

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF POLOMOLOK 101

# THE CLUB 101

ISSUE 7

VOLUME 3

JANUARY 2024

## JANUARY IS VOCATIONAL SERVICE MONTH



ROTARIANS DO IT WITH INTEGRITY



# 2023-2024 OFFICERS AND DIRECTORS



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**Vincent Edward Ang**  
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**Sweet B. Gallinero**  
PE/SECRETARY



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**Rona Pineda**  
SGT-AT-ARMS



**Lani Castaniaga**  
PROTOCOL OFFICER



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DITO



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CICO

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**Rogelio Rallos, Jr.**  
THE ROTARY FOUNDATION



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MEMBERSHIP



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



**Mayvelyn G. Urbano**  
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## 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**

In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and nonmembers alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at [positivepeace.academy/rotary](https://positivepeace.academy/rotary).

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

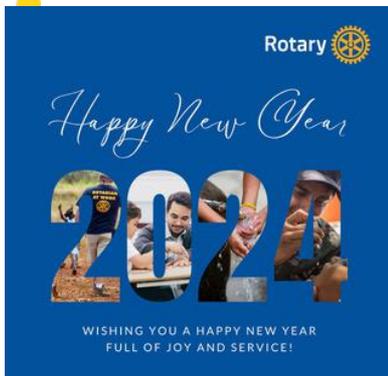
Together, let's Create Hope in the World.



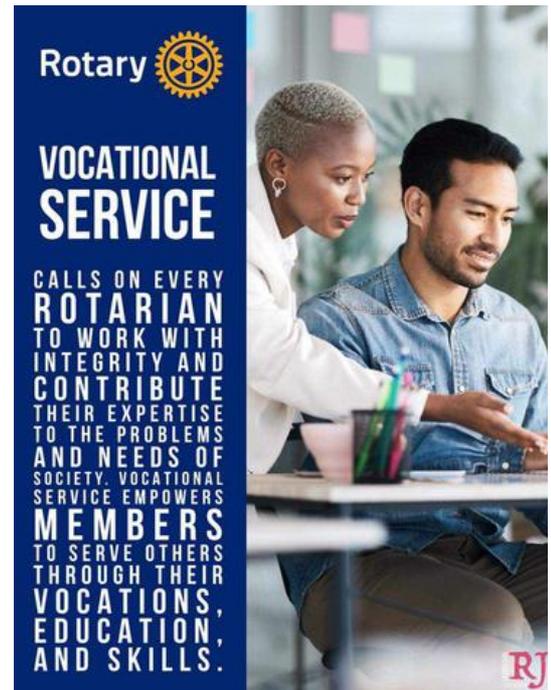
# President's Page

By: Pres. Malou Teoxon

During January, Rotarians are encouraged to focus on this important avenue of Rotary service, and that is the Vocational Service. Vocational service leads to projects that's not only develop the ethical consciousness and vocational skills of Rotarians but also the talents within our communities. Vocational Service Month is an opportunity to begin a year-long vocational service activities, ranging from Rotary discussions to community projects.



Meanwhile, another Rotary year is half over and we are now on the last semester. 2023 may have challenges, but I'm sure there is also a promise and hope. Let's focus on good news and positive things occurring in our lives. There is always something to be grateful for. I have so many things to be grateful for, but in particular I am tremendously grateful for being part of one of the Rotary Club of Polomolok 101. And with that, I will say, Happy New Year everyone! Cheers!!! Let's make 2024 the best year possible.



