

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF POLOMOLOK 101

The Club 101

Volume 1

Issue 8

February 2024

DIVINCE

You can...

**CREATE HOPE
in the WORLD**

Rotary



Polomolok 101

Rotary
Club



**CREATE HOPE
in the WORLD**



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R.I. PRESIDENT'S MESSAGE



Gordon R. McNally

I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club – rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness – the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

Gordon R. McNally R.
Rotary International President



President's Page

By: Pres. Malou Teoxon

February is Peace and Conflict Prevention/ Resolution Month.

Today over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of these are children.

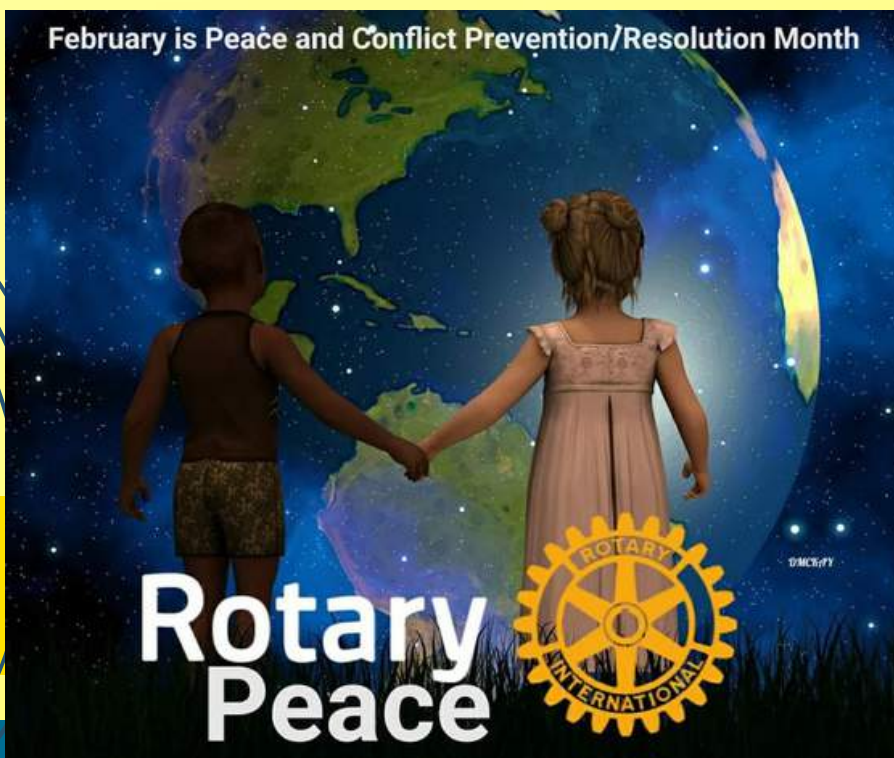
We refuse to accept conflict as a way of life, Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflict.



As we step into February, a month dedicated to Peacebuilding and Conflict Prevention, we embrace an opportunity to reflect on and contribute to one of Rotary's core areas of focus. In a world where conflicts arise in various forms, be it in communities, nations, or even within ourselves, the pursuit of peace remains a cornerstone of our Rotary mission.

Peace is not merely the absence of conflict but the presence of justice, equity, and harmony. In Rotary, we believe that peace is a viable and essential goal, achievable through understanding, goodwill, and compassion. Our role as Rotarians is to be architects of peace, building bridges where walls once stood.

Wishing us all a month filled with peace, understanding, and impactful service!



Editor's Note

FEBRUARY is PEACE & CONFLICT PREVENTION/RESOLUTION MONTH



PAG May Urbano

Editor-in-Chief

Rotary creates environments of PEACE

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.

By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Our commitment to peacebuilding today answers new challenges: how we can make the greatest possible impact and how we can achieve our vision of lasting change. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what we mean by peacebuilding, and finding more ways for people to get involved.

This February, let us commit to being proactive agents of peace. Let's harness our collective efforts to create environments where understanding thrives over misunderstanding and peace prevails over conflict.

