

VOLUME 1 | ISSUE 6 | DECEMBER 27, 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

ALAN INES

Community

Service

Director

FANNY FERNANDEZ Protocol Officer



CELEMA GRINO **Administration** Directo



MARIBEL ACUESTA Membership Director



ROGELIO RALLOS, JR. **TRF** Director

MELANI DEYPALAN Vocational **Service Director**



XAVIER BAYAN **Youth Service** Director





NIEVEN MAY ALFECHE TPP

Serve to Change Lives

R.I. President's Message



December 2021

Public health is on everyone's mind due to the global pandemic that still threatens the safety of ourselves and our loved ones. In a sense, COVID-19 has made all of us much more aware of the roles and responsibilities of medical professionals than we were before we had to wear masks and maintain social distance. In addition, while moving through this pandemic, we have also learned about the role we can play in keeping others safe.

December is Disease Prevention and Treatment Month in Rotary. The pandemic unfortunately has schooled most people on the toll that disease takes on our communities. But fighting disease is something that Rotarians around the world have been doing for decades. In fact, it is one of Rotary's seven areas of focus. As Rotarians, we believe that good health and wellbeing is a human right — even though 400 million people across the globe do not have access to essential health services. The work we do in establishing clinics, eye hospitals, and blood banks, as well as in building infrastructure for medical facilities in underserved communities, all returns to a central belief that access, prevention, and education are the keys to stopping deadly outbreaks that harm the most vulnerable.

My exposure to health work began with my Rotary club, Calcutta-Mahanagar. There, among other things, I helped pioneer a program called Saving Little Hearts that over the years has provided more than 2,500 free heart surgeries for children from India, Pakistan, Bangladesh, Nepal, and Africa. Before the program went international, it started locally with the goal of performing just six surgeries within our community. Today, our goal is to complete another 20,000 surgeries over the next five years. The world relies on Rotary to tackle challenges like these and to set an example for others. Over the past decade, medical professionals and government workers have provided free health services to 2.5 million people in 10 countries during Family Health Days, which are organized by Rotarians around the world. Similar health camps in India also provide thousands of surgeries to those in need. Medical missions from India to Africa each year are an excellent example of hands-on service in disease prevention and treatment.

Rotary members can also get involved at a local level; clubs in the United States and Mexico, for example, fund a free health clinic in Guerrero, a small town in Mexico. And of course, our effort to eradicate polio is by far the best story in civil-society health care. This month, think about how your club can focus on preventing and fighting disease. This is the time to take a bigger, better, bolder approach through both club and district projects that can impact more people. Re-evaluate where you are with your goals. Create strategies that can sustain change over years, not months. Everyone deserves a long, healthy life. When you Serve to Change Lives, your actions today can help extend the lives of others.



Serve to Change Lives

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The Club 101



By Prexy Lani Castaniaga President

President's Page

It is said that the most precious gift you can give is Time. When you give of your time, you give a little of yourself and a part of your life to someone else. Time in the service of others is what defines all Rotarians. This is true especially during this Christmas season. Despite our busy schedules RCP 101 did not miss the Annual Christmas Party. This time, it is even more meaningful because we make it a Dinner For Cause- together with our families. All the proceeds will go to End Polio Now Fund. We also have the annual gift-giving project dubbed as "Bucketful of Love" wherein the beneficiaries are 70 families from Purok Trancera, Brgy. Upper Klinan.

As our mission is to help others in need, we also extend our help to the victims of Typhoon Odette in some parts of Visayas and Mindanao through our District 3860. To all the generous people of Rotary Club of Polomolok 101, I sincerely thank you for your ongoing commitment to help our community. Have a safe, meaningful, and Merry Christmas and a Happy New Year!



Serve to Change Lives

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The Club 101



By: May Urbano Past Assistant Governor

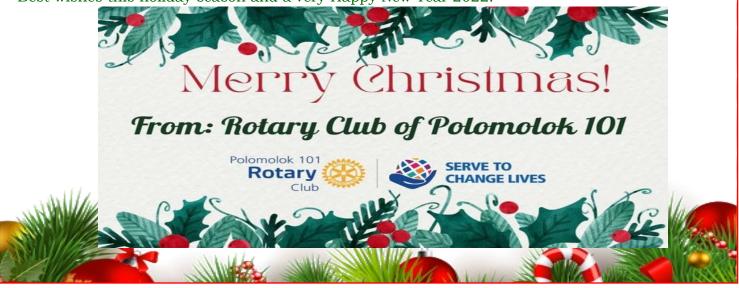


EDITOR'S NOTE

December is a Rotary Disease Prevention and Treatment month. Fighting diseases is one of Rotary's missions. Disease prevention and treatment takes on many forms. Of course Rotary's top priority is the Eradication of Polio, but our members take on far greater responsibilities to fight diseases. I congratulate all of us who are part of supporting Disease Prevention and Treatment Program. We should all be proud of the support and contributions we have given to our local communities like supporting the RESBAKUNA program of our Local Government Unit, donating new bed foams to the COVID- 19 Facility, Blood donation project, cosponsoring Tooth Fluoride Application for Children, giving Basic Oral care Education to pregnant women and children are among our projects which involved Disease Prevention and Treatment. As we still facing the challenges of a continuing pandemic, let us still do our part to follow health guidelines & protocols, support our local healthcare workers, and lend a hand in creating solutions for our community.

