





CREATE HOPE 2023-2024 OFFICERS AND DIRECTORS



Gordon M. McInally RI PRESIDENT



Rozanne M. Gamboa **DISTRICT GOVERNOR**



Vincent Edward Ang DISTRICT SECRETARY



Pedro B. Acharon, Jr. ASSISTANT GOVERNOR



Malou A. Teoxon **PRESIDENT**



Evernie V. Alfeche VICE PRESIDENT



Sweet B. Gallinero **SECRETARY**



Jade N. Rallos **TREASURER**



Gladys D. Balano **AUDITOR**



Fanny M. Fernandez PRO



SGT-AT-ARMS



PROTOCOL OFFICER



Omar Gallinero DITO



Nieven May Alfeche CICO

DIRECTORS:



CLUB ADMIN



Rogelio Rallos, Jr. THE ROTARY FOUNDATION



MEMBERSHIP



Alan M. Ines PUBLIC IMAGE/DRRM SERVICE PROJECT



Mayvelyn G. Urbano **EXEC. SECRETARY**

COMMITTEE CHAIRPERSONS: 5 AVENUES OF SERVICE



Xavier J. Bayan **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

The Club 101

May 2024

R.I. PRESIDENT'S MESSAGE



Gordon R. McInally

May 2024

I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable <u>impact</u> on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves.

Gordon R. McInally
Rotary International President

The Club 101 May 2024

Presidents Page



Pres. Malou A. Teoxon

My dear RCP 101 family,

My term as President is about to end. This has been an amazing year for me as I lead our club. I should say a lot has happened, and it went well quickly. I want you all to know that I am extremely thankful and honored to have been able to serve as President of our club this Rotary year 2023–2024. Thank you all for your support. As we all know, none of us could have done this without the support of our fellow members. Hats off to all of you for your support, service, fellowship and friendship. I have been very fortunate to have a great team behind me.

I would like to thank the club's Board of Directors the way they have supported me. They knew what was needed and got on with the job and have produced some remarkable results. I am glad our hard work has paid off. As a result, our club has received several awards at the recently concluded District Conference.

The Rotary year is not yet over, we have barely two more months to go. So let us continue to serve our community and create hope in the world...





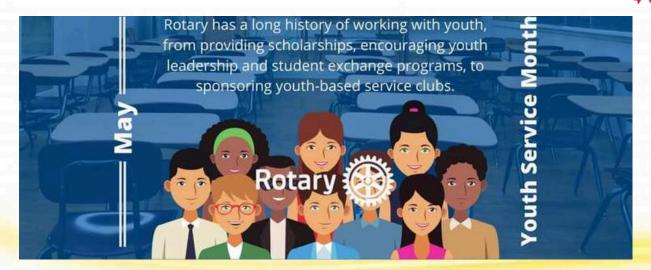




May is Youth Service Month

Youth Service Month is a special time in Rotary. Throughout the month of May, members of Rotary clubs, Rotaract, Interact, and those involved in Rotary Youth Leadership Awards (RYLA) and Rotary Youth Exchange celebrate the opportunities Rotary provides to connect, grow through service, develop leadership skills, mentor or be mentored, and have fun.

Rotary has a long history of working with Youth, from providing scholarships, encouraging youth leadership and student exchange programs, to sponsoring youth-based service clubs. Youth Service is one of Rotary's five official Avenues of Service.





Rotary 4

TAKE ACTION: Engage Rotary, Change Lives

The Club 101 May 2024

Secretary's Page

By: Sweet Gallinero

Tips to Keep Kids Safe on Extreme Heat





Anya, Gabbie, & Mia

High temperatures and extreme heat can cause children to become sick very quickly in several ways. It can cause dehydration, heat exhaustion, heat cramps and heat stroke, which is a medical emergency. High heat can also make everyone more irritable. And with extreme heat increasing due to <u>climate change</u>, "<u>eco-anxiety</u>" can cause emotional distress.

Take steps to protect your children from extreme eat as much as possible, watch for symptoms of heat illness, and call your pediatrician if you see any develop.