As we continue our journey through 2024, let the theme of Peacebuilding and Conflict Prevention guide our actions and intentions. May this month be a reminder of our potential to be catalysts for change and our ability to create a more peaceful world.

In Rotary, we have the unique opportunity to be ambassadors of peace. Let's embrace this role with enthusiasm and hope, knowing that our contributions are paving the way for a more harmonious world.



Secretary's Page

How to Make a More Peaceful Home

By: Sweet Gallinero

Stress is an inevitable part of life, but it can feel even more overwhelming if you don't have a place to retreat for rest and relaxation. This is particularly true if you tend to be a highly sensitive person (HSP), a form of neurodiversity that causes people to have an increased response to physical, social, or emotional stimuli.

When looking for ways to manage stress, people often overlook one of the simplest and most effective strategies: Creating a peaceful home. Because most of our days begin and end at home, having a peaceful home as your base can help you launch yourself into the world from a less-stressed place each day.

Whether you are a highly sensitive person or just prefer to have a cozy, restful environment, creating a space that helps you feel peaceful at home can be vital for your mental well-being. Having a peaceful space can help you feel relaxed, refreshed, and more energetic. Strategies that can help you feel peaceful at home include decluttering, incorporating stress-soothing habits, using aromatherapy, practicing feng shui, and playing music.



What Is a Peaceful Home?

A peaceful home is where you feel physically and emotionally calm, safe, and comfortable. It's a place where you can be yourself.

It also means having a space where you can live harmoniously with other people who live in your home, including your family members, or others who may live there.

However, what feels peaceful to you might not be the same as it might be for someone else. If you have an extroverted personality, a peaceful home might be one that is filled with friends, conversation, and activity. For someone more introverted, a peaceful home might be a quiet place to retreat to find solitude and alone time. When you consider the value of creating an inspiring place to wake up to, a soothing place to come home to, and a relaxing place to live, it becomes apparent that time and energy put into creating a peaceful home can translate into energy saved and stress relieved.

Creating a peaceful home is all about creating a space that helps you feel the most comfortable, secure, and happy. So think about what matters the most to you. It might mean creating a space full of books and a comfortable place to read. Or it might mean making your home a welcoming place to entertain your friends and family.

So spend some time thinking about your favorite places to relax, and then try to channel that feeling into your home. It might involve decluttering, rearranging, or redecorating, but making an effort to bring more peace into your home can help you feel less stressed and more restored.





Treasurer's Report

by: Jade Rallos



Why Is EREY Important? Each year Rotary International encourages us to become an EREY Club -- Every Rotarian Every Year. That refers to donating to The Rotary Foundation. Any amount you can give is appreciated and will help fund Rotary projects around the globe and here in our District.

Politenidad 101
Rotary Club
CREATE HOPE FOR THE WORLD
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. Alfoche Evernie V.	✓	✓											6,500
3. Alfoche Nieven May V.	✓												7,150
4. Balino, Gladys D.	✓	✓	✓	✓	✓	✓							3,800
5. Bryan Xavier J.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
6. Castaniga, Luis A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
7. Cruz, Rizaldy R.	✓	✓	✓	✓	✓	✓	✓						3,900
8. Deypalu, Melani G.	✓	✓	✓	✓	✓	✓	✓	✓					2,050
9. Fernandez, Fanny M.													9,050
10. Gallinero, Omar S.													7,800
11. Gallinero, Sweet B.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
12. Griño Celeda I.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
13. Ines, Alan M.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
14. Jandic, Dumir F.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
15. Mula, Mark	✓	✓	✓	✓	✓	✓	✓						2,600
16. Pineda, Rosa 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. Tancosi, Marilou A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
23. Tongina, Tomas Jr. S.	✓	✓	✓	✓	✓	✓							3,900
24. Urbano, Mayvelyn G.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			1,300





by **PAG ALAN M. INES**

February: PEACEBUILDING AND CONFLICT PREVENTION Month

One of the six areas of focus of Rotary we don't seem to talk about very much is peacebuilding and conflict prevention (the actual area of focus is named "Peace and Conflict Prevention/Resolution"), which is the theme for the month of February. It is often, however, the conflicts that occur throughout the world that are the root causes of poverty, despair, economic hardship and poor health. Take for instance the major deterrent to polio eradication: the difficulty in vaccinating children in war torn countries. Rotary International as an organization understands this relationship and therefore is deeply invested in supporting individuals and programs that will develop leaders who are committed to seeking ways toward peace. The path toward peace begins with understanding and respect for the differences that make us unique.