# Editor's Note

January is Rotary's Vocational Service month



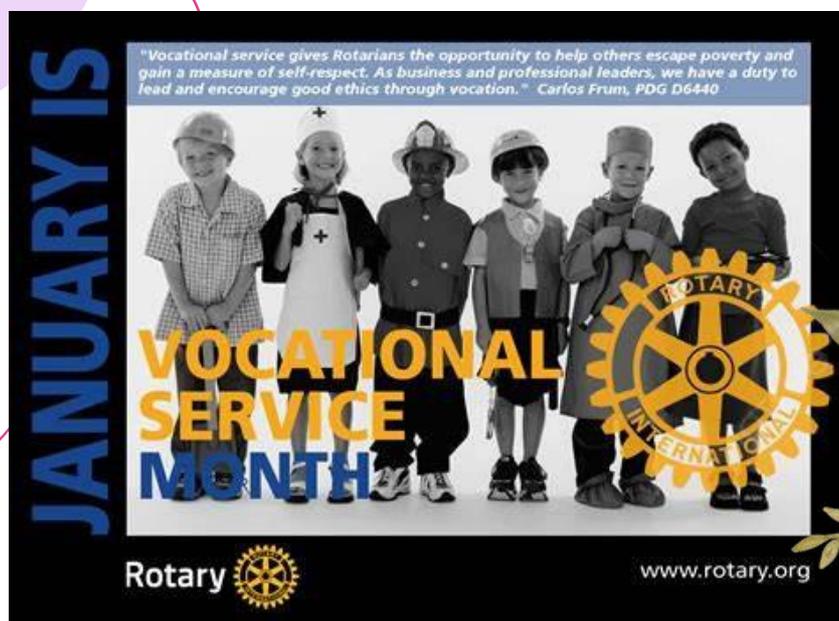
As a Rotarian engaged in a business or a profession, we are expected to bring our best attitude with us and consider our profession as an opportunity to serve.

What incites us to take action to change our life and the lives around us? Basic motives include love, self-preservation, anger, financial gain and fear. Self-motivation requires enthusiasm, a positive outlook, taking care of our health, and a belief in ourselves and our God-given potential.

With our progressive attitude, we'll do everything in our power to distinguish our profession and promote its highest ethical standards. We'll be fair and respect all we come in contact with, whether personal or professional, and offer our skills to work for the relief of the special needs of others, and to improve the quality of life in our community and the community at large.

Our affirmation as a Rotarian is to serve humanity through our vocation/profession and to do good in the world.

When we have the right attitude, we can do the remarkable!



**May Urbano**

Editor-in-Chief



# Secretary's Page

## LOVE your WORK

By: Sweet Gallinero

To love your work means to enjoy what you do, take pride in your results and find inspiration and motivation in your duties. Whether you're a marketing specialist, a food service expert or a real estate investor, loving your work offers many benefits and can improve your career by helping you find a sense of pride in what you do. Loving your work can also mean doing more than your employer requires and distinguishing yourself from your colleagues or other job candidates as a truly exceptional employee.

### Why is it important to love your job?

Having a career that you love can significantly improve your personal and professional life. From a personal standpoint, loving your job can reduce any stress or work related anxiety you may experience during your days off. From a career standpoint, doing something that you love can increase the chances of you constantly improve your work. It can also reduce feelings of dread when going to work.

The following are some of the main reasons why it's beneficial to love your work:



- 1) **Increases productivity:** Feeling inspired and motivated by what you do can help you stay productive, as you're likely to have an active interest in all aspects related to your career and have a powerful drive to improve. Greater productivity may also lead to additional rewards, such as accolades, salary increases or new career opportunities.
- 2) **Creates a feeling of fulfilment:** Loving your job can help you create a more powerful sense of fulfilment with life and work. When you feel that your work actually contributes to society and fulfils an important role, you can feel more confident that what you do has value and isn't a waste of your time.
- 3) **Inspires others:** People who love their jobs may share their enthusiasm and passion with family, friends and colleagues. Someone who is passionate about what they do can motivate and inspire others and act as a role model for children and young people.
- 4) **Improves overall quality and consistency:** When you love what you do, your passion is often evident in the results you produce. Someone who loves their job is more likely to consistently create high quality results, which increases their own professional reputation and that of their employer.
- 5.) **Clarifies your career path:** When you love your job, you may feel less uncertain about where you want your career to go. You already feel invested in your work and don't have to think about changing your position or industry in the future.
- 6.) **Solidifies your place in the company:** A person who loves their job might have a more solid place in the company, as they're more productive and deliver high quality results. This can be advantageous for the employer, as it provides them with an incentive to retain that employee and potentially invest in their professional development.
- 7.) **Improves your core skill set:** Loving what you do can help you improve your core skill set, as you may be more willing to invest time and effort into your skills because you enjoy using them. This can make you a more viable job candidate and more confident in yourself as both a potential candidate and an employee.
- 8.) **Helps you bond with your network:** Loving your work can help you bond with your network, creating stronger professional relationships. These relationships can help reinforce the love you have for your job and keep you invested in the industry.
- 9.) **Exposes you to mentorship opportunities:** When managers or company leaders see that you love your job, they might be willing to offer more mentorship opportunities or direct advice on how to excel in your career.



