

Official Publication of the Rotary Club of Polomolok 101

# THE CLUB 101

Volume 4

Issue 3

September 2024



Polomolok 101  
**Rotary**  
Club





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PUBLIC IMAGE/DRRM  
SERVICE PROJECT



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## COMMITTEE CHAIRPERSONS: AVENUES OF SERVICE



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**Melani G. Deypalan**  
VOCATIONAL SERVICE



**Rynel J. Ileta**  
CLUB SERVICE



**Darnie F. Jandic**  
INTERNATIONAL SERVICE



**Mark Mula**  
YOUTH SERVICE



# RI PRESIDENT'S MESSAGE

September 2024



Stephanie A. Urchick

The Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it.

Earlier this year, I was in Slovakia serving as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome.

When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother.

A lot of families play cards or games when they get together. When I was young, my father would pick up his accordion and lead my family in song. My grandmother would sing along with her impressive voice.

When I walked into the community center and heard traditional music from my childhood – when I saw a woman play the accordion the way my dad played – I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist worked with a videographer to make a short film about my grandmother. We watched the video together in the community center.

When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning.

I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother.

Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family.

Sitting in that community center listening to traditional Slovakian music from my childhood filled me with joy and a profound sense of belonging. I am so grateful to District Governor Cechova and everyone who helped create that magical experience.

As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club – other members of our Rotary family – feel like they truly belong.

Stephanie A. Urchick  
President 2024-25



# PRESIDENTS PAGE



**Pres. Troy Publico**

As we turn the page to September, Rotary International shines a spotlight on one of the most fundamental building blocks of human progress: education and literacy. Rotarians worldwide unite to champion the cause of Basic Education and Literacy, recognizing that knowledge truly is power.

The Rotary Club of Polomolok 101 responded to the Brigada Eskwela initiative- an advocacy program that aims to encourage more LGU, communities, parents, businesses, and NGOs to support and contribute in adequately preparing public schools for the opening of classes. Our club donated cleaning materials as requested by the school teachers. We also share our time in helping clean some classrooms and their gardens. This activity was done last month before the classes started at Silway 8 Elementary School.

Education is a right, not a privilege. This September, we enjoin Rotary International in our mission to light up minds and brighten futures. Whether we are a Rotarian or a community member, our contribution matters.

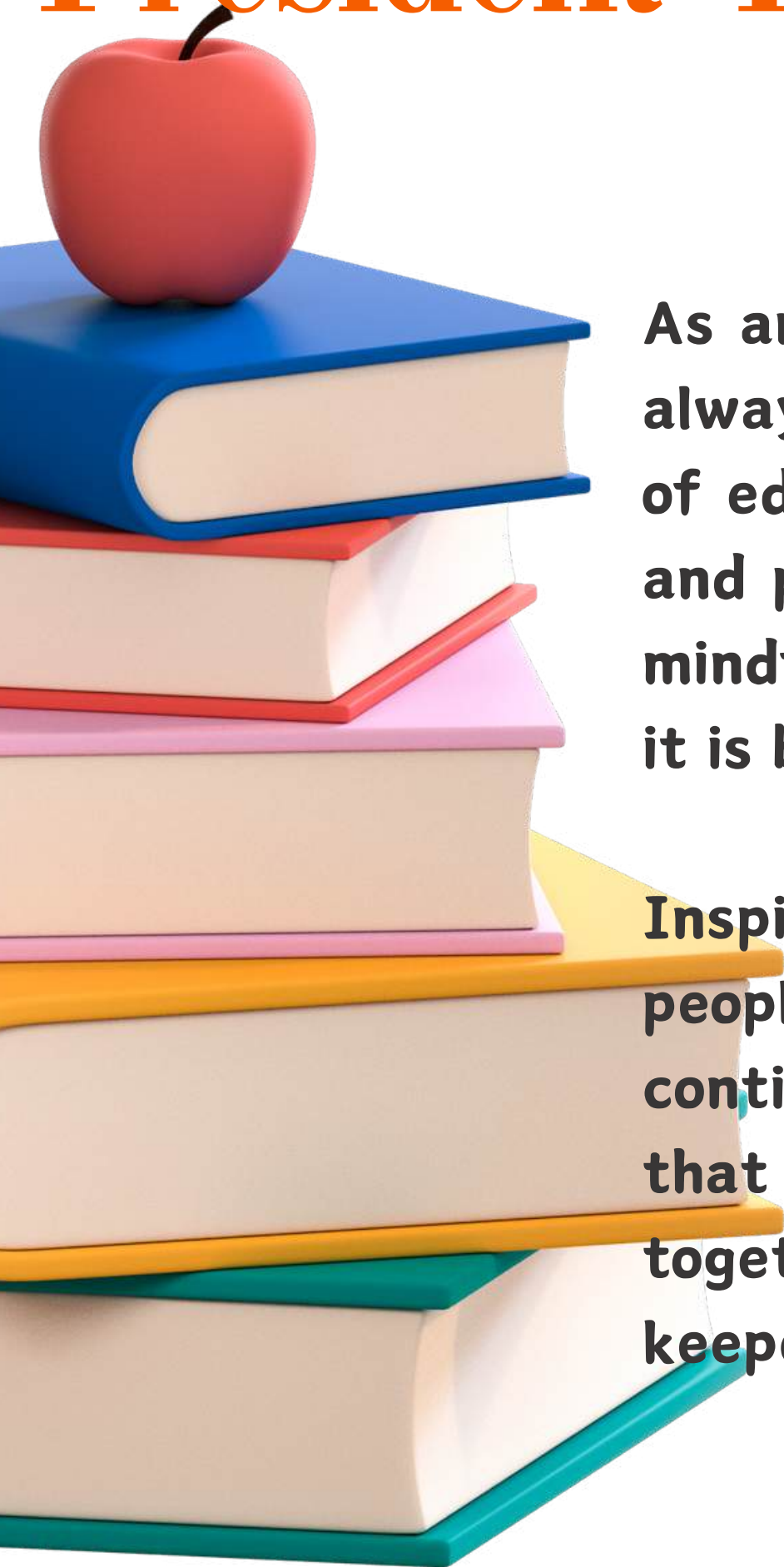
Together, we can turn the page to a brighter, more literate world.