These are the same types of values that are studied in the peace centers supported by Rotary International in association with several major universities across the globe. The mission of these centers is to "empower, educate, and increase the capacity of peace builders through rigorous academic training, practice, and global networking opportunities.

Through this experience, Rotary Peace Fellows build the skills needed to act as leaders and catalysts for peace and conflict resolution both in their communities and around the globe. These Fellows develop the skills needed to act as "leaders and catalysts for peace and conflict resolution both in their communities and around the globe." As Rotarians we should all be similarly committed to understanding the conflicts that exist in our own society, to speak out when necessary, and to seek solutions that reflect the values of Rotary.

Through global grant activities, clubs and districts can participate in strategically focused, high-impact activities that align with Rotary goals that address this area of focus including to train leaders including potential youth leaders to prevent and mediate conflict, support peacebuilding in communities and regions affected by conflict, and support studies related to peace and conflict prevention/resolution for career-minded professionals.



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

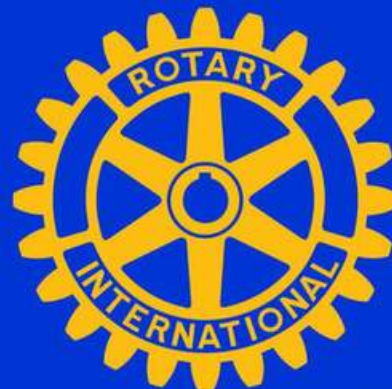
***PHF- PAUL HARRIS FELLOW**

***RFSM- ROTARY FOUNDATION SUSTAINING MEMBER**

NEW MEMBERS

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

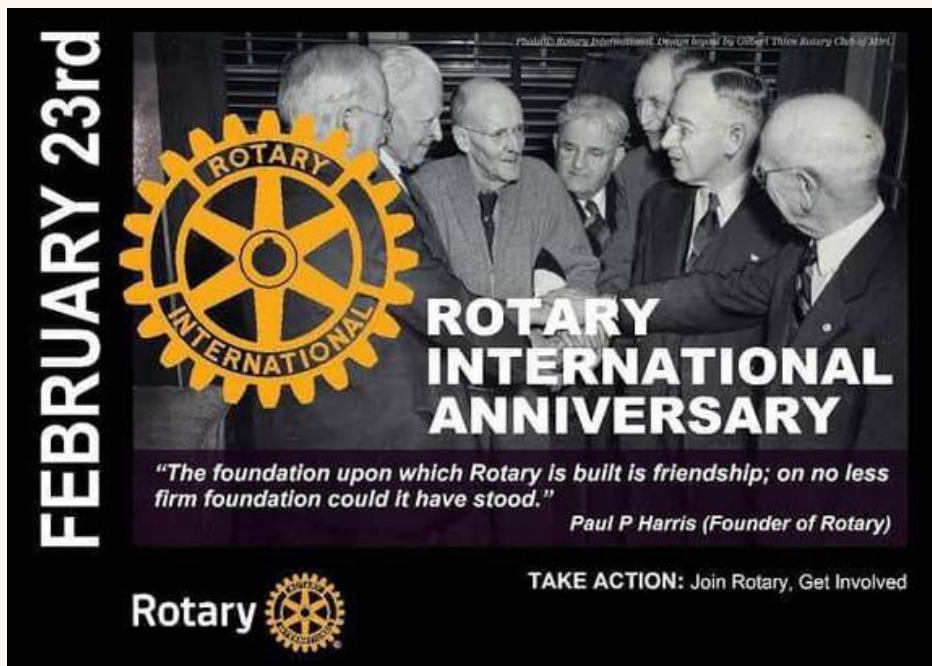
Be the reason someone
 feels welcome, seen,
 heard, valued, loved,
 and supported.
 Join us...