# Treasurer's Report

by: Jade Rallos

Palamalak 101  
Rotary Club



## Club Dues Payment Chart 2023-24

Name	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	Bal
1. Maribel Acuesta D.	✓	✓											6,500
2. Alfeche Evernie V.	✓	✓											6,500
3. Alfeche Nieven May V.	✓												7,150
4. Balano, Gladys D.	✓	✓	✓	✓	✓	✓							3,800
5. Bayan Xavier J.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
6. Castaniaga, Lani A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
7. Cruz, Rizaldy R.	✓	✓	✓	✓	✓	✓							3,900
8. Deypalan, Melani G.	✓	✓	✓	✓	✓	✓	✓	✓					2,050
9. Fernandez, Fanny M.													9,050
10. Gallinero, Omar S.													7,800
11. Gallinero, Sweet B.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
12. Grino Celema I.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
13. Ines, Alan M.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
14. Jandic, Darnie F.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
15. Mula, Mark	✓	✓	✓	✓	✓	✓							3,900
16. Pineda, Roua F.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
17. Publico, Troy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
18. Rallos, Jade N.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
19. Rallos Rogelio Jr. A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
20. Sabellano, Ivie L.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
21. Reyes, PJ	✓												7,050
22. Teoxon, Marilou A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
23. Tonguia, Tomas Jr. S.	✓	✓	✓	✓	✓	✓							3,900
24. Urbano, Mayvelyn G.	✓	✓	✓	✓	✓	✓	✓						3,250



# 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 Management; 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	"Mark"	Management; Restaurant Cafe & Entertainment
Reyes, Paul Jordan	"PJ"	Management; Internet Service Provider
Vallance, Joan	"JO"	Management; Wellness & Spa

Be the reason someone  
feels welcome, seen,  
heard, valued, loved,  
and supported.

Join us...

Rotary  
www.rotary.org



DIYANCE

# HALL OF PAST PRESIDENTS



**CP OMAR GALLINERO**  
PHF+1

RY 2005-2006



**PP ESPIE MALIWAT**  
RFSM+2

RY 2006-2007



**PAG ALAN INES**  
PHF

RY 2007-2008



**PP ROGELIO RALLOS, JR**  
PHF+6

RY 2008-2009



**PP MARIBEL ACUESTA**  
RFSM+2

RY 2009-2010



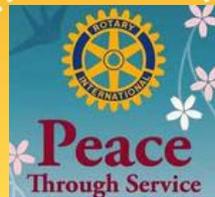
**PP XAVIER BAYAN**  
PHF+2

RY 2010-2011



**GRACE SALAZAR**  
RFSM

RY 2011-2012



**REY TRASPORTO**

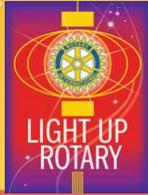
2012-2013



**BENHUR DAPANAS**

2013-2014

# HALL OF PAST PRESIDENTS



**PP REX MACHAN**  
RY 2014-2015



**PP CELEMA GRIÑO PHF**  
RY 2015-2016



**PAG MAYVELYN URBANO PHF+1**  
RY 2016-2017



**PP GLADYS BALANO PHF**  
RY 2017-2018



**PP MELANI DEYPALAN RFSM+2**  
RY 2018-2019



**PP FANNY FERNANDEZ PHF**  
RY 2019-2020



**PP NIEVEN MAY ALFECHÉ PHF**  
RY 2020-2021



**PP LANI CASTANIAGA PHF**  
RY 2021-2022



**IPP EVERNIE ALFECHÉ RFSM**  
RY 2022-2023

## RI President-Elect announces 2024-25 Presidential Theme



by: PE Troy Publico

Rotary International President-elect Stephanie Urchick announced that the 2024-25 presidential theme is **The Magic of Rotary** and called on members to recognize and amplify the organization's power to save lives.

"Don't misunderstand me – we are not going to end polio or bring peace to the world by waving a wand and saying some funny words," Urchick told incoming district governors at the Rotary International Assembly on 8 January. "It's up to you. You create the magic with every project completed, every dollar donated, and every new member."



RIPE Stephanie Urchick

Urchick, a member of the Rotary Club of McMurray, Pennsylvania, USA, said she saw the magic of Rotary on display when she was helping install water filters in the Dominican Republic. Two boys were watching as dirty water entered the filter, then ran out clean at the other end.

