

Official Publication of the Rotary Club of Polomolok 101

# THE CLUB 101

VOLUME 3

ISSUE 4

OCTOBER 2024





# 2024-2025 OFFICERS AND DIRECTORS



**Stephanie A. Urchick**  
RI PRESIDENT



**Caroline L. Andrade**  
DISTRICT GOVERNOR



**Jonathan Tse**  
DISTRICT SECRETARY



**Ronald Velasquez**  
ASSISTANT GOVERNOR



**Krispian Troy M. Publico**  
PRESIDENT



**Tomas Tonguia, Jr.**  
VICE PRESIDENT



**Gina de Guzman**  
PRESIDENT-ELECT  
ASST. SECRETARY



**Jade N. Rallos**  
TREASURER



**Gladys D. Balano**  
AUDITOR



**Sweet B. Gallinero**  
PRO



**Mary Nancy P. Gadian**  
PROTOCOL OFFICER



**Nieven May Alfeche**  
CICO



**Malou A. Teoxon**  
IPP  
LEARNING FACILITATOR



**Omar Gallinero**  
CHARTER PRESIDENT

## DIRECTORS:



**Celema I. Grño**  
CLUB  
ADMINISTRATION



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



**Maribel D. Acuesta**  
MEMBERSHIP  
DEI



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



**Mayvelyn G. Urbano**  
EXEC. SECRETARY

## COMMITTEE CHAIRPERSONS:

## AVENUES OF SERVICE



**Xavier J. Bayan**  
COMMUNITY SERVICE



**Melani G. Deypalan**  
VOCATIONAL SERVICE



**Rynel J. Ilete**  
CLUB SERVICE



**Darnie F. Jandic**  
INTERNATIONAL SERVICE



**Mark Mula**  
YOUTH SERVICE



# RI PRESIDENT'S MESSAGE

**October 2024**

With World Polio Day on 24 October, I'm proudly rooting for Rotary as we team up around the world to End Polio Now.

I had the honor of attending a Strike Out Polio event in July at PNC Park, home of the Pittsburgh Pirates MLB team. The Rotary Club of Delmont-Salem hosted the event, which raised \$1.3 million for PolioPlus.

Later in the summer, I joined members of our Rotary family in supporting the Más Millas Menos Polio (More Miles Less Polio) bike ride. Felipe Meza Chávez and his team rode all the way from Ciudad Juárez, Mexico, to One Rotary Center in Evanston, Illinois, to raise money and awareness. The ride took 12 days, and Felipe and his team collected more than \$100,000 to support the fight against polio. It was a joy to greet them as they arrived in Evanston.

*Stephanie A. Urchick*  
*President 2024-25*

And I was thrilled to see Team End Polio raise global awareness around the 2024 Paris Olympics. This world-class roster of athletes, global leaders, and polio eradication supporters came together to advocate for a world where no child has to live in fear of being paralyzed by polio. Some of the athletes on Team End Polio are polio survivors themselves, adding weight to their advocacy.

These are just a few examples of the many ways Rotary has teamed up recently to End Polio Now. It is vital that we continue to seek out and recruit teammates in polio eradication, especially after the challenges our eradication efforts have faced this year.

The Rotary world was heartbroken to learn about the tragic passing in August of Aidan O'Leary, director for polio eradication at the World Health Organization.

I knew Aidan and worked with him directly. He was a tireless advocate in the fight against polio and a kind, genuine man. We will remember him both for his advocacy and his warmth. But where there is hardship, there is also hope. I feel hopeful whenever I consider the countless ways Rotary supports the fight every day to eradicate polio.

As people of action, we don't have the luxury of giving in to despair, even in the face of tragedy. The best way to honor Aidan's memory is by teaming up and reaching our goal to End Polio Now. We made a promise to the children of the world and their families. It is incumbent upon us, together with our global partners, to end this threat once and for all.

There are so many ways we can team up to eradicate polio. You can donate to the End Polio Now campaign, join or initiate a PolioPlus Society in your club or district, or take inspiration from the fundraisers I mentioned above.

I encourage Rotary members around the world to continue to seek out new teammates, so that together, we end polio.



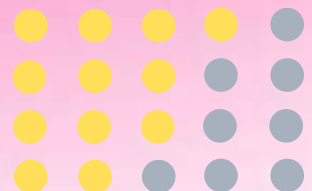
Pres. Troy Publico

# PRESIDENT'S PAGE

October is the month in which Rotary celebrates Community Economic Development as one of its seven areas of focus.

