

THE OFFICIAL EBULLETIN OF THE ROTARY CLUB OF POLOMOLOK 101

# THE CLUB 101

VOLUME 3 | ISSUE 2 | AUGUST 2023



ADVANCE

**Rotary**  
#growrotary





# 2023-2024 OFFICERS AND DIRECTORS



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RI PRESIDENT



**Rozanne M. Gamboa**  
DISTRICT GOVERNOR



**Vincent Edward Ang**  
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PE/SECRETARY



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**Rogelio Rallos, Jr.**  
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**Maribel D. Acuesta**  
MEMBERSHIP



**Alan M. Ines**  
PUBLIC IMAGE/DRRM  
SERVICE PROJECT



**Mayvelyn G. Urbano**  
EXEC. SECRETARY

## COMMITTEE CHAIRPERSONS: 5 AVENUES OF SERVICE



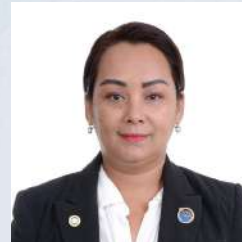
**Xavier J. Bayan**  
COMMUNITY SERVICE



**Melani G. Deypalan**  
VOCATIONAL SERVICE



**Tommy Tonguia, Jr.**  
CLUB SERVICE



**Darnie F. Jandic**  
INTERNATIONAL SERVICE



**Krispian Troy M. Publico**  
YOUTH SERVICE  
DEI OFFICER

# R.I. PRESIDENT'S MESSAGE



Gordon R. McNally

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

Gordon R. McNally, R. I. President



# *President's Page*

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by: Pres. Malou Teoxon

**AUGUST is Rotary's membership month. My wish - as the President of our club is, I want to see our club grow more in this Rotary year, not only with new members, but with more member participation in our club. I want to see our new members join our committees, to generate new ideas, new ways of doing things and more importantly to be part of our club's future in serving the community. Our members need to become part of our club sustainability for years to come. I know this is all we wish to our club so let us continue to build a strong foundation through a strong membership. Membership is a job of all of us, not just the membership chair or committee. We must be the change in how we share rotary with others – and let them know that indeed we Serve Humanity.**

**Looking forward to see you all in our weekly meetings!**



The Club 101

***The Club 101***

AUGUST 2023

# Editor's Note

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## August is Membership & New Club Development Month



August is Membership and New Club Development Month, a time to recognize our members and the amazing work they do in their communities. This Rotary year, Rotarians around the world are finding ways in creating hope in the world, showing their incredible dedication and commitment to making the world a safer and better place.

When you join a Rotary club, you are connected with the world that's because you are joining a network of over 1.4 million people who take action—volunteers from all over the world who share a goal of improving others quality of life. In fact, the top two reasons people join Rotary are to connect with and give back to their communities. But simply joining isn't going to change lives or make those connections. That happens when you get involved.

Membership in a Rotary club offers opportunities to connect with other members spending time with everyone whether to attend a meeting, plan project, exchange ideas or just have fun that can eventually lead to lifelong friendship. When you get involved and make connections you will gain meaningful experiences.

This Membership Month we have to emphasize that we are helping build a team that that can strenghten our community and make the world a better place to live.

**PAG May Urbano**  
Editor-in-Chief

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**The Club 101**

# SECRETARY'S PAGE

By: PE/SEC Sweet Gallinero



Throughout the month of August, Rotary Membership and New Club Development month, we're celebrating our clubs, members, and all the good they do in their communities and around the world. While we join Rotary for many varied reasons, we remain because of the value it adds to our lives. Through the friends we make and the lives we impact, Rotary offers us opportunities to engage with local and global communities and make a positive difference.

To fully enjoy being in Rotary, we are encouraged to make the most of our membership by being involved in many activities, whether our club or district-wide activities.



# Treasurer's Report

## RCP 101 Rotary International and District Dues

by: Jade Rallos



### ROTARY INTERNATIONAL (Club Invoice July 2023)

49,344.70

### DISTRICT 3860 DUES

District Levy	11,500.00		
Philippine Rotary Magazine	6,600.00		
Disaster Fund	2,300.00		
RI Convention Levy	11,500.00		
Club Listing	4,000.00		
		<b>TOTAL</b>	<b>35,900.00</b>
		<b>PHP</b>	<b>85,244.70</b>

How much does it cost to be a member of your club? You can now probably answer that question. What do your membership dues cover? Many Rotarians know that a portion of their dues funds club and district expenses, as well as Rotary International operations worldwide. Few know exactly how that all breaks down. Dues are extremely important, as they are the single biggest source of revenue providing the services you enjoy as a Rotarian. As Rotarian, one of your responsibility as a member is to pay your monthly dues. Let us make it a habit to pay on time.

