

THE OFFICIAL CLUB BULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101

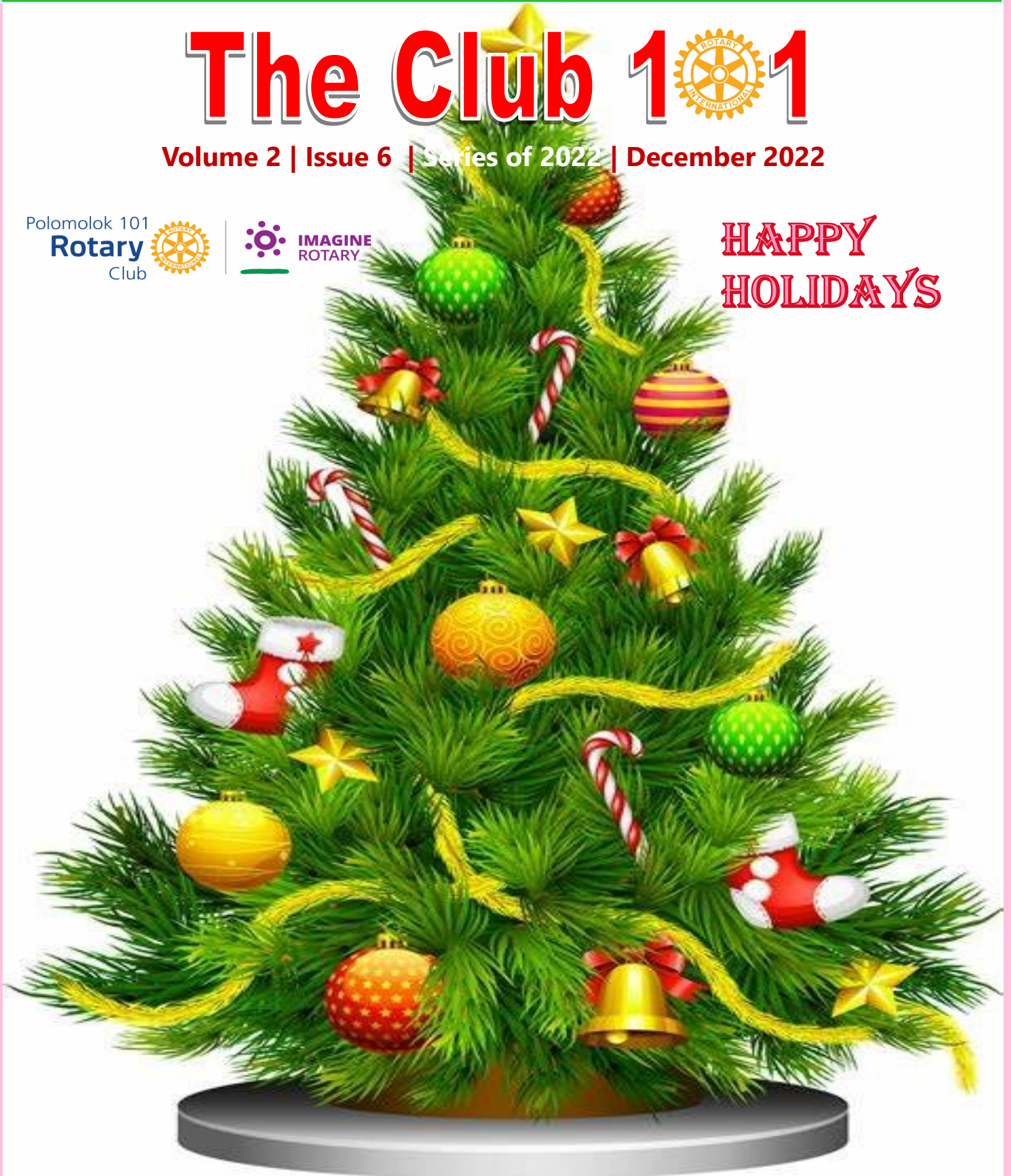
The Club 1 1

Volume 2 | Issue 6 | Series of 2022 | December 2022

Polomolok 101
Rotary
Club 

 **IMAGINE**
ROTARY

HAPPY
HOLIDAYS





OFFICERS AND DIRECTORS RY 2022-2023



**Rotary International
President**



LILU ALINO
District Governor
District 3860



JONG FERNANDEZ
District Secretary



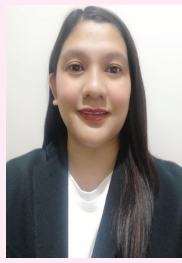
EDWIN VALENCIA
Asst. Governor, 3F



**MARY JOY
TORRES**
President



**EVERNIE
ALFECHÉ**
Vice President



**MALOU
TEOXON**
PE/Secretary



**MAYVELYN
URBANO**
Executive
Secretary



JADE RALLOS
Treasurer



**GLADYS
BALANO**
Auditor



**NIEVEN MAY
ALFECHÉ**
Protocol Officer



**FANNY
FERNANDEZ**
Public Infor-
mation Officer



**RIZALDY
CRUZ**
Sgt. At-Arms



**OMAR
GALLINERO**
Vocational Service Director
CICO



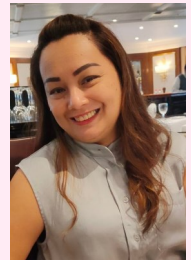
**MELANI
DEYPALAN**



**XAVIER
BAYAN**
Service Project
Director



**LEO
BALDOSTAMON**
Youth Service
Director



DARNIE JANDIC
International
Service
Director



CELEMA GRINO
Administration
Director



**MARIBEL
ACUESTA**
Membership
Director



**ESPIE
MALIWAT**
Public Image
Director



**ROGELIO
RALLOS, JR.**
TRF Director



ALAN INES
DRRM/Community
Service
Director



**LANI
CASTANIAGA**
IPP



R.I. PRESIDENT'S MESSAGE

While sitting with a group of Rotary leaders outside of Lusaka, Zambia, I ask a question: “How many of you have ever had malaria?” Every hand in the room goes up. They even begin to tell me about the first, second, or third time they experienced the disease, one of the main causes of death and sickness in many developing countries.

They are fortunate. They have access to medical treatment and life-saving medicines. For the people of rural Zambia, their story is very different.

Jennifer Jones

