

THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101

# The Club 101



Volume 1 | Issue 7 Series of 2021 | January 2022

**January is Vocational Service Month**





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**  
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**GLADYS  
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**FANNY  
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**CELEMA  
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Membership  
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**ROGELIO  
RALLOS, JR.**  
TRF Director



**MELANI  
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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...”**

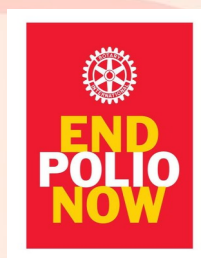
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**Shekhar Mehta**  
**President 2021-22**



**SERVE TO CHANGE LIVES**



# R.I. President's Message

**January 2022**

One of Rotary's founding principles was to use your vocation — whether as a doctor, lawyer, engineer, or another profession — to do good in the world. As we attempt to overcome and recover from the pandemic, this principle is vital in retraining people who have lost their jobs. In response, the Rotary E-Club of Tamar Hong Kong organized seminars for young people, with the aim of preparing them for the changing world of work.

This type of training must happen on a large scale. According to the United Nations, global unemployment is expected to exceed 200 million people in 2022. Women and youths are likely to be disproportionately affected.

This is why I've placed such a strong emphasis this year on projects that empower girls, and I've been delighted to see some of these projects in action. Of course, access to education and the path to employment can be blocked by a lack of water and sanitation infrastructure.

A project in Pune, India, focuses on providing girls and women with an affordable, reusable sanitary pad. The project provides employment for production and distribution of the pads, and it will reduce the pollution caused by the disposal of 12.3 billion sanitary napkins in the country annually, many of which end up in India's landfills.

Others have used vocational service to advance the empowerment of women. The Rotary Club of Poona, India, conducted workshops to teach martial arts to young women, for self-defense against the threat of abuse or human trafficking.

I've also been fortunate to use my vocation to do good through Rotary. The Indian Ocean tsunami in 2004 devastated the Andaman and Nicobar Islands, which are part of my district. Thousands of homes were destroyed, and many areas lost electricity and running water. On my visit to Little Andaman Island, the builder in me immediately wanted to build homes for the homeless islanders there. We decided to construct 500 homes on Little Andaman.

On the last of my seven trips to the island, I could see something glimmering below as my helicopter was about to land. I realized that what I was seeing were the roofs of new homes. I was overjoyed by the sight, and soon a realization dawned upon me. As a builder I had built many beautiful buildings. In comparison, these 500 homes were the most ordinary buildings I had ever built, and they were in a place I likely will never visit again, for people I will never meet again. And yet the satisfaction I had in handing over these houses was greater than from anything I had previously built. Probably because for once I was using my vocation to *Serve to Change Lives*.

You, too, may have had opportunities to use your vocation to *Serve to Change Lives*. I welcome your stories of performing vocational service through Rotary. Also, I want to close by congratulating every club that has engaged with the Each One, Bring One initiative, which asks every member to introduce one person to Rotary. Increasing our membership gives people from all walks of life the opportunity to share their knowledge and skills in transformational service.

**Shekhar Mehta**  
**R.I. President**



# President's Page



**By Prexy Lani  
Castaniaga**  
*President*

During January, Rotarians are encouraged to focus on this important avenue of Rotary service– the Vocational Service. Vocational service can lead to projects that not only develop the ethical consciousness and vocational skills of Rotarians but also the talents within their communities. Vocational Service Month is an opportunity to begin year-long vocational service activities,.

Rotary emphasizes the importance of bringing together business and professional leaders for the purposes of exchanging ideas, developing relationships, and improving communities. Rotary members are committed to professional development and advancing their skills. Rotarians can pursue this commitment through activities that increase their knowledge, and by guiding and training others to find gainful, fulfilling employment.