Rotary International Celebrates 119th Anniversary



Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on February 23, 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Only 16 years after being founded, Rotary had clubs on six continents. Now, 119 years later, our members span the globe, working to solve some of our world's most challenging problems.



February is also Peacebuilding and Conflict Prevention Month when we celebrate a core Rotary - concept: the pursuit of global peace and understanding. As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect. It is my hope that every Club is planning to celebrate our 119th Anniversary with a speaker or service project that promotes peace.

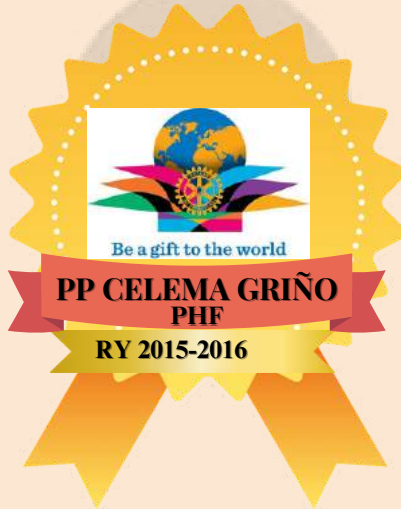


HALL OF PAST PRESIDENTS





HALL OF PAST PRESIDENTS

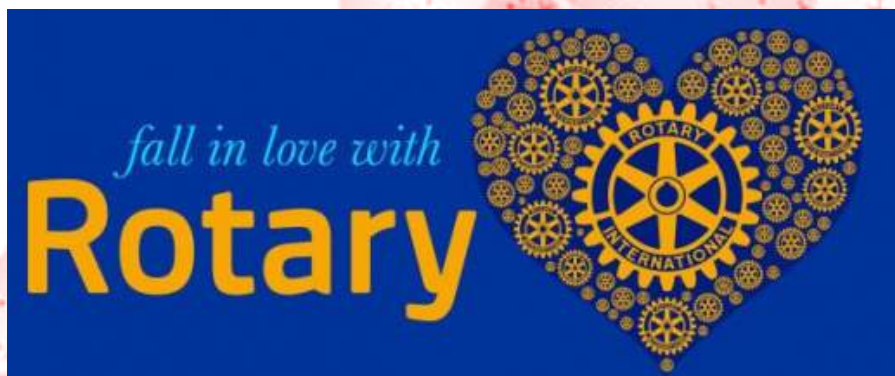


10 Reasons to Fall in Love with Rotary



by: PP Gladys Balano

Each year on February 14th, many people exchange cards, candy, gifts or flowers with their special “valentine.” The day of romance we call Valentine’s Day is named for a Christian martyr and dates back to the 5th century. There are many reasons to fall in Love with Rotary. Make Valentine’s Day even more special when you fall in Love with Rotary. There are many reasons to Fall In Love with Rotary, we’ve put together a list of the top 10 reasons:



