

THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101

The Club 1 1

Volume 1 | Issue 8 Series of 2021 | February 2022

February is Peace and Conflict Prevention/Resolution Month



Rotary Peace



DMCS777

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...”



Shekhar Mehta
President 2021-22



SERVE TO CHANGE LIVES



R.I. President's Message

February 2022

At the start of the Rotary year, I challenged every club to plan and host at least one practical and action-oriented Rotary Day of Service. The event should address a challenge your community is facing that fits into one or more of Rotary's areas of focus and should bring together volunteers from within and outside of Rotary.

Rotary Days of Service can motivate Rotary, Rotaract, and Interact clubs to plan innovative and impactful projects. They can showcase your work as people of action and introduce prospective members to your club.

I've been inspired by your response so far, and I want to share with you just one project that has captured my imagination.

India is home to an estimated 74 million people with diabetes, a disease that is a leading cause of death. Furthermore, about 50 percent of those people remain undiagnosed.

Rotary, together with the Research Society for the Study of Diabetes in India, saw the urgent need to diagnose, track, and treat people who have diabetes. Working together and with other organizations, we hosted a nationwide blood glucose testing camp on 29 September, which is World Heart Day.

The camp was spread across more than 10,000 sites in India, with more than 2,000 Rotary and Rotaract clubs participating in the effort. More than 1 million blood-sugar tests were conducted in a day, an accomplishment recognized by the Asia Book of Records. But more important than breaking a record is the fact that tens of thousands of people learned that they may be living with diabetes. They can now be treated for the condition, and they also have been made aware that they should take extra measures to shield themselves from COVID-19 and scores of other diseases that are caused or worsened by diabetes.

This month, on 23 February, the anniversary of Rotary, let us celebrate with more service days, showcasing Rotary's work in our areas of focus. I look forward to hearing about your Rotary Days of Service. Please share your projects on Rotary Showcase, or browse that webpage to find inspiration and project partners. In particular, I encourage you to execute projects that focus on empowering girls, as they have been disproportionately affected by the pandemic. The Empowering Girls initiative is resonating very well with members of Rotary as well as with non-Rotarians. The governments and NGOs in various countries are appreciating this meaningful effort. Let us keep focusing on it.

I am also happy that the Each One, Bring One ethos is bringing fruitful results. Let us ensure that all club members introduce at least one person to Rotary, and that we then all work to engage new members and keep them in our clubs.

In whatever we do, remember that we must push ourselves to *grow more, do more* as we *Serve to Change Lives*.

Shekhar Mehta
R.I. President

President's Page



**By: Prexy Lani
Castaniaga
President**

Happy Hearts' Month my Rotary Club of Polomolok 101 Family! This month we have again tackled meaningful projects. One is Love in a Shoebox, a project in partnership with Mt. Matutum Christian School and Philippine Dental Association (Gensan Chapter) where we gave to the school children goodies and sanitary kits in a shoebox. This was coupled with lectures on Basic Oral Health Education and Covid-19 Preventive measures with PP Dr. Bel Acuesta and PP Dr. Mel Deypalan as speakers.

In line with our projects on Peace and Conflict Prevention, 1 of our 7 Areas of Focus, we also had an audience with the Army Reservists Battallion where we had a talk and conveyed our support to their mission and vision as reserve peacekeepers of our nation, particularly the Municipality of Polomolok especially with the upcoming national election. Peace is one of the most cherished values, and should be communicated loudly to everyone.

My Rotary Club of Polomolok 101 Family, let's continue to Serve to Change Lives.