"One of the boys grabbed my sleeve and said, 'Show me the magic again,'" she said. "Obviously, the water filter wasn't magic. We worked hard to transport those filters, install them, and work with community leaders in the area to maintain them. But those boys knew that easy access to clean water would change their lives. Knowing that I played a small part in that certainly changed my life."

### Prioritizing peace

Urchick urged members to champion Rotary's Action Plan, find a balance between continuity and change, and work for peace. She plans to host a presidential peace conference in 2025 with the theme "Healing in a Divided World."

Rotary has a long history of promoting peace through its network of peace centers, Urchick noted. Located at top universities around the globe, the centers have trained nearly 1,800 peace fellows who are now working in more than 140 countries. The newest center, located at Bahçeşehir University in Istanbul, Turkey, will welcome its first class of fellows in early 2025.

"The Rotary Peace Fellowship began more than 20 years ago to equip peace and development professionals from communities around the world to become effective catalysts for ending and preventing conflict," Urchick said. "This conference will focus on Rotary's peace efforts and provide opportunities to learn together."

In addition to emphasizing peacebuilding, Urchick reiterated Rotary's commitment to eradicating polio. She urged the incoming governors to join or initiate PolioPlus Societies in their districts and do all they can to help end the disease.

### Balancing continuity and change

Urchick also underscored the necessity of balancing continuity and change, both of which animate Rotary's Action Plan.

"The plan is all about building on our best ideas, not abandoning them," she said. "We face a tough balancing act. We must change ourselves and stay true to who we are."

She asked the governors to do whatever is needed to make the club experience irresistible to members.

"That might mean changing how things are done in your district," she said. "If your district has been doing things one way for 50 years, it's probably time to reassess. If a club in your district isn't active or is losing members, maybe it's time to start a new club that fits better with the community. Just because a club or district hasn't changed in a while doesn't mean no one is hungry for change."

One way to make positive change, she said, is to embrace the principles of diversity, equity, and inclusion within clubs.

"I hope you'll join me in opening your arms to future people of action, even if – and in some cases, especially if – they don't look or act like the typical member of your local club," she said. "With DEI, it is easier to be united in a common purpose. It's in those moments when we are committed and focused that we are the most effective and relevant."

# Vocational Service Month



by: PP Xavier Bayan

January is Vocational Service Month on the Rotary calendar. Vocational Service is at the heart of Rotary, which was founded on the classification system of membership. Business and professional life are the bedrock of Rotary, and Vocational Service is a major force in promoting

A Short History Lesson honour, integrity, and trustworthiness in business.

Originally only one representative from each business or profession was invited to join a club. Paul Harris felt that if several members of the same profession were to join, they would either sit together and “talk shop” or compete against each other for other members’ business. The idea of “trade-boosting” was gradually eliminated and by 1912, Rotarians were no longer required to exchange business with one another.

## The Forgotten Avenue of Service

Of Rotary’s five Avenues of Service\* – Club, Vocational, Community, and International – Vocational is difficult to define, so it is sometimes called the “Forgotten Avenue of Service”. One reason is Club, Community, International and Youth Service activities usually involve groups of Rotarians. They enjoy the fellowship of Club Service, the satisfaction of serving the needs of their communities, and the hope that their International Service promotes world peace and understanding. But Vocational Service – the second Avenue of Service -- is generally conducted by individual members.

## Service Above Self

Rotary’s early leaders often cited the Golden Rule – “Do unto others as you would have them do unto you” – as the guiding principle of Rotary’s Vocational Service. By the time the National Association of Rotary Clubs held its first convention in 1910, the networking emphasis had begun to shift. The majority of clubs told the new Civic Committee that Rotary should move from being a booster club to improving their communities. The concept of “he profits most who serves his fellows best” became “he profits most who serves best”. This idea morphed into “Service, not Self” and finally, it became the Rotary slogan we know today -- “Service Above Self”.

In 1940, Rotary International defined the Object of Vocational Service “to encourage and foster: high ethical standards in business and professions; the recognition of the worthiness of all useful occupations; the dignifying by each Rotarian of his occupation as an opportunity to serve society.” Today’s Rotarians still pride themselves on being able to use their professional stature and knowledge to make things happen worldwide, wherever there is a need for change.

## The Rotary Code of Ethics

Back in 1912, when Glenn Mead succeeded Paul Harris as President of Rotary International, he recommended a code of business ethics be formulated to contribute to the advancement of business morality. At that time, there were no consumer protection laws or truth-in-advertising statutes. Fraudulent and deceptive business practices were the norm. The unwritten law was caveat emptor, “Let the buyer beware.” Since the adoption of the Rotary Code of Ethics in 1915, at least 145 national industrial codes of conduct practice have been adopted as a direct result of the influence of Rotarians.

