THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF POLOMOLOK 101

## 

**VOLUME 3 ISSUE 4 OCTOBER 2023** 





Rotary Supports Economic & Community Development





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## R.I. PRESIDENT'S MESSAGE



Gordon R. McInally

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow – a psychologist or psychiatrist – at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world – in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group – who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to Create Hope in the World.

Gordon R. McInally R. Rotary International President

#### District Governor's Message



DG Twinkle Gamboa

Dear Fellow Rotarians,

We begin the month of October with our advocacy on breast cancer awareness since this month is celebrated as International Breast Cancer Awareness Month dubbed as Pink October. I am so impressed with the ways the clubs commemorate it, and I am delighted to share with you that the City of Davao and the City of Dumaguete have already passed and approved a Resolution that starting this year and every year of every October, both cities will celebrate and support the campaign for Breast Cancer Awareness Program of Rotary.

I would also like to recognize and express my great appreciation for your fund-raising activities to raise funds to eradicate polio, but don't you forget that in Rotary it is also Economic and Community Development Month. It is one of the seven Areas of Focus that Rotary has asked all clubs to focus on this month of October.

Over the years, Rotarians have struggled hard to empower their communities. Every community has unique needs and concerns, and Rotary has countless ways to address them. One is to explore livelihood skills training opportunities for members of the community. Another is to improve their access to financial services by partnering with a local micro-lending organization in the locality and providing financial infrastructure in the community, including a job placement program. In many developing countries, we see increased poverty, especially after the Covid-19 pandemic. Most of these deprived of livelihood are found in the rural areas.

As Rotarians, we are in an ideal position to help them recover what they lost during the pandemic. Aside from creating livelihood skills training, you may opt to sponsor a person's career through an apprenticeship in your own business or through connections to other business or service organizations. Dole-outs are discouraged since we don't want short-lived means of empowering people; we give them means that will sustain them through the years. That Is economics, offering opportunities for people to be resources to their communities through networking activities. To develop community leaders that will help strengthen local entrepreneurs and help them establish their own small-scale businesses. Rotarians should lead in developing communities through their various community service projects. Together, we empower them. Together, we give them hope, the best way to fulfill Rotary's motto of Service Above Self.

Rozanne "Twinkle" Gamboa District Governor 3860

# Presidents Page



This month's Rotary International theme is Economic, and Community Development. Over the years we have been supporting or providing economic support for our community, focusing on providing sustainable support to basic education and literacy, which in turn hopefully will lead to help sustain or improved economic status through better education.

Early this month we visited a far-flung Sitio of Barangay Landan in Amgu-o, where we had an out reach program for the IP students.

In addition, we also want to help their parents to earn extra income, so our club donated vegetable seedlings and fertilizers as part of our community livelihood assistance program. The Purok Chairwoman, who is one of the parents is deeply grateful and promised to share the produce with everyone. She assured us of her commitment to encourage her constituents to continue the livelihood program.

This only shows that Rotary's unwavering dedication to prioritizing indigenous communities, particularly in remote areas.

Once again, thank you RCP 101 family for your continued support to our projects and activities. Your generosity is very much appreciated...







# OCTOBER 2023 | ISSUE 4

## Editor's Note

## October is Economic and Community Development Month



We serve in countless ways. The work of Rotary begins in the community, and every community has its own unique needs and concerns. Our club promote economic and community development to help reduce poverty in underserved communities through training, providing equipment and materials for a start, and help introduce their finished products to companies so they will have regular orders. We have done this in one of the Barangays in our community where we helped women gain skills and now they are earning their own living and become financially independent.

Indeed, Rotary is a partner in service through our different vocations in alleviating the plight of the poor because that's what got us into the club to begin with - how to do community service.

Every October we also celebrate Breast Cancer Awareness Month. Breast Cancer Awareness Month is important because it increases awareness of the disease and raises funds for research of its cause, treatments, and cure.

One aspect of awareness is public education. In Rotary, we have programs and activities pertaining to Breast Cancer Awareness Month. Through these activities, we campaigns help teach how to discover the signs and symptoms of breast cancer and ways of prevention, including how to perform a self-exam, how to access proper screening, and the importance of regular check up and mammograms. The month also highlights new, effective treatment options and surgeries for those affected by breast cancer, including options that are in development or that may not be widely known otherwise.

As a Breast Cancer Survivor, I am an advocate of this program.





The Club 101



## Secretary's Page Bu: Sweet Gallinero

#### Why should my child get the polio vaccine?

- · Protects your child from polio, a potentially serious disease.
- · Protects your child from developing lifelong paralysis from polio.