Editor's Note



FEBRUARY is Peace & Conflict Prevention Month

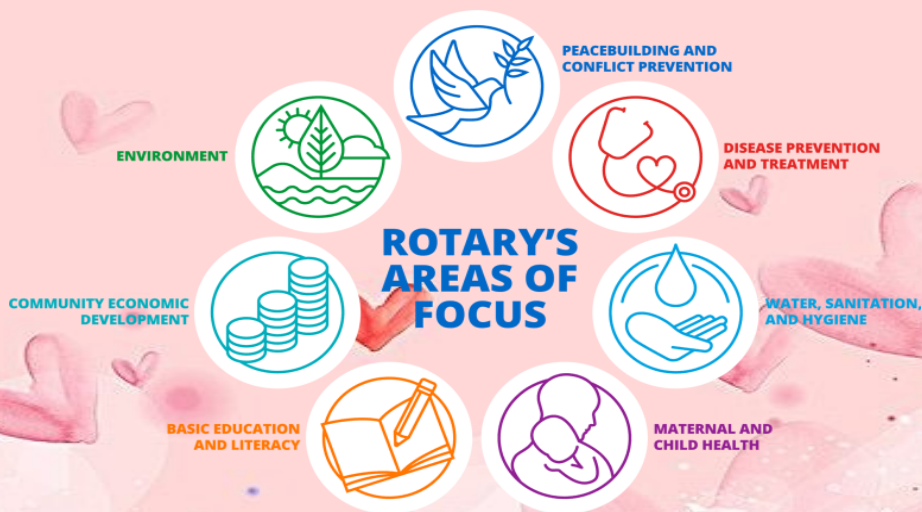
By: May Urbano
Past Assistant Governor

Millions of people all over the world are currently displaced by armed conflict or persecution. In fact, 90% of casualties in armed conflicts are civilians, half of which are children. Through service projects and Rotary programs, the Rotary family is committed to pursuing projects that address the structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources.



Rotarians train adults and young leaders to prevent and mediate conflict, and aid refugees who have fled dangerous areas. During February, Rotary Peace and Conflict Prevention/Resolution Month, we're celebrating our commitment to build peace and mitigate conflict.

Polomolok 101
Rotary
Club





by **Evernie Alfeche**
Club Secretary

Secretary's Report

February – A Month About Love



February is often known for being a month dedicated to and all about love. But February is not only about valentines and sweethearts; instead it can also be a month for self-love and self-care, fostering relationships with family and friends, and loving others. Self-love is about intentionally taking care of yourself and who you are. It's about getting enough rest, and giving yourself the time, love and attention to recharge your mind, body, heart and soul. When you find yourself stressed out, impatient, and irritable with others, take time out for yourself. Actively taking the time to focus on being your best self and focusing on your family and friends enables you to be more compassionate and giving, and to love others in a better way.

- February is a month to celebrate our most treasured relationships. So, take time this February to focus on all the ways you can do this, and see all the reasons it's known as the month of love.

Treasurer's Report

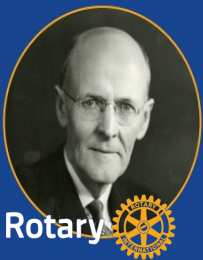
February is a Valentines month. Valentines is even more special when you fall in Love with Rotary. There are many reasons to fall in love with Rotary: Top of the list is Friendship-Rotary provides one of the most basic human needs; the need for friendship and fellowship. The second original reason for Rotary's beginning is Business Development/Opportunity-everyone needs to network. Rotarians help each other and collectively help others. But by helping others, we need to shell out funds. That is why we have to pay our monthly dues. Rotary is a service club, its business is mankind, its product is service. We, Rotarians provide community service to both local and International communities.



By: **Jade Rallos**
Club Treasurer

This is perhaps the best reason for becoming a Rotarian: the chance to do something for somebody else and to sense the self-fulfillment that comes in the process and return of that satisfaction to one's own life. It is richly rewarding!

Fall In Love with Rotary!



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

— **Paul Harris,**
My Road to Rotary



Rotary Creates Environments of PEACE

Rotary theme for February is Peace Building and Conflict Prevention which is one of Rotary's 7 areas of focus. We are all aware that there are certain issues related to conflict resulting in unrest in several countries, actual military war and trade sanctions which impact the people's daily lives. This is the current situation between Ukraine and Russia. It is a tragic and sad time for the people of Ukraine and the world. At [Rotary](#), we are deeply concerned by the deteriorating situation in Ukraine and the escalating loss of lives and humanitarian hardships there. Continued military action against [Ukraine](#) will not only devastate the region, but also risk spreading tragic consequences across Europe and the world.