On a wooden bench in a small village, I sit with Timothy and his young son Nathan. With a camera crew capturing our conversation, he tells me of the time Nathan showed signs of malaria. He brought the boy to the nearby home of a community health worker, where Nathan quickly received medicines that in all likelihood saved his life.

Calmly, Timothy tells me about his other son's bout with the disease a few years earlier. He had to race that son to a medical clinic more than 5 miles away. Riding a bike and carrying his child on his back, he tells me, he could feel his son's legs turn cold and then his little body go limp. As he finally entered the clinic, he screamed for help, but it was too late. The camera stops rolling, and we sit in silence. He begins to weep, and I hold him tightly. “I lost my son, I lost my son,” he says.

This story is all too familiar for the families we meet over the next few days. And yet there is hope. Partners for a Malaria-Free Zambia is Rotary's first Programs of Scale grant recipient, and it is saving lives. Across two provinces of Zambia, 2,500 volunteer health workers have been selected by their communities. They are trained to bring medical care closer to those who need it, and they are able to diagnose and treat malaria and other ailments. Rotary partnerships create lasting change.

In Rotary,

Jennifer Jones
President, Rotary International





By May Urbano
Past Assistant Governor



Editor's Note



What is the essence of Christmas?

What really is the essence of Christmas? A good number of us would consider the season as just another occasion when we receive gifts, new clothes, new gadgets, or feast on great foods. A season to be jolly, so they say. The family would then start planning for the parties and feasts, reunion with friends, get together with relatives and out of town trips to meet kin and rekindle old friendships. And every child would make known his Christmas wishes he hopes to be granted by the legendary Santa Claus. In the child's mind, it is the time to be rewarded for being good.