#### The polio vaccine is safe.

The polio shot is very safe, and is effective at preventing polio. Vaccines like any medicine, can have side effects. These are usually mild and go away on their own.

#### What is polio?

Polio, or poliomyelitis, is a disabling and lifethreatening disease caused by the poliovirus. The virus can infect a person's spinal cord, causing paralysis (can't move parts of the body). Paralysis caused by poliovirus occurs when the virus replicates in and attacks the nervous system. The paralysis can be lifelong, and it can be deadly.

Polio can be prevented through immunization. Polio vaccine, given multiple times, almost always protects a child for life. The development of effective vaccines to prevent paralytic polio was one of the major medical breakthroughs of the 20th century.

Don't risk the lives of your children, have them vaccinated.





Anya, Gabbie, & Mia





## Treasurer's Report

by: Jade Rallos





#### 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
I3.) 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 "Mark" Management; Restaurant Cafe & Entertainment
Reyes, Paul Jordan "PJ" Management; Internet Service Provider



#### THE ROTARY FOUNDATION

#### HOW ROTARY MAKES HELP HAPPEN

Nearly 800 million people live on less than \$1.90 a day. Rotary members are passionate about providing sustainable solutions to poverty.

Our members and our foundation work to strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities. We provide training and access to well-paying jobs and financial management institutions.



This is the time of year clubs focus on how we give back to Rotary using our vocations to support our economy and communities. Rotary supports investments in people to create measurable and enduring economic improvement in their lives and communities.

The Rotary Foundation enables Rotarians to invest in people by creating sustainable, measurable and long term economic improvements in their communities and livelihoods by:

- 1. Building the capacity of entrepreneurs, community leaders, local organizations, and community networks to support economic development in impoverished communities;
- 2. Developing opportunities for productive work;
- 3. Reducing poverty in under-served communities;
- 4. Supporting studies for career-minded professionals related to economic and community development



#### What is Polio?



#### THE DISEASE

Poliomyelitis is a highly infectious disease that most commonly affects children under the age of 5.

- · Most know it as poliovirus
- The virus is spread person to person, typically through contaminated water
- It can attack the nervous system, and in some instances, lead to paralysis
- Although there is no cure, there is a safe and effective vaccine – one which Rotary and our partners use to immunise over 2.5 hillion children worldwide







#### THE ACTIONS

**Learn** - get informed and help make polio a subject of conversation in your community

Share - most people have heard of polio but few know that the disease still affects children around the world; you can help by spreading the word.

**Donate** - every donation helps us obtain the vaccines, transport and materials needed in the fight against polio







by PP Gladys D. Balano



#### THE FACTS

- 1. Polio mainly affects children under age 5
- There is no cure, but polio is preventable with a vaccine
- 3. Only two countries remain endemic
- 4. We've reduced cases by 99.9% since 1988
- Until we end polio forever, every child is at risk







#### THE FOUNDATION

- The Rotary Foundation helps Rotaractors and Rotarians transform their gifts into life-changing, sustainable projects, including the eradication of polio
- As a founding partner of the Global Polio Eradication Initiative, Rotary has contributed more than \$1.8 billion toward eradicating the disease worldwide
- · For as little as 60 cents, a child can be protected from polio
- For every \$1 Rotary commits to polio eradication, the Bill & Melinda Gates Foundation has committed \$2







#### **END POLIO NOW!**





by: PP Melani Deypalan

Polio is a highly infectious and potentially fatal disease caused by a virus. It invades the nervous system and can cause paralysis or even death in a matter of time, most commonly affects children under the age of 5. The virus spreads from person to person, typically through contaminated water. There is no cure for polio. However, it can be prevented through safe and effective vaccines. At least 95% of children under 5 years of age need to be vaccinated, irrespective of their current vaccination status, to stop the spread of polio in the country. Rotary has been working to eradicate polio for more than 35 years. Our goal of ridding the world of this disease is closer than ever.

As a founding partner of the Global Polio Eradication Initiative, we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979. In celebration of World Polio Day, the Rotary Club of Polomolok 101 joined hand in hand with our Local Health Workers at Jamila Barangay Health Station for "Patak Polio" (Chikiting Ligtas) on October 25, 2023.