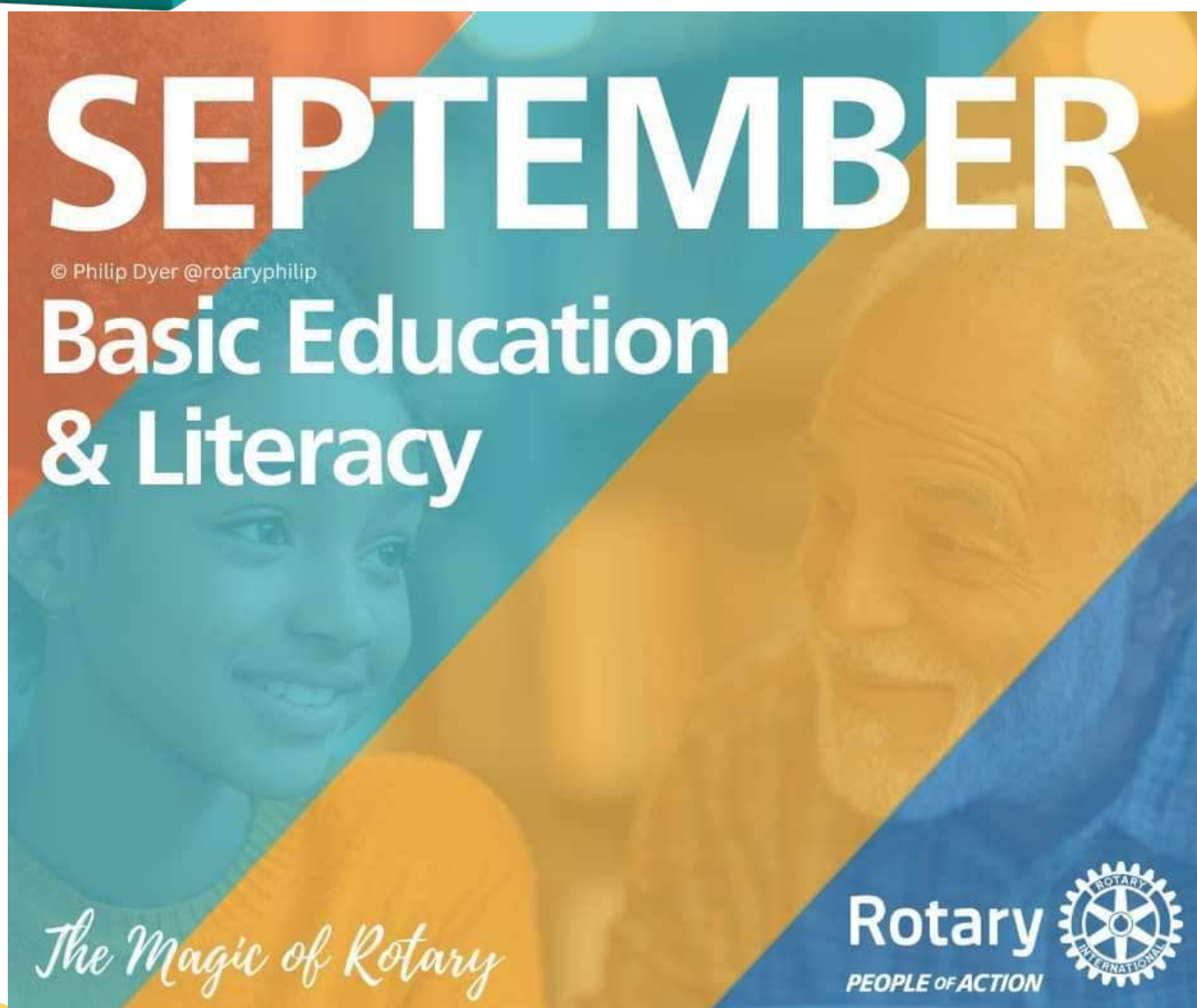
# President-Elect's Message

By: PE Gina de Guzman



As an educator for more than twenty-seven years, it has always been my advocacy to promote the positive impact of education to one's life. It will not guarantee us wealth and power, but it will surely enrich our consciousness and mindfulness. Real education is beyond any degree because it is basically learning how to learn.

Inspired by Rotary's action in creating lasting change in people's lives, Rotary Club of Polomolok 101 commits to continuously provide opportunities for learning. It is good that we shine as individuals, but it is best if we flourish together as a community. After all, we are each other's keeper. This for me, is "Service above Self".





# EDITOR'S NOTE

## SEPTEMBER IS BASIC EDUCATION & LITERACY MONTH



PAG May Urbano  
*Editor-in-Chief*

September is Basic Education and Literacy Month for Rotary. This is one of Rotary's seven areas of focus. We all know how critical reading and writing are for success in life – for gaining information, communicating, making agreements, and so forth.

Rotary's goal is to empower communities to support basic education and Literacy, reduce gender disparity in education and increase adult literacy.

Enhancing Basic Education skills and Literacy are essential in reducing poverty, improving health, encouraging community and economic development, and promoting peace. Improvements can reduce maternal death, improve childhood survivability, and reduce poverty. They can also enable success in business or a profession.