Lest we forget, the essence of Christmas is GIVING. Not the kind of giving that is expecting to receive, but giving to those who can-not give back or return the favor. That is giving out of love. When we celebrate the Christmas season, we are virtually trying to emulate God's love for us his creatures by giving His only Son to us that we may live. Surely, we cannot reciprocate that favor. But He would want us to do the same to our neighbors. He admonishes us to do good to His children and He will take great pleasure on us. Thus, when we want to celebrate with a feast, invite those who cannot return the favor. For all you know, our Creator will be very pleased and reward our good deeds the way only He would know.

To all my fellow Rotarians around the world, Merry Christmas and a Happy, Healthy New Year!





Secretary's Report



by Malou Teoxon
Club Secretary

Roster of Members for RY 2022-23

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) Balano, Gladys D. "Glads" RFSM+3	School Registrar; Private
5) Baldostamon, Leo "Ducks"	Management; Restaurant Cafe
6) Bayan, Xavier J. "Bobet" PHF+2	Law; General Practice
7) Castaniaga, Lani A. "Lani" PHF	Management; Government Bank
8) Cruz, Rizaldy R. "Zaldy" PHF	Architecture; Building
9) Deypalan, Melani G. "Mel" RFSM+1	Dental Services; Orthodontics
10) Fernandez, Fanny M. "Fan" PHF	Insurance; Life & Non-Life
11) Gallinero, Omar S. "Mar" PHF+1	Management; Photography & Events
12) Gallinero, Charo Lyca B. "Sweet"	Management; Nail Spa
13) Griño, Celema I. "Cel" RFSM+2	Dental Services; Hospital
14) Ines, Alan M. "Lan" PHF	Administration, Private School
15) Jandic, Darnie F. "Bing" PHF	Management; Spa
16) Maliwat, Esperanza C. "Espie" RFSM+1	Management; Real Estate Rentals
17) Pineda, Rona F. "Ron" RFSM	Management; Farm Resort
18) Publico, Troy M. "Troy"	Financial Advisor
19) Rallos, Jade N. "Jade" PHF+1	Medical Technologist
20) Rallos, Rogelio Jr. A. "Wang" PHF+5	Management; Medical Supplies Distribution
21) Sabellano, Ivie L. "Ivs" PHF	Management; Commercial Bank
22) Teoxon, Marilou A. "Malou"	Management; Travel & Tour
23) Torres, Mary Joy B. "Joy"	Management; Logistics
24) Tonguia, Tomas, Jr. S. "Tom"	Management; Commercial Banking
25) Urbano, Mayvelyn G. "May" PHF+1	Management; Fastfood Restaurant

*PHF – Paul Harris Fellow

*RFSM- Rotary Foundation Sustaining Member



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

— **Paul Harris,**
My Road to Rotary



by Jade Rallos
Club Treasurer

Treasurer's Report

Understanding your Rotary Club Dues

It is important that you understand the how your contributions to Rotary work and the different fees and due dates. Rotary Club of Polomolok 101 bills its members two times per year. The invoices consist of Rotary International and Club fees. The fees are due on January 1 and July 1.

Rotary International bills RCP 101 for the number of members on record as of 30 June and 31 December each year. Rotary International sends the invoice to the RCP 101 President and Secretary. If you are on record as a member on the 30 June and 31 December, then you are responsible to pay your monthly dues.

From our family to yours...wishing you all a very Merry Christmas and a Blissful New Year!





