THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101



April is... Maternal & Child Health Month

DVANCE







Shekhar Mehta President 2021-22







R.I. President's Message

April 2022

Friends, one of my mantras in Rotary has been *do more, grow more*. I am sure you are adopting this mantra. *Do more*, as in bigger and impactful service projects, and *grow more*, as in increasing our membership.

There is so much excitement across the Rotary world about our Each One, Bring One effort. Everywhere I travel, club presidents, district governors, and Rotary members — both veteran and new — express appreciation that their membership efforts are inspiring the Rotary world.

We are growing more, and I cannot wait to celebrate all of this success with you at the Rotary International Convention in Houston in June. There is still time to register and make your plans to join us. We are looking forward to a once-in-a-lifetime experience that will unite our members after far too much time apart.

As we *grow more*, we will have so much more opportunity to *do more*. April is Maternal and Child Health Month, a great opportunity for your clubs to consider what you are doing to support the health of mothers and young children. Improving access to care and the quality of care for women and children worldwide is an important focus for us and it also ties in very well with our Empowering Girls initiative. I appreciate the work being done by various clubs in this area of focus, and I would encourage you to think of ways to *do more*.

It has been so exciting to see Rotary members come together at the presidential conferences to share ideas about using our areas of focus to bring about big, lasting change in the world. The past and upcoming presidential conferences are looking at our new area of focus — the environment — and how our work to protect our planet must support our efforts to grow local economies, especially in places with the greatest poverty. I also had the honor to speak at the 26th United Nations climate change conference in Glasgow, Scotland, known as COP26. This important meeting brought together nearly 100 heads of state and government over a two-week period to set new targets for fossil fuel emission. My call to action was to restore mangroves, a crucial ecosystem that can mitigate the effects of climate change in coastal areas. Already, countries across the world are showing great enthusiasm for this plan.

Our survival is at stake — the damage of environmental catastrophe is already upon us — and so, too, is our ability to lift the world's most needy out of poverty and offer them hope. We must find ways to protect our planet while sustaining the economic growth necessary to achieve our highest humanitarian goals.

This is a very exciting time in Rotary, a time when the world needs us most. As we *Serve to Change Lives*, remember that we are also changing ourselves. We are becoming the world's great change-makers and peacebuilders.

The world is ready for us. It's time to rise to that call. Shekhar Mehta R.I. President

President's Page



By Prexy Lani Castaniaga President Welcome to the rotary month of Maternal and Child Health. As we enter this month of April, let us remind ourselves of the health of children and their mothers. This is a very critical area of the health of our communities.

In rotary, we create a program focused on educating mothers on best practices to prevent infant mortality and promote post natal health for themselves and their babies. One of our club's banner projects, which concentrate on Maternal and Child care is the Basic Oral Education for children wherein we educate the mothers on how to take care of the teeth of their children at a very early age. Practicing proper oral hygiene will help protect the children against tooth decay and gum disease. Cavities are one of the most common health issues in children since their teeth aren't as strong as adult teeth. By following proper oral hygiene habits, your child will be able to banish harmful cavity-causing bacteria.

The Maternal and Child Health is one of the 7 areas of focus that the Rotary supports and making health care available to mothers and children so they can live longer, grow stronger and have a brighter future. Let's continue serving to change Lives!

Serve to Change Lives

Polomolok 101

Rotary

Club

May Urban

Editor's Note

<u>NPRIL is Maternal & Child Heath Month</u>

Rotary International's monthly theme for April is Maternal and Child Health. Every day mothers risk their lives giving birth and millions of children die each year from treatable, preventable causes. At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, Rotary provides immunizations and antibiotics to babies, improves access to essential medical services, and supports trained health care providers for mothers and their children. Rotary's projects ensure sustainability by empowering the local community to take ownership of health care training programs. Maternal and Child Health Care is recognized as one of Rotary's Seven Areas of Focus.

> ROTARY'S AREAS OF

> > FOCUS

PEACEBUILDING AND CONFLICT PREVENTION

MATERNAL A

SEASE PREVENTION

COMMUNITY ECONOMIC

ENVIRONMENT

ASIC EDUCATIO

Polomolok 101 Rotary Club



Alfeche

Secretary's Report

The mother-child relationship is beautiful, and it enhances as the child grows. The child can never imagine his/her life without his/her mother, while the mother's affection and care for her child is eternal. As a Mother, I am not perfect. I make mistakes. I forget things. I lose by Evernie my cool. And somedays I go a little crazy. But, it's okay because in the end, no one could ever love my children ub Secretar the way I do. As a mom of three, I consider my children the greatest gift from God.

