future for our youth, but we can build our youth for the future."

Franklin D. Roosevelt

**BECAUSE WE CARE
MAKE A CONTRIBUTION, BE THE DIFFERENCE**

Rotary   **TAKE ACTION:** rotary.org/contribute

Editor's Note



By May Urbano
Past Assistant Governor



November is The Rotary Foundation Month

There are many ways to describe our Rotary Foundation. But I think of our Foundation literally – as the foundation for all of Rotary.

We do not often think about the ground beneath our feet. We do not often think about the walls that are holding up our house. We take them for granted. We think about them only when they are not there.

It is easy to look at the people we help through our Foundation as somehow different from ourselves. They live far away. We do not know their language or their culture. We do not know what it is like to have no running water, no sanitation, no health care, no education. We look at pictures, and we read stories in the news about poverty, wars, and disasters. We see, from so far away, the people who are living through such terrible times. But it is hard to put ourselves in their place.

There is nothing at all separating us from the people we help. We are all the same. Only the circumstances surrounding us are different.

Through our Foundation, we have the power to live the words of our Foundation's motto: Doing Good in the World. Through it, we can do so much more good than we could ever do alone. And it matters so much – to people just like us.

ROTARY'S AREAS OF FOCUS

- ENVIRONMENT
- COMMUNITY ECONOMIC DEVELOPMENT
- BASIC EDUCATION AND LITERACY
- PEACEBUILDING AND CONFLICT PREVENTION
- DISEASE PREVENTION AND TREATMENT
- MATERNAL AND CHILD HEALTH
- WATER, SANITATION, AND HYGIENE

SERVE TO CHANGE LIVES

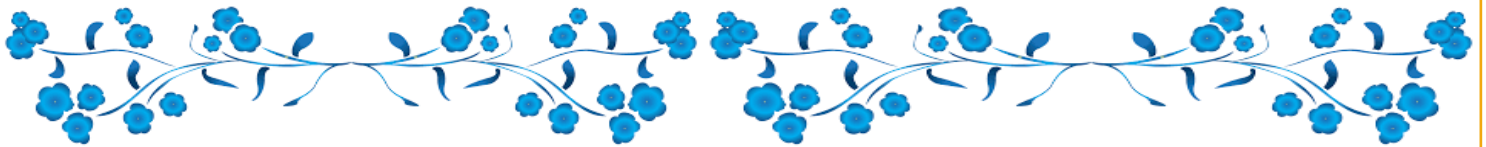
Polomolok 101
Rotary
Club



by Evernie Alfeche
Club Secretary

Secretary's Report

As individuals, we tend to give to charities we know, and we often give on the basis of events or stories that move us. As Mother Theresa once said, "it's not how much we give but how much love we put into giving." How could we not agree? But giving with love does not imply giving blindly. So giving to the Rotary Foundation is both right and smart. Let us continue to support The Rotary Foundation by donating now.

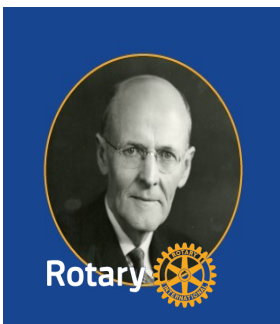


Treasurer's Report

You can donate online to The Rotary Foundation (TRF) of Rotary International. Donating to The Rotary Foundation is a great opportunity for Rotarians to give back to the community. Consider making your annual donation [NOW](#). Your money comes back to us in three years in the form of Global and District grants to spend on our projects. Your donation goes around the world to promote peace and conflict prevention & resolution, disease prevention and treatment, water and sanitation, maternal and child health, basic education and literacy, and economic and community development. Every Rotarian Every Year asks that you consider a gift of at least \$100 to The Rotary Foundation.



by Jade Rallos
Club Treasurer



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

— **Paul Harris,**
My Road to Rotary

The Rotary Foundation Month



by: **PP Wang Rallos**
TRF CHAIR

November is Rotary Foundation Month – Here’s why...Each year, Rotary International highlights November as Rotary Foundation Month to emphasize the importance of and need for Rotarian support of The Rotary Foundation. Contributions from Rotarians around the world go to the Foundation's Annual Programs’ Fund, which provides grants and awards through Foundation programs; and the Permanent Fund, an endowment from which only the earnings are spent in support of Foundation programs, ensuring the long term viability of the Foundation. Every dollar contributed by Rotarians funds humanitarian and educational programs and program operations. Clubs and districts apply for and receive Foundation grants to carry out worthy projects worldwide.