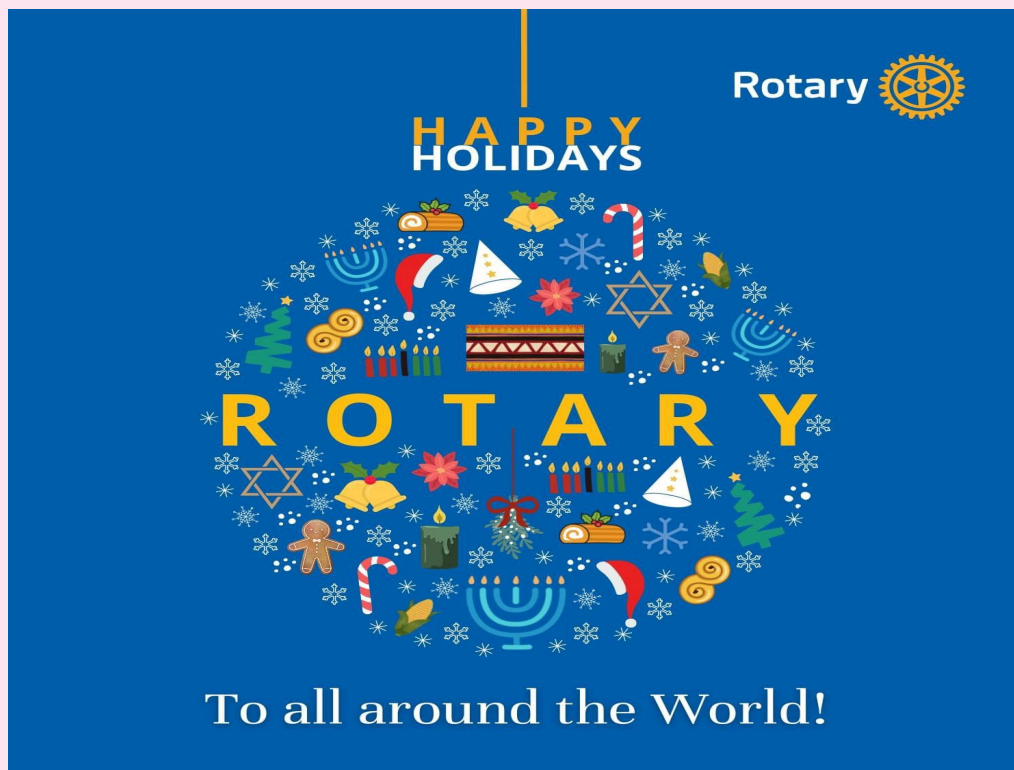
By: **PP Espie Maliwat**
Public Image Chair

Celebrating the Spirit of Christmas

Christmas is a time when we celebrate Jesus' birth. It is a time when we are reminded that Jesus came into this world to bring hope and to spread peace on earth and goodwill to all of us. It is also the time of the year when we have friends and family visiting and we demonstrate a spirit of togetherness in our community.

Our Rotary traditions have always included bringing cheer to the less fortunate. Giving and sharing, however, does not always mean giving money or material things. Sometimes taking time to help and give comfort to someone in need is worth as much or more. As individuals, let us find time in our busy schedules to give a word of encouragement to another individual with a broken spirit, a neighbor, a relative, a friend going through a particularly difficult time. Let us give of ourselves, not as an obligation, but as a desire.

Wishing you all a Very Merry Christmas and a Blessed New Year!



Self-Care for Holiday Season



The holiday season is billed as a festive and joyful time of year to celebrate and be with family and friends. But for many, it can be overwhelming and even lead to feelings of loneliness, anxiety, or depression—sometimes referred to as the “holiday blues.”

The holiday blues are common, and although different from mental illness, should be taken seriously. There are many reasons why people might experience stress and sadness between Christmas and New Year’s Day, including a lack of sleep, unrealistic expectations, financial stress, isolation and grief, and anxiety about the new year ahead. Fortunately, there are ways you can address these concerns and ensure that you are taking care of yourself during the holiday season.

By: Lani Castaniaga

Immediate Past President

It is always important to prioritize your emotional health and well-being. Remember to take time for self-care and ensure that you are getting enough sleep, exercise, and nutritious foods. It’s okay to take a break from—or say no to—social gatherings, make time for hobbies you enjoy, and connect with what is most important to you about the holidays. During this holiday season, it is okay to trust yourself and set and stick to boundaries that make sense for you..

Have yourselves a Merry Christmas and a Healthy New Year!



