

OFFICIAL PUBLICATION OF ROTARY CLUB OF POLOMOLOK 101

THE CLUB 101



WOMEN'S MONTH SPECIAL

2024-2025 OFFICERS AND DIRECTORS



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 VOCATIONAL SERVICE



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Mark Mula
 YOUTH SERVICE



Stephanie Urchick

Rotary International President's Message

MARCH 2025

March is here, and for Rotary International, that means celebrating Water, Sanitation, and Hygiene Month — a time to shine a spotlight on one of the most transformative areas of our work. This month is an opportunity to reflect on *The Magic of Rotary* and the profound impact we create when we come together with determination and purpose.

Years ago, I experienced this magic firsthand in the Dominican Republic. When a group of members helped people install water filters, three children watched with amazement as dirty water entered one end of a filter and clean water emerged from the other. When we paused the demonstration, one child tugged at my sleeve and pleaded, “Show me the magic again.” To them, it felt magical. It was also the result of countless hours of effort — planning, transporting, and installing the filters — alongside local partners who were dedicated to making clean water accessible. In that moment, I realized that what seemed like a small act could change residents’ lives. That is *The Magic of Rotary*.

This story is a testament to the incredible potential of our global family to create change. Water projects exemplify our reach, our partnerships, and our unwavering commitment to improving lives. Consider Rotary’s work with USAID. That partnership has enabled us to work with communities and governments to improve access to sustainable water and sanitation services for thousands of people in the Dominican Republic, Ghana, the Philippines, and Uganda. Partnerships remind us that Rotary’s impact is amplified when we work together. Through our strategic alliance with the United Nations Environment Programme, we’re advancing the Community Action for Fresh Water initiative. This program equips Rotary members with the tools and resources to protect, restore, and sustain freshwater ecosystems. When we make use of Rotary grants and advocate for clean water in our communities, we create a ripple effect that extends far beyond individual projects.

As we embrace the spirit of the month, I encourage every Rotary member to seek out new partnerships. Collaboration multiplies our efforts and helps us reach more people in need. Whether it’s joining forces with local organizations, forming alliances with international agencies, or mobilizing your community, every step we take together brings us closer to a world where everyone has access to clean water and safe sanitation.

The Magic of Rotary shines brightest when we work in harmony with others to create lasting good. Together, we can turn dreams into realities that transform lives and communities. The result may feel like magic at times, but we know it’s from the power of our collective commitment and compassion. Let’s harness this magic to make a difference this month and beyond.

Stephanie A. Urchick
RI President, 2024-25



President's Page

Dear Rotary Family,

As we enter March, a month dedicated to celebrating women and raising awareness about their vital roles in society, we also focus on one of Rotary's key areas: Water, Sanitation, and Hygiene (WASH). This alignment presents a unique opportunity to reflect on the intersection of gender and access to clean water.

Access to clean water and proper sanitation is essential for everyone, but its impact on women and girls is particularly profound. In many communities, women and girls are responsible for water collection, often walking long distances to secure this basic need. When communities lack clean water, the burden falls disproportionately on them, affecting their health, education, and economic opportunities.

This month, as we recognize Women's History Month, let us also celebrate the women who are champions of change in their communities. Rotary's WASH initiatives empower women by improving their access to clean water and sanitation, enabling them to focus on education and economic development. By investing in WASH projects, we create healthier communities and pave the way for women to lead and thrive.

Let's come together to support these critical initiatives, ensuring that every woman and girl has the resources they need to succeed. Our collective efforts can make a significant difference in the lives of countless individuals, fostering not only health and dignity but also empowerment and opportunity. Together, we can champion the cause of clean water and sanitation while honoring the women who drive these changes. Thank you for your commitment to our mission.

In Rotary Service,

Tomas Tonguia, Jr
President, Rotary Club of Polomolok 101



PAG May Urbano

Editor's Note



Celebrating International Women's Month: Honoring Women's Contributions and Empowerment

International Women's Month, observed annually on March, is a global celebration of women's achievements and a call to action for gender equality. This day highlights the social, economic, cultural, and political accomplishments of women while also raising awareness of the challenges they continue to face. It serves as a reminder of the need for continued advocacy and support for women's rights and empowerment worldwide.

One significant aspect of International Women's Month is recognizing the vital role women play in various organizations, including Rotary International. Women in Rotary have been instrumental in fostering community development, promoting peace, and addressing critical issues such as health, education, and poverty alleviation. Their leadership and contributions have transformed countless lives and strengthened communities around the globe.