## The Four-Way Test

Rotary’s current code of ethical conduct – The Four-Way Test – was developed during the Great Depression, by a Rotarian, Herb Taylor, from the United States, as a four-part ethical guideline that helped him rescue a beleaguered business. The code’s four points are simple and direct – “Of all 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 Four-Way Test was officially adopted by Rotary in 1943 and has been translated into the languages of over 100 countries. It appears on highway billboards, in schoolrooms and on the walls of businesses, in labour contracts, courtrooms and halls of government. It’s even on the moon, in the form of a Four-Way Test pin planted on the surface by astronaut Buzz Aldrin!

## The Heart of Rotary

Vocational Service remains at the heart of Rotary. In 1987-88, RI President Charles C. Keller reinvigorated the Avenue by appointing the first Vocational Service Committee in 50 years. The committee redefined how clubs could more effectively participate in Vocational Service and drafted the new Declaration of Rotarians in Businesses and Professions.

# THE ROTARY FOUNDATION

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

With your help, we can make lives better in your community and around the world.



**PP WANG RALLOS**  
TRF DIRECTOR

## Our mission

The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

What impact can one donation have?

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an antibullying campaign and create a safe environment for children.

**DONATE NOW!**



# VOCATIONAL SERVICE



by: PAG Alan M. Ines

Vocational service can mean many things to many people. In Rotary, Vocational Service means holding ourselves and our businesses to the highest ethical standards. As the 4 way test instructs us, in all we think, say or do . . . Maintaining ethical standards is ever so important in today's society where we prefer to repeat inflammatory discourse rather than engage in discussion to understand opposing views and seek compromise. It is beholden upon us as leaders to set an example for young people and others.

Vocational service also means appreciating the various trades and professions, and how each can contribute to making our communities stronger. Think about some of the service projects you have helped organize. Do you do it alone? No! You call in for help. You get an accountant or banker to help with finances, you have sales and marketing people help promote the events, you have trades people help set up and build, and many more experts help in all different ways. But appreciating the differing vocations is not just about bringing in talent to help with projects, it is also about training our youth on the value of various vocations and helping them choose one where they can shine!

Vocational service also means networking and doing business with other Rotarian. Before Rotary became the leading service organization in the world, it started as a business networking organization. There is something special about meeting someone through service and then doing business with them. The confidence you have in their abilities to treat you right and get the job done is unparalleled. Think of new way you can get to know what your fellow Rotarians do in their businesses, and consider doing business with them.



# 7 Low-Impact Exercises



**PP BEL ACUESTA**  
MEMBERSHIP DIRECTOR  
HEALTH WELLNESS COACH

If you are looking to get in shape, improve your fitness level, or simply enjoy the many benefits of working out, then low-impact exercise may be just the thing for you. Low-impact exercise is a great option for people who cannot tolerate high-impact exercise or who are looking for a gentle way to get exercise benefits without placing too much stress on their muscles, tendons, and joints.



Low-impact exercise is when movement occurs in your body without the slamming, jumping, and jarring that occurs with other, more intense forms of exercise. Basically, low-impact means just that. There will be very little or no impact on your joints. One or both feet will always be in contact with the ground for standing exercises, or if you are sitting or swimming, no jarring or impact will occur anywhere in the body.<sup>1</sup>

Working out in a gentle manner can have several benefits while still providing you with a great workout. Your heart rate can be elevated, providing cardiovascular and aerobic benefits. Your muscles and joints can also be gently challenged, improving strength and mobility. And if you're injured or have a condition that requires you to protect your joints and tendons, low-impact exercise may be just the thing to keep you moving as you recover.

## Benefits

There are several benefits to low-impact exercise. These may include:

- Easy start-up for beginners
- Decreased risk of injury to joints and tendons
- Improved balance and mobility
- Less recovery time after exercise
- Optimal for fat burning
- May be performed after injury to maintain fitness level as you heal
- Easy to do for most people, making it great for group workouts

While high-intensity, interval training-type workouts are popular these days, you can still get great benefits—with less risk of injury—with low-impact exercises.