**By May Urbano**  
Past Assistant Governor

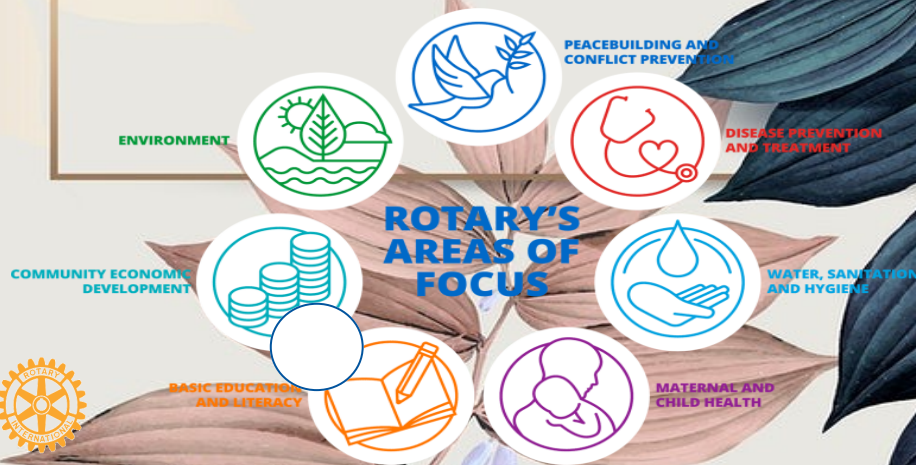


# Editor's Note



## January is Service Vocation Month

January marks the theme of Vocational Service Month in the Rotary world. We share the Gifts of our Vocational expertise, knowledge and skills through our Rotary service. Rotary is about the actions that take place so the lives of many are much improved. At the local level, our Rotary Clubs sponsor community projects that serve important needs. If we don't make those services known, their benefits cannot be fully realized. And if we don't tell the local public about Rotary and what we do; our new-member recruitment is handicapped. So as we head into the second semester of our Rotary year - let us consider these Rotary resolutions. Let us try new things and ideas in our clubs; and not focus on "we have done this before and..." or "that will never work because..." To be adventuresome, to dream and brain storm; and to look at the bigger picture. -to decide to catch the vision and enthusiasm that lives in the good we do in Rotary then live it and pass it on! To insure that all members in our club are having FUN! Great fellowship and interesting meeting programs keeps our club lively and makes people want to attend. And to find ways to have family fun and other times outside of the regular meeting to get together and socialize. Remember that this is also an excellent opportunity to invite potential members.







by **Evernie Alfeche**  
*Club Secretary*

# Secretary's Report

“A good day is a pay day.” In other words, if you have a job or a career, you can earn money. If you can earn money, you can buy things you need, pay your bills, have a place to live, and basically do things you want to do. Without money, you can't do much. Having a job or career makes you feel good. Knowing you can do something well and earn money for your skills is a great feeling.

I realized that joining Rotary is an opportunity of giving back to the community. I am blessed because I have a job and I want to share my blessings to others. This is my Vocational Service to Rotary.

I salute to all Rotarians who share, not just their treasure but their talents and time as well.

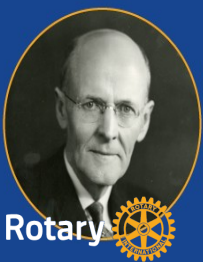
# Treasurer's Report

Of Rotary's five Avenues of Service – Club, Youth, Vocational, Community, and International – vocational seems to be more difficult to define and is sometimes forgotten. But... it is actually the heart of how Rotary started and continues to link to our Four Way Test and forms part of the essence of what Rotary is! How so, you ask? Business and professional life are still core aspects of Rotary, and Vocational Service is a major force in promoting honour, integrity, and trustworthiness in business – and in all that we think and do ...

As leaders in our businesses and professions, we, Rotarians can advance high ethical standards by setting a positive example among our colleagues and in our community.



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: **Espie C. Maliwat**  
Past President

## RI President-elect announces 2022-23 Presidential theme; “IMAGINE ROTARY”



Rotary International President-elect Jennifer Jones wants members to imagine the possibilities in the change they can make to transform the world.

Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, revealed the 2022-23 presidential theme, *Imagine Rotary*, as she urged people to dream big and harness their connections and the power of Rotary to turn those dreams into reality.

“Imagine, a world that deserves our best,” Jones told incoming district governors on 20 January, “where we get up each day knowing that we can make a difference.”

Jones, who will make history on 1 July by becoming Rotary’s first female president, gave a live online address to precede Rotary’s annual training event for district governors from around the world, the International Assembly. The assembly was rescheduled because of the COVID-19 pandemic and will now be held virtually 7-14 February.

Jones told the incoming governors about a chance she took when a member asked for assistance in getting a young peace activist out of Afghanistan during the U.S. troop withdrawal last year. At first unsure how she could help, she relied on “that certain Rotary magic” and contacted a former Rotary Peace Fellow she had met a few years earlier. Less than 24 hours later, the activist was on an evacuation list, and soon she was on her way to Europe.