Rotary's commitment to gender equality is evident in its initiatives to empower women through programs that provide education, vocational training, and mentorship. Women in Rotary not only enhance the organization's diversity but also bring unique perspectives and solutions to global challenges. By championing women's rights and opportunities, Rotary helps create a more equitable society.

As we celebrate International Women's Day, let us honor the women who have paved the way for progress and recognize the ongoing efforts required to achieve true equality. Together, we can empower future generations of women to lead, innovate, and inspire change.

Mary Urbano

Editor-in-Chief





TREASURER'S PAGE

by: Jade Rallos

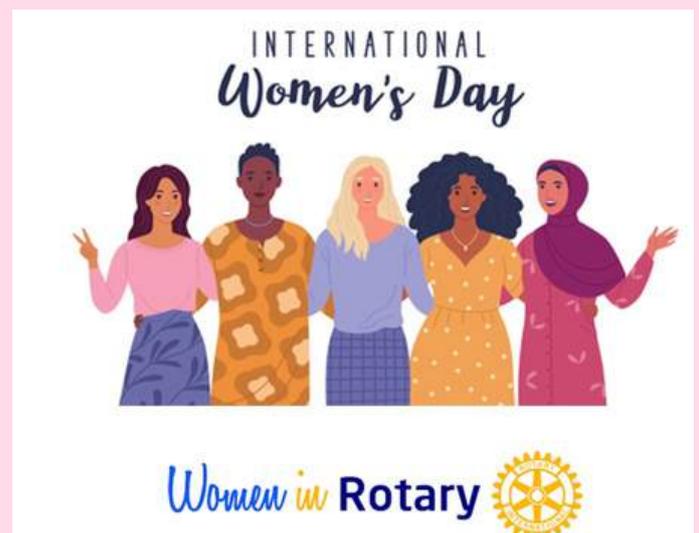
The role of Women in the Family

In many households, women take on the vital role of being the treasurer of the family—responsible for managing the budget, ensuring that income is wisely allocated for groceries, basic needs, and other essentials.

As both a mother and a wife, her role is crucial, requiring careful planning and resourcefulness. There are times when the family's income is not enough, yet she finds ways to stretch every peso, making ends meet until the next payday.

Balancing motherhood while handling the financial responsibilities of the household is no easy task. On top of budgeting, she also ensures the well-being of her family, nurturing them with love and care.

This International Women's Month, we honor and salute all the incredible mothers most especially all the single mothers who carry the weight of these responsibilities with strength and grace. Your sacrifices, resilience, and unwavering dedication do not go unnoticed.



Embracing Nutrition: A Tribute to Mothers on International Women's Day

by: PP Maribel Acuesta



On International Women's Day, we celebrate the vital role women play in families and communities. As the heart of the household, mothers have a profound influence on their family's health and well-being. One of the most impactful ways to nurture your loved ones is through nutritious eating.

The Importance of Healthy Eating

Eating a balanced diet rich in fruits, vegetables, whole grains, proteins, and healthy fats is essential for maintaining good health. As mothers, prioritizing our own nutrition ensures that we stay energetic and resilient, setting a positive example for our children. When we nourish ourselves with wholesome foods, we equip our bodies to thrive and better care for our families.

Home-Cooked Goodness

Preparing home-cooked meals is a wonderful way to instill healthy eating habits in children. By making meals from scratch, we control the ingredients and can minimize processed foods, sugars, and unhealthy fats. This not only helps keep our families healthy but also fosters a sense of togetherness and love around the dining table.

Encouraging Healthy Choices

Involving children in meal preparation can spark their interest in healthy eating. Teaching them about nutrition and cooking simple, nutritious recipes empowers them to make healthier choices as they grow. Additionally, creating a routine around meal times helps children develop a positive relationship with food.

On this International Women's Day, let's honor the mothers who nourish their families with love and care. By committing to eat healthy and prepare nutritious meals, we can ensure our families stay strong and vibrant, away from sickness. Together, let's embrace the power of good nutrition and celebrate the incredible role of women in promoting health and well-being in our homes.





THE IMPORTANCE OF SELF-CARE AND BEAUTY FOR WOMEN

by: PP Gladys Balano

As we celebrate Women's Month, it's essential to reflect on the significance of self-care and maintaining our beauty, not just for ourselves but also for our relationships. Embracing our beauty helps foster confidence and strengthens the bonds we share with our partners and friends.