Tips to beat the heat

If you are going to be outside, there are several steps you can take to beat the heat and protect your child from heat-related illness and hazards:

Stay hydrated: Encourage your children to drink water frequently and have it readily available—even before they ask for it. Take water bottles with you if you go out. On hot days, infants receiving breast milk in a bottle can be given additional breast milk in a bottle, but they should not be given water, especially in the first 6 months of life. Infants receiving formula can be given additional formula in a bottle.

Dress lightly: Light-colored clothing can help kids stay cool and prevent heat stress from excessive heat absorption; darker colored clothing typically provides slightly better protection against sun damage to skin. Also try to choose loose fitting clothing—ideally that offers both adequate ventilation and protection against direct sun exposure. Clothing made with just one layer of absorbent material can help maximize the evaporation of sweat, which has a cooling effect (kids have lower sweat rates adults). Be sure to use plenty of sunscreen.

Plan for extra rest time: Heat can often make children (and their parents) feel tired. High heat can not only cause people to feel tired, but it may also contribute to irritability. Come inside regularly to cool off, rest and drink water.

Cool off with water. When your child is feeling hot, give them a cool bath or water mist to cool down. Swimming is another great way to cool off while staying active. Remember that children should always be supervised while swimming or playing in water to prevent drowning.

Never leave your child alone in a car: The inside of a car can become dangerously hot in just a short amount of time, even with the windows open.

Treasurer's Report

The Club 101

by: Jade Rallos



May 2024

HOW MUCH OF OUR TOTAL MEMBERSHIP DUES GOES TO ROTARY INTERNATIONAL?

Right now, RI dues is \$75. Depending on where we are in the world, that equates to about 4 to 14 percent of our total membership dues. The rest of our membership dues total primarily covers club and district expenses, such as District Levy, Rotaract Levy and Disaster Fund and a subscription to The Philippine Rotary Magazine.

Barely two months to go and the Rotary Year 2023-24 will be over. Gentle reminder for those members who still have unpaid monthly dues, please settle your balances.

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YOUTH ove the FUTUPE

by: PAG ALAN M. INES





The world as we know it today is different from the world that our parents knew. The constantly changing and evolving nature of our lives pushes new developments and innovations at a quicker pace, compared to 30 years ago. The trend of constant change continues, and the fact remains that our children are going to face a world that is broadly different from ours today.

The new world is going to need vital skills that are entirely different from what we are familiar with now. As parents, we need to help our children- the YOUTHS- be future-ready by making the right decisions for their

education, exposure to technology, and encourage them to learn skills that we do not currently have.

Therefore, it is crucial to prepare children for working in jobs and economies that do not entirely exist yet. The focus should be on both work and life skills that our children need in a future world that is uncertain.

Love to Learn

Cultivating a love to learn new things gives our children the desire to continually upgrade themselves. In a world where the pace of innovation is fast, our children need to love learning new things. This ability to learn will give our children an advantage in the future. The easiest way to encourage the development of this skill is to present learning as a challenging, engaging, and rewarding experience during their childhood.

Learning how to Learn

Learning how to learn is a highly teachable skill, and it is employed in most international schools as a base for their teaching methodology. Instilling learning skills and habits helps children to understand the best way they learn, and in turn helps them to discover the fastest way for them to learn a new skill.

Effective Communication

Spoken, written, and visual communication will form the core of most workplace skills in the future and children must learn to communicate effectively. This capability is most useful in the collaborative workspace of the future.

Self-Awareness

Self-awareness is a vital skill to teach our children because it helps them to remain grounded; knowing their strengths and weaknesses will strengthen their self-confidence. As the children grow into confident adults, the reflective nature of a self-aware person will ensure humility and the desire to learn from people from all walks of life.

People Sense

Children can be naturally selfish, so we must teach them how to empathize. When we work with them to understand the situations that other people may be in and the different perspectives that others have, children learn that the world does not revolve around them. Youth with healthy people sense will grow up to be active collaborators in the future.

Worldliness

Our parents used to believe that traveling is not essential. However, it is different now. Children who travel at a young age appear to have a better advantage in understanding the complexity of life. It is helpful to take your children out of your native country and show them how things work in other parts of the world.