During this tumultuous year, we've enjoyed the ability to gather again in person and enjoy the fellowship with our fellow Rotarians. We were fortunate enough to return to our culture of Service Above Self. Rotary's work continues! And there is still so much we can accomplish together.

Lastly, in this season of celebration and giving, let us be kind to those around us and mindful that we have the power to lift others up. Let us also reach out to our fellow Rotarians with a message of love and holiday spirit, particularly those we haven't seen or heard from in a while. Best wishes this holiday season and a very Happy New Year 2022!



Serve to Change Lives



Alfeche Club Secretarv

Secretary's Message

The experts say that giving is GOOD for us. Helping others lowers blood pressure, increases self-esteem, reduces depression, lowers stress, and even promotes a longer life and greater happiness. Yes! Those are the benefits that we get while we GIVE! As the saying goes, "Giving is the key to success, fulfillment, prosperity and a life of prosperity." The good you put out into the world will return to you in abundance. So let us continue giving especially to our less fortunate brothers and sisters this Christmas season.

Merry Christmas and a Prosperous New Year to one and all!

Treasurer's Message

The holidays are full of family and friends, and while this can be a great thing, it can also be draining and stressful. Just remember to take time every day for yourself. Go for a walk, meditate once a day, or to go somewhere for a few minutes of quiet. Even extroverts need time to recharge. That's the best gift you can give to yourself. And speaking of best gift- the best gift you can give to our club is to update your payment of monthly dues. Next month we will be paying our Club Invoice for the second semester. Let us not forget our obligation- for our club depends on us. Have a Safe, Merry and Bright Christmas and a Happy New Year! Keep safe everyone...



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



by: PP Wang Rallos TRF CHAIR

Message from the Rotary Foundation Chair

Even during a global pandemic, we couldn't escape the hustle and bustle that this time of year brings! I hope you were able to partake in some of your annual holiday traditions and make new Christmas memories again with friends and family. As we countdown the days left of 2021, and turn the page to a new year, it's hard not to reflect on the challenges we've undertaken. As your TRF Chair, I am grateful for each of you and what you've contributed to The Rotary Foundation.

The virus has not refrain us from having club meeting in person and it did not rob us of the IMPACT we've been able to make in our community. Our Christmas Party has brought us opportunities to raise funds for End Polio Now Fund. Thank you to all of you, and to those members who bought meal tickets even they were not able to attend the event. Let us continue support The Rotary Foundation. Happy Holidays to all the Rotarians around the world!

ROTARY EXTENDS AID FOR ODETTE VICTIMS

ROTARY Clubs of District 3860 were mobilized to send assistance to some areas of Visayas and Mindanao affected by Typhoon Odette. Much needed potable water was immediately delivered and loads of relief goods. This mobilization is headed by our Rotary District 3860 Disaster Management, Inc chief Archie Gamboa. Our club also send cash donation to the typhoon victims.

As we celebrate the merriest season of the year, let us not forget to offer prayers and assistance to the victims of Super Typhoon Odette. Let us help the typhoon victims in whatever way we can as they try to recover and rebuild their lives. You can channel your donations through our club. Thank You very much. Merry Christmas and a Safe, Happy New Year!



By: PP Melani Deypalan





Bucketful of Love

Christmas is season for gift -giving and as we in the Rotary Club of Polomolok 101 observe December as Family of Rotary month (with focus on disease prevention and treatment), each year we look outward toward the economically marginalized sector of our community and choose a particular group of families to make happy.

by: Espie C. Maliwat Past President

"Love between strangers takes only a few seconds and can last a whole life. —Simon Van Booy

On December 22, 2021, the RCP101 family hied of to Purok Trancera at Barangay Upper Klinan hauling 70 buckets full of goodies to distribute to 70 families who were gathered at Joey's peak. The different items were happily donated by each RCP101 member who look forward to this month every year from the time the club has been founded in 2005.

This December project was originally dubbed as Shoebox Full of Love, but as years went on and as goodies would become bigger and plentier, some modification needed to be made, hence the new name Bucketful of Love. As we all celebrate Christmas Day as the birth of Jesus, we at the Rotary Club of Polomolok 101 wish everyone all the joy, love, good health, and happy moments. May we meet the coming year with new hope, staunch faith, resilience, and new and better outlook in life. Merry Christmas and a prosperous new year from the RCP101 family to yours!