# NOVEMBER CALENDAR OF ACTIVITIES

BY: PP CEL I. GRIÑO  
CLUB ADMIN DIRECTOR



**January 8**  
10th BOD Meeting

**January 15**  
22ND MEMBERSHIOP MEETING  
& FELLOWSHIP NIGHT

**January 22**  
23rd MEMBERSHIOP MEETING  
& FELLOWSHIP NIGHT  
PP FANNY BIRTHDAY CELEBRATION

**January 25**  
"THE IMPACT OF DRUG ADDICTION  
& BULLYING ON MENTAL HEALTH"  
PROJECT AT CSP

**January 29**  
24th MEMBERSHIOP MEETING  
& FELLOWSHIP NIGHT  
SEC. SWEET BIRTHDAY CELEBRATION

## GROUPINGS

**GREEN TEAM**  
WANG JADE  
ALAN MAY  
XAVIER DARNE

**PINK TEAM**  
SWEET  
RONA CELEM  
BEL  
AVIE MARK  
PJ

**BLUE TEAM**  
MALOU TATA  
TWINKLE TOMMY  
LANI ZALDY

**YELLOW TEAM**  
MEL TROY  
GLADYS  
FANNY OMAR  
REY

# The Club 100 Calendar of Activities

**July**  
New Leadership Month

**August**  
Membership & extension Month

**September**  
Basic Education & Literacy Month

**October**  
Economic & Community Development Month

**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

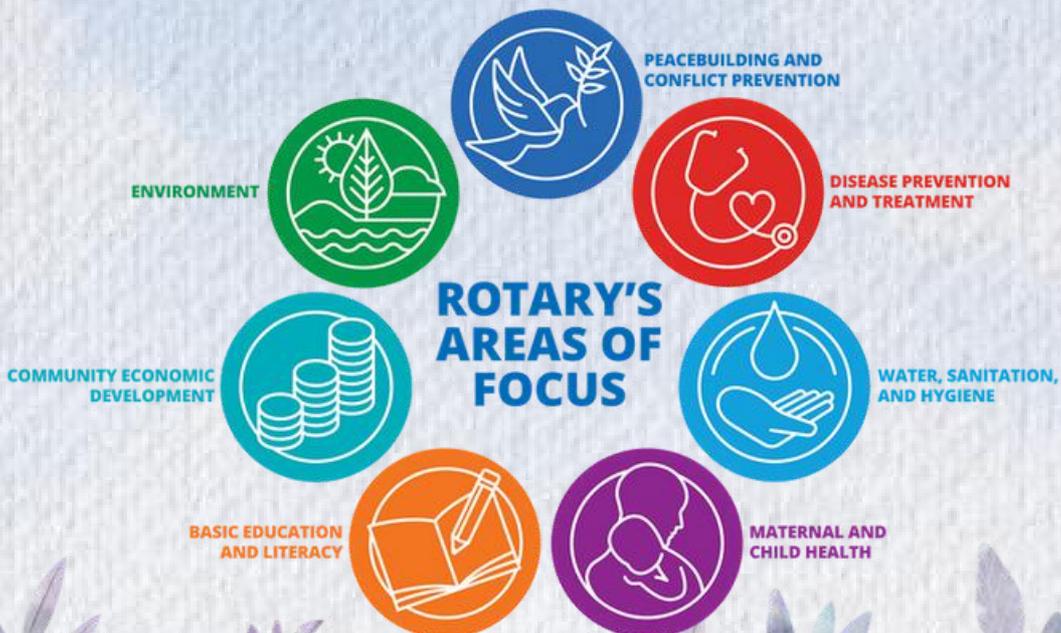
**February**  
Peace & conflict Prevention/Resolution Month

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

**April**  
Maternal and Child Health Month

**May**  
Youth Service Month  
RI Convention- May 24-30 Singapore

**June**  
Rotary Fellowship Month





## 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."





**24nd General Membership Meeting**  
**DownTown Blvd/6pm**  
**22nd January 2024**

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

**Prexy Malou Teoxon**  
**PP Fanny Fernandez**  
**Rtn Mark Mula**

**Rtn. Troy Publico**  
**Prexy Malou Teoxon**

**Prexy Malou Teoxon**

**Moderator- PP Bel Acuesta**



**Invocation**



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 group and nurture the bond of 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.