1. **Friendship:** In an increasingly complex world, Rotary provides one of the most basic human needs: the need for friendship and fellowship. It is one of two reasons why Rotary began in 1905.
2. **Business Development:** The second original reason for Rotary’s beginning is business development. Everyone needs to network. Rotary consists of a cross section of every business community. Its members come from all walks of life. Rotarians help each other and collectively help others.
3. **Personal Growth and Development:** Membership in Rotary continues one’s growth and education in human relations and personal development.
4. **Citizenship in the Community:** Membership in a Rotary club makes one a better community citizen. The average Rotary club consists of the most active citizens of any community.
5. **Continuing Education:** Each week at Rotary there is a program designed to keep one informed about what is going on in the community, nation, and world. Each meeting provides an opportunity to listen to different speakers and a variety of timely topics.
6. **Fun:** Rotary is fun, a lot of fun. Each meeting is fun. The club projects are fun. Social activities are fun. The service is fun.
7. **Citizenship in the World:** Every Rotarian wears a pin that says “Rotary International.” There are few places on the globe that do not have a Rotary club. Every Rotarian is welcome – even encouraged – to attend any of the 29,000 clubs in 194 nations and geographical regions. This means instant friends in both one’s own community and in the world community.
8. **Prestige:** Rotary members are prominent people: leaders of business, the professions, art, government, sports, military, religion, and all disciplines. Rotary is the oldest and most prestigious service club in the world. Its ranks include executives, managers, and professionals – people who make decisions and influence policy.
9. **Absence of an “Official Creed”:** Rotary has no secret handshake, no secret policy, no official creed, no secret meeting or rituals. It is an open society of men and women who simply believe in helping others.
10. **Opportunity to Serve:** Rotary is a service club. Its business is mankind. Its product is service. Rotarians provide community service to both local and international communities. This is perhaps the best reason for becoming a Rotarian: the chance to do something for somebody else and to sense the self-fulfillment that comes in the process and return of that satisfaction to one’s own life. It is richly rewarding!

Fall In Love with Rotary!

HOW TO FIND INNER PEACE

Stress, depression, anxiety. None of us are strangers to these issues these days, which is why more people than ever before have turned towards the search for inner peace.

But inner peace isn't simply something you can turn on; it's not something you can decide to do and then do it.

Inner peace is a state to be achieved and to be improved upon, a lifelong journey that requires a lifetime commitment.

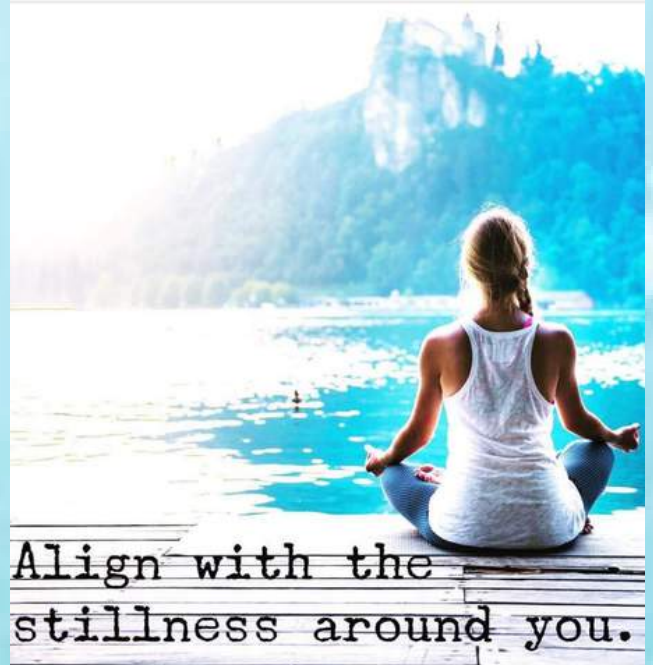
characteristics that underlie inner peace:

- **Relationships and trust:** Having social support, secure ties, and close relationships may help you find inner peace.
- **Personal virtues:** People with more inner peace may be more likely to display characteristics like compassion, empathy, responsibility, flexibility, self-control, and optimism.
- **Social virtues:** Tolerance, forgiveness, acceptance, and helpfulness may encourage inner peace.
- **Acceptance:** How you position yourself relative to other people, showing gratitude, empathy, anti-materialism, conviction, and satisfaction may help you find inner peace.
- **Spirituality:** Spirituality, religion, or faith may enable inner peace.
- **Optimism:** Believing and acting in a way that expects positive outcomes may enable inner peace.
- **Nature:** Spending time in nature may promote inner peace.
- **Physical health:** Being in good physical health may allow people to maintain low arousal happiness.
- **Stable finances:** Not having to worry about access to the basics required to sustain life may similarly allow people to remain content despite fluctuations in daily experience.
- **Physical activity:** Exercising in ways that are appropriate to your talents, skills, and ability levels may promote inner peace.

