

THE OFFICIAL PUBLICATION OF THE ROTARY CLUB OF POLOMOLOK 101

THE CLUB 101

VOLUME 3

ISSUE 10

APRIL 2024



Polomolok 101

Rotary
Club



CREATE HOPE
in the **WORLD**



2023-2024 OFFICERS AND DIRECTORS



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Vincent Edward Ang
DISTRICT SECRETARY



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Nieven May Alfeche
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COMMUNITY SERVICE



Melani G. Deypalan
VOCATIONAL SERVICE



Tommy Tonguia, Jr.
CLUB SERVICE



Darnie F. Jandic
INTERNATIONAL SERVICE



Krispian Troy M. Publico
YOUTH SERVICE
DEI OFFICER

R.I. PRESIDENT'S MESSAGE



Gordon R. McNally

April 2024

Dear fellow Rotary members,

These are times that cry out for peace. The Middle East is in its most volatile condition in years. The war in Ukraine is the largest in Europe since World War II, and there are armed conflicts in Sudan and parts of Central Africa. Nearly every continent is experiencing a major armed conflict.

Rotary has a vital role to play in advancing the cause of peace – I often say Rotary needs to work toward peace as aggressively as those who wish to wage war. It's the spirit found in our 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." We must never lose track of that last call – that to bring about change in the world, we need to foster change within.

It is up to us to model peacebuilding behavior among each other. We can do better than questioning the motives of one another and jumping to the harshest possible explanation. After hearing words that might strain or offend us, we have an opportunity to ask, with compassion and curiosity, the intent of those offending words. And then we have another opportunity to repair the breach.

If we wish to be a beacon to the world, let us start by being so to one another. Let's help each other find greater understanding and productive alternatives to words that cause hurt and distrust. And let's stick to our principles, but never doubt the sincerity of each other to end conflicts, not inflame them.

I'm reminded of a speech that U.S. Senator Robert Kennedy made on 4 April 1968, that dreadful day when the Rev. Martin Luther King Jr. was assassinated. Kennedy was in Indianapolis speaking to an audience in a predominantly African American neighborhood where people had yet to learn that Dr. King had been killed.

He shared the terrible news. He honored Dr. King for all he had done for the cause of justice and peace. And then he connected with the fuming, grieving crowd by saying: "For those of you who are Black and are tempted to be filled with hatred and distrust at the injustice of such an act, against all white people, I can only say that I feel in my own heart the same kind of feeling. I had a member of my family killed." It was the first time he had spoken publicly about President John F. Kennedy's assassination. And while many American cities exploded in violence that night, Indianapolis did not.

It is in times of crisis and despair that we need empathy most of all. Empathy is the most powerful tool of peace, and it is vital if we are to take the first brave, humble steps to Create Hope in the World.

**Gordon R. McNally
Rotary International President**

President's Page



Pres. Malou A. Teoxon

As the President of the Rotary Club of Polomolok 101, I am delighted to welcome all members and our community to Environment Month. This April, we find ourselves at a pivotal moment, recognizing our collective responsibility and power to foster a sustainable future. Supporting the environment becomes Rotary's seventh area of focus.

Here are the simple tips that we can do to contribute in saving our Mother Earth:

Things You Should Know

- Follow the 3 Rs: reduce, reuse, and recycle! Upcycle things you don't need in fun creative projects, shop secondhand, and compost scraps too.
- Eat locally-grown foods, cut back on meat and dairy, and shop at farmer's markets. Make an effort to conserve water and electricity around the house.
- Walk or bike rather than drive a car when possible. Volunteer your time to clean up the community and advocate for environmental awareness.



In Rotary, we spread the word about environmental conservation by sharing information on social media and in conversations with our family and friends, and by encouraging others to take action as well.



Editor's Note

Rotary shares an interest in protecting our common legacy: the environment.

We are committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment. We empower communities to access grants and other resources, embrace local solutions, and spur innovation in an effort to address the causes and reduce the effects of climate change and environmental degradation.



May Urbano
Editor-in-Chief
The Club 101



Celebrating my Birthday at St Vincent Strambi Home for the Aged



My birthday was filled with warmth, gratitude, and reflection as I celebrate my birthday (April 9) at the Home for the Aged. It was a unique and meaningful experience that I will cherish forever. I feel a renewed sense of purpose, gratitude, and an overwhelming appreciation for the gift of life...