### Engaging members through meaningful responsibility

To better engage members, Rotary needs to “adapt and retool,” Jones said, using her hometown as an example. Windsor was once the automotive hub of Canada. But after plant closings left thousands without work, the city needed to retool, in the same way an auto plant would, preparing for new parts or a new model. Now, Jones said, Windsor is a leader in agribusiness and medical and aerospace technology.

For Rotary, “finding the right ‘part’ to engage each member should be our core function,” Jones said. “It comes down to the comfort and care of our members.”

Engaging members is crucial to retaining members, she said, adding that we need to ask members what they want to get from Rotary and give them meaningful responsibilities.

“It is our offer of hands-on service, personal growth, leadership development, and lifelong friendships that creates purpose and passion,” Jones said.



# The Concept of Vocational Service



by: **PAG Alan M. Ines**

The Object of Rotary is a philosophical statement of Rotary’s purpose and the responsibilities of Rotarians. The concept of vocational service is rooted in the second object, which calls on Rotarians to encourage and foster:

- High ethical standards in business and professions
  - The recognition of the worthiness of all useful occupations
  - The dignifying of each Rotarian’s occupation as an opportunity to serve society
- As a Rotarian, how can you put these ideals into action? Consider these suggestions:
- Talk about your profession in your club, and take time to learn about fellow members’ occupations.
  - Use your skills and expertise to serve a community.
  - Practice your profession with integrity, and inspire others to behave ethically through your words and actions.
  - Help young people achieve their career goals.
  - Guide and encourage others in their professional development.

By undertaking these activities, you bring vocational service to life. Vocational service is the essence of Rotary and serves as the foundation from which we serve our communities around the world.

JANUARY IS



VOCATIONAL  
SERVICE  
MONTH

"Vocational service gives Rotarians the opportunity to help others escape poverty and gain a measure of self-respect. As business and professional leaders, we have a duty to lead and encourage good ethics through vocation."  
*Carlos Frum, PDG D6440*

Rotary

[www.rotary.org](http://www.rotary.org)



# Health Alert!

Polomolok 101  
Rotary  
Club



By: PP Dr. Melani Deypalan

## What is the Omicron variant?

The Omicron variant of COVID-19 has been called a variant of concern by WHO based on the evidence that it has several mutations that may have an impact on how it behaves. There is consistent evidence that Omicron is spreading significantly faster than the Delta variant in countries with documented community transmission, with a doubling time of 2-3 days. The overall risk related to this new variant remains very high.

## How did the Omicron variant develop?

When a virus is circulating widely and causing numerous infections, the likelihood of the virus mutating increases. The more opportunities a virus has to spread, the more opportunities it has to undergo changes.

New variants like Omicron are a reminder that the COVID-19 pandemic is far from over. It is therefore essential that people get the vaccine when available to them and continue to follow existing advice on preventing the spread of the virus, including physical distancing, wearing masks, regular handwashing and keeping indoor areas well ventilated.

It is also crucial that vaccines and other public health measures are accessible everywhere. Vaccine inequity leaves lower income countries - many of them in Africa - at the mercy of COVID-19. Well-supplied countries must urgently deliver the doses they promised.

## Is the Omicron variant more severe than other COVID-19 variants?

Early findings suggest that there is a reduced risk of hospitalization for Omicron compared to the Delta variant. But WHO warns that it should not be dismissed as "mild". Increased transmission is expected to lead to more hospitalizations. That increase causes strain on frontline workers and healthcare systems, which in turn can result in more deaths.

It is important to remember that all variants of COVID-19 can cause severe disease or death, including the Delta variant that is still dominant worldwide, which is why preventing the spread of the virus and reducing your risk of exposure to the virus is so important.

## Are the COVID-19 vaccines effective against the Omicron variant?

Researchers are looking into any potential impact the Omicron variant has on the effectiveness of COVID-19 vaccines. Information is still limited, but there may be a small reduction in the effectiveness of vaccines against severe illness and death, and a decline in preventing mild disease and infection. However, WHO reports that so far it looks like the currently available vaccines offer significant protection against severe disease and death.

It is also important to be vaccinated to protect against the other widely circulating variants, such as the Delta one. When it's your turn, make sure to get vaccinated. If your vaccination involves two doses, it's important to receive both in order to have the maximum protection.