First and foremost, taking care of ourselves is an act of self-love. When we prioritize our physical and emotional well-being, we feel more empowered and fulfilled. This sense of self-worth radiates outward, positively impacting our interactions and relationships.

Moreover, maintaining our beauty can enhance the connection with our husbands or partners. It's not solely about physical appearance; it's also about the effort we put into caring for ourselves. This effort can spark joy and admiration in our partners, fostering deeper emotional connections. When we feel good about ourselves, we are more likely to express love and affection, creating a harmonious and supportive relationship.

Self-care routines—whether it's skincare, exercise, or simply taking time to relax—also serve as essential reminders of our worth. They allow us to recharge and nurture our spirits, making us better partners, friends, and mothers.

In this Women's Month, let us celebrate our unique beauty and commit to taking care of ourselves. By doing so, we not only honor our individuality but also strengthen our relationships and create a positive environment for those we love. Embracing our beauty is a powerful way to uplift ourselves and those around us.





Promoting Good Hygiene Among Students: Rotary Club of Polomolok 101's Advocacy

by: PP Melani Deypalan

In the Month of March, Rotary focuses on Water, Sanitation, and Hygiene (WASH), and the importance of proper hygiene practices, especially among students, is emphasized. Good hygiene is essential for maintaining health, preventing the spread of diseases, and ensuring a clean learning environment. Without proper hygiene education, students are more vulnerable to illnesses that can lead to absenteeism and hinder their academic growth. Recognizing this need, the Rotary Club of Polomolok 101 (RCP 101) launched its banner project, “Proper Handwashing Drill”, in elementary and high schools. This initiative demonstrates the correct way to wash hands, ensuring students understand how to eliminate germs effectively and reduce the risk of infections. By incorporating hands-on learning, RCP 101 instills the habit of proper hygiene among young learners, empowering them to take responsibility for their health. As a service-driven organization, RCP 101 is dedicated to promoting good hygiene and contributing to the well-being of the community. Through initiatives like the Proper Handwashing Drill, the club actively supports Rotary’s WASH focus, reinforcing the importance of clean water, sanitation, and hygiene in everyday life. By equipping students with proper hygiene knowledge and habits, the Rotary Club of Polomolok 101 continues to make a lasting impact—one clean hand at a time.



Rotary's Commitment to Clean Water in Developing Countries



by: PAG Alan Ines

Access to clean water is a fundamental human right, yet millions in developing countries still lack this essential resource. Rotary International has taken significant steps to address this critical issue through its various water, sanitation, and hygiene (WASH) initiatives. By partnering with local communities, governments, and organizations, Rotary works to implement sustainable solutions that provide clean water and improve overall health and quality of life.

Rotary's projects often involve constructing wells, boreholes, and water treatment facilities, as well as promoting hygiene education. These efforts not only provide immediate access to safe drinking water but also help prevent waterborne diseases that disproportionately affect vulnerable populations, particularly children. By improving water quality, Rotary enhances health outcomes, reduces healthcare costs, and increases school attendance rates, as children no longer need to spend hours collecting water.

The impact of these initiatives is profound. Beneficiaries experience increased productivity, as access to clean water allows them to engage in agricultural activities and generate income. Women and girls, who traditionally bear the burden of water collection, gain more time for education and economic activities. Communities become more resilient, empowered to address other challenges through improved health and economic stability.

Through its unwavering commitment to providing clean water, Rotary not only transforms lives but also fosters sustainable development in third-world countries. This essential work underscores the importance of collaboration and innovation in tackling global issues, creating a brighter future for countless individuals and communities.



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
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 Marketing
Labajo, Dolores, C.	“Dolly”	Management; Farm Resort
Tito, Rutcie	“Rutc”	Business Services

HONORARY MEMBERS

Ambat, Milbert C.
 Rogers, Liza M.

