

THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101

The Club 1 1

Volume 1 | Issue 9 Series of 2021 | March 2022

Water is Life

**March is
Water, Sanitation
& Hygiene Month**



Rotary



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

March 2022

We have overcome so many challenges these past two years and changed numerous lives. It brings me great joy that we have worked so hard this year to grow Rotary through the Each One, Bring One initiative. The result has been excellent growth in membership. Let us keep up the momentum. I am happy that you have put a spotlight on all we do by organizing projects around the world in our Rotary Days of Service. The future looks brighter than ever for Rotary and our 1.4 million members.

On 11 March 2020, the World Health Organization declared that COVID-19 constituted a pandemic, and two years later it is important that we continue to draw on our expertise in our disease prevention and treatment area of focus to help people worldwide cope with the continuing challenges. The pandemic continues to defy all expectations, but we cannot be frozen in fear. Our work is too important. It is also important that we make time for each other, and I urge you to register for the upcoming 2022 Rotary International Convention in Houston. It is a great way for all of us to safely celebrate Rotary service.

We can continue to build hope and spread peace in the world by using our resources to help the most vulnerable and keeping our faith in the future. The pandemic has had an especially devastating impact on girls worldwide. On the first anniversary of the pandemic, Henrietta Fore, the executive director of UNICEF, said that “immediate action is needed to mitigate the toll on girls and their families.” This need, unfortunately, remains just as strong a year later. The ripples of the pandemic have affected girls in unique ways — stunting their educational attainment, weakening their job prospects, and contributing to other terrible results such as child marriages and increased human trafficking.

Data from UNICEF reveals why our action is so essential. In the 2010s, important progress was made toward eliminating the practice of child marriage, and UNICEF estimates that 25 million such marriages were averted worldwide. Unfortunately, the pandemic reversed those positive trends, and as a result an additional 10 million girls are vulnerable to becoming child brides by the end of this decade.

This is why our focus on Empowering Girls is such vital work, and I am delighted that at this year’s virtual International Assembly, President-elect Jennifer Jones committed to continuing this initiative for another year. In my travels, I have witnessed many wonderful examples of club projects that back our Empowering Girls goals. But all Rotary members know that real change requires big efforts sustained over many years. This is the power of our global grants and actions taken within our areas of focus.

I encourage clubs to think of innovative ways to empower girls when designing their grant projects. Every step we take to improve education, health care, and economic opportunities for girls makes an important difference in helping them achieve their full potential. With opportunity we create hope, and with hope we address the root causes of conflict around the world, setting the stage for sustainable peace.

None of us know how long the COVID-19 virus will linger — and as an organization that has worked tirelessly for decades to eradicate polio, we understand better than most the difficult work that lies ahead for the world. That is why we need to remain focused on the future and on what is possible — not feeling nostalgic for the way our lives were, but looking hopefully to a future that uses this opportunity to *Serve to Change Lives*. I look forward to continuing this good work with you.

Shekhar Mehta

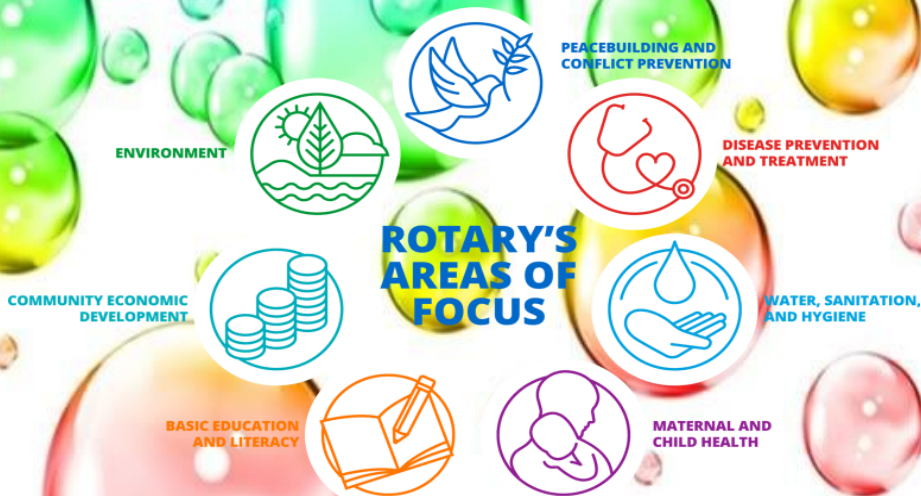
Rotary International President 2021-2022