If Rotary is to be there to teach children to read, build wells, feed the hungry, care for the sick, shelter the poor; then Every Rotarian is invited and encouraged to support the Annual Fund with a personal contribution, Every Year. How can I make a gift in support of the Rotary Foundation? Visit the Rotary International website (www.rotary.org) to make your gift: one time, regular/sustaining (recurring gift at the timing of your choice), to the program

area of your choice – all of the information is there for you to choose what would be most meaningful to you. You may also use the pledge form available at all Rotary meetings or by contacting our Executive Secretary & Treasurer and of course Me! as our club’s foundation chair. Use this pledge form to provide a one-time gift in support of Rotary, or to sign up to have your name added to the list of club members who make regular contributions to Rotary Foundation .

It’s very simple – just talk to me as your TRF Chair for details! Or – you can visit www.rotary.org and click on The Rotary Foundation for additional information on ways to give, as well as to learn more about how our gifts make a difference around the world.

Let’s meet the yearly challenge to get 100% participation in the annual fund this year, and set the standard for every year to follow! Visit www.rotary.org for great information about why your support will make a difference!

**NOVEMBER IS
ROTARY
FOUNDATION MONTH**

**EVERY
ROTARIAN
EVERY
YEAR**

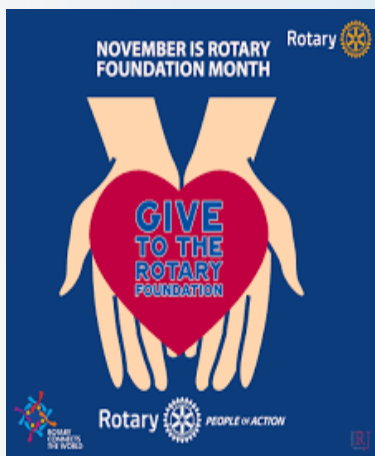
The Rotary Foundation transforms more than 90% of its gifts into service projects that change lives both close to home and around the world.

The
Rotary
Foundation 

www.rotary.org



by: *Espie C. Maliwat*
Past President



November: Its significance to Rotary

What is November in the Rotary world?

The eleventh month of the year, or rather the fifth month of the Rotary year, comes with great significance in Rotary world because it is the month of the Rotary Foundation. The Rotary Foundation is the charity arm that, through the voluntary financial contributions of committed individuals, greatly helps the Rotary International achieve its mission. This month emphasizes the the role of every Rotarian in the impact of every Rotary Club to the community and to the world. Individual donations put together go a long way in helping the Rotary International perform local and global actions in accordance with its mission. The long-standing mission of the Rotary Foundation is as follows, to quote: The Rotary Foundation helps Rotarians to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty (rotary.org).

The whole mission has been deconstructed and assigned emphasis on each month of the year. What happens to the donations? These are translated into fundings or grants for scholarships, trainings, and service projects that, as the motto of the year promotes, change lives. These individual donations, then, actually have great significance In making lives better, of people we don't see but exist in dire conditions. These are people who have to contend with drinking non-potable water, contracting waterborne diseases and other diseases such as malaria or polio, lacking in medical care, electricity, education, etc. The collective donations are used to respond to these unhappy situations. In response to the current Covid-19 pandemic, the Rotary International is keeping its ears perked up for updates from the medical entities and especially from the World Health Organization. It is alert to receive and relay recommended actions to its smaller clubs.

The Rotary Foundation is spreading its arms to help by providing local clubs grants to support response activities that are COVID-related, like information dissemination and purchase of medical equipment that could help especially the frontliners, except for purchase of COVID vaccines. Obviously, the Rotary Foundation is very dynamic and appropriately reactive to challenges that arise affecting the global scenario. It is for the commitment of individual Rotarian that the Rotary wheel keeps going. Let this be an inspiration to also keep our commitment growing.

Understanding The Rotary Foundation



by: **PAG Alan M. Ines**

The Rotary Foundation transforms your gifts into projects that change lives both close to home and around the world. As the charitable arm of Rotary International, we tap into a global network of Rotarians who invest their time, money, and expertise into our priorities, such as eradicating polio and promoting peace. Foundation grants empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact.