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**



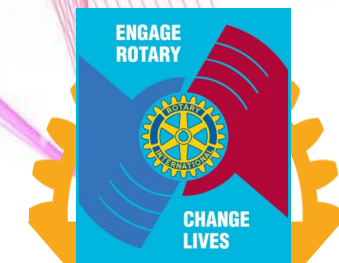
**PP Rey
Trasporto**

**ROTARY YEAR
2011-2012**



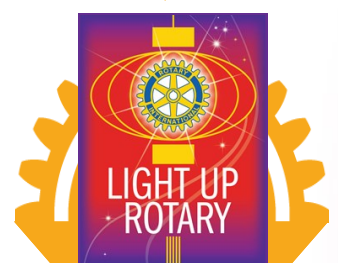
**PP Grace Salazar,
RFSM**

**ROTARY YEAR
2012-2013**



**PP Benhur
Dapanas**

**ROTARY YEAR
2013-2014**



**PP Rex
Machan**

**ROTARY YEAR
2014-2015**



**PP Celema Griño,
RFSM+2**

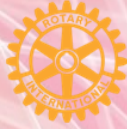
**ROTARY YEAR
2015-2016**



**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**

**PP Nieven May
Alfeche, PHF**

**ROTARY YEAR
2017-2018**

**ROTARY YEAR
2018-2019**

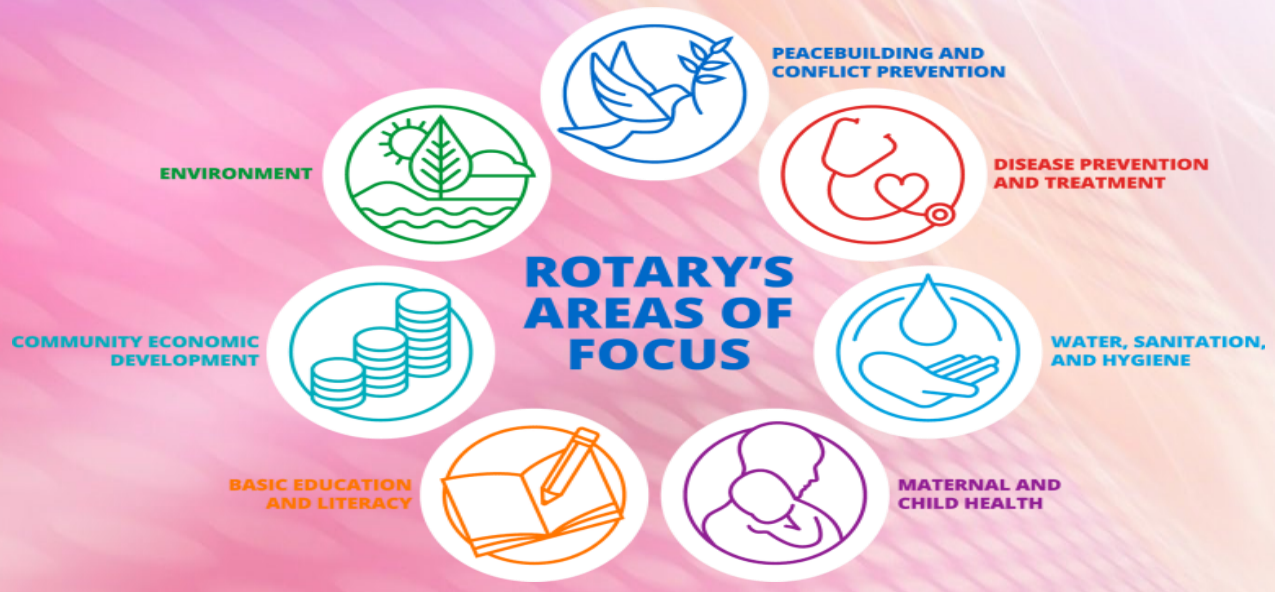
**ROTARY YEAR
2019-2020**

**ROTARY YEAR
2020-2021**



**IPP LANI CASTANIAGA,
PHF**

**ROTARY YEAR
2021-2022**



Polomolok 101
Rotary Club



IMAGINE ROTARY

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 building and conflict Prevention Month
February 23
Rotary's Anniversary