Treasurer's Report

This is to remind our members especially the new members that our club dues are being used in sustaining our club. Remember, Rotary club is a membership organization, therefore, you must pay for the privilege of membership as we are also paying our District dues such as Club Invoice, District Levy, Disaster Fund and Philippine Rotary Magazine. Other members have done their part by paying their dues, please do yours. Thank you...



by Jade Rallos Club Treasure



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





Health Alert!

By: PP Dr. Melani Deypalan

Mother and Child Relationship

Polomolok 101 Rotary

Mothers and their children are connected even before birth. All those months spent together mark the beginning of a sometimes challenging, yet rewarding, relationship. Moms have an important role in their child's mental health because they provide basic necessities (i.e. food, water, shelter, and sleep) and form a secure attachment with their young child.

Forming an attachment with your children involves:

- Holding them
- Providing a safe living environment
- Talking to them
- Laughing and playing with them
- Making sure they get enough sleep
- Feeding them and eating with them at mealtimes
- Having appropriate expectations for them and setting limits

Learning to understand their unique way of expressing themselves (i.e. facial expressions, sounds they make,

how they communicate their needs)

Being able to form a healthy and safe attachment with your son or daughter begins with you taking care of yourself. As a mom,

you are often busy, and stress can really wear you down. Just like your child, the first step is to meet basic needs (i.e. food, water,

shelter and sleep). Without enough sleep or food, you cannot be at your best. When these needs are met, it is important to think

about how you deal with stress. Do you let it build up until you explode with anger and frustration? Do you take it out on your fam-

ily and kids? Do you feel sad and hopeless? These are all common reactions to stress and you deserve some support.

Throughout the day, emotions are constantly changing – happy to sad, sad to frustrated, annoyed to angry – the list goes on. When you sense that your emotions are moving away from your "norm" or "baseline," (the emotion you feel most often with minimal stress), it is time to stop and think. By taking a couple seconds or minutes to focus on your stress, you give your body and mind a chance to go back to that "norm" or "baseline."

Before you act on your stress, first:

- Stop
- Walk out of the room
- Take deep breaths
- Count to 10
- Take a sip of water or listen to music.

Then, take some time to think. What am I thinking? How am I feeling? Am I calm yet? A healthy child can't be raised without a healthy parent. As a mother, you deserve to respect and love yourself for all that you do.

Being a mother is a tough job. But is also rewarding...

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The Club 101





PARENTING

Mothers have a significant impact on their sons to the extent that the way they behave in their later years is attributed to their relationship with their mother. No other person understands a child better than a mother. Right from the time he is born till his adult years, a boy nurtures a deep-rooted bond with his mom. And this relationship is imperative for the overall development and emotional health of the child.

Boys who share a healthy relationship with their mothers from their early childhood are emotionally strong and are believed to have less behavioral problems in their lives. The strong bond between the mother and son makes him feel secure and confident. A boy, who is loved and cared for by his mom, turns into a confident man. A mother who takes a keen interest in her son's education helps him be good in his academics. Emotional intelligence imparted by the mother helps the son develop the ability to articulate his thoughts and balance his emotions. Thereby, he develops self-control in the classroom and social settings.

A close relationship with the mother will help a boy appreciate her role in his life and her contribution to the family. He will learn to respect women in general because he is less likely to have superiority issues with his female counterparts.

A mother is always seen as a loving and caring parent. A mother's love for her son is more visible than a father's because she expresses it in several ways.

I don't think there's any perfect words or ways to explain the love a mom has for her sons. It is high, low, deep and wide. It is always growing and never-ending like the love I have for my Czar and Zcam, my treasures, my life.







DISTRICT ASSEMBLY 2022

The District Assembly is designed to give incoming club officers, and all other Rotarians information to enhance their Rotary experience.

Purpose of the District Assembly

- To prepare incoming club leaders for their year in office and build their leadership team
- To give the District Governor Elect and incoming Assistant Governors and District Committees the opportunity to motivate club leadership teams and build their working relationship
- Provide members of Rotary clubs the opportunity to learn more about the different pro-
- grams of Rotary and to have the opportunity to become involved at club and/or district level
 - Provide a fellowship experience for the members of the different Rotary clubs of District

Who needs to attend?

- Club Presidents and Presidents Elect to work on transition planning for the coming Rotary year.
- Club Treasurers and Secretaries to receive annual training.

3860.