President's Page



By: Prexy Lani Castanaga
President

In the Rotary world, we acknowledge different theme for each month of the year. March happens to be “Water and Sanitation month which is one of the Rotary’s 7 areas of focus. In addition, March 22nd is recognized as World Water Day. Rotary has worked for decades to provide people with clean water by digging wells, laying pipes, providing filters, and installing sinks and toilets. The Rotary Club of Polomolok , in our own little way, have also contributed projects in our community in line with Water and Sanitation such as educate the children in several schools in raising awareness and teach them the proper handwashing, the importance of frequent bathing, and also instruct them about good oral hygiene. Clean water, sanitation, and hygiene education are basic necessities for a healthy environment and a productive life. When people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families. Having clean water and sanitation means being able to avoid exposure to countless diseases especially the COVID-19.



Polomolok 101
Rotary
Club





Editor's Note



MARCH IS WATER AND SANITATION MONTH

Clean water and sanitation is a human right. When people, especially children, have access to clean water, sanitation, and hygiene, they lead healthier and more successful lives. We don't just build wells and walk away. Rotary members integrate water, sanitation, and hygiene into education projects.

By: May Urbano

Past Assistant Governor



Clean water is a basic human right that many are often denied. There are 2.5 billion people in the world that lack access to improved sanitation and 748 million people that don't have clean drinking water. Nearly 1400 children die each day from diseases caused by lack of sanitation and unsafe water. When people have access to clean water, they live healthier and more productive lives.



Rotary members are committed to reaching the water and sanitation through projects like building wells, installing rainwater harvesting systems, and teaching community members how to maintain new infrastructure.

Polomolok 101

Rotary
Club



During March, Rotary Water and Sanitation Month, we are celebrating our commitment to create healthier communities by supplying clean water and sanitation facilities to prevent the spread of infectious diseases especially the COVID-19.



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

— Paul Harris,
My Road to Rotary



by **Evernie Alfeche**
Club Secretary

Secretary's Report

• While we are celebrating Water and Sanitation Month this March in Rotary, we are also one with the world in the celebration of International Womens' Month. This March,we should pay tribute to the ceaseless work of female caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout this pandemic. This year, in particular, we are reminded of the importance of healers and caregivers who are helping to promote and sustain hope for the future. Happy Women's Month sisters!

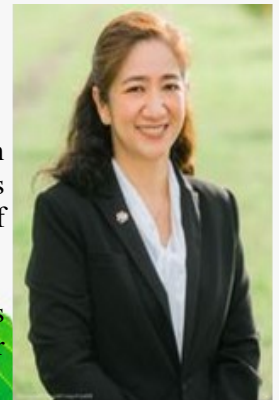
Treasurer's Report

March of every year is declared as National Women's Month.

Anchored on this year's theme "We Make Change Work for Women", the celebration aims to highlight the empowerment of women as active contributors to and claimholders of development. This pursuit of development is also anchored on the commitment of "Malasakit at Pagbabago" or True Compassion and Real Change.

The Women's Month Celebration has since served as a venue to highlight women's achievements and discuss continuing and emerging women's empowerment and gender equality issues and concerns, challenges, and commitments.

Happy Women's Day to all Rotarian Ladies!



By: **Jade Rallos**
Club Treasurer





by: **Espie C. Maliwat**
Past President

ROTARY VOICE

Ukrainian describes leaving Kyiv, using Rotary network to help others

By Iryna Bushmina, District 2232 (Ukraine) Rotaract



I left Kyiv in the first hours of the war. My sister, her husband, her 3-month-old baby and a cat were in the car. When we reached the border, men were already not allowed to leave the country, so I went on with my sister and a little nephew. We were five days in the car, six days until we got to Vienna.

We stayed for the night in different countries three times. These were not hotels but homes of Rotary and Rotaract families. I used to just say that Rotary International is a big family, now I really believe it. And I am convinced that this is a family that will stand by you. These are no longer beautiful words to me, this is reality.

I was still in the car when I got the idea to mobilize Rotaract Europe. I realized that I was not the only one who needed help and support. My sister was driving, and I had my hands free. I started writing to all chats I knew where there were Rotaractors about the situation in Ukraine. A lot of Rotaractors instantly responded. People immediately created groups with different directions and helped me to lead them. These were not perfectly thought-out projects, but they were projects that started working from the first day.