Secretary's Page

By: Sweet Gallinero

Teaching Kids the Importance of Planting Trees

We are but stewards of this planet for future generations to enjoy. Our children will inherit this planet, so we have to make sure that we are leaving them with a liveable and sustainable environment. Planting trees is one way that we can protect the environment, get cleaner and fresher air, and make our surroundings pleasing to the eye. Educating children about the importance of planting trees wherever possible is our responsibility, so they grow up knowing what they have to do to leave a clean planet for their future children.

Trees provide clean air for people's well-being

Trees provide fresh air, so if we breathe clean air, our bodies will become healthier. They get rid of tons of carbon dioxide that we emit and remove pollutants in the air. If pollutants and carbon dioxide are reduced, we get to have clean air that helps us maintain our good health. Explain how even if there is limited space, we can still put trees and plants to clean the air.

Trees give us the food that we eat

Fruit-bearing trees and edible plants are essential aspects of a healthy diet. Teach children how vegetables and fruits come from trees and plants, and if we run out of them and we subsist on processed foods, our health will deteriorate.

Children follow by example. If you keep on teaching them about the benefits of planting trees and the dangers if we run out of them, but you are not doing your active part in preserving the environment, children will not follow your advice. The best thing you can do is show them that you care for the planet, and they will follow suit. Involve them in tree-planting activities in your community, and they will appreciate trees better.



Anya, Gabbie, & Mia



Treasurer's Report

by: Jade Rallos

Why Do Club Dues Matter?

Every organization needs a consistent revenue stream, and that's where club dues come in. A predictable monthly sum of membership payments focusing on running valuable programs such as our district dues, TRF and projects. Our club relies on members' monthly dues to keep us going.

Club dues also convey a sense of value to us members. Each time we pay our dues, we are making a choice to keep our club part of our identity. We feel we belong in this club because we pay our dues.

Polistatok 101
Rotary Club **Club Dues Payment Chart 2023-24**

Name	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	Bal
1. Maribel Acuesta D.	✓	✓											6,500
2. Alfeche Evermie V.	✓	✓											6,500
3. Alfeche Nieves May V.	✓												7,150
4. Balano, Gladys D.	✓	✓	✓	✓	✓	✓							3,800
5. Bayan Xavier J.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
6. Castaniaga, Lani A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
7. Cruz, Rizaldy R.	✓	✓	✓	✓	✓	✓							3,900
8. Deypalan, Melani G.	✓	✓	✓	✓	✓	✓	✓	✓					2,050
9. Fernandez, Fanny M.													9,050
10. Gallinero, Omar S.													7,800
11. Gallinero, Sweet B.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
12. Grino Celesna I.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
13. Ines, Alin M.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
14. Jandic, Darnie F.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
15. Mula, Mark	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			1,300
16. Pareda, Rosa F.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
17. Publico, Tony	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
18. Rallos, Jade N.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
19. Rallos Rogelio Jr. A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
20. Sabellano, Ivie L.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
21. Reyes, PJ	✓												7,050
22. Texcon, Marilou A.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-0-
23. Tongina, Tomas Jr. S.	✓	✓	✓	✓	✓	✓							3,900
24. Urbano, Mayvelyn G.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	650



Commune with Nature for True Happiness

Getting outside is an amazing way to tap into your true happiness. It can be as simple as going for a walk around your block or really getting out to commune with nature for true happiness seeking!

Not many of us can hold back a smile when watching two dogs frolicking in the park – or walking through colorful leaves on a crisp summer day. Studies find that communing with nature can release powerful chemicals which can make you feel happiness and give you energy. Even if you can't take a walk in the park, there are other ways to commune with nature inside your home or office. Look out the window for a while and observe the birds and other beautiful things of nature. Take some deep breaths and relax while focusing on the moment you're in.