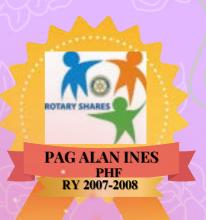




#### HALL OF PAST PRESIDENTS













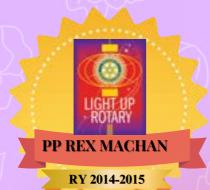








## HALL OF PAST PRESIDENTS





















## OCTOBER CALENDAR OF ACTIVITIES

BY: PP CEL I. GRIÑO CLUB ADMIN DIRECTOR



October 1 - Outreach Program to Sitio Amgu-o

October 16- Gen. Membership Meeting & Fellowship Night

October 6- Gen. Membership Meeting & Fellowship Night

October 23- General Membership Meeting

October 9- BOD & Committe Meeting

October 24- Walk to End Polio Activity

October 14- Breast Cancer Awareness
Activity

October 25- Patak Polio Activity

## **GROUPINGS**

GREEN TEAM WANG JADE JADE XAVIER MAY DARNIE

PINK TEAM
SWEET

RONA CELEM

AIVIE MARK

BEL

PJ

BLUE TEAM
MALOU

TATA TWINKLE

LANI TOMMY

ZALDY

YELLOW TEAM
MEL TROY
GLADYS
FANNY OMAR

REY



#### 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."

## ROTARY Statement on the Conflict in Gaza and Israel





by: PP Xavier Bayan

Recognizing there has been protracted suffering in the long history of conflict between Israel and Palestinians in Gaza, Rotary International urges all parties to seek avenues to peace.

At the same time, we unequivocally condemn the horrific attack by Hamas on Israeli civilians and are appalled at the number of people who have been injured, killed, and kidnapped.

As the war between Israel and Hamas intensifies, we remain deeply concerned about the potential for further escalation as well as the loss of life and the humanitarian crisis that is occurring in Gaza. We denounce the violence against innocent civilians and support upholding international humanitarian law.

Peacebuilding is both a cornerstone of Rotary's mission and one of our areas of focus. At our core, Rotary is a common ground for people to come together – across nationalities and religions, cultures and histories – and connect around their shared belief in a better tomorrow. That connection is what humanizes us in times of conflict and builds a foundation for lasting peace.

Rotary remains committed to working with our members, partners, and communities to find long-term, sustainable solutions that support peace and development in the region and elsewhere.



### PEOPLE OF ACTION



"Everyone should have access to education under any circumstances."

But because of poverty, going to school poses a big challenge for indigenous learners. To help answer this problem of a far flung community of Sitio Amgu-o, Brgy. Landan, the Rotary Club of Polomolok 101 together with our Rotaracts and the Sniper King Riders Club(Polomolok Chapter), we "climbed up" the tucked away and isolated from the bustle of urban life, the Villagers of Sitio Amgu-o, Brgy. Landan settled at the foot of the majectic Mt. Matutum, 1000- meter above sea level. The Rotary Club of Polomolok 101 headed by our Hope Creating Team President Malou Teoxon and partners in service happily gave away early Christmas gifts to over sixty pupils of Kalyong Integrated School Amgu-o Extention where they received complete set of school supplies, hygiene kits, used clothings, biscuits, candies & chocolates. Arroz caldo & pandesal were also served to the children. This school have multi-grade classes with under-resourced teachers. So to help these educators from DepEd, we also provided them with office supplies and things they needed in teaching such as chalks, erasers, ballpens, record books, reams of bond papers. Gallons of paint were also donated by PAG Alan Ines for their room beautification. Sheer joy and excitement are seen on the villagers faces, especially the children, who for the first time saw a group of riders flocked together in their village and of course, the people of Rotary who delivered to them the much-need school supplies that mostly their parents can not afford. Although endowed with scenic landscapes and picturesque hillside, their main challenge lies in accessibility because of their remote location. The road going there is not so much a problem but because of high fare most of the parents can not afford to pay for the transportation going to town to buy their basic needs and school supplies for their children.

The DolePhil School of the Philippines- our RCC represented by Sir Lorenzo Emil Heramil-DPSSA Adviser and Renz Keifer Tan were also present to support this cause. They gladly hosted the games & prepared prizes for the children where in everyone were delighted. Our long-time Partner in Service- The Philippine Dental Association(GenSan Chapter) represented by PP Bel Acuesta & PP Mel Deypalan donated toothpastes and toothbrushes. They presented lectures on Basic Oral Education and Proper Hand Washing Drill to the children where everyone listened attentively. Our new member Mark Mula, the owner and Manager of DownTown Boulevard & Entertainment, who happens to be a native of Kalyong, Landan delivered an inspiring message speaking in their own dialect to encourage children to study hard and finish their schooling and be successful like him. Meanwhile, the Chairwoman of Amgu-o, Mrs Analiza Maligon received vegetable seedlings and fertilizers for their community livelihood assistance from our club. She was very grateful to receive those seedlings and promised to plant those at their community garden and share the produce to their constituents and will encourage them the continuity of the livelihood program. The head teacher and co-teachers of Kalyong Integrated School Amgu-o Extention were very thankful for the assistance they received from us. This outreach program- bringing HOPE to the IP students, was accomplished last October 1, 2023 manifested that Rotarians are giving more importance for the communities most especially in far flung areas.