Rotaract responded very quickly, and I realized that we needed to start very rapidly with the small projects to help Rotarians and Rotaractors of Ukraine find accommodations in other countries. Now, the project has grown, and we are helping many Ukrainians find a new home for the first time. We have lined up more than 2,000 host families to take in refugees.

The requests we are processing vary from assistance with relocating, to finding accommodations, to providing other humanitarian support. Right now, there is a big request for help for the defense forces for helmets, thermal imagers, body armor, and the like.

Some cities ask for simple things – food and water. And that's what hurts the most. Especially when we all realize that the Russian army is blocking us from bringing humanitarian aid to civilians and they are dying from hunger and dehydration.

There are more than 100 people in my international team alone and around 50 people in the Ukrainian team. I don't know exactly how many Rotaract members are involved in helping Ukraine. Each country has its own projects. Some clubs also organize assistance separately. Some are more involved, some less, but even the smallest contribution is valuable and could save lives.

We work in four directions:

1. Distribute truthful information about the situation in Ukraine
2. Find accommodation and hosts for Ukrainians in flight
3. Send humanitarian aid
4. Securing financial support for those that need it

Not all of the people write or express their gratitude. But to be honest, I don't expect this. After what these people have gone through – the fear, stress, spending three to four days at the border – we do not need them to say, “thank you.” We just need to make sure these people are safe and that they get what they need to survive and help others.

Now is the time for understanding. Of course, when some of the people do write their appreciation, it is a pleasure.



Women in Rotary

Rotary provides ordinary women the opportunity to do extraordinary things. Working together with like-minded women and men they expand and build on existing strengths with the benefits of diversity to improve the lives of individuals and communities in a way consistent with the RI Strategic Plan. Women have always had an influence in Rotary right from the contribution of Jean Thompson, Rotary's Founder Paul Harris's wife, who is often stated as being "the power behind the Rotary 'throne' ". This year marks 33 years since Rotary International formerly enabled women to join Rotary as Rotarians. Since then the direct contribution of women in Rotary has soared and is today pronounced. The work that Rotary women throughout the Philippines do publicly and behind the scenes is amazing. Women are both the "movers and shakers" in our clubs but also very well represented in leadership positions within clubs, Districts and beyond.

by: **Gladys D. Balano**
Past President

We salute to all the women of the Rotary especially the women of the Rotary Club of Polomolok 101!





By: Dr. Melani Deypalan
Past President

Health Alert

WHY CLEAN WATER IS IMPORTANT?



Clean water is vital to our health, communities, and economy. We need clean water upstream to have healthy communities downstream. The health of rivers, lakes, bays, and coastal waters depend on the streams and wetlands where they begin. People depend on clean water for their health: Our cherished way of life depends on clean water: healthy ecosystems provide wildlife habitat and places to fish, paddle, surf, and swim. Our economy depends on clean water: manufacturing, farming, tourism, recreation, energy production, and other economic sectors need clean water to function and flourish.

But what happened if we drink contaminated water? These are dirty water diseases.

Bacteria in dirty water include:

- 1) Salmonella typhi bacteria causes typhoid- the symptoms of this serious disease: fever, abdominal pain, constipation, and headaches.
- 2) Aeromonas Hydrophila bacteria causes severe dysentery in children and people with weak immune systems.
- 3) Vibrio cholerae bacteria causes cholera.
- 4) Intestinal parasites that cause stomach aches and diarrhea include Giardia and Entamoeba histolytica, the source of amoebic dysentery.

Additionally, Hepatitis A virus causes liver disease and is primarily spread through water or food contaminated by human feces.

Hence, contaminated water and poor sanitation are linked to transmission of diseases such as cholera, diarrhoea, dysentery, hepatitis A, typhoid and polio.

So therefore, clean drinking water is essential to life. The human body is made up to 60 percent water. Water assists in many important functions our bodies perform every day. Since it flows through our organs and cells water needs to be clean and free of disease, metals, and human and animal feces.



Motherhood



by: Dr. Celema I. Grino
Past President

Having to choose between being a dentist or mother was never an option. Dentistry is my passion, and I never thought about getting out or taking a break. At the same time, becoming a mother has also been one of my greatest achievements, and it's a role that I don't take lightly either. Some people might argue that it's not possible to work full time and still effectively raise children. I'll be the first to admit that when I gave birth several years ago, transitioning between the roles of a career woman and mother was quite challenging. But I'm living proof that it's certainly doable. What I've discovered is that juggling the two has become easier over time. Early on, I found out that embracing technology was the most helpful tool that allowed me to be more organized, more efficient and focused on the things that I was pursuing.