Inner peace is contentment, presence, and balance that doesn't change as outside circumstances change. Although finding inner peace may be a more difficult, more arduous task than finding happiness, the benefits may be far greater. Happiness is usually fleeting—the vacation ends, your new car gets dented, and your new job becomes routine. Inner peace, which comes from within, doesn't change as circumstances change. However, inner peace, unlike happiness, needs to be cultivated and developed through mindful living. By choosing to intentionally develop inner peace, you may discover a sense of serenity, tranquility, balance, and stability that is with you always, in your good times and in your bad times.



by: PP MEL DEYPALAN



The Club 101 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."





FEBRUARY CALENDAR OF ACTIVITIES

BY: PP CEL I. GRIÑO
CLUB ADMIN DIRECTOR



February 5

26th MEMBERSHIP MEETING & FELLOWSHIP NIGHT

February 12

27th MEMBERSHIP MEETING & FELLOWSHIP NIGHT

February 16

OUTREACH PROGRAM IN BRGY. LAPU

February 18

Rotary Week kick off
Outreach Program at St Agnes Childrens' Home

February 19

Opening of Rotary Exhibit at Robinsons Place Gensan

February 20

Coastal Clean Up Drive in Bula

February 20

Visit at the Rotary Exhibit Fellowship at Robinsons
10th BOD Meeting

February 23

Unveiling of Mural Painting & Fluoride Treatment @ MMCS

February 25

ROTARY WEEK CULMINATION
SPORTSFEST @ HTC Trinidad Complex

February 26

28th MEMBERSHIP MEETING & FELLOWSHIP NIGHT
Orientation of New Members

GROUPINGS

GREEN TEAM

WANG JADE ALAN
XAVIER MAY
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



28th General Membership Meeting
DownTown Blvd/6pm
26th February 2024

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

PE Troy Publico
PP Fanny Fernandez
Rtn Mark Mula

PAG Alan Ines
PE Troy Publico

PE Troy Publico

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



Feb 9 - Prexy Malou
Feb 16 - Rotakid Mirko
Feb 18 - Rotakid Thea
Feb 25 - Rtn Darnie



HAPPY ANNIVERSARY!



Feb 10 - PAG Alan & Sps. Angie



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?

Unveiling of Mural Painting



We are thrilled to announce the unveiling of the mural painting at Mt. Matutum Christian School. It is a testament to the power of collective effort between long time partners in Service- The Philippine Dental Association(GenSan Chapter), Mt. Matutum Christian School-PTA Officers 2022-23 and the Rotary Club of Polomolok 101. The mural does not only add a burst of color to the school campus but also served as a visual representation of our ongoing commitment in serving the community especially the school children.

To also emphasize the National Oral Health Month, right after the unveiling of Mural painting, PP Dr. Maribel Acuesta delivered a short lecture on Basic Oral Education to the students of MMCS together with their mothers/guardians, followed by Toothbrushing & Hand Washing Drills. The highlights of the activity is the application of tooth Fluoride or Fluoride treatment to the 100 nurseries, pre-schoolers and kindergartens administered by our very own Pp Dr. Mel Deypalan & Pp Dr Bel Acuesta & PDA Dentists headed by their President Dr. Jo Flores.

The mural is a visible expression of the club's enduring commitment to the Rotary cause.

This meaningful initiative resonated with the global celebration of Rotary's 119th Anniversary on February 23, 2024.



PEOPLE OF ACTION



MEETINGS & FELLOWSHIPS

FEBRUARY 2024



ACTIVITIES & FELLOWSHIPS

FEBRUARY 2024



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Enrollment is now going on

CHRISTIAN SCHOOL OF POLOMOLOK

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Entrance fees, tuition fees,
and miscellaneous fees

JUNIOR HIGH SCHOOL

for incoming grade 7

with entrance fees,
tuition fees, and miscellaneous fees

also offers kinderg & elementary