Women's Month Celebration



March Meetings



March Projects & Activities



March Fellowships





Empowering Girls: A Symposium on Cyberbullying Awareness, Resilience, and Oral Health

by: PAG May Urbano

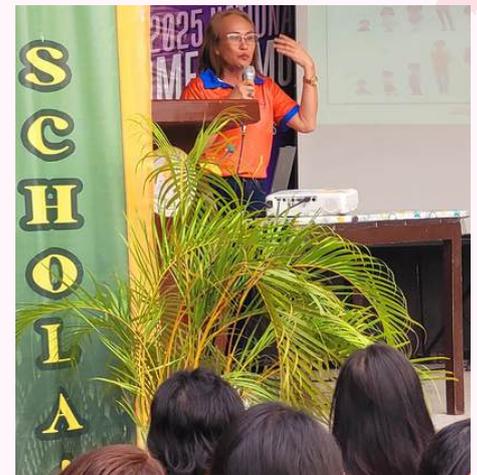
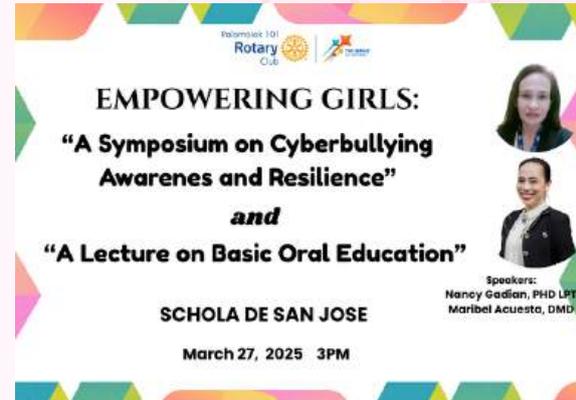
On March 27, 2025, the Rotary Club of Polomolok 101, led by its President Tommy Tonguia, successfully conducted an impactful symposium titled “Empowering Girls: A Symposium on Cyberbullying Awareness and Resilience” along with a Lecture on Basic Oral Education for the high school students of Schola de San Jose, Polomolok, South Cotabato. The event was attended by more than 300 students, eager to learn and engage in meaningful discussions.

Our very own Rotarian Nancy Gadian served as the first speaker, delivering an insightful session on Empowering Girls, Cyberbullying Awareness, and Resilience. She shed light on the challenges young individuals face in the digital world and provided valuable strategies to overcome them with confidence and strength.

The second speaker, Past President Dr. Bel Acuesta, conducted an informative lecture on Basic Oral Education. She emphasized the importance of oral health in students’ overall well-being and provided essential tips on maintaining good dental hygiene.

These two exceptional speakers, experts in their respective fields, shared their knowledge to equip students with the tools they need to navigate both personal and social challenges. This initiative aligns with the celebration of International Women’s Month, as the Rotary Club of Polomolok 101 joins the global movement in recognizing the strength, resilience, and empowerment of women and girls.

Through activities like this, RCP 101 continues its commitment to education, awareness, and community service—ensuring a brighter, healthier future for the youth.





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



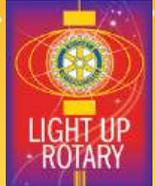
GRACE SALAZAR
RFSM
RY 2011-2012



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

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



The Rotary Club of Polomolok 101: A Legacy of Service

The Rotary Club of Polomolok 101 was officially chartered by Rotary International on August 31, 2005, through the dedicated efforts of its mother club, the Rotary Club of Midtown Gensan. While initial attempts to establish a Rotary club in Polomolok began as early as February 2003, it was only in January 2005 that persistence bore fruit. With the support of RC Midtown Gensan, Omar Gallinero was appointed as the club's Charter President, leading 25 charter members from diverse professional backgrounds. The club was established under the leadership of then-District Governor Len Magno of District 3860.

The number 101 in the club's name holds special significance. First, it marks the club's founding during Rotary International's 101st anniversary. Second, it represents the club's distinction as the 101st chartered club under District 3860.

Registered under District 3860, Area 3F with Club Number 70517, the Rotary Club of Polomolok 101 continues to thrive, powered by a dedicated team of 25 committed individuals who embody the spirit of service above self.

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."