Great mothers are always able to multitask and improvise—even when working. Don't get me wrong. I was never fully prepared by just how motherhood would impact me as a career woman. Sure, it's challenging. However, I wouldn't change it for the world. Watching my young daughters and son learn and grow every day has been so rewarding. Motherhood has taught me patience and made me more caring. In some ways, I think it's even made me a better dentist.



Health & Wellness



By: **Dr. Bel D. Acuesta**
Past President



Healthy Breakfast for Kids

It's important for kids to eat a healthy breakfast to refuel their bodies after sleep, as their brains and bodies are still developing. Yet, 20–30% of children and adolescents tend to skip this meal. A healthy breakfast can be quick and easy for you or your child to make. Breakfasts can also be made ahead of time, and some are portable for eating on the go.

Egg-based Breakfasts

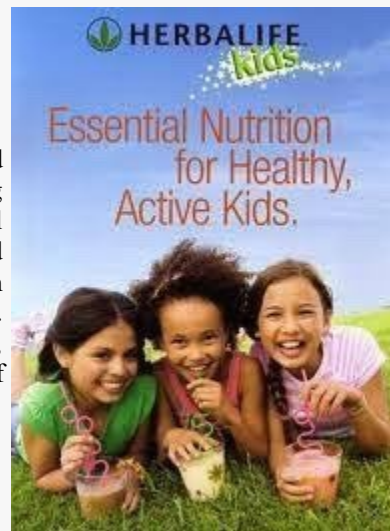
Eggs are a staple breakfast item, as they're easy to prepare, versatile, and packed with high-quality protein and other nutrients. The protein in eggs is especially important for growing children because it helps build muscles and tissues. Also, compared with cereal, eggs may keep kids feeling more full throughout the morning. What's more, egg yolks are a source of antioxidants like lutein and zeaxanthin, which benefit eye and brain health. One study in 8- and 9-year-old children found that those who ate more lutein-rich foods had higher levels of lutein in their retinas. This was associated with improved academic performance, including better scores in math and written language.

Healthy Whole-grain Options

Whole grains, which have all three parts of the grain — germ, bran, and endosperm — intact, include brown rice, whole wheat, oats, quinoa, sorghum, and millet. They're healthier than refined grains because they're higher in fiber, protein, vitamins, and minerals. Indeed, children may benefit from eating more of them. In a 9-month study in children ages 9–11 with excess weight, those who ate 3 servings of whole-grain foods each day had a lower body mass index (BMI), waist circumference, and body fat percentage, compared with those who ate their regular diet.

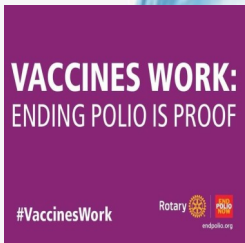
Drinkable Breakfast Options

Breakfast smoothies are an easy way to pack an entire meal into a drink. They're also a good way to add extra fruits and vegetables to your child's diet. In a study in adolescents, introducing fruit smoothies as a school breakfast item increased the percentage of students who ate a full serving of fruit from 4.3% to 45.1%. However, other research suggests that drinking — instead of eating — fruits and vegetables may promote weight gain. Thus, it's best to watch portion sizes. For a healthy breakfast smoothie, use a small serving of unsweetened fresh or frozen fruit. Add a handful of leafy green vegetables, a spoonful of nut butter for healthy fat, and either milk, Greek yogurt, or a serving of soft-cooked legumes for protein. And of course, one example of drinkable breakfast option is the Herbalife Nutrition shake Mix which is packed with nutrients.