**The Four-Way Test**

**Of the things we think, say or do:**

- Is it the TRUTH?**
- Is it FAIR to all concerned?**
- Will it build GOODWILL and BETTER FRIENDSHIPS?**
- Will it be BENEFICIAL to all concerned?"**



# 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")*

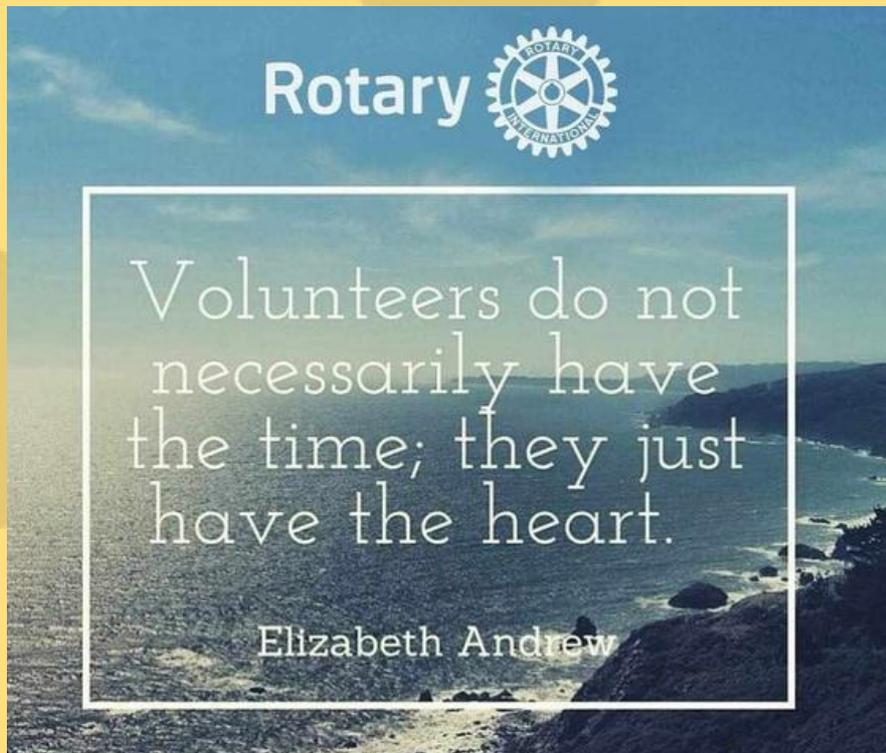
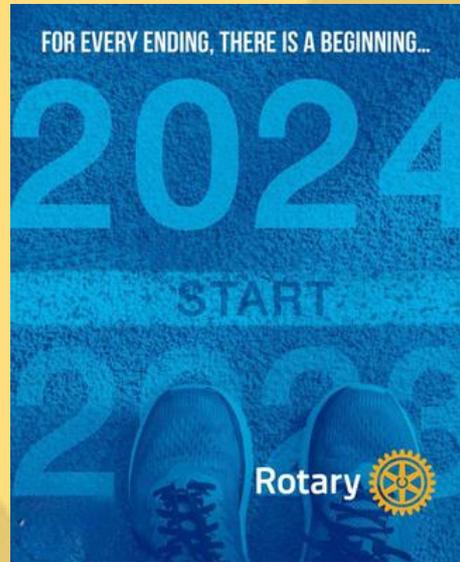
*Build a bridge for tomorrow's youth  
 Strengthened by nothing but the truth  
 Let's join our hands, there's no reason to divide  
 We shall all understand, while the good Lord is our guide  
 (Repeat Refrain - substitute "I" with "We")*

*CODA: Peace be achieved  
 So we won't have lived in vain.*

# SUNSHINE GREETINGS



- January 5- Rotakid JB
- January 11- Rotakid Sean
- January 17- Rotakid Pave
- January 22- Rtn Sweet
- January 26- Sps Lawrence
- January 30- Rotakid Smesh



# Dates to Remember



## DISCON DAVAO · 2024

**REGISTRATION FEES** May 3-4, 2024  
**NO ON-SITE REGISTRATION!!!**



REGISTRATION CATEGORY	Early Bird January 15 to February 29, 2024	Regular Rate March 1 to April 25, 2024	Late Registration April 26 to April 30, 2024
<b>ROTARIAN</b> <small>(Inclusions: Discon ID, Discon Kit, Day 1 PM Snacks and Fellowship Dinner, Day 2 AM Snacks, Lunch, PM Snacks and Governor's Night Dinner)</small>	PHP 6,000	PHP 6,500	PHP 7,500
<b>SPOUSE, NON-ROTARIAN &amp; PARTNER</b> <small>(Inclusions: Discon ID, Discon Kit, Day 1 Fellowship Dinner, Day 2 Tour AM Snacks, Lunch, PM Snacks, and Governor's Night Dinner)</small>	PHP 5,000	PHP 5,500	PHP 7,500
<b>ROTARACTOR</b> <small>(Inclusions: Discon ID, Discon Kit, Day 1 PM Snacks and Fellowship Dinner, Day 2 AM Snacks, Lunch, PM Snacks and Governor's Night Dinner)</small>	PHP 5,000	PHP 5,500	PHP 7,500