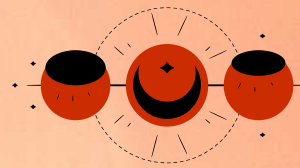


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# MESSAGE FROM CLUB MEMBERSHIP DIRECTOR



**PP BEL ACUESTA**



**August is Rotary Membership Month, which means it's time to celebrate our Rotary club, our members, and the good we do in our community and worldwide. We must continue to create a welcoming experience of comfort and care for its members and build an inclusive, diverse, equitable and enjoyable culture. We are a thriving and vibrant club, with our member growth by 10% and 100% retention this Rotary Year. I don't believe there's a secret formula to make the club successful: club members need to take every opportunity to continue the growth of their club.**

**When we celebrate Membership Month, we enjoy the club's legacy from the past. Most importantly, we need to listen to what our members want out of their Rotary involvement, understand their needs and expectations, and build a welcoming club experience for all members, both the "newbies" and the longer-term members.**

**There's a reason that we celebrate Membership Month because we inducted two new members in the persons of Mark Francis Mula and Paul Jordan "PJ" Reyes. To our new members, we welcome you both. With the help of other club members, we know that you'll find 'Inspiration through Service in creating hope in the world' and 'Enjoyment in the Fellowship' at the Rotary Club of Polomolok 101.**





## **MÁRIO CÉSAR MARTINS DE CAMARGO OF BRAZIL SELECTED TO BE 2025-26 ROTARY INTERNATIONAL PRESIDENT**

Mário César Martins de Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, is the selection of Nominating Committee for President to become Rotary International's president for 2025-26. He will officially become the nominee on 15 September if no other candidates challenge him.

De Camargo plans to boost Rotary's public image by working from the top down.

"Rotary today has strong competition for members and funds," he says. "We need to rejuvenate the brand, especially in some zones. We should utilize post-pandemic meeting tools ... to allow the president to address Rotarians all over the globe. We also need to develop more long-term partnerships with political, community, and business leaders. Let's emphasize our greatest asset: 1.4 million volunteers."

He also hopes to improve Rotary's process for appointments and governance.

"Rotary should adopt a more transparent system to appoint volunteers for positions, with clear criteria and data-based evaluation of results," he says.

De Camargo was president of Gráfica Bandeirantes and has been a consultant to the print industry in Brazil. He has also served as president and chair of several printing and graphics trade associations, including the Brazilian Association of Graphic Technology and ABIGRAF, the Brazilian Printing Industry Association.

He has served on the board of Casa da Esperança (House of Hope), a hospital sponsored by his Rotary club that serves 150,000 children with disabilities every year.

De Camargo studied in the U.S. and Germany and holds degrees from EAESP-Fundação Getulio Vargas in business administration and Faculdade de Direito de São Bernardo do Campo in law. He was a Youth Exchange participant to Minnesota, USA, in 1974-75, which inspired a lifelong commitment to the program.

A Rotarian since 1980, de Camargo served as his club's Youth Exchange Officer in 1981, at age 24. He has served Rotary as director, trustee, RI learning facilitator, committee member and chair, and task force member.

De Camargo and his wife, Denise, are Major Donors and Benefactors of The Rotary Foundation.

To learn more about de Camargo, read his [interview and vision statement](#), which outline his goals for Rotary.