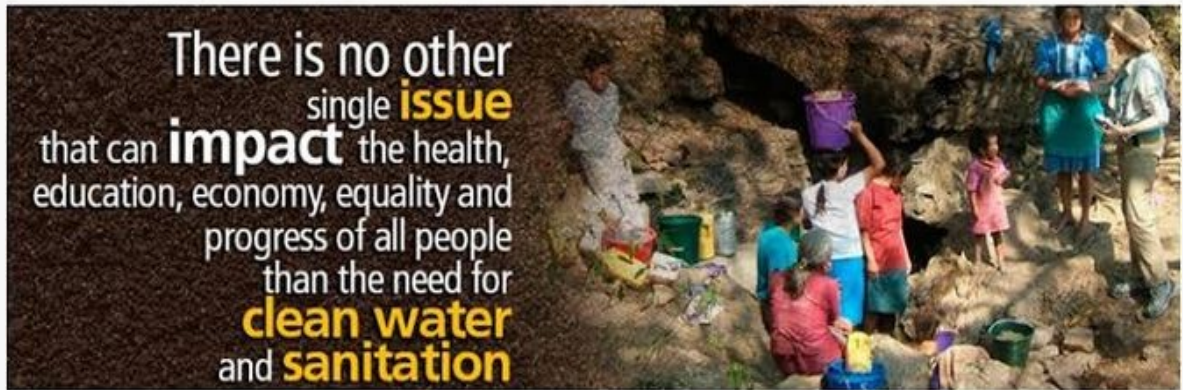


by: **PP Wang Rallos**
TRF Director



Our Impact on Water, Sanitation and Hygiene

THE ROTARY FOUNDATION is changing the world by providing grants for projects and activities around the globe and in your own backyard: WASH Global Grant Projects: Since 2013, The Rotary Foundation has invested in more than \$130 million in over 2000 projects worldwide. Through this investment, our volunteers of action have improved access to safely managed and basic WASH services to communities, schools and healthcare facilities, while protecting and conserving water resources. Rotary-USAID WASH Partnership: Rotary and the United States Agency for International Development (USAID) assist communities and governments to plan, finance and deliver safe water, sanitation and hygiene services, while sustainably managing water resources. WASH in Schools Target Challenge: Rotary challenges our members to develop sustainable projects that comprehensively address the most pressing water, sanitation, hygiene and education needs specifically in the third world countries.



CLEAN WATER AND SANITATION: WHY IT MATTERS



Water and sanitation- related diseases remain among the major causes of death in children under five; more than 800 children die every day from diarrhoeal diseases linked to poor hygiene. Proper water and sanitation is a key foundation for achieving the Sustainable Development Goals, including good health and gender equality. By managing our water sustainably, we are also able to better manage our production of food and energy and contribute to decent work and economic growth. Moreover, we can preserve our water ecosystems, their biodiversity, and take action on climate change.

Non- Government organizations like Rotary Clubs work together with government by investing in water research and development, and promote the inclusion of women, youth and indigenous communities in water resources governance. Generating awareness of these roles and turning them into action will lead to win-win results and increased sustainability and integrity for both human and ecological systems. We can also get involved in Water and Sanitation campaigns that aim to provide information and inspiration to take action on hygiene issues.

by: Alan M. Ines
Past Assistant Governor



Polomolok 101
Rotary
Club



Rotary



**March is
Water & Sanitation
month**



Mike lade

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

*PHF– Paul Harris Fellow

*RFSM-- Rotary Foundation Sustaining Member

RC POLOMOLOK 101 OFFICERS 2021-22

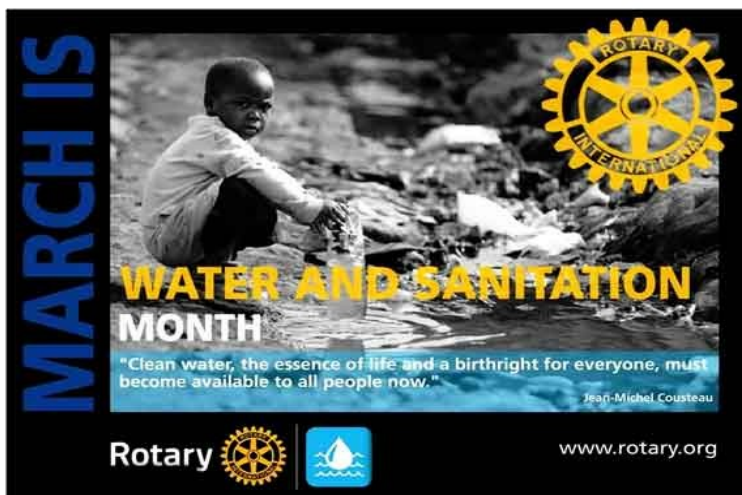
PRESIDENT	Lani Castaniaga
VICE PRES./ PN	Mary Joy Torres
PRES-ELECT/SEC	Evernie Alfeche
EXEC SEC	May Urbano
TREASURER	Jade Rallos
AUDITOR	Gladys Balano
PIO	Rona Pineda
Sgt. at Arms	Rizaldy Cruz
PROTOCOL OFFICER	Fanny Fernandez
CICO	Evernie Alfeche