The work of Rotary begins in the community, and every community has its own unique needs and concerns. We, in Rotary serve in countless ways, and supporting community through livelihood program is one of them.

Rotary Club of Polomolok101 commitment to community economic development is a testament to our belief that everyone deserves the opportunity to prosper. By supporting sustainable small businesses and creating jobs, we can help to create more vibrant and equitable communities.







PAG May Urbano

# EDITOR'S NOTE

**OCTOBER IS BREAST CANCER AWARENESS MONTH**



Breast Cancer Awareness Month has been celebrated in October since the eighties. It is called "Pink October" as people around the world adopt the pink color and display a pink ribbon to raise awareness about the importance of prevention and routine screening for the early diagnosis of breast cancer. The World Health Organization (WHO) has considered breast cancer as the second most common cancer in the Philippines. The disease ranks as the most common cancer among women.

As a breast cancer advocate, I urge for women to check themselves, whether they are on their teens, or in their 40s or older. Not only in the month of October but any month of the year.

Pink October in Rotary is also our time for us to spread awareness campaign, educating women about breast health, recognizing early signs of breast cancer, and the importance of seeing a diagnosis not as a death sentence but a treatable condition. As a cancer survivor myself, and I'm just thankful that I'm able to share my experiences being an advocate for fellow survivors, and be an inspiration through their journey, and continue to advocate for early detection.





# 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
<b>10,585.00</b>	<b>TOTAL</b>
<b>/12 MONTHS= 882.00</b>	
<b>MONTHLY DUES-----1000/MONTH</b>	
<b>EARLY BIRD (FULL PAYMENT)--- 10,600.00</b>	

## 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
<b>15,010.00</b>	<b>TOTAL</b>
<b>/12 MONTHS= 1,251.00</b>	
<b>MONTHLY DUES- 1,300/MONTH</b>	
<b>EARLY BIRD (FULL PAYMENT)- 15,020.00</b>	

by Jade Rallos

treasurer







# 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**

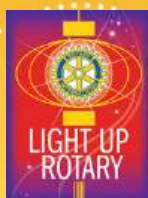
**2012-2013**



**BENHUR DAPANAS**

**RFSM**

**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 ALFECHE**

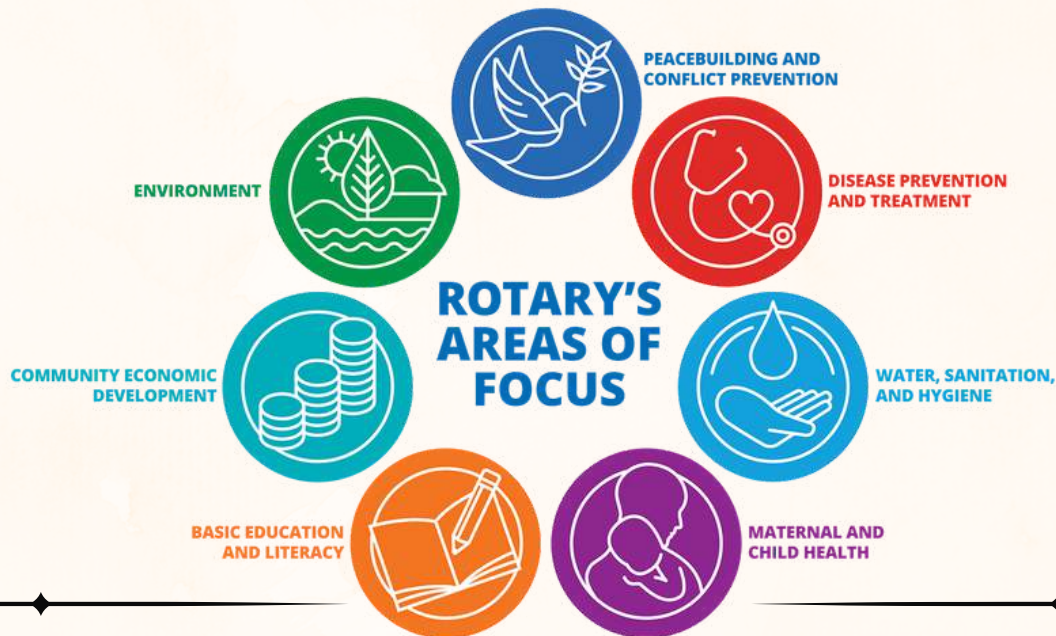
**PHF**

**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





# 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
Mula, Mark Francis D.	"Mark"	PHF	Management; Restaurant Entertainment
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.