- Club Foundation Chairs to attend mandatory training necessary to receive District and Global Grants.
- Incoming and prospective club board members to learn what Rotary has to offer beyond the club level.
- Newer members to attend specialized "Rotary 101" sessions for orientation purposes.
- Rotaractors to attend special sessions targeted to them.
- Any Rotarian who wants to know more about our great organization!

This Rotary year, the District Assembly (DIsTas) was hosted by the Rotary Club of Dadiangas. Our club were represented by our President Lani Castaniaga, President-elect Mary Joy Torres, TRF Chair Rogelio Rallos, Jr, Sgt-at– Arms Rizaldy Cruz and PAG May Urbano, who happens to be one of the District Officers. There were many Rotarians who showed enthusiasm to attend the DisTas, but the host had to limit the registration to 350 attendees to conform to the General Santos City level 2 status health protocols. It was the first face to face gathering of the Rotarians from District 3860 after 2 years due to Covid-19 Pandemic. The District Assembly was held at Greenleaf Hotel, General Santos City last April 22 and 23, 2022.



Serve to Change Lives



by: PP Wang Rallos TRF CHAIR



- How the Rotary Foundation makes Help happen.
- The Rotary Foundation reaches mothers and children in need by giving communities the help and training they need to take control of their own maternal and infant health care.
- **Rotary** makes high-quality health care available to vulnerable Mothers and Children so they can live longer and grow stronger.
- Rotary expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation all of which can be prevented.
- Rotary also provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.

What is the value of the life of one child saved? No one will ever "What is the value of the life of one child saved? No one will ever State - this life is invaluable."



Roster of N	lembers	5 5	Polomolok 101 Rotary Club
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+3	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	Ädministration, Private School
15) Jandic, Darnie F.	"Bing"	PHF	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+	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. *PHF– Paul Harris Fellow	"May"	PHF+1	Management; Fastfood Restaurant

*PHF– Paul Harris Fellow

*RFSM- Rotary Foundation Sustaining Member



RC POLOMOLOK 101 OFFICERS 2021-22

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

DIRECTORS Membership Public Image Club Admin TRF DRRM Service Project Lani Castaniaga Mary Joy Torres Evernie Alfeche May Urbano Jade Rallos Gladys Balano Rona Pineda Rizaldy Cruz Fanny Fernandez Evernie Alfeche

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

 FOUR AVENUES OF SERVICE DIRECTORS:

 Vocational Service
 Melani Deypalan

 Community Service
 Alan Ines

 International Service
 Malou Teoxon

 Youth Service
 Xavier Bayan

IPP Twinkle Alfeche

Serve to Change Lives

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History of the Rotary Club of Polomolok 101

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

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

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

Mission Statement

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

Vision Statement

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

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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.

1 will always observe the Rotary International motto: Service Above Self.

The National Rotarians World



The Four-Way Test of the things we think, say or do.

- 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?

Serviteres"

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The Rotary Hymn by George Canseco

I. I want to be a Rotarian for the world, Make the Rotary flag be a flag of peace unfurled; I shall serve my community, Help achieve universal unity Through Rotary, I shall dedicate my all, World understanding shall be my cherished goal.

Chorus:

With the Four Way Test I will pursue my quest And if I, in a way help obtain Peace in the world We shall not have lived in vain.

II. I observe service above self, Lend a hand to all who need my help; I'll get my spouse to involve in Rotary And in Rotary ways I will train my family. (Back to Chorus)

III. Build a bridge for tomorrow's youth,Strengthened by nothing but the truth;Let's join our hands, there's no reason we'll divide.We shall all understand, while the good Lord is our guide.(Back to Chorus)

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



Plant Lovers' Corner By: VP Joy Torres

The April birth month flowers are the daisy and the sweet pea. The daisy stands for innocence, purity, and true love, while the sweet pea is a way to say goodbye, send good wishes, or merely convey a thank you.

Stemming from Old English, daisy comes from "day's eye," referencing the daily habits of the English daisy, with its petals opening in the day and closing at night. Depending on the species, the daisy can be one of your earliest spring bloomers or among the last to appear in the fall.

The daisy is actually made up of two flowers. The center eye—or disc floret—is a collection of tiny florets, while the ray floret (the petals) radiate from the center, resembling the Sun. Because a daisy is made up of two flowers that work in perfect harmony, they have long been a symbol of true love.

Native to Europe and Africa, and eventually naturalized in Sorth America, daisies belong to the aster family (Asteraceae). It is one of the largest plant families; one that also includes sunflowers and, of course, asters.

Serve to Change Lives

Sunshine Greetings!

Happy Birthday!!!

April 6 - Sps. Joey April 9 - PAG May







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Serve to Change Lives