# HALL OF PAST PRESIDENTS



**CP OMAR GALLINERO**

**PHF+1**

**RY 2005-2006**



**PP ESPIE MALIWAT**

**RFSM+2**

**RY 2006-2007**



**PAG ALAN INES**

**PHF+1**

**RY 2007-2008**



**PP ROGELIO RALLOS, JR**

**PHF+7**

**RY 2008-2009**



**PP MARIBEL ACUESTA**

**PHF**

**RY 2009-2010**



**PP XAVIER BAYAN**

**PHF+3**

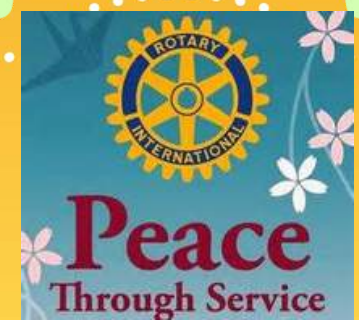
**RY 2010-2011**



**GRACE SALAZAR**

**RFSM**

**RY 2011-2012**



**REY TRASPORTO**

**RFSM**

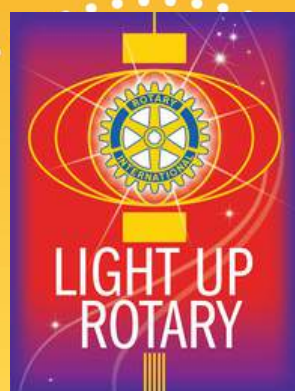
**2012-2013**



**BENHUR DAPANAS**

**PHF**

**2013-2014**



**PP REX MACHAN**

**RFSM**

**RY 2014-2015**



**PP CELEMA GRIÑO**

**PHF**

**RY 2015-2016**



**PAG MAYVELYN URBANO**

**PHF+2**

**RY 2016-2017**



**PP GLADYS BALANO**

**PHF**

**RY 2017-2018**



**PP MELANI DEYPALAN**

**PHF**

**RY 2018-2019**



**PP FANNY FERNANDEZ**

**PHF**

**RY 2019-2020**



**PP NIEVEN MAY ALFECHÉ**

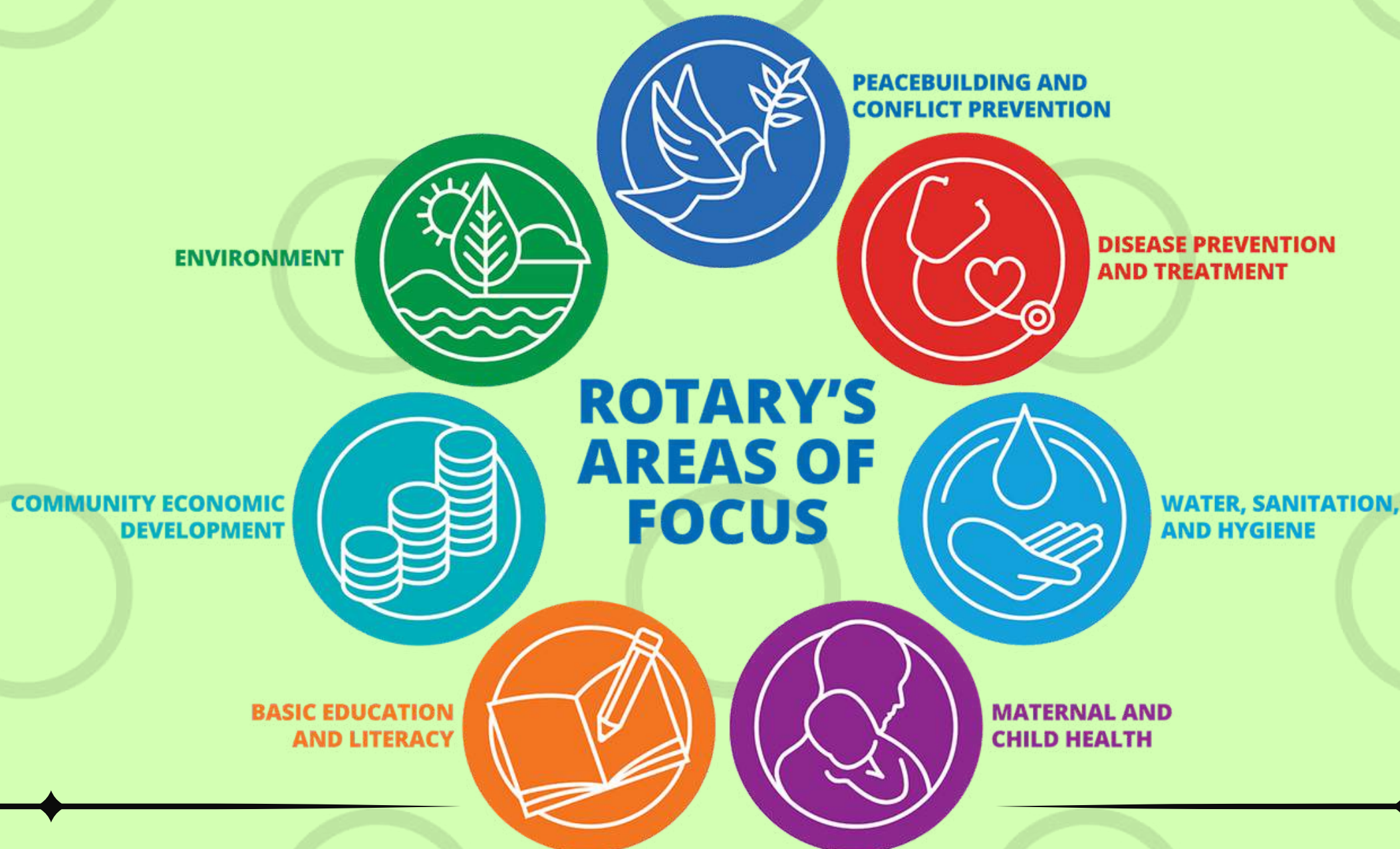
**PHF**

**RY 2020-2021**





# HALL OF PAST PRESIDENTS



## SEVEN AREAS OF FOCUS COMMITTEE CHAIR

BASIC EDUCATION & LITERACY-	PE GINA DE GUZMAN/RTN. NANCY GADIAN
DISEASE PREVENTION & TREATMENT-	PP MEL DEYPALAN/PP BEL ACUESTA
COMMUNITY ECONOMIC DEVELOPMENT-	RTN RYNELL ILETO/PP FANNY FERNANDEZ
WATER & SANITATION-	RTN KLINCH BALCITA/VP TOMMY TONGUIA, JR
MATERNAL & CHILD-	RTN DOLORES LABAJO/RTN HANNAH LABAJO
PEACE & CONFLICT RESOLUTION-	PP XAVIER BAYAN/PAG ALAN INES
ENVIRONMENT-	RTN RUTCIE TITO/ RTN MARK MULA





PAG ALAN M. INES

# BENEFITS OF HIGHER EDUCATION



Higher education offers numerous benefits for both personal and societal growth. It equips you with specialized knowledge and skills tailored to your chosen field, enhancing your career prospects and earning potential. You'll develop critical thinking, problem-solving abilities, and a habit of lifelong learning.

It also promotes economic development, reduces poverty, and encourages civic participation, leading to more informed and engaged communities. By pursuing higher education, you can make a positive impact on both your life and society as a whole.

## 1. Career Preparation

Some people know exactly what they want to do once they enter the workforce, and some people may need higher education to get to where they need to be. A college degree is a required prerequisite for a growing number of jobs. Even if you aren't sure what you want to do after graduation, it is a great benefit to go to college. Higher education will help narrow your interest and refine your skill set, showing you exactly what you are good at and what field you may want to enter.

## 2. Broader Practical Benefits

Higher education provides several practical benefits. College graduates tend to have higher incomes and lower unemployment rates.

Higher education also promotes healthier lifestyles. College graduates are less likely to smoke and more likely to engage in regular physical activity. Additionally, they are more likely to participate in community and political activities, leading to stronger civic engagement and a more informed society.

## 3. Personal Development

Students go through a lot of personal development in college. Things such as critical thinking skills, time management, perseverance, communication, and presentation skills are all great assets not only for future work but for personal life as well. College grads get further in life, not just because of the degree they've earned, but the experiences they went through.

## 4. Pursuing a Passion and Desired Field

Pursuing your passion in the form of a college degree is the path that some people take and there is nothing wrong with that. If you really love music, studying music, then find a way to make a career out of it. College will help you get a deeper and more theoretical understanding of your passion and will also open your eyes to possible career paths and mentors.