# My Message for Those Battling Breast Cancer



As I embarked on my treatment journey, I had realized that the toughest challenge I faced was not just the physical toll of chemotherapy and surgery, but the overwhelming fear that the treatment would not be successful, and I would die early.

I have been fighting this BIG C for over seventeen years now. I have four sets of chemo since then and until now, I am on chemo oral medicines. Throughout my journey, there were days when I felt like I would never feel like myself again. The weight of anxiety and depression loomed heavy, and the path to recovery seemed daunting. It was easy to just get lost in the fear of the unknown, wondering if I would ever reclaim my former life, especially now that the treatment has affected my voice. But this resulted me to even fight more. I promise myself I will never surrender until I win this ordeal.

I have been trying to keep my faith. It's all about attitude - being positive. Remember that miracles do happen and I'm a living proof.



My message to anyone who is currently battling breast cancer is to take it one day at a time. Focus on small victories and be patient and kind to yourself throughout the process. Healing—both physically and mentally—takes time, and it's okay to acknowledge your feelings of fear and uncertainty.

Remember, there is light at the end of the tunnel, even when it feels out of reach.

I hope my story brings you hope and strength as you navigate your own journey. Know that you are not alone. Just like me, aside from my family, I have a community of warriors and my Rotary family who always support and pray for me.

**PAG MAY URBANO**







# PINK ZUMBA



In celebration of Pink October, the Rotary Clubs of Area 3FGH organized a Pink Zumba for a Cause activity. It is known that pink is the color when we think about breast cancer awareness.

In the early morning of October 26, 2024, Rotarians gathered together with our families and friends for a special day of dancing to raise awareness for Breast Cancer at Robinsons Place, Gensan. We danced, sweat, and had a blast - for a fantastic cause. Motorcade followed around downtown Gensan after the Zumba. Proceeds from this event will go to 2 Breast Cancer Organizations in Gensan & South Cotabato.





# *PINK forum*

A **Pink forum** was facilitated by Rotary Clubs of Area 3FGH spearheaded by Rotary Club of Greater General Santos at Robinsons Mall Gensan on October 26, 2024. This activity aims to spread awareness about breast cancer and promoting that early detection can save lives. We invited medical specialists who generously shared their knowledge about breast cancer through a lay forum or Pink Forum attended by Brgy Health Workers, mall goers and members of Philippine Breast Care Foundation & Southern Mindanao Breast Cancer Society whom they also received "pink bags"- gifts from Rotary Clubs. Medical mission also had been held as part of the Pink Forum , where the medical personnel of St Elizabeth Hospital provided free medical services to all who wants to avail.

As Rotarians, let us show our solidarity and shared commitment to fight against breast cancer.



PAG MAY URBANO







# MOVE TO END POLIO



The Rotary Club of Polomolok 101 and other Rotary Clubs of area 3FGH organized the Move to End Polio activity- a benefit Fun Run & Bike on October 19, 2024 at Oval Plaza, General Santos City. This event aims to raise funds and rally collective action toward Rotary's Mission: The global fight against polio. By joining this activity, participants will help Rotary meets its commitment to eradicating polio, forever. The proceeds will go directly toward end polio eradication programs, raising awareness, and ensuring that Rotary's mission to fight against this crippling disease reaches its conclusion.

Big thanks and congratulations to our mother & daughter tandem-Rtns Dolly & Hanna; mother & son tandem- Pp Bel & Rtr Czar; Bro & sis tandem Rtrs Noel Angelo & Nicole Ann; and Rtn Klinch who finished the 5k run; Our lone biker who represented our club, Sir Sembrano, finished 3rd place in 25k bike; to all our participants, and to all the members of RCP 101 who registered and supported this activity. Thank you all for uniting with Rotary- for the health and safety of the next generation.