Serve to Change Lives



by: PAG Alan M. Ines



DECEMBER is Disease Prevention & Treatment Month

400 million people in the world can't afford or don't have access to basic health care resulting in misery, pain, and poverty. Which is why Rotary members are devoted to fighting and preventing diseases. From setting up temporary clinics, blood donation centers, and training facilities in under-served communities to designing and building infrastructure allowing doctors, patients, and governments to work together, Rotary members take on efforts both large and smal

Disease results in misery, pain, and poverty for millions of people worldwide. That's why treating and preventing disease is so important to us. We lead efforts both large and small. We set up temporary clinics, blood donation centers, and training facilities in underserved communities struggling with outbreaks and health care access. We design and build infrastructure that allows doctors, patipatients, and governments to work together Our members combat diseases like malaria, HIV/AIDS, Alzheimer's, multiple sclerosis, diabetes, and polio. Prevention is important, which is why we also focus on health education and bringing people routine hearing, vision, and dental care.Disease prevention and treatment takes on many forms, from supporting studies to helping immunize people to improving drinking water and the sanitation infrastructure. The world relies on Rotary to tackle these global challenges, and to set an example for others to follow.

How Rotary makes help happen:

Disease does not prevent itself. We educate and equip communities to stop the spread of lifethreatening diseases. Rotary members have hundreds of health projects underway around the world at any given time.

The Rotary Foundation is changing the world by providing grants for projects and activities around the globe and in your own backyard.

Rotary Makes amazing things happen like:

- **Providing clean water:** Rotary has worked with partners to provide more than 80 percent of Ghana's people with clean water to fight Guinea worm disease.
- **Reducing HIV infection:** In Liberia, Rotary members are helping women get tested for HIV early in their pregnancies. They used prenatal care to reduce new HIV infections in children by 95 percent over two years.
- Ending polio: Rotary members have played a key role in bringing the world to the brink of polio eradication. Their efforts have not only ended polio in 122 countries but also created a system for tackling myriad other health priorities, such as Ebola.

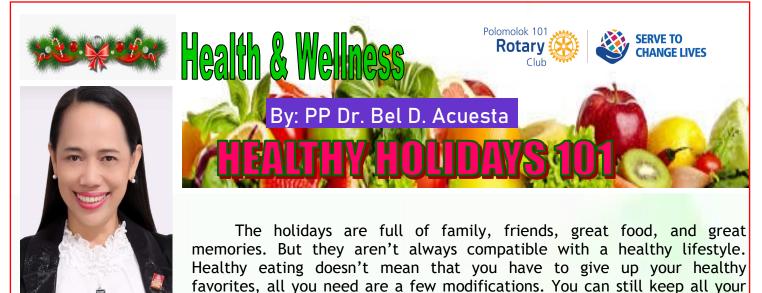
Rotary members are devoted to fighting and preventing diseases. From setting up temporary clinics, blood donation centers, and training facilities in underserved communities to designing and building infrastructure allowing doctors, patients, and governments to work together, Rotary members take on efforts both large and small.

This December, Rotary Disease Treatment and Prevention Month, gain inspiration to take action to fight and prevent disease in your community by:

- Supporting health education programs that explain how diseases are spread, and promoting ways to reduce the risk of transmission;
- Partnering with medical institutions or ministries of health to help immunize people against infectious diseases;



Serve to Change Lives



Moderation will be your saving grace during holiday season. There's nothing wrong with enjoying an indulgent, festive dinner- but you'll want to make sure that your meals surrounding it are healthy and nutrient-dense. By eating healthy during the holiday season, you can afford to go all out for a big events.

favorites on your plate without all the excess calories.

Eating well and staying healthy can be difficult over the holiday season, but that doesn't mean it's impossible. By maintaining your physical and mental health with some of the easy tips, you will be able to start the new year off strong. Have a Merry Christmas and Healthy New Year!







"Engineered food" packed with nutrients but low in calories

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 ,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 Tonguia, Tommy Urbano, May, PHF+1

New Members

Torres, Mary Joy Baldostamon, Ducky Buaron, Kris Bianca

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

Classification

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Club

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

Management; Logistics Management: Restaurant Cafe Registered Nurse

RC POLOMOLOK 101 OFFICERS 202

PRESIDENT VICE PRES / PN PRES-ELECT/SEC EXEC SEC TREASURER AUDITOR PIO Sgt.at Arms PROTOCOL OFFICER cico

POLIO

DIRECTORS Membership Public Image **Club Admin** TRF DRRM Service Project

FOUR AVENUES OF SERVICE DIRECTORS: Vocational Service **Community Service** International Service Youth Service

Lani Castaniada Mary Joy Torres Evernie Alfeche May Urbano Jade Rallos Gladys Balano Rona Pineda **Rizaldy Cruz** Fanny Fernandez Evernie Alfeche

Maribel D. Acuesta Omar Gallinero Celema Grino Rogelio Rallos, Jr. Alan M. Ines Xavier Bayan

> Melani Deypalan Alan Ines Malou Teoxon Xavier Bayan

IPP Twinkle Alfeche

The Rotarían 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. Is it the truth?