Strong financial oversight, a stellar charity rating, and a unique funding model mean that we make the very most of your contribution. Give and become a part of Rotary's life-changing work!

The collective leadership and expertise of our 1.2 million members helps us tackle some of the world's biggest challenges, locally and globally. We are united by common values and vision for the future as we sharpen our focus with targeted specific causes that will reach communities most in need.

For more than 100 years, our guiding principles have been the foundation upon which our values and tradition stand. The Four-Way Test, Object of Rotary, and the Avenues of Service express our commitment to service, fellowship, diversity, integrity, and leadership.

Areas of Focus:

We direct our efforts in six areas to enhance our local and global impact. Our most successful and sustainable projects and activities tend to fall within the following areas:

- Promoting peace
- Fighting disease
- Providing clean water
- Saving mothers and children
- Supporting education
- Growing local economies
- Supporting Environment





Health Alert!

By: PP Dr. Melani Deypalan

Polomolok 101
Rotary
Club



FAQS: VACCINES

1. How do vaccines prevent disease?

Vaccines mimic the virus or bacteria that causes disease and triggers the body's creation of antibodies. These antibodies will provide protection once a person is infected with the actual disease-causing virus or bacteria.

2. How do vaccines differ?

Vaccines differ in their composition and how they trigger the immune response to create antibodies. These antibodies protect the body from microorganisms and serve as protection once a person gets infected with disease. Vaccines can be inactivated, weakened or killed copies of the whole or part of the virus or bacteria, or genetic product (like mRNA vaccines) that creates protein copies without causing disease.

3. What are the possible side effects of vaccination?

The possible side effects of a vaccine include pain, redness, itchiness or swelling at the injection site (which may last a few hours); fever; feeling of weakness or fatigue; headache; dizziness; diarrhea; or nausea. Consult the nearest healthcare professional if you experience any of these.

4. Is vaccination mandatory?

No, vaccination is not mandatory. But the government highly encourages the public to get vaccinated and be protected against preventable disease.

5. Why do we need to get vaccinated for COVID-19?

With the BIDA steps and observance of minimum public health standards, vaccination is an important way to protect yourself from getting severe COVID-19.

6. What is an Emergency Use Authorization (EUA)?

It is an authorization granted through a risk-based procedure for assessing unregistered (under development) vaccines or drugs during public health emergencies of international concern. It aims to expedite availability of the vaccine or drug to people affected by public health emergency based on essential set of available quality, safety and efficacy performance data.

7. Can I purchase the vaccine from private clinics or pharmacies?

No, you cannot purchase COVID-19 vaccines from private clinics or pharmacies. At present, only the government is duly authorized to procure and administer vaccines. Until a full market authorization is issued by the Philippine FDA, any COVID-19 vaccine should not be sold to the public.

8. Are the COVID-19 vaccines safe and effective?

COVID-19 vaccines that are granted with Emergency Use Authorization (EUA) by the Food and Drug Administration (FDA) are considered safe and effective based on the available evidence to date.

9. Are there risks for complications when given the COVID-19 vaccine?

Yes, like all other vaccines, there are risks of complications BUT SEVERE OR LIFE-THREATENING REACTIONS ARE EXTREMELY RARE. The benefit of protection against severe COVID-19 is greater than the risk. Anyone who will get the vaccine will be properly evaluated and closely monitored by health professionals to further minimize any risk.

*Source– DOH



Health & Wellness

By: PP Dr. Bel D. Acuesta

EATING HEALTHY BASICS



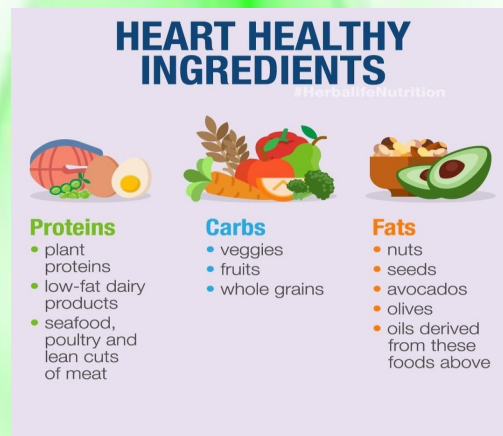
Eating a healthy, balanced diet is one of the most important things you can do to protect your health. In fact, up to 80% of premature heart disease and stroke can be prevented through your life choices and habits, such as eating a healthy diet and being physically active.