IMPORTANT DATES TO REMEMBER

Rotary District 3860 **UNITE FOR GOOD**

PELS | SELS | DTLs | DLA 2025

President-Elect Learning Seminar,
Secretary-Elect Learning Seminar (PELS | SELS) 2025
District Learning Assembly (DLA) 2025
District Team Learning Seminar (DTLS) 2025

April 3 - 5, 2025 | Bai Hotel Cebu,
Mandaue City, Cebu

REGISTRATION FEES:
PE & SE - P 7,000
PELS | SELS + DLA 2025
DISTRICT OFFICERS - P 6,000
DTLS + DLA 2025
CLUB OFFICERS & OTHER INTERESTED ROTARIANS
DLA 2025
Rotarians - P 5,000
Spouses - P 4,000
Rotaractors - P 3,500

Scan to Register



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STRICTLY NO ON-SITE REGISTRATION

Rotary District 3860 **THE MAGIC OF ROTARY**

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DISCON 2025

Tacloban, Leyte
May 30-31, 2025



Rotary **CALGARY 2025**



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Polomolok 101
Rotary
Club



27th General Membership Meeting
& Fellowship Night/ DownTown Blvd
3rd March 2025 /6pm

Program

Call to Order
Invocation
The Object of Rotary
& the 4 Way Test

Pres. Tommy Tonguia
PP Gladys Balano
PAG Alan Ines

President's Time
Open Forum
Adjournment

Pres. Tommy Tonguia
Pres. Tommy Tonguia

PP Bel Acuesta
Moderator

Invocation



Almighty God, we invoke a blessing upon the occasion of this Meeting & fellowship. We ask for Your guidance, wisdom, and support throughout this meeting. Help us to engage in meaningful discussion. Make us aware of the deeper significance of our meeting as we develop our friendships as the source of Rotary service. Service that radiates from this community to the wider community beyond. May each of us in our daily routine come to know the joy of caring and sharing with others not as fortunate as we are. Help us to serve humbly and willingly as we focus on the needs of our community. Thank you for our gifts and help us to use them wisely. Amen.

The 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  **4 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?

Sunshine Greetings!

March 21



Happy Birthday

PP CELEM

Happy Birthday to our amazing Club Admin! You're a beauty and a brainiac! We love you loads!

From your RCP 101 Family

Polomolok 101
Rotary
Club



Happy Birthday

March 22



JADE

Wishing you good health, endless happiness, and all the blessings your heart desires. May your kindness and warmth continue to inspire those around you. Enjoy your special day to the fullest!

From your RCP 101 family



Polomolok 101
Rotary
Club



March 22

Happy Birthday



PP GLADYS

Wishing you a day filled with love, laughter, and all the happiness! May this year bless you with good health, success, and precious moments with your loved ones. Enjoy your special day!

From your RCP 101 family

Polomolok 101
Rotary
Club



Happy Birthday!!!



Rotakid Ianna

March 5



Rotakid Ejay

March 24



WORLD WATER DAY

MARCH 22, 2025



Polomolok 101
Rotary
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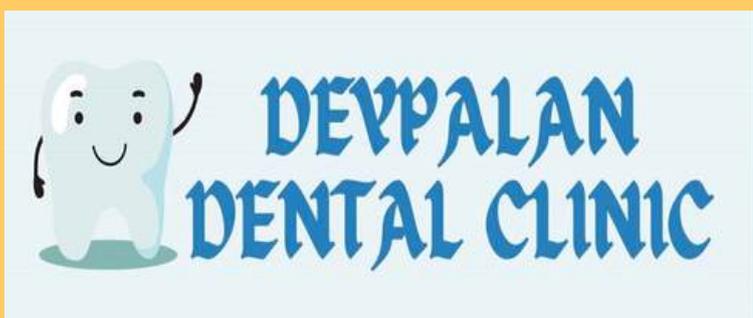
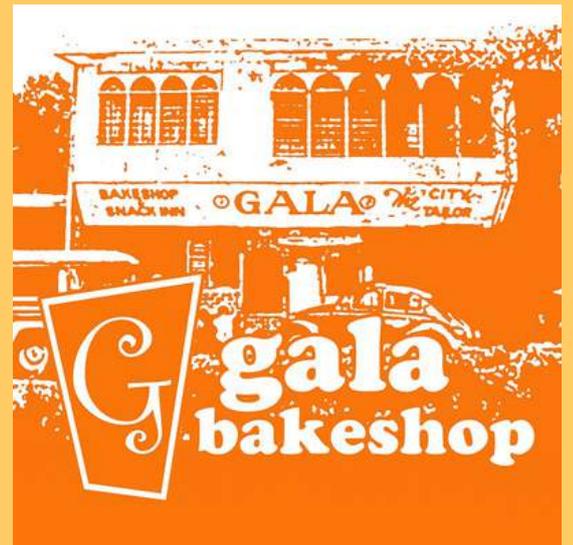
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