March

Water, Sanitation & Hygiene Month
March 14-18
World Rotaract Week



April

Maternal and Child Health Month



May

Youth Service Month



June

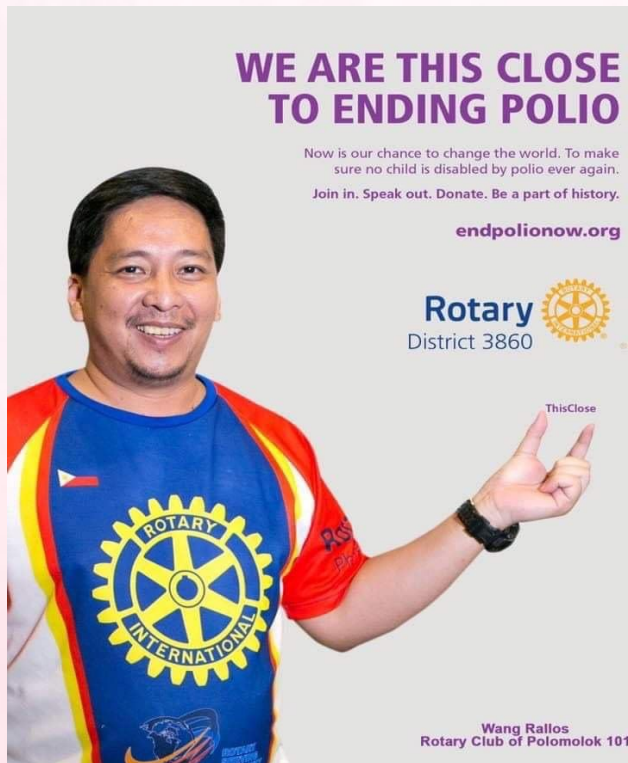
Rotary Fellowships Month
May 27-May 30
Rotary International Convention, Melbourne, Australia



Rotary Year 2022-2023

rawpixel

Words to live by...



As Rotarians, let us share our blessings especially this Holiday Season by donating to The Rotary Foundation. When you give to The Rotary Foundation, you are directly supporting Rotary's work. Your gift makes our service projects- projects that eradicate polio, promote peace, and develop communities- happen.

"As you help others, you can find fulfillment and become more empowered yourself to make positive impact in life."

ROGELIO "WANG" RALLOS, JR.
Past President/ TRF DIRECTOR



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.

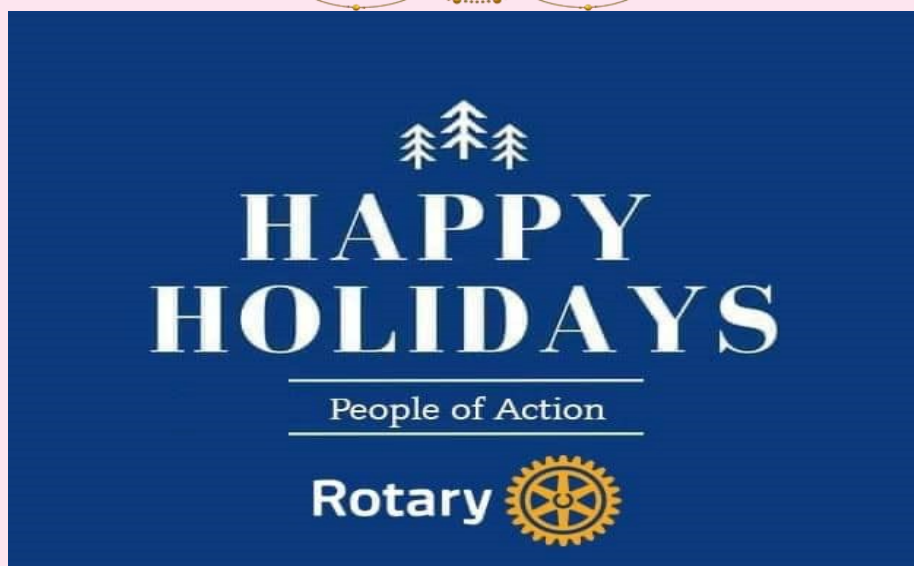
The Rotary Club of Polomolok 101 was registered under District 3860, Area 3F with Club Number 70517 . To date, the Club runs on man-strength of twenty five(25) committed individuals.

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.”





Merry Christmas! from our family to yours...



Merry Christmas! from our family to yours...



Merry Christmas! from our family to yours...