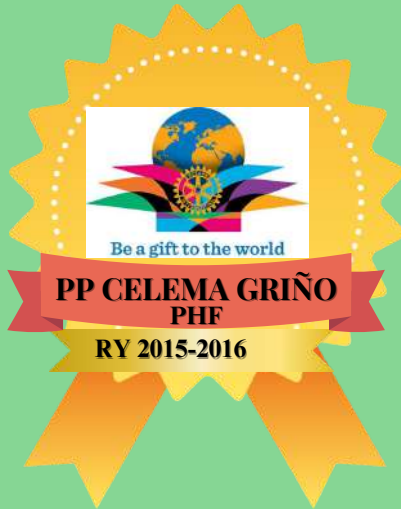


# HALL OF PAST PRESIDENTS





# HALL OF PAST PRESIDENTS





# Roster of Members 2023-2024

NAME		CLASSIFICATION	
1.) Acuesta, Maribel, D.	"Bel"	* RFSM+1	Dental Services; Pediatrics
2.) Alfeche, Evernie V.	"Tata"	RFSM	Hospital Services; Channel Manager
3.) Alfeche, Nieven May V.	"Twinkle"	* PHF	Hospital Services; CEO Secretary
4.) Balano, Gladys G.	"Glads"	PHF	Registrar; Private School
5.) Bayan, Xavier J.	"Bobet"	PHF+2	Law; General Practice
6.) Castaniaga, Lani A.	"Lan"	PHF	Manangement; Government Bank
7.) Cruz, Rizaldy R.	"Zaldy"	PHF	Architecture; Building
8.) Deypalan, Melani G.	"Mel"	RFSM+2	Dental Services; Orthodontics
9.) Fernandez, Fanny M.	"Fan"	PHF	Insurance; Life&Non-Life
10.) Gallinero, Omar S.	"Mar"	PHF +1	Management; Photography & Events
11.) Gallinero, Charo Lyca B.	"Sweet"		Management; Nail Spa
12.) Griño, Celema I	"Cel"	PHF	Dental Services; Hospital
13.) Ines, Alan M.	"Lan"	PHF	Addministration; Private School
14.) Jandic, Darnie F.	"Bing"	PHF	Management; Spa
15.) Pineda, Rona F.	"Ron"	RFSM	Management; Farm Resort
16.) Publico, Krispian Troy M.	"Troy"		Financial Advisor
17.) Rallos, Jade N.	"Jade"	PHF+2	Medical Technologist
18.) Rallos, Rogelio, Jr.	"Wang"	PHF+6	Management; Medical Supplies Distribution
19.) Sabellano, Aivie L.	"Aivs"	PHF	Management; Commercial Bank
20.) Teoxon, Marilou A.	"Malou"	RFSM+2	Management; Travel & Tours
21.) Tonguia, Tomas, Jr. S.	"Tommy"	RFSM	Management; Rice Retail
22.) Urbano, Mayvelyn G.	"May"	PHF+1	Management; Fast food Restaurant

\*PHF- PAUL HARRIS FELLOW

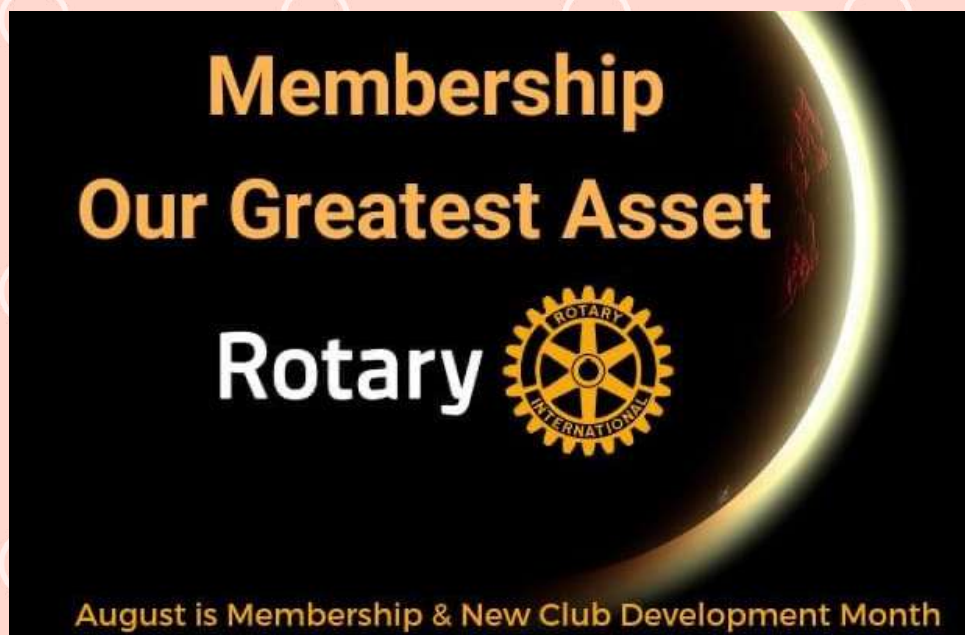
\*RFSM- ROTARY FOUNDATION SUSTAINING MEMBER

## NEW MEMBERS

Mula, Mark Francis  
Reyes, Paul Jordan

"Mark"  
"PJ"

Management; Restaurant Cafe  
Management; Internet Service Provider





## 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."

# District Governor Twinkle Gamboa visits RCP 101

by: Rtn. Troy Publico



District Governor **Rozanne "Twinkle" C. Gamboa** officially visit the Rotary Club of Polomolok 101 on August 16, 2023 along with Assistant Governor Pedro "Jun" B. Acharon Jr. and District Secretary Vincent Edward Ang to review the Club's Summary Objectives and Plans for this Rotary Year 2023 - 2024. They took this chance to get to know the Club goals and action plans better and to how they can assist the Club in the most effective way. Rotary Club of Polomolok 101 is grateful for the recommendations and insights imparted by Gov. Twinkle and DS Ed Ang that will serve as catalyst to help strengthen the programs of the Club in line with the goals of Rotary International.