As one of the world's largest humanitarian organizations, we have made peace the cornerstone of our global mission. Rotary International joins the international community in calling for an immediate cease fire, withdrawal of Russian forces, and a restoration of diplomatic efforts to resolve this conflict through dialogue.

Our thoughts are with our fellow Rotary members and others in Ukraine coping with these tragic events. Rotary International will do everything in its power to bring aid, support and peace to the region.



Rotary's Four Roles in Promoting Peace

Rotary and its members are:

Practitioners: Our work fighting disease, providing clean water and sanitation, improving the health of mothers and children, supporting education, and growing local economies directly builds the optimal conditions for peaceful societies.

Educators: Our Rotary Peace Centers have trained over 1,300 peace fellows to become effective catalysts for peace through careers in government, education, and international organizations.

Mediators: Our members have negotiated humanitarian ceasefires in areas of conflict to allow polio vaccinators to reach children who are at risk.

Advocates: Our members have an integral role as respected, impartial participants during peace processes and in post-conflict reconstruction. We focus on creating communities and convening groups that are connected, inclusive, and resilient.

by: *PAG Alan M. Ines*





Heart Alert

Polomolok 101
Rotary
Club



By: Dr. Melani Deypalan
Past President

Cardiovascular diseases (CVDs) are the world's leading killer, causing 1 in every 3 deaths. In the Philippines, cardiovascular diseases are also the number one cause of death, with an estimated 50,000 dying every year. The cause of heart attacks and strokes are usually the presence of a combination of risk factors, such as tobacco use, unhealthy diet and obesity, physical inactivity and use of alcohol, hypertension, diabetes and high level of cholesterol. It is never too late to start changing your lifestyle towards a healthier heart. Here are a few practical steps you can follow:

1) Eat a heart healthy diet

A heart healthy diet consists of a combination of different foods including fruits, vegetables, whole grains, legumes, and nuts. Cut down on salty meats such as ham, bacon, tocino, sausage, hotdog, as well as salty food such as dried fish.

2) If overweight, lose weight

Overweight and obesity is defined as a body mass index (BMI) of 25 and above. Central obesity or adiposity on the other hand is a high waist circumference of more than 80 cm for females and more than 90 cm for males. A high waist circumference points to more intra-abdominal fat and is associated with a higher risk for developing cardiovascular disease. Try to reduce 500 kilocalories in your daily diet, which will help bring about an average weight loss of approximately half to almost 1 kilogram a week.

3) Increase regular physical activity to at least 2.5 hours per week

Physical activity contributes to improved blood pressure, improved levels of cholesterol and other blood lipids, and weight control. Some physical activity is better than none. Inactive people can start with small amounts of physical activity (even as a part of their normal daily activities) and gradually increase duration, frequency and intensity.

4) Don't use tobacco

Tobacco use and exposure to second-hand smoke are harmful to your heart. Quitting tobacco use is the biggest gift of health you can give your heart and has immediate and long-term health benefits, including living up to 10 years longer.

5) Avoid use of alcohol

Alcohol consumption has been linked to more than 200 disease and injury conditions, including cardiovascular diseases. While most Filipinos report their alcohol drinking as occasionally, binge drinking is common in the country. There is no safe level for drinking alcohol, so it is better to avoid drinking alcohol altogether to protect your heart.

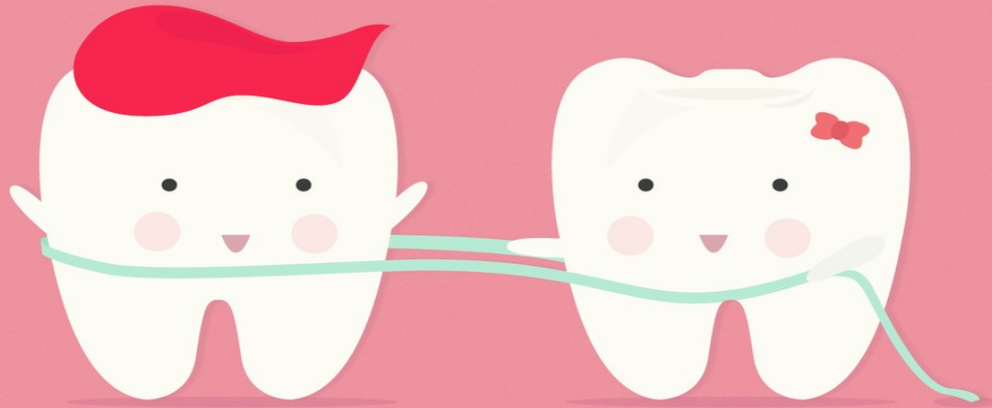
6) Have your blood pressure and blood sugar checked regularly