A healthy diet can help lower your risk of heart disease and stroke by:

- improving your cholesterol levels
- Reducing your blood pressure
- helping you manage your body weight
- controlling your blood sugar.

Here are Tips for a balance Healthy Eating

- 1) Prepare most of your meals at home using whole or minimally processed foods. Choose from a variety of different proteins to keep things interesting. Using catchy names for each day can help you plan.
- 2) Make an eating plan each week – this is the key to fast, easy meal preparation.
- 3) Choose recipes with plenty of vegetables and fruit. Your goal is to fill half your plate with vegetables and fruit at every meal. Choose brightly coloured fruits and vegetables each day, especially orange and dark green vegetables. Frozen or canned unsweetened fruits and vegetables are a perfect alternative to fresh produce.
- 4) Avoid sugary drinks and instead drink water. Lower-fat, unsweetened milk is also a good way to stay hydrated. Keep a reusable water bottle in your purse or car so you can fill up wherever you are going.
- 5) Eat smaller meals more often. Eat at least three meals a day with snacks in between. When you wait too long to eat you are more likely to make unhealthy food choices. Keep easy-to-eat snacks in your purse or bag for emergencies.





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	Evermie 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, Evermie
 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 ,RSFM
 Jesura, Grace
 Maliwat, Espie , RFSM+1
 Mondejar, Edelyn
 Pineda, Rona
 Rallos, Jade,PHF+1
 Rallos, Wang ,PHF+3
 Sabellano, Ivie, RFSM +3
 Teoxon, Malou
 Tongua, 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
 Baldostamon, Ducky
 Buaron, Kris Bianca

Management; Logistics
 Management; Restaurant Cafe
 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?

**VACCINES WORK:
 ENDING POLIO IS PROOF**

#VaccinesWork

Rotary
 endpolio.org



**18TH GENERAL MEMBERSHIP MEETING
& FELLOWSHIP NIGHT**
Sadok Restaurant, Cannery Road
24th November, 2021

- | | |
|-------------------------------------------------|------------------------|
| I. Call to Order | Pres. Lani Castaniaga |
| II. Rotary Grace | PAG May Urbano |
| III. National Anthem | VP Joy Torres |
| IV. The Rotary Hymn | PP Xavier Bayan |
| V. The Rotarian Pledge | PE/SEC Evernie Alfeche |
| VI. Introduction of Visiting Rotarians & Guests | PAG Alan Ines |
| 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 |