During the meeting, she mentioned that the Club's success will also be the District's success. These few words sparked motivation among the Officers and Members of the Club to achieve greater heights for this year.

Through her, the Club was motivated to pursue the next level growth such as aiming for grants in order to increase impact of Rotary services in the community.

Overall, the Governor's Visit had been a very informative and inspiring one.





# AUGUST CALENDAR OF ACTIVITIES

BY: PP CEL I. GRIÑO  
CLUB ADMIN DIRECTOR



- August 4 - RC Koronadal Induction
- August 5 - RC Marbel Induction
- August 7- 5th General Membership Meeting
- August 11 - Club Assembly
- August 16 - Governor's Visit

- August 18 - RC Tuna Port Induction
- August 19 - RC Central Polomolok Induction
- August 20 - RC Midtown Gensan Induction
- August 21 - Parade
- August 25 - 6th General Membership Meeting
- August 28 - Brigada Eskwela Project

## GROUPINGS

### GREEN TEAM

WANG ALAN  
JADE  
XAVIER MAY  
DARNIE

### PINK TEAM

SWEET  
RONA CELEM  
AMIE BEL  
MARK  
PJ

### BLUE TEAM

MALOU TATA  
TWINKLE TOMMY  
LANI ZALDY

### YELLOW TEAM

MEL TROY  
GLADYS  
FANNY OMAR  
REY

Polomolok 101

**Rotary**  
Club



CREATE HOPE  
in the WORLD

## **GOVERNOR'S CLUB VISIT**

THERESA'S TAVERN  
16TH AUGUST 2023/7PM

### **PROGRAM**

CALL TO ORDER  
INVOCATION  
NATIONAL ANTHEM  
ROTARY HYMN  
WHERE HOPE IS PLANTED  
THE ROTARIAN PLEDGE  
& 4 WAY TEST  
WELCOME ADDRESS  
INTRODUCTION OF DIGNITARIES  
& CLUB MEMBERS  
PRESENTATION OF CLUB'S PLANS  
& PROGRAM  
INTRODUCTION OF THE  
DISTRICT GOVERNOR  
DISTRICT GOVERNOR'S TIME  
AND MESSAGE  
CLOSING REMARKS  
ADJOURNMENT

PRES. MALOU TEOXON  
AVP  
AVP  
AVP  
AVP  
PP TWINKLE ALFECHE  
RTN TROY PUBLICO  
PAG ALAN INES  
PRES. MALOU TEOXON  
AG JUN ACHARON  
GOV. TWINKLE GAMBOA  
PE/SEC SWEET GALLINERO  
PRES. MALOU TEOXON

**MODERATOR- PAG ALAN INES**







# ROTARY HYMN

*I want to be, A Rotarian for the world  
 Make the Rotary flag, be the flag of peace unfurled  
 I will serve my community  
 Help to seek international unity  
 Thru Rotary, I will dedicate my all  
 World understanding shall be my cherished goal*

*Refrain : With the Four Way Test  
 I'll pursue my quest  
 And I in a way help obtain  
 Peace in the world  
 Then I won't have lived in vain.*

*I'll observe Service Above Self  
 Lend a hand to all who'll need my help  
 I'll get my spouse to involve in Rotary  
 And in Rotary ways, I will train my family  
 (Repeat Refrain - substitute "I" with "We")*

*Build a bridge for tomorrow's youth  
 Strengthened by nothing but the truth  
 Let's join our hands, there's no reason to divide  
 We shall all understand, while the good Lord is our guide  
 (Repeat Refrain - substitute "I" with "We")*

*CODA: Peace be achieved*

*So we won't have lived in vain.*

# SUNSHINE GREETINGS



Rtn. Rona- August 7  
 PP Bel- August 11  
 PP Espie- August 16

## Happy Anniversary!

PP Xavier & Sps Nice

Aug. 28



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*



**DECLARATION FOR ROTARIANS IN BUSINESS AND PROFESSIONS**

As a Rotarian engaged in a business or profession, I am expected to:

- Consider my vocation to be another opportunity to serve;
- Be faithful to the letter and to the spirit of the ethical codes of my vocation, to the laws of my country, and to the moral standards of my community;
- Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
- Be fair to my employer, employees, associates, competitors, customers, the public, and all those with whom I have a business or professional relationship;
- Recognize the honour and respect due to all occupations which are useful to society;
- Offer my vocational talents: to provide opportunities for young people, to work for the relief of the special needs of others, and to improve the quality of life in my community;
- Adhere to honesty in my advertising and in all representations to the public concerning my business and profession;
- Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship.