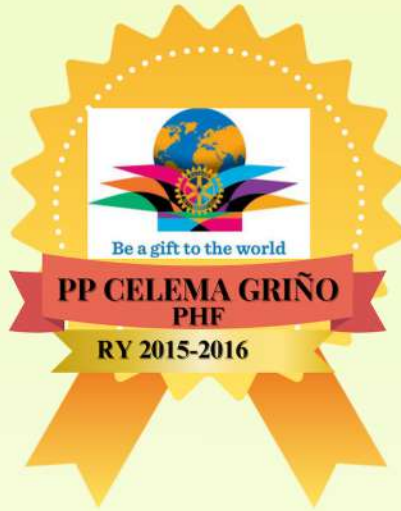
If you can't garden outside, bringing flowers and plants indoors can cheer you up if you can't make an outdoors trek. The simple beauty of nature has the effect of lowering blood pressure and bringing more healing oxygen to the body. Taking breaks to commune with nature has been proven to boost your self-esteem and general well-being. If you can ride a bicycle through the park or engage in any type of activity outdoors, you'll be doing yourself a favor that nothing else can match.

The love of nature has such a positive impact on your mind and body that it's part of the links that must come together in your life for you to achieve true happiness.

HALL OF PAST PRESIDENTS



HALL OF PAST PRESIDENTS




Ten Simple Things You Can Do to Help Protect the Earth

by: PP Wang Rallos



- Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.
- Volunteer. Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.
- Educate. When you further your own education, you can help others understand the importance and value of our natural resources.
- Conserve water. The less water you use, the less runoff and wastewater that eventually end up in the ocean.
- Choose sustainable. Learn how to make smart seafood choices.
- Shop wisely. Buy less plastic and bring a reusable shopping bag.
- Use long-lasting light bulbs. Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!
- Plant a tree. Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.
- Don't send chemicals into our waterways. Choose non-toxic chemicals in your home and office.
- On short distance, Bike or Walk more. Drive less.





*«We are all part of Mother Earth.
She sustains us and we must
sustain her in return.»
Chief Dan George*



By PP Mel Deypalan

Environmental degradation is destroying our Health

The material benefits of the industrial revolution to much of the world are undeniable, but one of the major downsides of industrialization has been the massive amounts of pollution generated, with a catastrophic impact on human health. Pollution generated by industrial processes such as mining, transportation, manufacturing, energy generation, and even food processing is incredibly pernicious, affecting almost every organ system in the body.

Respiratory disease

Air pollution is one of the most serious environmental issues and has been suggested by the UN to cause over 7 million premature deaths each year. Urban areas are particularly affected by dense particulate pollution that can cause or exacerbate respiratory diseases like asthma, bronchitis, and COPD. In addition, indoor air pollution due to inadequately ventilated cooking or heating puts over a quarter of the world's population at risk of developing cardiovascular or respiratory health problems.

Reproductive disorders

In many parts of the world, the environment has been polluted by the persistence of a variety of endocrine-disrupting chemicals. These ubiquitous chemicals, which include pesticides, plastics, heavy metals, and the oral contraceptive pill, disrupt the hormone-controlled reproductive processes of humans and animals.

Reproductive disorders like infertility, subfertility, and menstrual disorders may be driven by the pernicious effects of endocrine disruptors in our environment. Sampled average male sperm counts have decreased significantly since the middle of the 20th century, and the downward trend is accelerating.

Cancer

Environmental pollution has led to the widespread dissemination of cancer-causing chemicals called carcinogens. These substances are incredibly diverse and include byproducts of combustion, pesticides, hazardous waste, and ionizing radiation.

Prolonged exposure to these agents has been implicated in the development of cancers in people of all ages. For example, people living in environments with high levels of PM2.5 particulate pollution are at an increased risk of developing lung cancer.

So why should we care for the environment? Because we need change!

Caring for the environment is really caring for ourselves, but it needs to be done with understanding rather than superficial choices and activities that do not contend with the sources of large-scale environmental degradation.

By making the decision to become an engaged and informed citizen, you can start to build grassroots communities that are truly sustainable and hold the sovereignty and power to hold the corporate polluters to account.

INTERNATIONAL MOTHER EARTH DAY

22 April 2024



WHY IS IT CALLED MOTHER EARTH?

Mother Earth is a term used to personify nature and its nurturing and life-giving qualities. It is often called Mother Earth instead of Father Earth due to the association of motherhood with fertility, creation, and nurturing, which are qualities attributed to the Earth. Additionally, the use of “Mother Earth” may be influenced by ancient myths and cultural beliefs that often depict the Earth as a mother figure. The association of the Earth as a mother and the sky as a father can be attributed to the idea of life emerging from both the Earth and the womb of a mother.



“HE WHO PLANTS A TREE, PLANTS A HOPE.”