**BANK DETAILS**  
**BANK NAME: BDO UNIBANK, INC**  
**ACCOUNT NAME: ROTARY CLUB OF**  
**DOWNTOWN DAVAO**  
**ACCOUNT NUMBER: 002708029336**

**GCASH DETAILS**  
**AN\*\*\*\*Y JO\*N M.**  
**09175090990**  
**JA\*\*N D.**  
**09778025778**

**SHARING  
 HOPE  
 WITH THE  
 WORLD**  
**SINGAPORE**  
**25-29 MAY 2024**

#Rotary24



## “The Impact of Drug Addiction & Bullying on Mental Health”



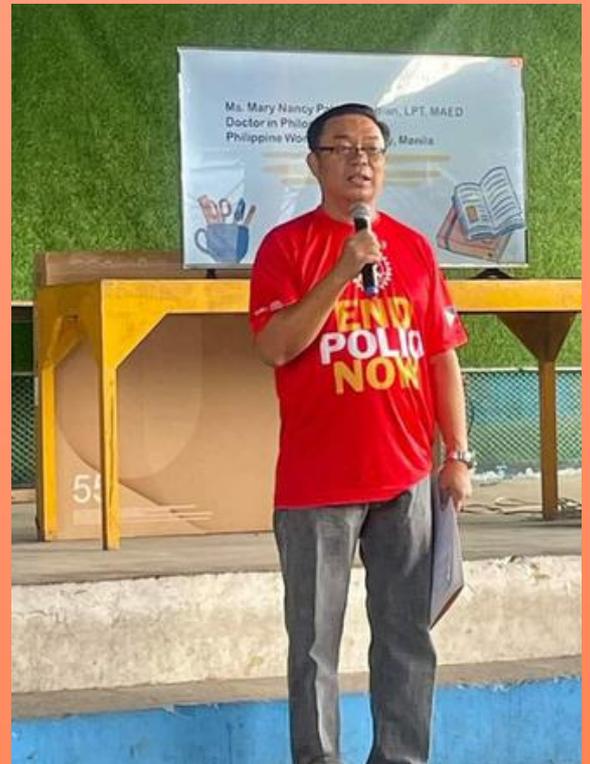
Having a better understanding of bullying can help identify children who need help – whether they are the one being bullied or doing the bullying. Drug addiction is not good for health as they have many side effects and damage our brain, heart and other organs. Having mental health problems such as anxiety, depression, post-traumatic stress disorder (PTSD) or attention-deficit/hyperactivity disorder (ADHD) can make a person more susceptible to drug addiction. By taking action, we can prevent both short-term and long-term negative outcomes of these difficult situations.

The Rotary Club of Polomolok 101 believes intervention can make a tremendous difference, and even change a young person’s life.

Rotary Club of Polomolok 101 presents “The Impact of Drug Addiction and Bullying to Mental Health” to the students of the Christian School of Polomolok on January 25, 2024 shared by our resource speaker Mary Nancy Gadian, PhD(C), a former Navy Lieutenant Senior Grade, a Professional Licensed Teacher, and a Doctor in Philosophy major in Educational Management. The resource speaker also discussed the importance of Girls’ Empowerment because we believe that healthy, educated and empowered women and girls are agents of change. When women and girls are supported, they gain opportunities to speak up for their rights, and also to advocate for their communities. They are also able to rise in social standing, and they can feed this into future generations.



# PEOPLE OF ACTION



# Meetings & Fellowships

## January 2024



# Our Sponsors



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\*Hours subject to change without prior notice

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CHRISTIAN SCHOOL OF POLOMOLOK

SENIOR HIGH SCHOOL

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AND MISCELLANEOUS FEES

JUNIOR HIGH SCHOOL

FOR BEGINNING GRADE 7

ENTRANCE FEES,  
AND TUITION FEES

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