An important way to maintain a healthy heart is for your blood pressure and blood sugar to be checked regularly by a health worker. Some people do not exhibit symptoms even if they already have high blood pressure – and it can hurt your heart.



Dr. Celema I. Grino
Past President

February is National Dental Health Month



PCDSDO | GOVPH

What is Dental Health Month?

In February each year, the Philippine Dental Association (PDA) sponsors National Children's Dental Health Month. During this month, children are encouraged to learn all about dental hygiene and keep on top of their own oral health. This is a great time to check in with your children and parents about dental health and to make sure that they're looking after their smiles. Take this opportunity to learn a little bit more about our teeth and mouths and share some great dental hygiene tips with your kids!

Why is dental health so important?

Looking after our dental hygiene is really important when it comes to keeping our mouth, teeth, and gums healthy and clean! Making sure we clean our teeth twice a day and getting regular dentist appointments means we can keep our teeth free from harmful bacteria and plaque, which can lead to painful cavities and gum disease.

How can I keep my mouth, teeth, and gums healthy?

Our mouths, teeth, and gums are so important to us - we use them every single day! Therefore, it's really important to keep on top of our dental hygiene habits to keep them clean and healthy. Here are some tips for looking after your dental health:

- ***Brush twice a day for two minutes!** - Making sure you keep your teeth clean starts with good brushing habits. It's recommended that you brush your teeth twice a day - once in the morning and once in the evening - for two minutes each time.
- ***Start flossing your teeth!** - Once your teeth are close enough together you can start flossing your teeth, this helps to get rid of any plaque or bacteria that may be harder to reach.
- ***Snack healthy and avoid acids!** - Sugary foods and drinks can be really bad for children's teeth and therefore switching to healthier snacks containing less sugar can give your teeth a real boost. It also helps to limit foods and drinks that are highly acidic, such as orange juice and tomatoes, as these can wear down your tooth enamel, but you shouldn't cut these out of your diet completely.
- ***Stay hydrated!** - Avoid sugary drinks and opt for some delicious water instead. Drinking water can wash away any leftover sugar or food particles that are clinging to your teeth, helping to keep them clean and healthy.