FELLOWSHIP

FELLOWSHIP



FELLOWSHIP





WE'RE DEDICATED TO DOING GOOD TOGETHER--TO SERVICE ABOVE SELF. WHEN YOU GIVE TO THE ROTARY FOUNDATION, WE CAN FUND PROJECTS IN COMMUNITIES THAT NEED OUR HELP THE MOST. PROJECTS THAT:

- HELP REFUGEES
- PROVIDE CLEAN WATER
- GROWN LOCAL ECONOMIES
- PREVENT AND TREAT DISEASE

EVERY DAY, OUR MEMBERS RESPOND TO CHALLENGES BIG AND SMALL, EMERGING AND ONGOING. LET'S CONTINUE DOING GOOD TOGETHER.

DEDICATED TO
Doing Good Together



DONATE TODAY:
[HTTPS://ON.ROTARY.ORG/3YOFHCA](https://on.rotary.org/3YOFHCA)





**15th GENERAL MEMBERSHIP MEETING
& FELLOWSHIP NIGHT**
The Boulevard, Cannery Road
5th December, 2022

- I. Call to Order _____ Pres. Joy Torres
- II. Rotary Grace _____ PP Mel Deypalan
- III. National Anthem _____ PP Fanny Fernandez
- IV. The Rotary Hymn _____ PP Gladys Balano
- V. The Rotarian Pledge _____ Rtn. Troy Publico
- VI. Introduction of Visiting _____ PP Cel Grino
Rotarians & Guests
- VII. Treasurer’s Report _____ Treas. Jade Rallos
- VIII. President’s Time _____ Pres. Joy Torres
- IX. Open Forum
- X. Adjournment _____ Pres. Joy Torres

IPP Lani Castaniaga
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!!!

Dec. 30- Rtn. Zaldy



Rotary  |  **IMAGINE ROTARY**

Happy New Year!

Wishing you have the best one yet!



@rtnsharath

IMAGINE WHAT'S NEXT

AT THE 2023 ROTARY INTERNATIONAL CONVENTION
MELBOURNE, AUSTRALIA
27-31 MAY 2023

Take advantage of the limited-time discount registration rate* from 4-8 June 2022. Register today at convention.rotary.org.

*Registration must be paid in full between 4 and 8 June 2022 to receive the discount.

Rotary  |  **MELBOURNE 2023**

Polomolok 101
Rotary Club  |  **IMAGINE ROTARY**

This is to certify that Rtn.

attended the meeting on

President

Our Sponsors



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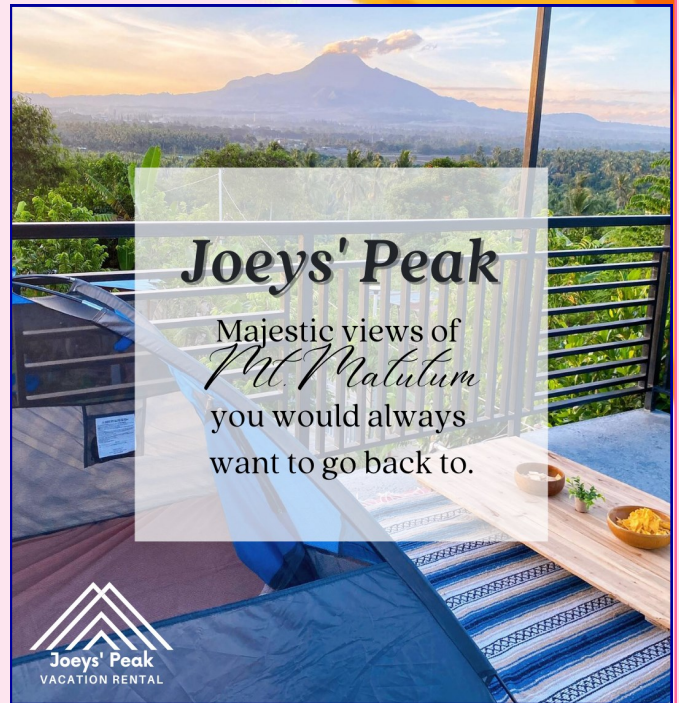
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