## 5. Cognitive and Communication Skills

College students study hard and they study often. They are taught to think alternatively and creatively to solve a problem. As a result, college students have the high cognitive ability. Courses often require group work and presentations, resulting in better interpersonal communication skills for grads.

## 6. Social Experiences

Don't forget that college isn't all studying. The friends you make during college will be the friends you have for life. They can also act as a social net, lifting you up when you are down and encouraging you to do your best in your studies, your profession, and in your life. Learning to live with others and work well with others enhances your social skills as well.

### The Biggest Pitfalls of Not Investing in Your Education

Neglecting to invest in your education can have significant drawbacks. Without education, you may face limited career opportunities, lower earning potential, and job insecurity in a rapidly evolving job market.

Personal development also suffers, with reduced critical thinking skills, limited access to information, and a diminished ability to adapt to change.

In the long run, this can lead to a lack of fulfillment and hinder your ability to contribute meaningfully to society. Investing in education is crucial for personal and professional growth.





# ROSTER OF MEMBERS

Rotary Year 2024-2025

NAME			CLASSIFICATION
Acuesta, Maribel D.	"Bel"	PHF	Dental Services: Pediatrics
Alfeche, Nieven May V.	"Twinkle"	PHF	Hospital Services; CEO Secretary
Balano, Gladys D.	"Glad"	PHF	Registrar; Private
Bayan, Xavier J.	"Bobet"	PHF+3	Law; General Practice
Castaniaga, Lani A.	"Lan"	PHF	Management: Government Bank
Cruz, Rizaldy R.	"Zaldy"	PHF	Architecture: Building
Deypalan, Melani G.	"Mel"	PHF	Dental Services: Orthodontics
Gallinero, Omar S.	"Mar"	PHF+1	Management; Photography & Events
Gallinero, Charo Lyka B.	"Sweet"	PHF	Management; Nail Spa
Grino, Celema I.	"Cel"	PHF	Dental Services; Hospital
Ines, Alan M.	"Lan"	PHF+1	Administration; Private School
Jandic, Darnie F.	"Bing"	PHF+1	Management; Spa
Pineda, Rona F.	"Ron"	PHF	Management; Farm Resort & Restaurant
Publico, Krispian Troy M.	"Troy"	PHF	Financial Advisor
Rallos, Jade N.	"Jade"	PHF+3	Medical Technologist
Rallos, Rogelio Jr.	"Wang"	PHF+7	Medical Supplies Distribution
Sabellano, Ivie L.	"Ivie"	PHF	Management; Government Bank
Teoxon, Malou A.	"Lou"	PHF	Management: Travel & Tours
Tonguia, Tomas, Jr	"Tommy"	PHF	Management; Rice Retail
Urbano, Mayvelyn G.	"May"	PHF+2	Management: Restaurant Fast Food

## NEW MEMBERS

Balcita, Klinch Alfred	"Klinch"	Banking Services
de Guzman, Gina	"Gin"	Education; Tertiary
Gadian, Mary Nancy P.	"Nancy"	Maritime Consultant
Ileto, Rynel J.	"Rynz"	Management; Beauty Products
Labajo, Darlene Hannah C.	"Hannah"	Junior Executive; Advertising
Labajo, Dolores, C.	"Dolly"	Management; Farm Resort
Tito, Rutcie	"Rutc"	Business Services

## HONORARY MEMBERS

Ambat, Milbert C.  
Rogers, Liza M.



# Club Dues Details

## RCP 101 CLUB DUES RY 2024-2025

### OPTION 1



2,375.00 — RI DUES(\$40.25) 1ST SEM  
2,315.00 — RI DUES (\$39.25) 2ND SEM)  
850.00 — DISTRICT LEVY  
100.00 — DISASTER FUND  
300.00 — DIGITAL PRM  
320.00 — CLUB LISTINGDISCON&DISTAS)  
500.00 — RI CONVENTION  
1,475.00 — EREY(\$25)  
1,350.00 — END POLIO  
1,000.00 — PROJECT FUND  
**10,585.00 — TOTAL**  
**/12 MONTHS= 882.00**  
**MONTHLY DUES-----1000/MONTH**  
**EARLY BIRD (FULL PAYMENT)--- 10,600.00**

## RCP 101 CLUB DUES RY 2024-2025

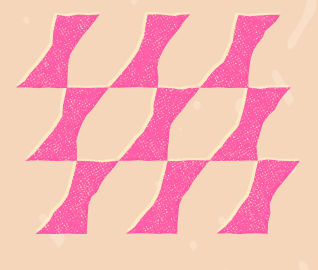
### OPTION 2



2,375.00 — RI DUES(\$40.25) 1ST SEM  
2,315.00 — RI DUES (\$39.25) 2ND SEM)  
850.00 — DISTRICT LEVY  
100.00 — DISASTER FUND  
300.00 — DIGITAL PRM  
320.00 — CLUB LISTINGDISCON&DISTAS)  
500.00 — RI CONVENTION  
5,900.00 — (\$100)-RFSM  
1,350.00 — END POLIO  
1,000.00 — PROJECT FUND  
**15,010.00 — TOTAL**  
**/12 MONTHS= 1,251.00**  
**MONTHLY DUES- 1,300/MONTH**  
**EARLY BIRD (FULL PAYMENT)- 15,020.00**



by  Jade Rallos  
treasurer





# THE CLUB 101

## CALENDAR OF ACTIVITIES



by: PP Cel Grino

JULY- MATERNAL & CHILD HEALTH

AUGUST- MEMBERSHIP & NEW CLUB DEVELOPMENT

SEPTEMBER- BASIC EDUCATION & LITERACY

OCTOBER- COMMUNITY ECONOMIC &  
DEVELOPMENT MONTH

NOVEMBER- ROTARY FOUNDATION

DECEMBER- DISEASE PREVENTION & TREATMENT

JANUARY- VOCATIONAL SERVICE

FEBRUARY- PEACEBUILDING & CONFLICT  
RESOLUTION

MARCH- WATER, SANITATION & HYGIENE

APRIL- ENVIRONMENTAL MONTH

MAY- YOUTH SERVICE

JUNE- ROTARY FELLOWSHIP





# LET'S REVIVE OUR RIVER!

In celebration of our club's 19th Charter Anniversary and World River Day, the Rotary Club of Polomolok 101 initiated the "Go Green: Revive the River" activity on September 28, 2024 at Purok Dam, Rallos Creek, Brgy Landan.