Source- WHO

rowpixel



## Success Secrets of Self-made Filipino Millionaires



by: **PP Wang Rallos**  
**TRF CHAIR**

**VACCINES WORK:**  
ENDING POLIO IS PROOF

#VaccinesWork



Becoming a millionaire doesn't happen overnight. It takes years or even decades to become a self-made millionaire. Lots of failures and heartbreaks can happen especially when you're just starting your business. However, the trait that all successful entrepreneurs have is perseverance. It takes vision, dedication, and a little bit of luck.

Here are some Filipino business giants whose rags to riches stories can teach you a thing or two about money.

### 1) Tony Tan Caktiong (Founder of Jollibee)



For most parts of the world, you go to McDonald's if you're craving for burgers and fries. But not in the Philippines. Here, Tony Tan Caktiong's smiling red bee dominates the fast food scene and is now hailed as Asia's most valuable restaurant chain. But not many people know that Tony started Jollibee by selling cold treats.

At 22, he seized a franchising opportunity with Magnolia Dairy Ice Cream and opened two ice cream parlors. In response to customer requests, he added hot meals and sandwiches to the menu, which soon proved to be a lot popular than ice cream.

Three years later, he discontinued the Magnolia franchise, converted his ice cream parlors into fully blown fast food outlets, and the rest was history. er of Jollibee)

### 2. Socorro C. Ramos (Co-founder of National Bookstore)



At a young age of 18, Ms. Socorro, also known as Nanay Coring, worked for the iconic Goodwill Bookstore in Escolta. It wasn't until after she married Jose Ramos that Nanay Coring put up her own. The couple rented a small corner space at the foot of Escolta Bridge and started with a measly capital of a P211 (or P15,047 in 2015). They sold GI novels, textbooks, and school supplies, but shifted to selling candles, soap, and slippers during World War II.

Tragedy struck when their first branch was burned down during the Battle of Manila in 1945. They rebuilt it only to be toppled by typhoon Gene 3 years later. After much adversity, the couple finally established their footing in the industry when they procured licenses from Hallmark and publishers like McGraw-Hill and Prentice Hall to print affordable textbooks. Today, Nanay Coring's P211 investment has more than 145 franchise stores nationwide.

### 3.) Corazon D. Ong (Founder of CDO-Foodsphere)

Being a full-time mother didn't stop the entrepreneur in Mrs. Ong. After quitting her career as a dietician, she used her skills in preparing delicious baon for her family to start her own food company. In 1975, she founded a kitchen-based mom-and-pop enterprise producing siopao with a longanisa filling and other tocino products.

The company was based at their home in Valenzuela City, which for the most part, was also their production, warehouse, and distribution areas. It had two employees—Mrs. Ong and her husband Pepe.



Fast forward 40 years and Foodsphere is one of the country's top food companies employing 3,000 Filipinos and producing high-quality products under popular brands like CDO, Bibbo, Holiday, San Marino, Highlands, and Danes. Not too shabby for something that started from a makeshift kitchen with two employees.

**Lesson:** If you love doing something, try to make money out of it. It may be a hobby or a passion of yours but it could also be the next big thing.





# Health & Wellness

By: PP Dr. Bel D. Acuesta

Polomolok 101  
Rotary  
Club



## Nutrition advice for adults during the COVID-19 outbreak

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So you should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water. Avoid sugar, fat and salt to significantly lower your risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.

### Eat fresh and unprocessed foods every day

Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk).

Daily, eat: 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), 180 g of grains, and 160 g of meat and beans (red meat can be eaten 1–2 times per week, and poultry 2–3 times per week).

For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.

Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.

When using canned or dried vegetables and fruit, choose varieties without added salt or sugar.

### Drink enough water every day

Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

Drink 8–10 cups of water every day.

Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.

### Avoid eating out

Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to COVID-19. We recommend maintaining a distance of at least 1 metre between yourself and anyone who is coughing or sneezing. That is not always possible in crowded social settings like restaurants and cafes. Droplets from infected people may land on surfaces and people's hands (e.g. customers and staff), and with lots of people coming and going, you cannot tell if hands are being washed regularly enough, and surfaces are being cleaned and disinfected fast enough.