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



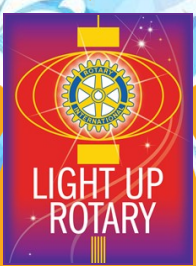
PP Grace Salazar,
RFSM

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



**PP Gladys Balano,
 RFSM+2**

**PP Melani Deypalan,
 RFSM**

**PP Fanny Fernandez,
 PHF**

**IPP Nieven May
 Alfeche, PHF**

**ROTARY YEAR
 2017-2018**

**ROTARY YEAR
 2018-2019**

**ROTARY YEAR
 2019-2020**

**ROTARY YEAR
 2020-2021**

History of the Rotary Club of Polomolok 101

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

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

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

Mission Statement

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

Vision Statement

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



The Club 101 Calendar of Activities

July

New Leadership Month



August

Membership & New Club Development Month



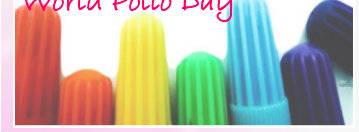
September

Basic Education and Literacy Month



October

Economic and Community Development Month
October 24 World Polio Day



November

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



December

Disease Prevention and Treatment Month



January

Vocational Service Month



February

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



March

Water and Sanitation Month
March 14-18 World Rotaract Week



April

Disease Prevention and Treatment Month



May

Youth Service Month



June

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




Paul Harris Quotes

Rotary changes us and those we serve.

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

Polomolok 101 Rotary Club



Rotary Year 2021-2022



SERVE TO CHANGE LIVES



27th GENERAL MEMBERSHIP MEETING & FELLOWSHIP NIGHT
Joey's Peak, Trancera Hills
19th March 2022

I. Call to Order _____	Pres. Lani Castaniaga
II. Rotary Grace _____	PP Melani Deypalan
III. National Anthem _____	PP Celema Grino
IV. The Rotary Hymn _____	PP Gladys Balano
V. The Rotarian Pledge _____	PP Maribel Acuesta
VI. Introduction of Visiting _____	PP Wang Rallos
Rotarians & Guests	
VII. Secretary's Report _____	PE/Sec Evernie Alfeche
VIII. Treasurer's Report _____	Treas. Jade Rallos
IX. President's Time _____	Pres. Lani Castaniaga
X. Open Forum	
XI. Adjournment _____	Pres. Lani Castaniaga

PP Fanny Fernandez
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 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!!!

- March 21-Rotakid Pope
- March 21- PP Celema
- March 22- PP Gladys
- March 23- Rtn Jade
- March 24- Rotakid Ejay



Plant Lovers' Corner

WATER LILIES

By: VP Joy Torres

Water lilies are plants that grow in still or slowly moving water. They like ponds, streams, and the edges of lakes in tropical and mild areas. Their floating leaves are often called lily pads. Frogs like to sit on them. Water lilies grow from the muddy bottom of a body of water. Thick underwater stems are buried in the mud. Long stalks reach up from the stems to support the round, waxy leaves. Some leaves grow to 6 feet (2 meters) across. The leaves usually float on the surface, but sometimes they are underwater. A single flower blooms at the end of each stalk. The flowers are shaped like stars or cups. They can be white, cream, pink, yellow, red, orange, purple, or blue. Some flowers open only in the morning. Others open only in the evening. For example, the Egyptian lotus has white flowers that bloom in the night and stay open only until midday. Water lily plants also produce a fruit. It looks like a nut or a berry. Inside are seeds. When the fruit opens the seeds sink or float away to produce new plants. Water lilies provide shade and hiding places for fish and other water animals. Fish, ducks, and other animals eat them, too. Some people grow water lilies in garden ponds.



March Activities

The Rotary Club of Polomolok 101 is one with Philippine Dental Association(GenSan Chapter) in the culmination of 18th National Dental Month last March 1, 2022. Free toothbrush and toothpaste were distributed and Lecture on Basic Oral Education was presented by the dentists to almost a hundred students of Brgy. Sinawal, Gensan.



Dr. PP Bel Acuesta distributing hygiene kits to the students

FELLOWSHIP



March Birthday Celebration of our 3 gorgeous ladies
PP Celema, PP Gladys and Treas. Jade



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



"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



We Build Possibilities.®



..... *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 COA 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 Coroner Royal-Cadena de Amor Sta. Pabacion, Polomolok, South Cotabato
Tel No. 0921 997-8914
CP No. 0921638422 / 09199763649

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