This project aims to revive our rivers to their former glory and strengthen its resilience for people and nature. RCP 101 together with our GSA School-based Rotaracts, Interacts, Rotary Community Corps Twincirca & MENRO Polomolok gathered together and tirelessly planted more than two hundred(200) Red Lawaan seedlings on the river banks and on the river hillside.

The event began with a short program with brief orientation from MENRO representative headed by Eng'r. Agustin Valencia, emphasizing the importance of river restoration to protect water resources. He also mentioned that trees planted near the river can prevent the entry of various types of pollutants into the river water. Proper tree planting and growing were also discussed during the program. Meanwhile, PAG Alan Ines stressed that the trees planted near the river can be the source of food and shelter for many birds and animals.

The activity was joyfully done with a blissful atmosphere highlighting our club's commitment to preserving natural resources and promoting go green practices.

By planting more trees, we can create corridors and connected habitats that support wildlife populations and promote ecosystem health and resilience.





Polomolok 101

**Rotary**  
Club



8th General Membership Meeting & Fellowship Night  
Downtown Blvd  
23rd September 2024/6pm



## PROGRAMME

Call To Order

Invocation

Rotary Code of Conduct  
& the 4 Way Test

Re echo Vibrant Seminar

President's Time

Open Forum

Adjournment

Pres. Troy Publico

PP Mel Deypalan

PP Bel Acuesta

PE Gina de Guzman

Pres. Troy Publico

Pres. Troy Publico

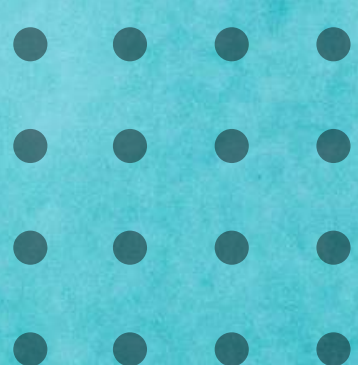
*Moderator- PP Gladys Balano*

### *Invocation*

Almighty Father, we invite You into our midst during this weekly gathering. We come to this meeting imbued with satisfaction in our jobs, eager to share our experiences, happy to see our fellow Rotarians, and raring to work for the welfare of our fellowmen.

Our enjoyment of the Rotary is made fuller and more meaningful because you have given us, Oh Lord, the gift of generosity and love for the needy and the downtrodden. Through the different projects and services of our club, we have achieved greater fulfillment as persons.

We thank You, Almighty Father, for making us the instruments of Your Love. We love You for giving us the happiness in and through Rotary, AMEN...



### *ROTARY CODE OF CONDUCT*

As a Rotarian, I will

1. Exemplify the core value of integrity in all behaviors and activities
2. Use my vocational experience and talents to serve in Rotary
3. Conduct all of my personal, business, and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
4. Be fair in all dealings with others and treat them with the respect due to them as fellow human beings
5. Promote recognition and respect for all occupations which are useful to society
6. 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
7. Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
8. Neither seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

Rotary



#### The Four-Way Test

of what we think, say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. 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



PP XAVIER- SEPTEMBER 22

ROTAKID ANYA- SEPTEMBER 24

ROTAKID NIKKI- SEPTEMBER 26



Polomolok 101  
Rotary  
Club



### MAKE UP CARD

Name

Position

Club Name

Date

President's Signature

#### 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*

Rotary



### OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the  
ideal of service as a basis of worthy enterprise and,  
in particular, to encourage and foster:

#### FIRST:

The development of acquaintance  
as an opportunity for service;

#### SECOND:

High ethical standards in business and professions; the  
recognition of the worthiness of all useful occupations;  
and the dignifying of each Rotarian's occupation as an  
opportunity to serve society;

#### THIRD:

The application of the ideal of service in  
each Rotarian's personal, business, and  
community life;

#### FOURTH:

The advancement of international understanding,  
goodwill, and peace through a world fellowship of  
business and professional persons united in the  
ideal of service.

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?



# VIBRANT CLUB SEMINAR

Acacia Hotel, Davao City/ Sept. 7, 2024



September 7, 2024. Members of the Rotary Club of Polomolok 101 attended the Vibrant Club seminar-Mindanao Leg organized by District 3860 held at Acacia Hotel in Davao City. The event focused on three key areas: Membership, Public Image, and The Rotary Foundation. Engaging discussions were held on strategies to attract new members and retain existing ones, highlighting the importance of a diverse and dynamic club. Furthermore, participants gained valuable insights into enhancing their club's public image through effective communication and community engagement.

The seminar also emphasized the significant role played by the Rotary Foundation in driving impactful projects in our community. As evident from this event, when a club is vibrant, all aspects seamlessly come together for a thriving Rotary experience.