- Is it fair to all concerned?
- 3 Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Rotary 4

POLIO

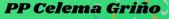
VACCINES WORK: ENDING POLIO IS PROOF

#VaccinesWork

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"Christmas is a time of God showing His great love for us. It can be a time of healing and renewed strength. Sure, enjoy the season but remember to rejoice as well! After all, the true meaning of Christmas is the celebration of God's ultimate gift: the birth of Jesus, the Christ child. "



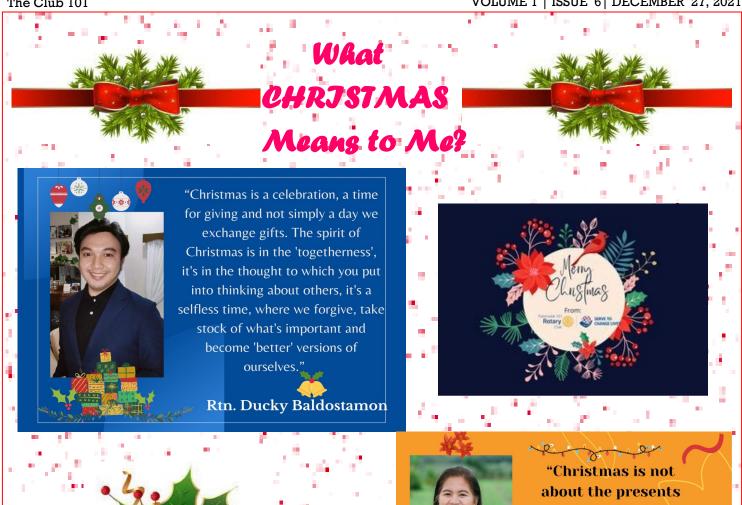
Pp Fanny Fernandez

"Christmas means spending more time with family, showing gratitude and loving, sharing and making people happy, and remembering the birth of the Savior, Jesus Christ."

PP XAVIER BAYAN

"CHRISTMAS means a celebration that we honor Jesus' birthday and to be thankful about what we have. It also means to be with my family and love ones."

10 A



around the Christmas Tree...It's about the 🌱 presence of our loved 🧣 ones around us."

PP Gladys Balano

Christmas is doing something extra nice for those people around you especially your loved ones. It gets you in the festive spirit while brightening the day of someone around you. So no matter where we are - we find a way to make giving part of our seasonal traditions."

Rtn. Darnie & Sps. Michael



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Polomolok 101	SERVE TO
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20TH GENERAL MEMBERSHIP MEETING	
& FELLOWH	
Rallos Residence, Cannery Road	
15th December 2021	
I. Call to Order —	
II. Rotary Grace —	
III. National Anthem	
IV. The Rotary Hymn —	– PP Xavier Bayan
V. The Rotarian Pledge	PP Gladys Balano
VI. Introduction of Visiting ———-	
Rotarians & Guests	
VII. Secretary's Report	PE/Sec Evernie Alfeche
VIII. Treasurer's Report-	
IX. President's Time	Pres, Lani Castaniaga
X. Open Forum	g.
XI. Adjournment	- Pres Lani Castaniaga
	Tros. Lum Custanaga
DE/See Ever	mia Alfacha
PE/Sec Evernie Alfeche Moderator	
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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."





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POLIO





Purok Trancera, Brgy. Upper Klinan December 22, 2021









December 30 – Rtn. Zaldy









Plants Lover's Corner By: VP Joy Torres



There's no denying that poinsettias make bright, festive decorations during Christmas season. They're actually colorful leaves, not flowers. So why do we consider them the official Christmas flowers anyway? The reason we associate poinsettias with the holidays comes from an old Mexican legend. A young girl named Pepita was sad that she didn't have a gift to leave for the baby Jesus at Christmas Eve services. Her cousin tried to comfort her and said that Jesus would love any present from her, even the smallest one. With no money to buy a real gift, Pepita picked a bouquet of weeds that she walked past on the way to church. (Other versions of the story say an angel came to her and instructed her to pick the plants.) When she got there, she left the weeds at the bottom of the nativity scene. All of a sudden, the weeds transformed into beautiful red flowers. This is why Christmas colors are red and green.



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 RotaryAnd 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 1

(Back to Chorus)

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









Serve to Change Lives