— LUCY LARCOM



To lift your spirits
spend time with
Nature.
She will lend
you her
power
until you
become aware
of your
own.





Tips to keep cool in Hot Weather



Heatwaves are happening around the world. And climate change means they're getting hotter and longer. Here's how to stay cool in the heat.

While basking in the sunshine is a wonderful thing, extreme heat can be deadly, affecting younger and older people, pregnant women, and those with chronic health conditions.

But there's a lot we can do to protect ourselves and our loved ones from the heat.

Be Sun-Smart

It's best to avoid going out during the hottest hours of the day, but sometimes that can't be avoided. When out in direct sunlight remember:

- Wear (and regularly reapply) sunscreen.
- Cover your head with a hat.
- Take regular breaks indoors or in a shady area to avoid getting heat exhaustion or heatstroke.
- Wearing light-coloured, loose-fitting clothing will also help you to stay cool.

Wetter is Better

Heat escapes through the skin, which is the largest organ in the body. So, the more skin you can cool down, the better.

There are various methods for how to cool your skin down in baking hot weather:

- Drenching a t-shirt and keeping it wet can be very effective.
- Buy cooling spray.
- Having a cool shower - not freezing as you should cool down slowly.

You can quickly cool yourself down by putting your hands and feet in cold water. Wrists and ankles have lots of pulse points where blood vessels are close to the skin, so you will cool down more quickly.

Drink Plenty of Water

In hot weather, it's important to avoid caffeine and make sure you're drinking lots of water. If possible, drink isotonic sports drinks to replenish the lost salts, sugars, and fluids.

Both cool and hot drinks will work to keep your core temperature at the same temperature. Consuming hot drinks will not cool you down more effectively than cold drinks. In the heat, you should avoid drinks containing caffeine, including tea and coffee, it's typically best to stick to water.

As you sweat throughout the day, the liquids you are losing need to be replaced to avoid dehydration.

Eat light meals to feel cooler

When it's hot, you are far better off sticking to light, well-balanced, regular meals. Food with a high water content like strawberries, cucumber, celery, and lettuce, will also help to keep you hydrated and cool in summer weather.

You can also try foods with high fluid content like soups and stews that contribute towards hydration levels.