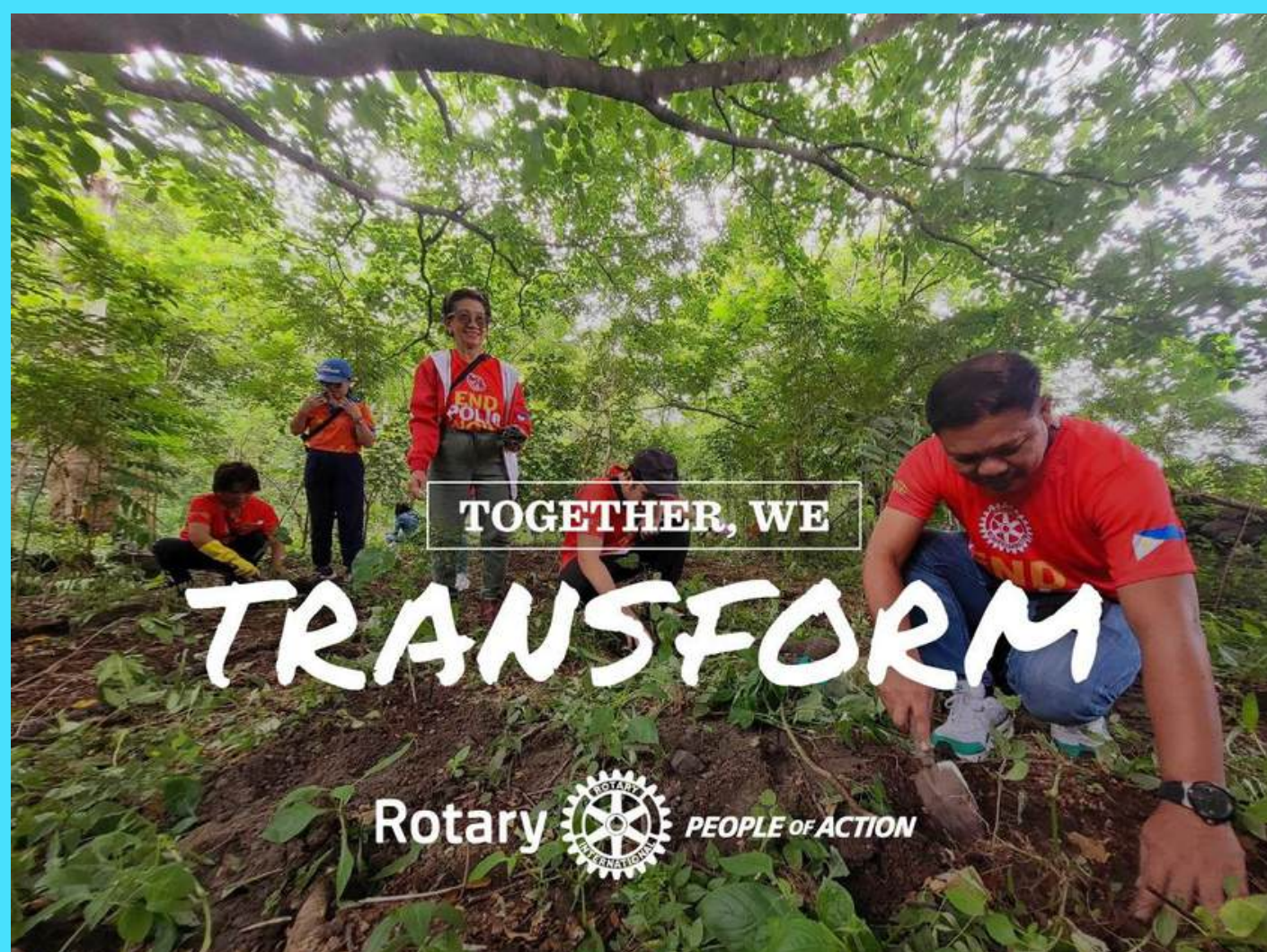




# Rotary PEOPLE of ACTION

## TREE PLANTING & TREE GROWING ACTIVITY

The Rotary Club of Polomolok 101 together with other Rotary Clubs in GenSan-Area 3 F&G (in coordination with CENRO) had a successful joint tree planting/tree growing activity along the riverbank of Silway river at Brgy Mabuhay on September 21, 2024. A total of 300 Akle seedlings were planted in the area. The clubs agreed to alternately monitor the planted seedlings every month to ensure its growth. Protecting the Environment is one of the Area of Focus in Rotary. As Rotarians, we are committed to supporting activities that strengthen the conservation and protection of Natural resources, ecological sustainability, and foster harmony between communities and the environment.





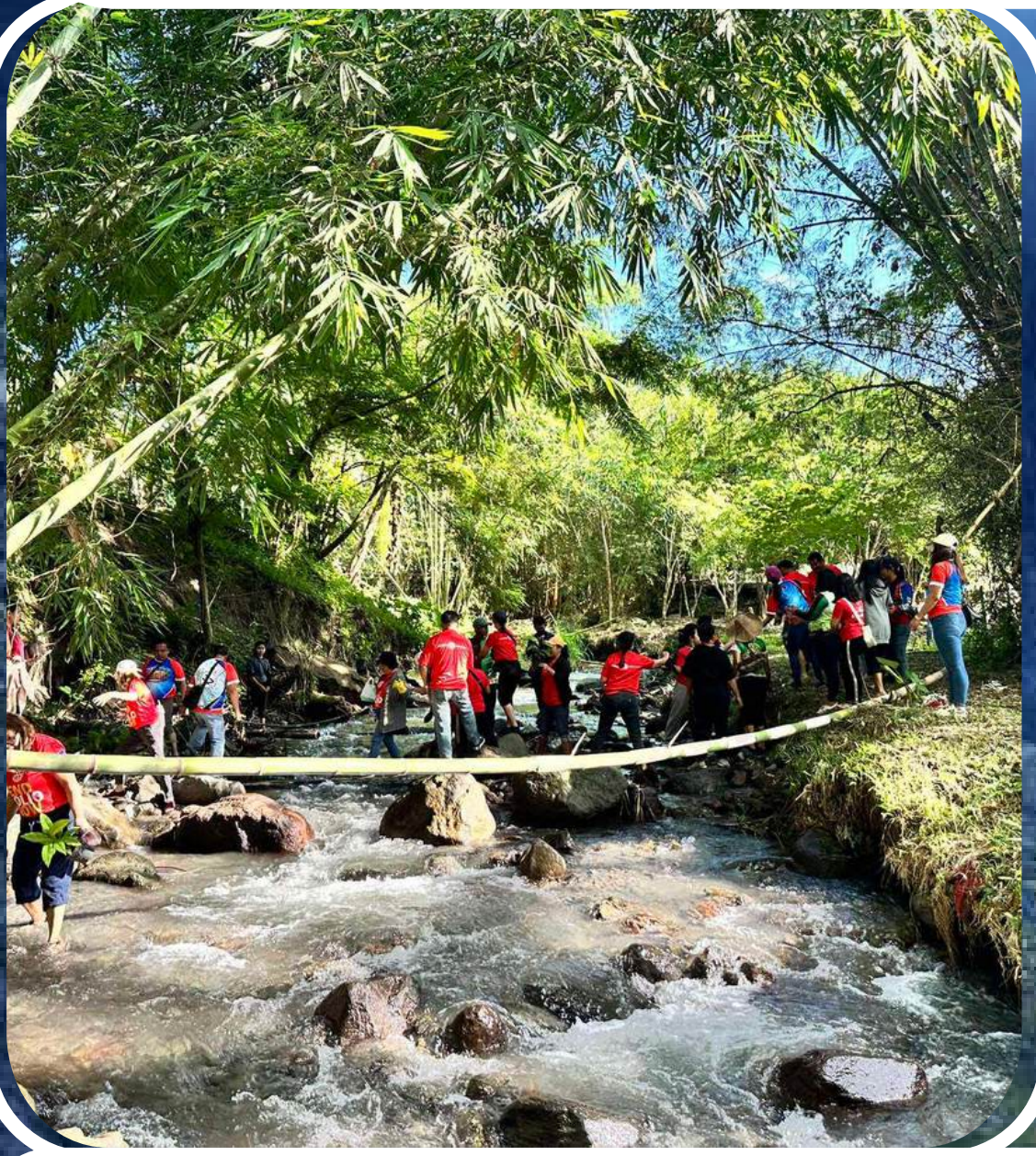
# SEPTEMBER WEEKLY MEETINGS

@ DOWNTOWN BLVD





# SEPTEMBER ACTIVITIES





# SEPTEMBER FELLOWSHIPS







2024

# INTERNATIONAL DAY OF PEACE



Each year on 21 September, the Rotary community joins with peace advocates around the world to recognize the United Nations International Day of Peace. This year's theme, Cultivating a Culture of Peace, underscores the global need to promote mutual understanding, goodwill, and peace within our communities – the cornerstone of Rotary's mission. Rotary clubs and districts carry out sustainable projects to bring positive, lasting change to communities locally and globally. Through our area of focus to promote peace, we take a holistic approach to address the underlying causes of conflict and build more peaceful societies. To support this goal, we provide education, training, and capacity building to professionals and young leaders to help them understand how to successfully prevent and resolve conflict through Rotary Peace Fellowships, and we train Rotary members and participants in Positive Peace.