PE/Sec Evernie Alfeche
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



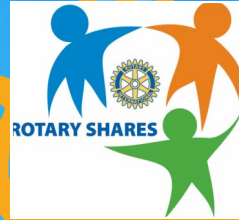
**CP Omar Galinero,
PHF+1**

**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**



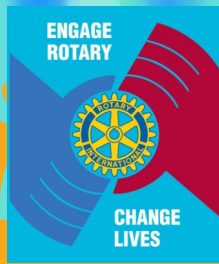
**PP Rey
Trasporto**

**ROTARY YEAR
2011-2012**



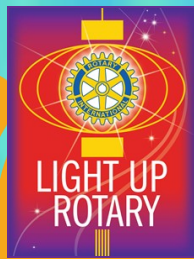
**PP Grace Salazar,
RFSM**

**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

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

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



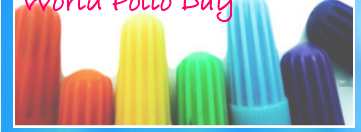
September

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

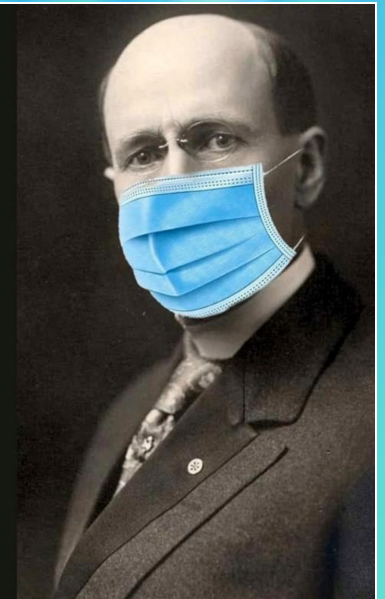


Paul Harris Quotes

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

NOVEMBER ACTIVITIES

Polomolok 101
Rotary
Club



**SERVE TO
CHANGE LIVES**



GOVERNOR'S VISIT



November 11, 2021



GOVERNOR'S NIGHT



NOVEMBER ACTIVITIES

Polomolok 101
Rotary
Club



SERVE TO
CHANGE LIVES



END POLIO RIDE

November 20, 2021



NOVEMBER ACTIVITIES

Polomolok 101
Rotary
Club



**SERVE TO
CHANGE LIVES**



LADIES DAY OUT

November 13, 2021



Sunshine Greetings!

Happy Birthday!

November 3– Rotakid Czam
 November 3 – Sps. Angie
 November 6– Prexy Lani
 November 7– Rotakid Gayle
 November 10– Rotakid Paat
 November 16– Sps. Michael
 November 20– Rtn. Aivie
 November 29– Rotakid Zea



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.



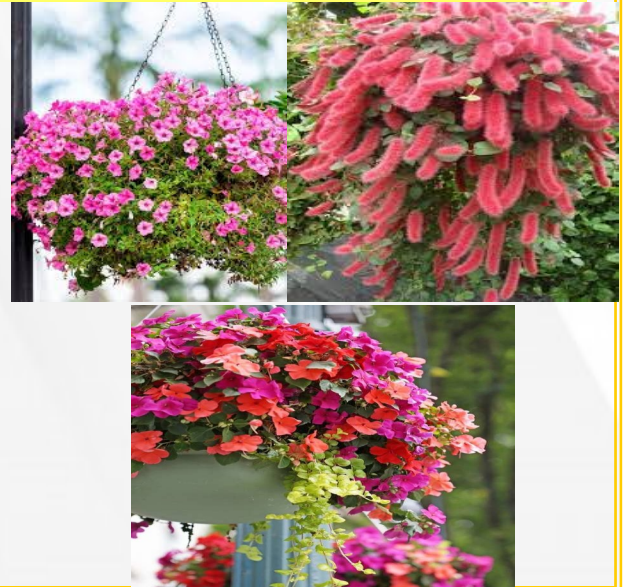
Plant Lovers' Corner

by VP Joy Torres

Hanging Plants

If you're tired of staring at the same four walls, bringing nature indoors is an easy, good-for-you way to refresh your space. In fact, studies have shown that plants [may help reduce stress](#) and [reduce indoor air pollutants](#). And there's no question that they make your space, no matter the size, look — and feel — more cozy and welcoming. If you're short on space or available tables, countertops, or shelves, turn to these indoor hanging plants to infuse your home with live greenery. Not to mention, these pretty picks are a handy option if you have pets who like to nibble on [houseplants](#), or young children who pick up everything in sight.

Taking care of a hanging plant may sound tricky, but the same rules apply: Before sticking the plant, [succulent](#), or flowers in a new planter. A south-facing window is best for plants that need bright light, but many of the plants on this list [can survive in low-light conditions](#). And whatever you do, make sure your planter has draining holes to prevent overwatering.



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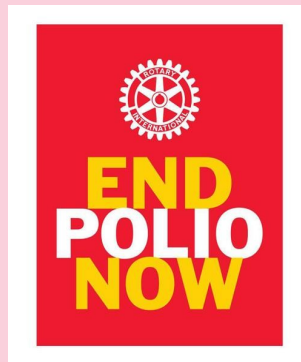
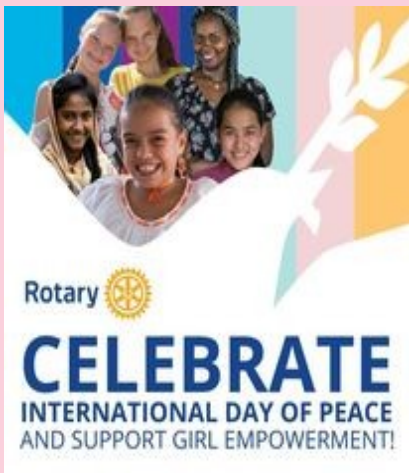
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