ROTARY International Celebrates 117th Anniversary



by: **PP Wang Rallos**
TRF CHAIR

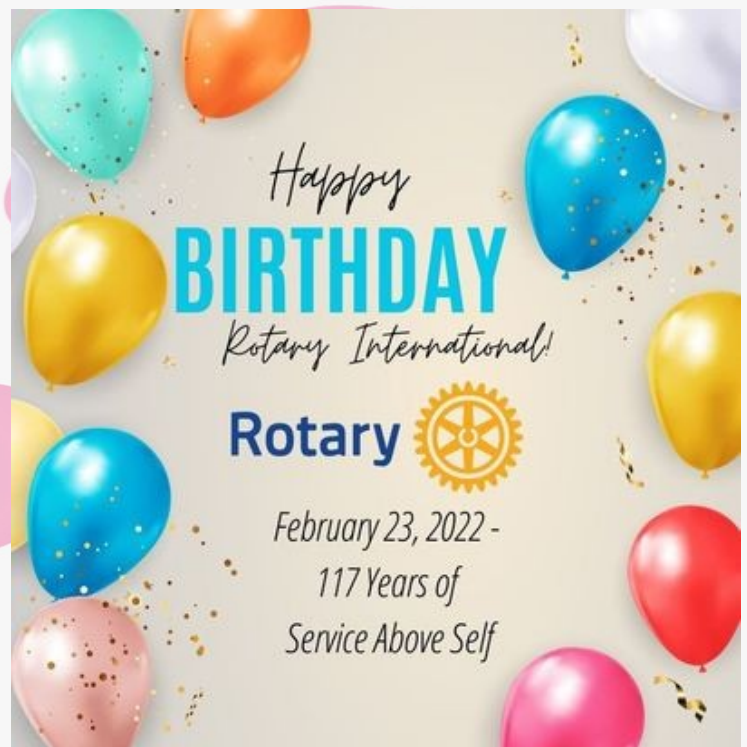
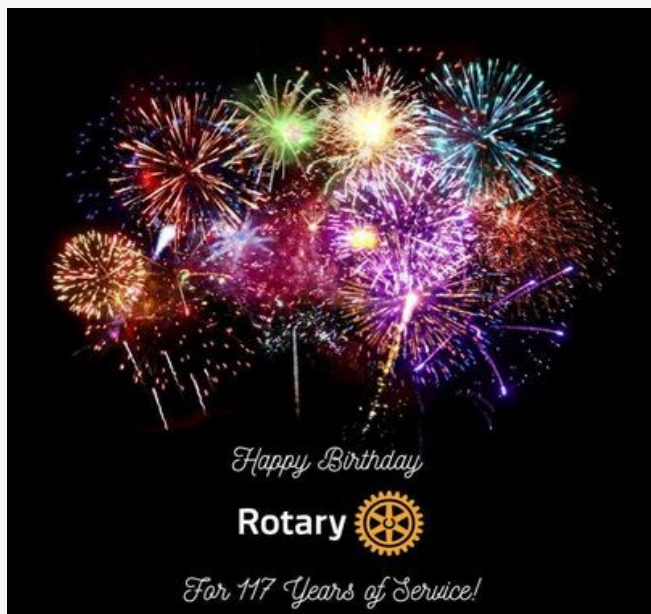
February is the month to celebrate the 117th Anniversary of Rotary International doing good in the world! Think about all the ways you can honor this anniversary - maybe a donation to the Rotary Foundation's Annual fund. Remember, this is the fund that gives back to our District each year in the form of District Designated February is the month to celebrate the 117th Anniversary of Rotary International doing good in the world! Think about all the ways you can honor this anniversary - maybe a donation to the Rotary Foundation's Annual fund. Remember, this is the fund that gives back to our District each year in the form of District Designated Funds (DDFs), which helps us with our grants. (DDFs), which helps us with our grants.

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change - across the globe, in communities. Solving real problems takes real commitment and vision. For more than 117 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, Rotary members are always working to better the world, and stay committed to the end. Rotary members believe that they have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

**VACCINES WORK:
ENDING POLIO IS PROOF**

#VaccinesWork





Health & Wellness

By: Dr. Bel D. Acuesta
Past President

Eating a diet with the right number of calories and amount of fat is an important part of taking care of your **heart**, and foods are particularly beneficial in this regard because of their nutrient profiles.

The experts suggests a diet rich in fruits and vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts.

Apples have been linked to a lower risk of heart disease. This is because they contain many different compounds that improve various factors related to heart health. For example, they contain a phytochemical called **quercetin** which acts as a natural anti-inflammatory agent. Quercetin may also help prevent **blood clots**.

Apples contain **soluble fiber**, the kind that may lower harmful types of cholesterol. They also contain **polyphenols**, known for their antioxidant effects. One polyphenol, in particular, called flavonoid epicatechin, may help to lower blood pressure.

Other flavonoids are linked to decreased stroke risk.
They may also have an effect on reducing harmful types of cholesterol.

Apples come in several delicious varieties and are portable. Eat an apple with a handful of walnuts or almonds as a healthy snack, or add sliced apple to your salads.

Green Leafy Vegetables

Leafy greens are packed with compounds that benefit your heart and vascular system. They are also rich in fiber, which can lower harmful types of cholesterol and reduce heart disease.

Leafy greens taste great and are low in calories. Use fresh spinach leaves as a salad green or serve Swiss chard or kale as a side dish. Munch on fresh broccoli with a veggie dip at snack time.

Beans are rich in protein and fiber, and they have been shown to be good for heart health.