# IMPORTANT EVENTS TO REMEMBER

Rotary  
District 3860



26 Oct  
2024

JOIN NOW

*pink*

*zumba for a cause*





SCAN TO REGISTER

PROCEEDS WILL BE DONATED TO BREAST CANCER ORGANIZATIONS

Area 3F

Area 3G

Area 3H

RC General Santos  
RC Marikina City

RC Palomok 101  
RC General Santos

RC Metro Davao  
RC Davao

RC Greater General Santos  
RC General Santos

Rotary Club of Central Palomok  
Rotary Club of Marikina City

Rotary Club of Marikina City  
Rotary Club of Marikina City

Rotary  
District 3860



26 Oct  
2024

JOIN NOW



Breast Cancer Awareness Campaign

*pink forum*

09:00 AM

Venue

Robinsons Mall, General Santos City

Area 3F

Area 3G

Area 3H

RC General Santos  
RC Marikina City

RC Palomok 101  
RC General Santos

RC Metro Davao  
RC Davao

RC Greater General Santos  
RC General Santos

Rotary Club of Central Palomok  
Rotary Club of Marikina City

Rotary Club of Marikina City  
Rotary Club of Marikina City

Rotary  
District 3860



SAVE THE DATE

DISCON 2025

Tacloban, Leyte  
May 30-31, 2025



Rotary



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

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#Rotary25





# MOVE TO END POLIO

Rotary  
District 3860



OCTOBER 19, 2024

PROCEEDS WILL BE USED FOR  
COMMUNITY SERVICE PROJECTS AND  
ROTARY'S END POLIO CAMPAIGN

## RUN CATEGORIES

3K 5K

## BIKE CATEGORIES

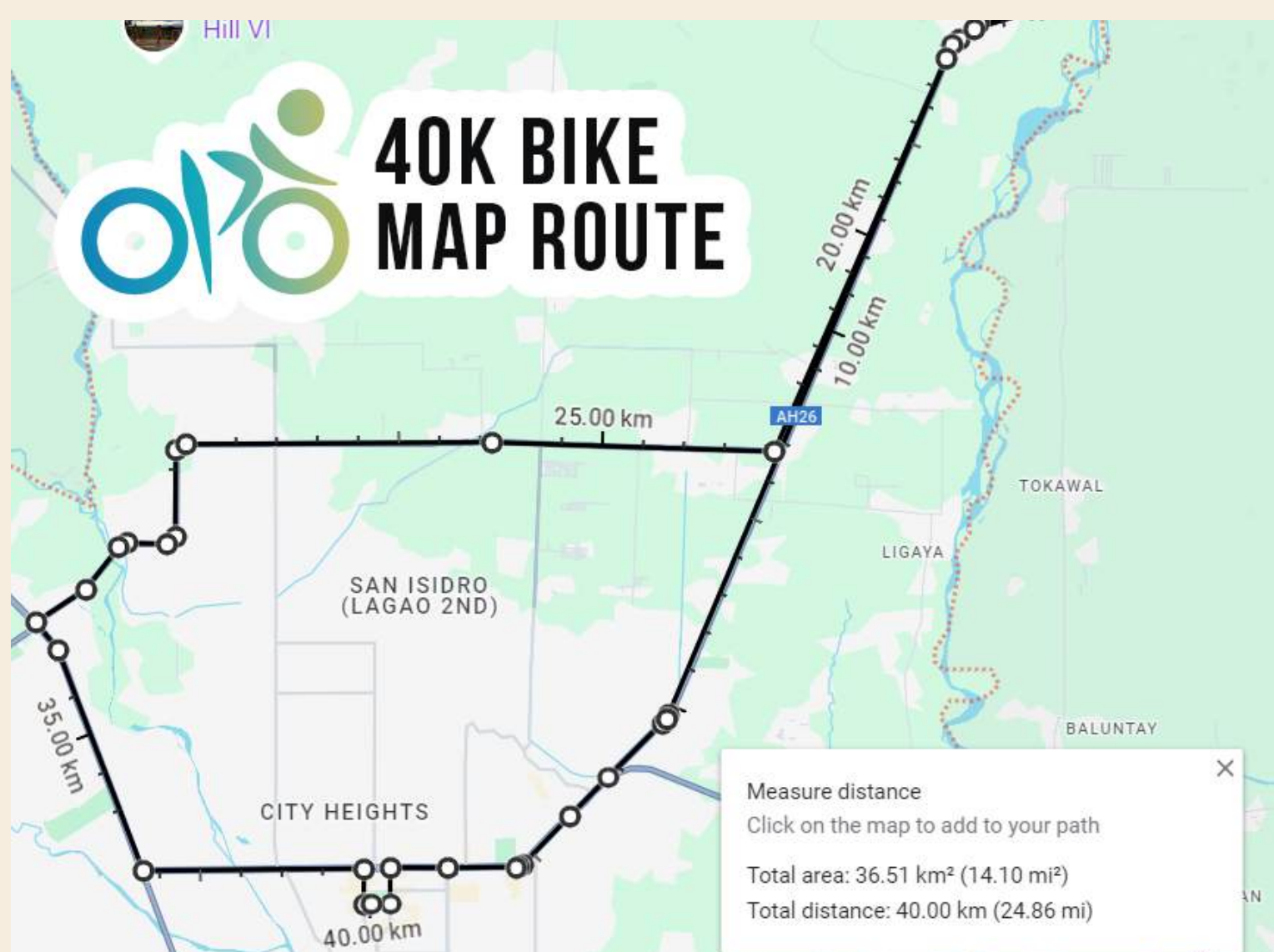
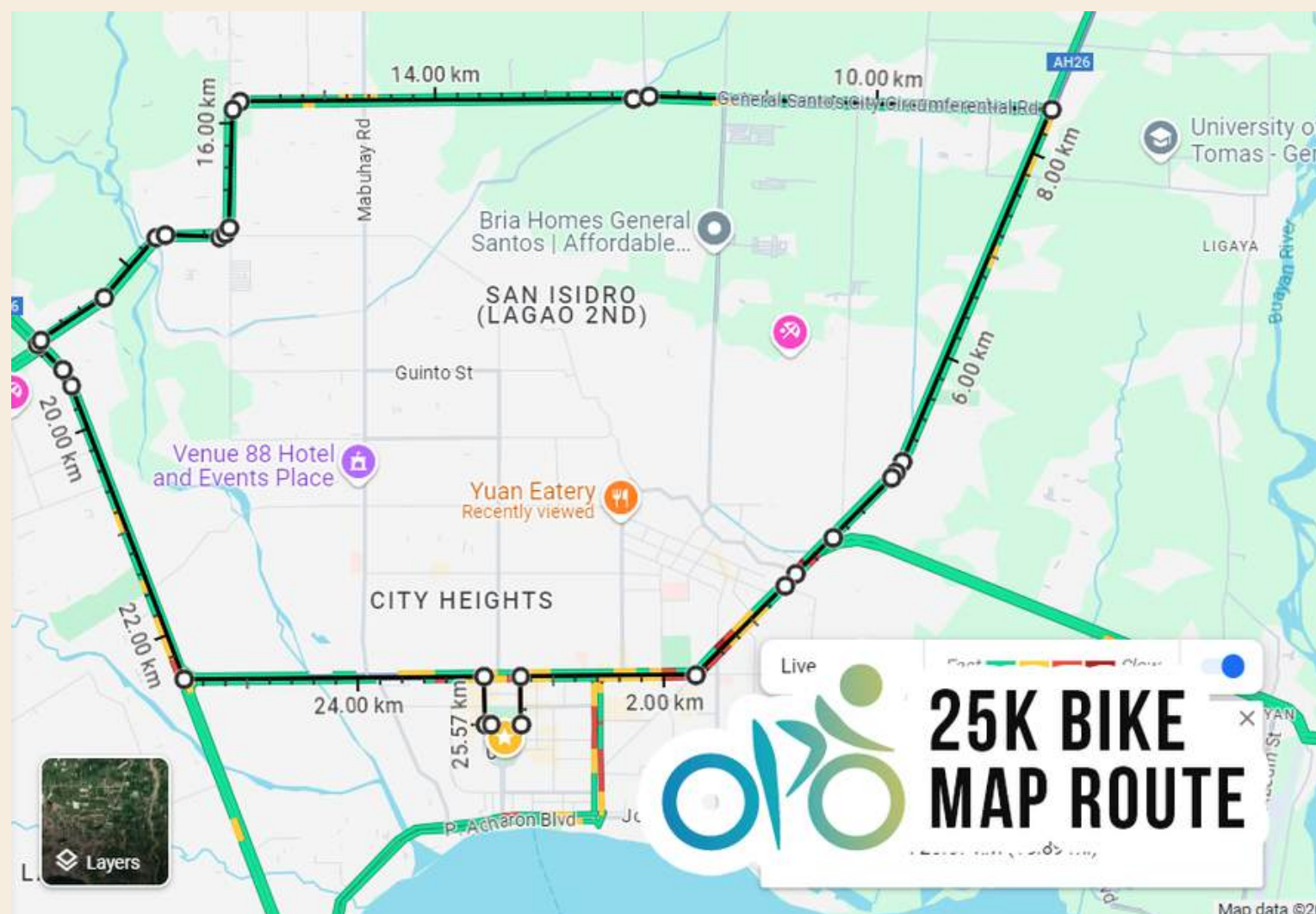
25K 40K