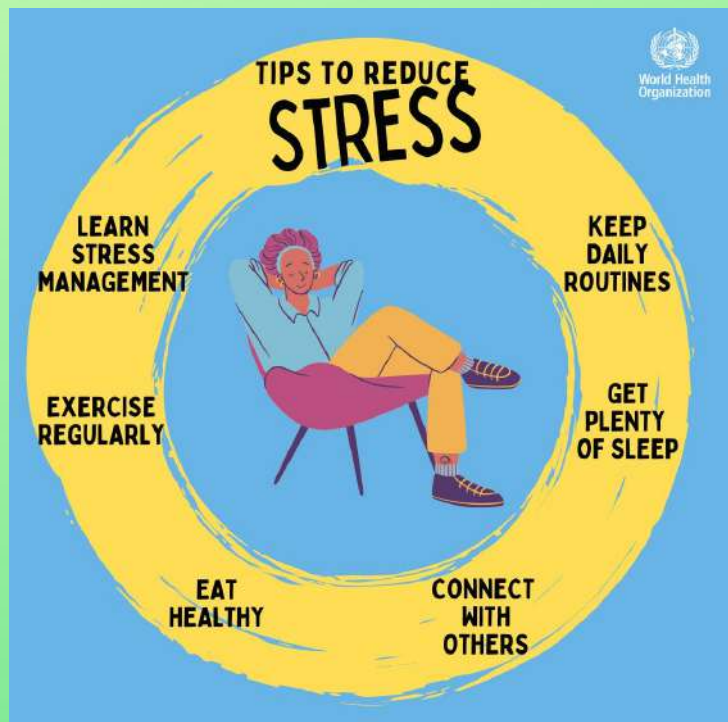
**Rotary** 

**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 & BETTER FRIENDSHIPS**?
- 4 Will it be **BENEFICIAL** to all concerned?

# HERE ARE SOME TIPS TO REDUCE STRESS:

by PP Mel Deypalan



## ◆ **Keep a daily routine**

Having a daily schedule can help us use our time efficiently and feel more in control. Set time for regular meals, time with family members, exercise, daily chores and other recreational activities.

## ◆ **Get plenty of sleep**

Getting enough sleep is important for both body and mind. Sleep repairs, relaxes and rejuvenates our body and can help reverse the effect of stress.

## ◆ **Connect with others**

Keep in touch with family and friends and share your concerns and feelings with people you trust. Connecting with others can lift our mood and help us feel less stressed.

## ◆ **Eat healthy**

What we eat and drink can affect our health. Try to eat a balanced diet and to eat at regular intervals. Drink enough fluids. Eat lots of fresh fruits and vegetables if you can.

## ◆ **Exercise regularly**

Regular daily exercise can help to reduce stress. This can include walking, as well as more intensive exercise.

source: WHO

# PEOPLE OF ACTION



The Rotary Club of Polomolok 101 participated in Program “Brigada Eskwela”, where in our club donated cleaning materials such as soft brooms, dustpans, mops and also gallons of paint, paint palettes & brushes and most importantly hard-bound reference books for high schools. This year, we chose the Lumakil Integrated School as our recipient. This activity was headed by our President Malou Teoxon with her Hope Creating members on August 28, 2023.

Brigada Eskwela or School Brigade, is a nationwide voluntary effort to help clean public schools in preparation for school opening. The program mobilizes and brings together parents, non-government organizations, teachers, students, and individuals who volunteer their time and skills to do classroom repairs, maintenance work, and clean-up of public elementary and secondary schools. Through this initiative, the importance of the community is recognized in making schools the best place for learners to acquire values and competencies needed to contribute to nation-building. Clean classrooms, well-maintained learning tools, and attractive landscaping inspire students to attend school, study hard and persevere to achieve their goals.



# Inductions



# Meetings & Fellowships

## AUGUST 2023



# Meetings & Fellowships

AUGUST 2023



# Our Sponsors



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**HERBALIFE**  
NUTRITION





Enrollment is now going on

CHRISTIAN SCHOOL OF POLOMOLOK

SENIOR HIGH SCHOOL

REQUIREMENTS FOR  
ENTRANCE FEES, TUITION FEES  
AND MISCELLANEOUS FEES

JUNIOR HIGH SCHOOL

REQUIREMENTS FOR

ENTRANCE FEES,  
TUITION FEES  
AND MISCELLANEOUS FEES

ALSO OFFERS KINDERGARTEN & ELEMENTARY