While they are calorie-dense, beans have not been found to increase weight.

Beans are among the most versatile of foods. Many types of beans have distinct flavors, while others easily absorb the flavors of spices that are added to them. They can be a tasty addition to salads, stews, rice dishes, sauce, and soup. And you can eat them by themselves too.

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

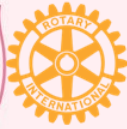
FEBRUARY IS
PEACE-BUILDING & CONFLICT
PREVENTION MONTH

Rotary

RC POLOMOLOK 101 OFFICERS 2021-22

PRESIDENT	Lani Castaniaga
VICE PRES./ PN	Mary Joy Torres
PRES-ELECT/SEC	Evernie Alfeche
EXEC SEC	May Urbano
TREASURER	Jade Rallos
AUDITOR	Gladys Balano
PIO	Rona Pineda
Sgt. at Arms	Rizaldy Cruz
PROTOCOL OFFICER	Fanny Fernandez
CICO	Evernie Alfeche
DIRECTORS	
Membership	Maribel D. Acuesta
Public Image	Omar Gallinero
Club Admin	Celema Grino
TRF	Rogelio Rallos, Jr.
DRRM	Alan M. Ines
Service Project	Xavier Bayan
FOUR AVENUES OF SERVICE DIRECTORS:	
Vocational Service	Melani Deypalan
Community Service	Alan Ines
International Service	Malou Teoxon
Youth Service	Xavier Bayan
IPP	Twinkle Alfeche

Polomolok 101
Rotary
Club



HALL OF PAST PRESIDENTS



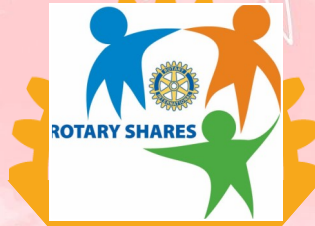
CP Omar Galinero,
PHF+1

ROTARY YEAR
2005-2006



PP Espie Maliwat,
RFSM+2

ROTARY YEAR
2006-2007



PAG Alan Ines,
PHF.

ROTARY YEAR
2007-2008



PP Rogelio Rallos,
PHF+3

ROTARY YEAR
2008-2009



PP Maribel Acuesta,
RFSM+2

ROTARY YEAR
2009-2010



PP Xavier Bayan,
PHF +2

ROTARY YEAR
2010-2011



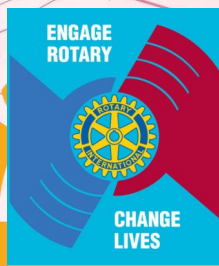
PP Rey
Trasporto

ROTARY YEAR
2011-2012



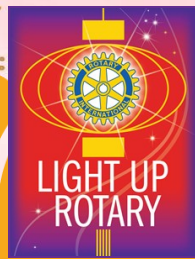
PP Grace Salazar,
RFSM

ROTARY YEAR
2012-2013



PP Benhur
Dapanas

ROTARY YEAR
2013-2014



PP Rex
Machan

ROTARY YEAR
2014-2015



PP Celema Griño,
RFSM+2

ROTARY YEAR
2015-2016



PAG Mayvelyn
Urbano, PHF+1

ROTARY YEAR
2016-2017

Polomolok 101
Rotary
Club



HALL OF PAST PRESIDENTS

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

History of the Rotary Club of Polomolok 101

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

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

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

Mission Statement

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

Vision Statement

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



The Club 101 Calendar of Activities

July

New Leadership Month



August

Membership & New Club Development Month



September

Basic Education and Literacy Month



October

Economic and Community Development Month
October 24 World Polio Day



November

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



December

Disease Prevention and Treatment Month



January

Vocational Service Month



February

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



March

Water and Sanitation Month
March 14-18 World Rotaract Week



April

Disease Prevention and Treatment Month



May

Youth Service Month



June

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




Paul Harris Quotes

Rotary changes us and those we serve.