## AREA 3FGH

RC GENERAL SANTOS  
RC MIDTOWN GENSAN  
RC POLOMOLOK 101  
RC GENSAN TUNA PORT

RC POLOMOLOK 101  
RC GENSAN TUNA PORT  
RC GREATER GENERAL SANTOS  
RC UPTOWN GENERAL SANTOS

RC CENTRAL POLOMOLOK  
RC KORONADAL  
RC KORONADAL CENTRAL  
RC MARBEL  
RC METRO KORONADAL



Rotary  
District 3860

**3K** PHP 1000  
JERSEY, RACEBIB, SLING BAG, & FINISHER'S MEDAL

**5K** PHP 1200  
JERSEY, RACEBIB, SLING BAG, & FINISHER'S MEDAL

**10K** PHP 1450  
JERSEY, RACEBIB, SLING BAG, & FINISHER'S MEDAL

**16K** PHP 1450  
JERSEY, RACEBIB, SLING BAG, & FINISHER'S MEDAL

**40K** PHP 1750  
JERSEY, RACEBIB, SLING BAG, & FINISHER'S MEDAL

**ZUMBA** PHP 350  
JERSEY

**PARTICIPATED BY**

**AREA 3F**  
RC General Santos City  
RC Midtown GenSan  
RC Polomolok 101  
RC GenSan Tuna Port

**AREA 3G**  
RC Metro Dadiangas  
RC Dadiangas  
RC Greater General Santos  
RC Uptown General Santos

**AREA 3H**  
RC Central Polomolok  
RC Koronadal  
RC Koronadal Central  
RC Marbel





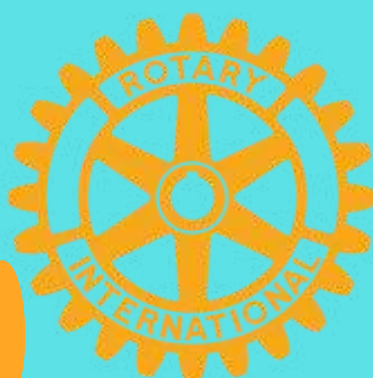
# RCP 101 SUPPORTS COMMUNITY HEALTH CENTER

September 26, 2024-The Rotary Club of Polomolok 101 revisited the Jamila Health Center sub station and fulfilled its promise to donate materials for fencing the facility. The Brgy. Health Workers were enthusiastic and appreciative of the donation because once the fence is built, wandering animals and unauthorized persons will be prevented from entering the premises giving the BHWs the feeling of relief, comfort, and security.

We also observed and assisted the pre-natal care where patients were being updated of the health condition of their babies as well as the mothers themselves. The expectant mothers were given advice and instructions to make sure of their healthy and safe pregnancy and delivery. Meanwhile, in preparation for our Club's Pink October activities, PP Dr Mel Deypalan discussed with the center our project (in partnership with the Breast Care Foundation)- the free availment of mammograms for patients who have suspected breast lumps. Pp Fanny Fernandez also delivered a lecture on how to earn extra income and techniques for planting vegetables in their backyards or in a limited space. She also tackled healthy eating habits for healthy living. Snacks were provided for everyone present during the said activity. This initiative aims to support our local health care center and the community as well.



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