#### PINK OCTOBER ACTIVITY

"The Rotary Club of Polomolok 101 and the 11 Rotary clubs of GenSan and Koronadal joined together to be one in the world in promoting Breast Cancer Awareness Campaign. Dubbed as "Pink Festival: An October to Remember"-this event was held last October 14, 2023 at Oval Gym, GenSan City. The Pink Festival brings together over a hundred beneficiaries availing the free Integrated Medical Mission which include free medical check ups, Breast Screening, Breast Cancer Awareness Forum, health and wellness evaluation & grooming services. The event started with a ZUMBA followed by a motorcade. Breast Cancer awareness campaign aims to increase awareness and reduce the stigma linked to the symptoms and treatment of breast cancer. The Rotary Club of Polomolok 101 is an advocate of Pink October and supports its cause.















## WALK TO END POLIO



by: PP Bel D. Acuesta

OCTOBER 24 is World Polio Day. This day is dedicated to spreading awareness about polio and the need to eradicate the disease completely.

It is a reminder of how far we have come in the fight against polio, and how much more work needs to be done.

Polio is a debilitating disease that affects millions of people around the world, and it is up to us to make a change.

By spreading awareness and supporting its cause, the Rotary Club of Polomolok 101 together with Rotary Clubs in GenSantos(Area 3F&G) initiated the End Polio activity dubbed as "Walk To End Polio" at Robinsons Place Gensan @5:30 in the morning. Rotary has been working to eradicate Polio for more than 35 years. Our goal of ridding the world of this disease is closer than ever. Let us unite to create a healthier future for all!





13th General Membership Meeting DownTown Blvd/6pm 23rd October 2023

Call to Order
Invocation
The Rotarian Pledge/
& 4 Way Test
Intro of Guests
President's Time
Open Forum
Adjournment

Prexy Malou Teoxon
PP Gladys Balano
PP Mel Deypalan

Rtn. Troy Publico
Prexy Malou Teoxon

**Prexy Malou Teoxon** 

**Moderator- PP Wang Rallos** 



Dear Lord, thank You for gathering us here today on our 10th General Membership Meeting. We ask for Your guidance, wisdom, and support throughout this meeting. Help us to engage in meaningful discussion, allow us to grow closer as a nurture bond and the camaraderie. Fill us with Your grace, Oh Lord, as we make decisions that might affect our club. and continue to remind us that all we do, all that we accomplish, is for the pursuit of the truth for the greater glory of You, and for the service of humanity. We ask this in Your name. AMEN

#### 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 my fellow human beings.

I am a Rotarian. I will always endeavor to build goodwill and understanding in my community. Among my countrymen, and among peoples 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 Rotary International's motto: Service Above Self.



#### 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





I will always uphold the truth. Tam's Rotarian.

I will always strive to be fair in all my dealings with fellow human beings Lamin Rotanino

will always endeavor to build goodwi and understanding in my community. among my countrymen, and among people of all notions. Tama Robanan

I will always seek to promote the greatest good for the greatest number of people in the spirit of Robert service

Larry & Rossman I will always observe the Rotary International motio

Service Above Self



#### **DECLARATION FOR ROTARIANS** IN BUSINESS AND PROFESSIONS



#### THE FOUR-WAY TEST

of the things we think, say or do

- Is it the TRUTH?
- A ls it FAIR to all concerned?
- Will it build GOODWILL & BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

## Meetings & Fellowships

October 2023









Weekly Meetings @ DownTown Blvd.





## Meetings & Fellowships

October 2023











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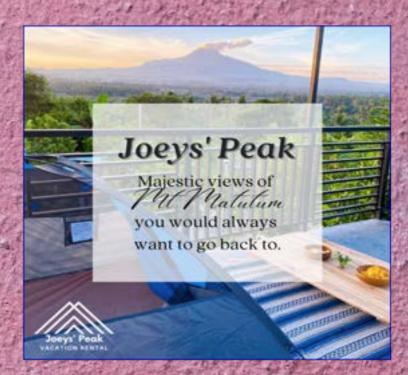
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YOUR HOME AWAY FROM HOME Km 1693, Tango, Glan Sarangani Province

ow-key abode to relax in, sitting along the blacksand bea away from the hustles and bustles of city life.

https://www.facebook.com/baantessaro