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

Polomolok 101
Rotary Club



Rotary Year 2021-2022



**25th GENERAL MEMBERSHIP MEETING
& FELLOWSHIP NIGHT
Woorijib @Kap Alfredo, Polo
23rd February 2022**

I. Call to Order _____	Pres. Lani Castaniaga
II. Rotary Grace _____	PP Melani Deypalan
III. National Anthem _____	VP Joy Torres
IV. The Rotary Hymn _____	PP Gladys Balano
V. The Rotarian Pledge _____	PP Maribel Acuesta
VI. Introduction of Visiting _____ Rotarians & Guests	PAG May Urbano
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

IPP Twinkle 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!!!

Feb. 16- Rotakid Mirko

Feb. 25- Rtn. Darnie

Feb. 18- Rotakid Thea



HAPPY ANNIVERSARY!!!



Feb. 10- PAG Alan & Sps Angie

Plant Lovers' Corner

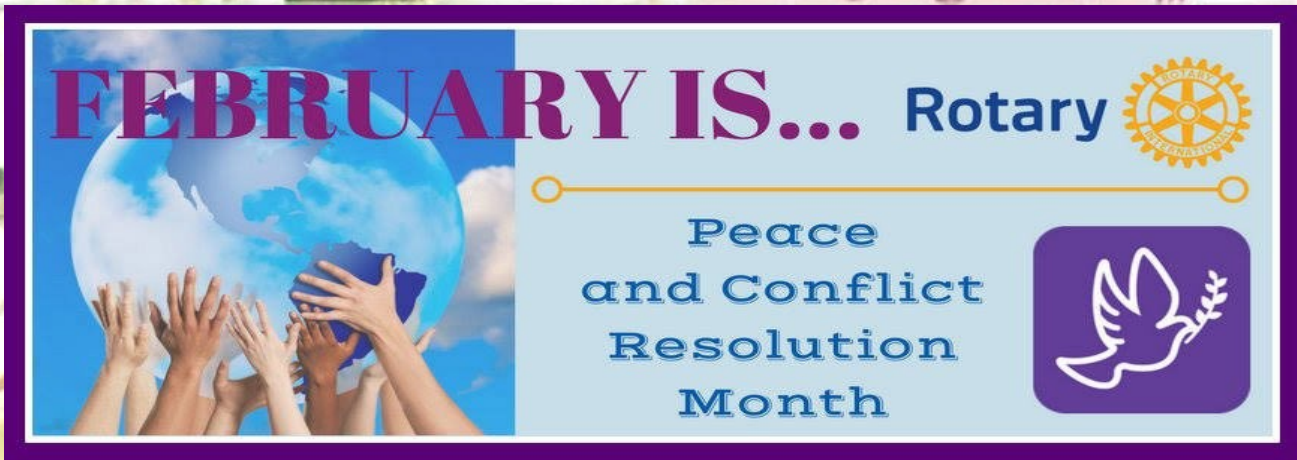


By: VP Joy Torres

So where did the tradition of gifting red roses for Valentine's come from? Roses are the iconic love flowers because they have long been associated with expressing passion and romance, a flower meaning that's been rooted in ancient Greek mythology. "Some stories say that the first red rose was created when the Greek goddess Aphrodite was scratched by a white rose's thorn, causing that rose to turn red," Sara Cleto, Ph.D., a folklorist and cofounder of the Carterhaugh School of Folklore and the Fantastic, told Readers' Digest.

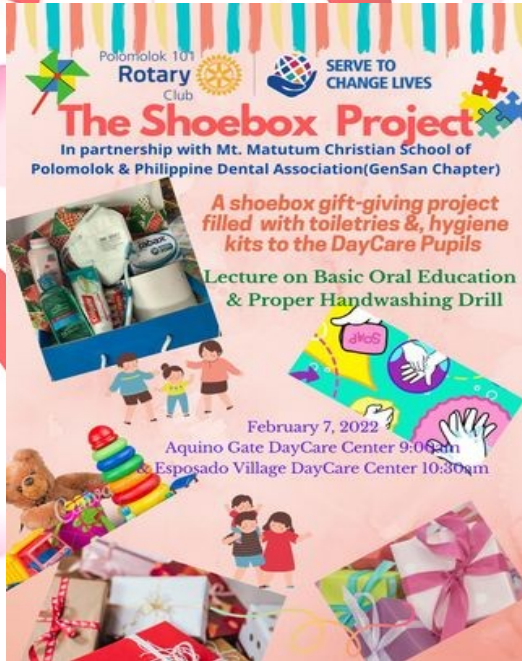
How many roses are you planning to give your sweetheart on Valentine's? Here's a quick guide to give you an idea.