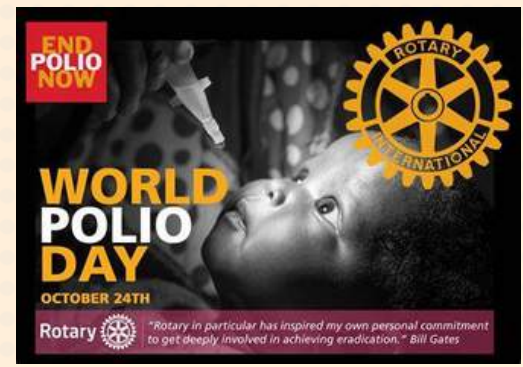






PP Rogelio "Wang" Rallos  
TRF DIRECTOR

# THE ROOTS OF ROTARY'S POLIO ERADICATION EFFORTS



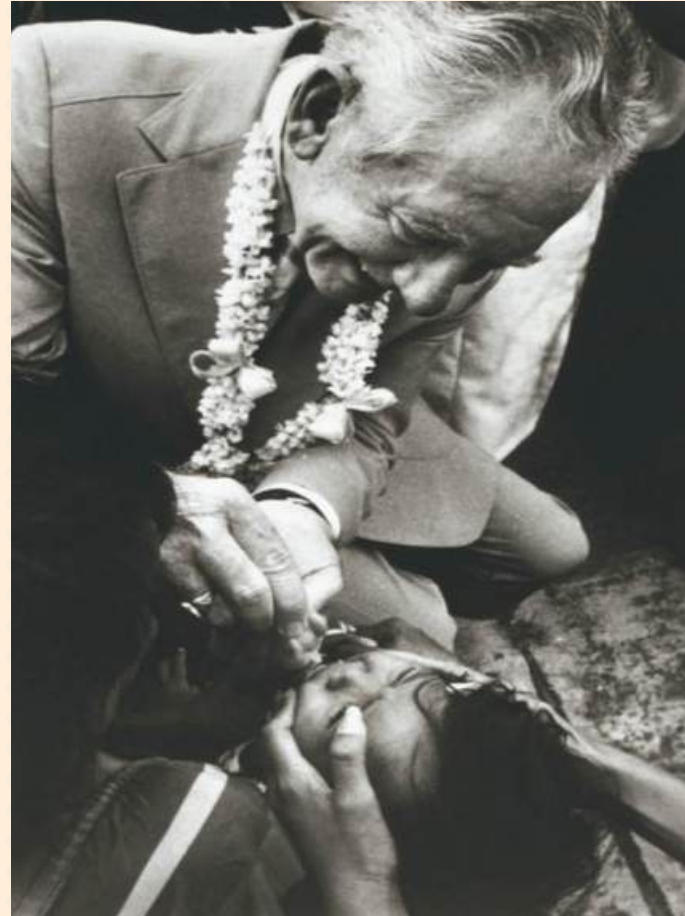
On 29 September 1979, volunteers administered drops of oral polio vaccine to children at a health center in Guadalupe Viejo, Makati, Philippines. The event in metropolitan Manila was arranged and attended by Rotarians and delegates from the Philippine Ministry of Health.

When James L. Bomar Jr., then RI president, put the first drops of vaccine into a child's mouth, he ceremonially launched the Philippine poliomyelitis immunization effort. Rotary's first Health, Hunger and Humanity (3-H) Grant project was underway.

Bomar and Enrique M. Garcia, the country's minister of health, had earlier signed an agreement committing Rotary International and the government of the Philippines to a joint multiyear effort to immunize about 6 million children against polio, at a cost of about \$760,000.

In a 1993 interview, Bomar reminisced about the trip. He recalled how the brother of one of the children he had immunized tugged on his pant leg to get his attention and said, "Thank you, thank you, Rotary."

The project's success led Rotary to make polio eradication a top priority. Rotary launched PolioPlus in 1985 and was a founding member of the Global Polio Eradication Initiative in 1988. Through decades of commitment and work by Rotary and our partners, more than 2.5 billion children have received the oral polio vaccine.





# WHAT IS POLIO?

Polio, or poliomyelitis, is a paralyzing and potentially deadly infectious disease that most commonly affects children under the age of 5. The virus spreads from person to person, typically through contaminated water. It can then attack the nervous system.

## OUR GOAL

Rotary has been working to eradicate polio for more than 35 years. Our goal of ridding the world of this disease is closer than ever.

As a founding partner of the **Global Polio Eradication Initiative**, we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.

Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

Today, polio remains endemic only in Afghanistan and Pakistan. But it's crucial to continue working to keep other countries polio-free. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.





# THE GOVERNOR'S VISIT



The Rotary Club of Polomolok 101 is honored to be visited by our dear District Governor Caroline "Caycay" Andrade on October 26, 2024 at DownTown Boulevard. Once a year, the District Governor needs to make an official visit to each club in the District. The purpose of the official club visit is to allow the District Governor (DG) an opportunity to communicate directly and to listen to the members and officers of the club, and to gain a better understanding of the workings of that club.

The District Governor's visit to our club was a resounding success. Thank you Gov. Caycay for your informative messages and inspiring lines. Together, let's continue to create the Magic of Rotary!



# OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH IN ROTARY



PP Melani G. Deypalan

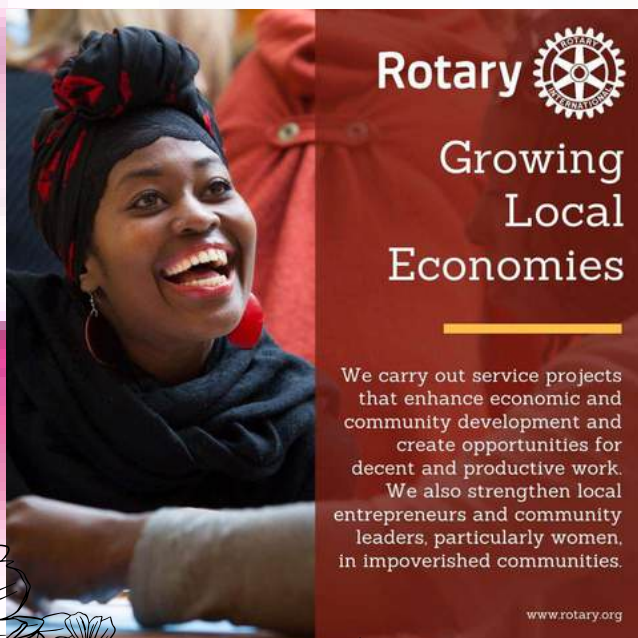
This month also includes International Day for the Eradication of Poverty on the 17th and World Polio Day on the 24th of October.

During this month, Rotary members focus on one of Rotary's vital causes: growing local economies. The United Nations' newly adopted Sustainable Development Goals encourage us to focus on ending poverty, promoting gender equality, creating decent work and economic growth for all, and creating sustainable cities and communities. Rotary supports investments in people to create measurable and enduring economic improvement in their lives and communities.

The new Rotary guide Economic and Community Development Project Strategies aims to help clubs and districts ask the right questions, identify needs, and make the greatest possible impact with the time, energy, and resources they have.

There are several ways a community can support economic development. Here are some ideas:

1. **Buy local:** When you purchase goods and services from local businesses, you help to keep money circulating within the community. This can help to create jobs and support the local economy .
2. **Attend local events:** Attending local events such as farmers' markets, festivals, and concerts can help to boost the local economy by increasing foot traffic and sales for local businesses .
3. **Volunteer:** Volunteering for local organizations and charities can help to improve the quality of life in your community. This can lead to increased economic development by making the area more attractive to businesses and residents.
4. **Collaborate with local partners:** Working with other local organizations and businesses can help to create a more cohesive community that is better equipped to tackle economic challenges.
5. **Advocate for economic policy reform:** By staying informed about economic trends and advocating for policy changes that support economic growth, you can help to create a more favorable environment for businesses and residents alike.





# 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**

**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**







**GOVERNOR'S VISIT**  
DownTown Blvd  
26th October 2024/ 5:30pm

## PROGRAMME

Call To Order	VP Tommy Tonguia
Invocation	PP Melani Deypalan
Phil. National Anthem	AVP
Rotary Hymn	AVP
Declaration of Rotarians in Businesses & Professions & the 4 Way Test	PP Gladys Balano
Introduction of Guests & Visiting Rotarians	PAG Alan Ines
Video Presentation of Projects & Activities	AVP
Presentation of Club's Updates	PP Cel Grino
Introduction of District Governor	AG Ronald Velasquez
Message from the District Governor	DG Caroline L. Andrade
Adjournment	VP Tommy Tonguia

**Moderator- PE Gina De Guzman**

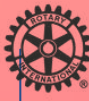
### *Invocation*

Almighty and Loving Father, it is with very great pleasure that we invite You in the midst of our Governor's visit. We beseech You to continue giving your protection and great care to Governor Caycay and her party. Please bestow upon them good health and safety as they continue doing their job visiting different clubs.

We also entreat You Lord, to bestow upon all the members of our club, the spirit of generous hospitality, warm fellowship and active cooperation so that the Governor's visit will be more pleasant, fruitful, rewarding and truly memorable.

Finally, we sincerely thank You, Loving Father for this opportunity- to be with our dear Governor, hear the good news from her and receive her valuable counsel, which we are sure, will give all of us greater internal strength and greater resolve to pursue our service objectives this Rotary year. All this, we humbly ask in Your **Mighty name**. Amen.





# 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



**Rotakid Bea- October 5**



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?



# IMPORTANT EVENTS TO REMEMBER





# OCTOBER WEEKLY MEETINGS

@ DOWNTOWN BLVD





# OCTOBER ACTIVITIES





# OCTOBER FELLOWSHIPS





# Our Sponsors



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Saturdays**

\*Hours subject to change  
without prior notice



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NUTRITION**