# Roster of Members

NAME			CLASSIFICATION
1) Acuesta, Maribel D.	"Bel"	RFSM1+2	Dental Services; Pediatrics
2) Alfeche, Evernie V.	"Tata"		Management; Transport Services
3) Alfeche, Nieven May V.	"Twinkle"	PHF	Management; Cooperative
4) Amolat, Grace	"Grace"		Management; Cooperative
5) Balano, Gladys D.	"Glads"	RFSM+2	School Registrar; Private
6) Baldostamon, Leo	"Ducks"		Management; Restaurant Cafe
7) Bayan, Xavier J.	"Bobet"	PHF+2	Law; General Practice
8) Castaniaga, Lani A.	"Lani"	PHF	Management; Government Bank
9) Cruz, Rizaldy R.	"Zaldy"	PHF	Architecture; Building
10) Deypalan, Melani G.	"Mel"	RFSM+1	Dental Services; Orthodontics
11) Fernandez, Fanny M.	"Fan"	PHF	Insurance; Life & Non-Life
12) Gallinero, Omar S.	"Mar"	PHF+1	Management; Photography & Events
13) Griño, Celema I.	"Cel"	RFSM+2	Dental Services; Hospital
14) Ines, Alan M.	"Lan"	PHF	Administration, Private School
15) Jandic, Darnie F.	"Bing"	RFSM+1	Management; Spa
16) Jesura, Grace M.	"Grace"		Management: Commercial Banking
17) Maliwat, Esperanza C.	"Espie"	RFSM+1	Management; Real Estate
18) Mondejar, Edelyn T.	"Eds"		Investment Consultant; Insurance
19) Pineda, Rona F.	"Ron"		Management; Farm Resort
20) Rallos, Jade N.	"Jade"	PHF+1	Medical Technologist
21) Rallos, Rogelio Jr. A.	"Wang"	PHF+3	Management; Medical Supplies Distribution
22) Sabellano, Ivie L.	"Ivs"	PHF	Management; Commercial Bank
23) Teoxon, Marilou A.	"Malou"		Management; Travel & Tour
24) Torres, Mary Joy B.	"Joy"		Management; Logistics
25) Tonguia, Tomas, Jr. S.	"Tom"		Management; Commercial Banking
26) Urbano, Mayvelyn G.	"May"	PHF+1	Management; Fastfood Restaurant

**Rotary**

**JANUARY IS VOCATIONAL SERVICE MONTH**

**SHARE YOUR VOCATIONAL EXPERTISE TO SERVE THE NEEDS OF THE COMMUNITY**

Icons representing various professions: a chef, a police officer, a doctor, a construction worker, and a dentist.

**RC POLOMOLOK 101 OFFICERS 2021-22**

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

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

**FOUR AVENUES OF SERVICE DIRECTORS:**

<b>Vocational Service</b>	Melani Deypalan
<b>Community Service</b>	Alan Ines
<b>International Service</b>	Malou Teoxon
<b>Youth Service</b>	Xavier Bayan