APRIL CALENDAR OF ACTIVITIES

BY: PP CEL I. GRIÑO
CLUB ADMIN DIRECTOR



APRIL 1
30th Membership Meeting
& Fellowship Night

APRIL 8
Committee Meeting
& Fellowship Night

APRIL 9
Outreach Program to St. Vincent
Strambi Home for the Aged

APRIL 11-13
PETS/SETS/ DTA

APRIL 17
Membership Orientation

APRIL 19
Committee Meeting

APRIL 20
BOD MEETING

APRIL 29
31st Membership Meeting
& Fellowship Night

GROUPINGS

GREEN TEAM
WANG ALAN
JADE
XAVIER MAY
DARNE

PINK TEAM
SWEET
RONA CELEM
BEL
AVIE MARK
PJ

BLUE TEAM
MALOU
TATA
TWINKLE
LANI TOMMY
ZALDY

YELLOW TEAM
MEL TROY
GLADYS
FANNY OMAR

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



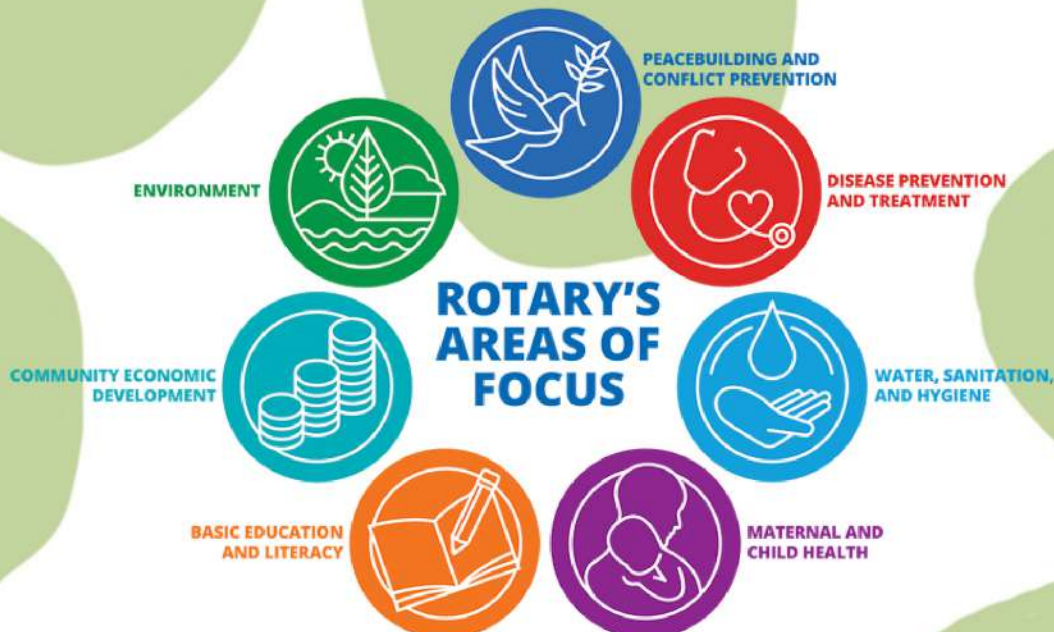
May

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."



Dates to Remember




DTA 2024

District Training Assembly DUMAGUETE CITY

April 12-13, 2024 | Negros Oriental Convention Center

Registration Fee:

Rotarian: Php 4,700	Inclusive of:
Spouse: Php 3,600	Training Kit, April 12 (PM Snacks and Dinner);
Rotaract: Php 3,200	April 13 (AM/PM Snacks, Lunch and Fellowship Dinner)

REGISTRATION DEADLINE: MARCH 30, 2024
NO ONSITE REGISTRATION




DISCON DAVAO • 2024

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

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

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

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



SHARING HOPE WITH THE WORLD
SINGAPORE
25-29 MAY 2024

#Rotary24



Polomolok 101

Rotary
Club



**31st General Membership Meeting
DownTown Blvd/6pm
29th April 2024**

PROGRAM

Call to Order

Invocation

**The Rotarian Pledge/
& 4 Way Test**

Introduction of Guests

DTA Re-echo

President's Time

Open Forum

Adjournment

Prexy Malou Teoxon

Rtn Nancy Gadian

PP Cel Grino

PP Bel Acuesta

PE Troy Publico

Prexy Malou Teoxon

Prexy Malou Teoxon

Moderator- PP Bel Acuesta



Invocation



Dear Lord, thank You for gathering us here today on our 31th 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.





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

Happy BIRTHDAY

April 6- Sps. Joey Balano
April 9- PAG May Urbano
April 24- Rtn. Tommy Tonguia
April 27- PE Troy Publico



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?

PEOPLE OF ACTION

“Respect for Elders- Learn from the people who have walked the path before you... Respect them because someday and sooner that you could ever imagine you’re going to be old too”- unknown

The Rotary Club of Polomolok 101 together with our benefactor- the Ambat family joined together to make our elders from St Vincent’s Strambi Home for the Aged delighted as we visit and brought them jolibee food. They also received sleep wears, food supplies such as sacks of rice, canned biscuits, boxes of noodles, juice and hygiene kits. We also donated vegetable seedlings to the staffs as their livelihood activity. The produce could be a great help to the elders as they will eat nutritious, organic vegetables. This activity was done on April 9, 2024.



PETS/SETS/DISTRICT TRAINING ASSEMBLY 2024

District Training Assembly(DTA) is where club officers, chairs, and emerging leaders can learn more about what Rotary has to offer. DTA offered different breakout sessions like The Rotary Foundation, Public Image, Service Project & Membership.

The district training assembly helps presidents-elect/secretaries-elect and other officers build on the leadership skills they developed at the seminar, while incoming club leaders learn their new roles and refine their goals for the year.

Last April 11-13, 2024, the PETS/SETS & DTA of District 3860 was held in Dumaguete, representing our club to this event were PE Troy Publico and PAG May Urbano.



DTA - DUMAGUETE 2024



Meetings & Fellowships

April 2024



**Weekly Meeting @
DownTown Blvd**



Orientation of New Members



BOD MEETING



April 20, 2024



Our Sponsors



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*Hours subject to change without prior notice

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EVENT SPACES BY MAMAY
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THE BARN
THE BOARDROOM
MAMAY'S

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EST 2021

**GOLDEN
RANCH FARM**

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