- A single red rose stands for love at first sight or "You're still the one."
- Two roses could mean the feeling is mutual.
- Three roses, as you may know, are "I love you."
- Six roses if you want to say "I want to be yours," or "Please be mine."
- A dozen roses are for proposals or confessing love for the first time.
- But the grandest of all, exactly 101 roses mean "I'm crazy for you," or "My love knows no bounds."



The Alpha Ready Reserve Company welcomes the Rotary Club of Polomolok 101 at their Reservist Command Post in Polomolok last February 16, 2022. As one of Rotary's areas of Focus, which is the Peace & Conflict Resolution, we extended our moral support for this cause because as a humanitarian organization, peace is a cornerstone of our mission. Army Reservists are member of Military Reserve Force.





The Shoebox project is a hands-on way of making the DayCare pupils of Aquino Gate & Esposado Village happy by filling shoeboxes with toiletries, hygiene items, school supplies, and fun gifts. Lecture on Basic Oral Education and Proper Handwashing Drill and updates on Covid 19 preventive measures were also presented by Pp Dr. Bel Acuesta and Pp Dr. Mel Deypalan. There were over 80 pupils together with their parents/ guardians benefited from this project.



..... Our Sponsors



Download the **FOODPANDA** APP and order at **THE URBAN KITCHEN - CANNERY ROAD** now!

Ready to take orders from 10:00 AM to 1:30 PM! Mondays to Saturdays

*Hours subject to change without prior notice

"Great food at affordable prices!"

Visit us at F.G. Urbano Bldg., Rañada Subd., Cannery Rd., Polomolok, SC to get deliciously affordable lutong bahay meals!

May authentic lutong bahay experience ka na for as low as ₱25!

Innovation
Products
Expertise
Support

TWINCIRCA[®]
MARKETING

"A Lifelong Global Leading Partner in Healthcare Solutions"

Telefax +63.83.500.3046 . Mobile +63.922.863.1114, +63.922.863.1116 . Email us at: twincircamarketing1@gmail.com
Address: Cannery Site, Polomolok, South Cotabato

DBP

We Build **Possibilities.**

HERBALIFE
NUTRITION

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

PROMOTION RATE \$495 UNTIL FEBRUARY 28

Rotary  HOUSTON 2022 

2022 Rotary International Convention at CONVENTION.ROTARY.ORG

Houston, Texas, USA
4-8 June 2022

REGISTER NOW!



2002 POLMARGEN COOP
REG. NO. 7530 DVO CDA NO. MC NO. 200-07-OTC

POLMARGEN TRANSPORT MULTI-PURPOSE COOPERATIVE

CDA Reg. No. 9520-12004684

OTC Accreditation No. 2011-212

Flying V Gasoline Station

Crossing Dagoc, National Highway, Polomolok

9504 South Cotabato

Tel. No. (083) 553-5153

Email address: 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 Corral Royal-Cadena de Amor Sts., Polomolok, Pinariculan, South Cotabato
Tel No. 0921 957-8514
CP No. 0921150422 / 09198763649

SENIOR HIGH SCHOOL
NO CHARGES on ENTRANCE FEES, TUITION FEES AND MISCELLANEOUS FEES
for GOVERNMENT VOUCHER PROGRAM BENEFICIARIES (from Grade 11 to 12)

JUNIOR HIGH SCHOOL
for INCOMING GRADE 7
FREE TUITION FEES
FREE ENTRANCE FEES
for ESC PROGRAM BENEFICIARIES (from GRADE 6 to 10)

FREE BOOKS, FREE UNIFORM AND WIFI CONNECTION

ALSO OFFERS: KINDER & ELEMENTARY

EVENT SPACES BY MAMAY
THE BACKYARD
THE BARN
THE BOARDROOM
MAMAY'S

Mirka Polo Farm