**IPP Twinkle Alfeche**



Polomolok 101  
**Rotary**  
Club



# HALL OF PAST PRESIDENTS



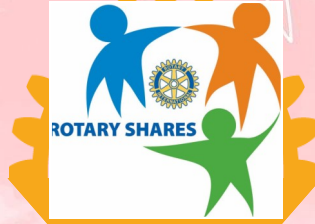
**CP Omar Galinero,**  
**PHF+1**

**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**



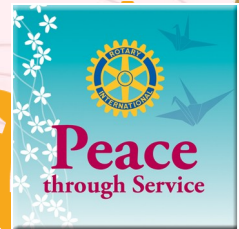
**PP Xavier Bayan,**  
**PHF +2**

**ROTARY YEAR**  
**2010-2011**



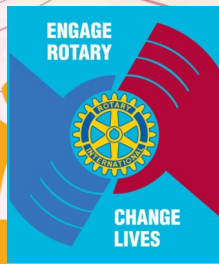
**PP Rey**  
**Trasporto**

**ROTARY YEAR**  
**2011-2012**



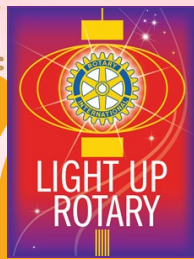
**PP Grace Salazar,**  
**RFSM**

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



Polomolok 101  
**Rotary**  
Club



**SERVE TO  
CHANGE LIVES**

# 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

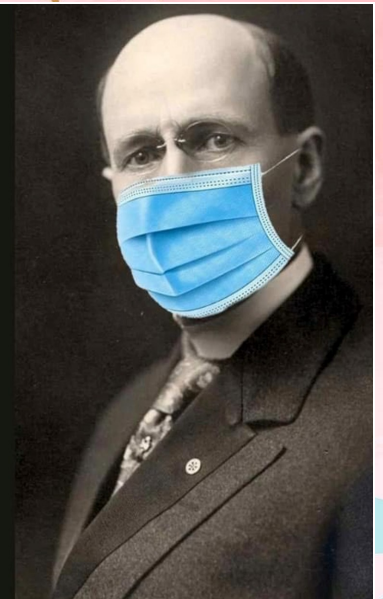


### Paul Harris Quotes

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

rowpixel



**22nd GENERAL MEMBERSHIP MEETING  
& FELLOWSHIP NIGHT**  
**Sadok Restaurant, Cannery Road**  
**24th January 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 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 fellow human beings.  
**I am a Rotarian.**  
I will always endeavor to build goodwill and understanding in my community, among my countrymen, and among people 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 the Rotary International motto:  
**Service Above Self.**

*The National Rotarians World*

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



 **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?



### 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.



### Sunshine Greetings!

#### Happy Birthday!!!

Jan. 9- Rotakid JB

Jan. 11- Rotakid Sean

Jan. 17- Rotakid Pave

Jan. 26- Sps Laurence

Jan. 30- Rotakid Smeshka



#### HAPPY ANNIVERSARY!!!



Jan. 10- PP Gladys & Sps Joey



#### Plant Lovers' Corner By: VP Joy Torres

### Cherry Blossom



The **cherry blossom** (桜, sakura) is Japan's unofficial national [flower](#). It has been celebrated for many centuries and holds a very prominent position in Japanese culture. There are many dozens of different cherry tree [varieties](#) in Japan, most of which bloom for just a few days in spring. The seasonal spectacle is celebrated with [hanami](#) (cherry blossom viewing) parties under the trees.

Different varieties of cherry blossoms bloom at different times, but most hit their peak in Tokyo at the end of March to the beginning of April. During this season, the atmosphere changes. Just like spring brings the promise of new life and new beginnings, the soft scent of blossom brings a vibrancy and optimism to the streets. The blossoms become a topic of everyday conversation and it is common to see people transfixed in the street, photographing a tree in bloom from many different angles. Products and decorations in stores become pink, flowery shapes and sakura-flavored sweets and drinks adorn menus – the Starbucks sakura-themed drinks have an almost cult-like following! Cherry blossom festivals are held in many parks and castle grounds across Japan, but their beauty is also celebrated in countries worldwide. Appearing in everything from traditional art and paintings to making a popular choice for wallpapers and even tattoos, these delicate, transient flowers have captured people's hearts and imagination.



Polomolok 101  
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**SERVE TO  
CHANGE LIVES**

**January is  
Vocational Service Month**





# ..... Our Sponsors .....



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# Our Sponsors



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



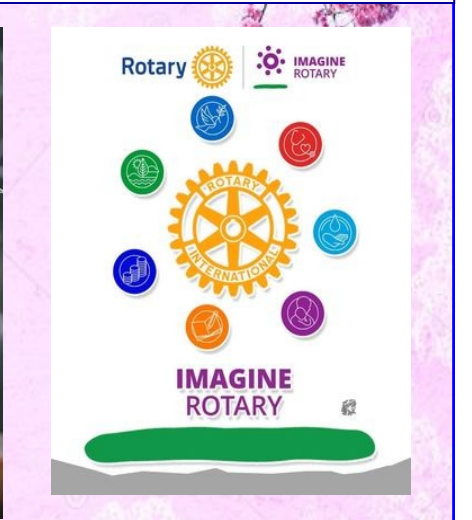

**GOLDEN RANCH FARM**




**Theresa's TAVERN**  
EST 2021




THINK OUTSIDE Rotary  
JANUARY 24TH IS INTERNATIONAL DAY OF EDUCATION



Rotary  
IMAGINE ROTARY



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 Email address: [polmargen\\_flyingv@yahoo.com](mailto:polmargen_flyingv@yahoo.com)



**FLYING V**



..... *Our Sponsors* .....

**Enrollment is now going on**  
Join & Study with us... Enroll in School Year 2021 - 2022  
**CHRISTIAN SCHOOL OF POLOMOLOK**  
Located at Coroner Royal-Cadena de Amor St.,  
Polomolok, Polomolok, South Cotabato  
Tel No. 0921 957-5514  
CP No. 0921638422 / 09198763549

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**NO CHARGES on**  
**ENTRANCE FEES, TUITION FEES**  
**AND MISCELLANEOUS FEES**  
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