Open minds

As parents, we need to raise children who are adaptable, thoughtful, and open-minded. In a future world where change is constant, being versatile is a survival skill. The challenges of continual change require a person to be open-minded so that they can accept new ideas and adapt quickly to the changes taking place.

It is also crucial to remember that not all skills may be taught in schools or during formal education. As parents, we have the responsibility to teach our children vital skills for the future. Although we cannot predict how the future will be, we can create a generation that is ready to face challenges. Education is the most powerful tool that we can use to ensure a new generation of future-ready youths.







New and Level up Paul Harris Fellows

PAUL HARRIS FELLOW is a person who has been recognized as having done something significant for others. The Rotary Foundation recognizes them for the contribution of \$1000, which will be spent on Humanitarian efforts or services around the world. A club recognizes them for the service to the club and the community. Individual Paul Harris Fellows are being recognized for many reasons; admiration, service, love, or commitment. In all cases, the recognition is significant and something to be proud of.

As of May 2024, there are 8 members in our club who become Paul Harris Fellows; new and level ups- headed by our President- Malou Teoxon, a new PHF and of course our TRF Chair Wang Rallos who is now a PHF plus 7 and his spouse,Rtn Jade Rallos- now a PHF plus 3. The same with Pp Xavier Bayan who also became a PHF plus 3 while PAG May Urbano is PHF plus 2. PAG Alan Ines and Rtn Darnie Jandic are now both PHF plus 1. Pp Bel Acuesta is also a new PHF. Congratulations to all our Paul Harris Fellows for RY 2023-2024! Continue to do good in the world!











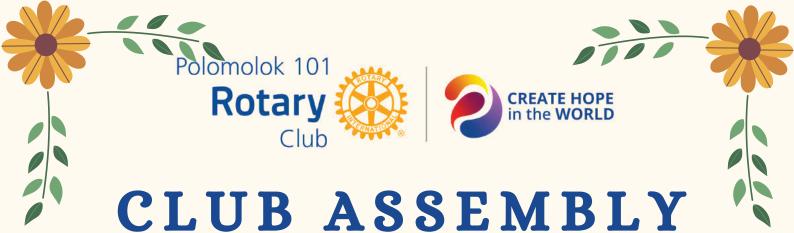












MAY 19, 2024 Sunday 11:30 am

It's that pivotal time of the year again - our Club Assembly is on the horizon! This assembly is a cornerstone of our club, offering each member a platform to voice their opinions and contribute to shaping the future direction of our club.

Why Your Participation Matters:

The Club Assembly is more than a meeting; it's a reflection of our commitment to transparency, inclusivity, and shared leadership. Your voice is essential in guiding our club's journey, ensuring we remain impactful, relevant, and aligned with the values of Rotary.

Stay engaged, be heard, and let's collectively decide on the path forward.

Together, we shape the future of our club. Together, we Create Lasting Change. Together, we discover The Magic of Rotary.







By; PE Troy Publico

Club Assembly was a special meeting exclusive for members of the club where we did performance assessment identifying areas of strength and weakness of the club and to help figure out strategies to be useful in the days ahead.

As the President-Elect of the club, this Club Assembly is my preparation for my term. It provided me an opportunity to meet intimately the club members and laid down my planned programs and activities for the Rotary year 2024-2025 which begins on July 1, 2024.

We looked at a salient aspect of membership obligation which is the Club dues, and saw the need for an upward review of the dues considering obvious factors not totally off from the prevalent economic reality.

This Rotary year 2024-25, we are unleashing the MAGIC OF ROTARY in another dimension never experienced before.









HALL OF PAST PRESIDENTS













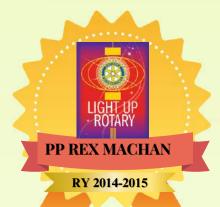








HALL OF PAST PRESIDENTS





















MAY CALENDAR OF ACTIVITIES

BY: PP CEL I. GRIÑO
CLUB ADMIN DIRECTOR



MAY 3-4
DISTRICT CONFERENCE

MAY 7

32ND Membership Meeting & Fellowship Night

MAY 10 PETS VACCINATION

MAY 13
33rd Membership Meeting
& Fellowship Night

MAY 17 COMMITTEE MEETING MAY 19 CLUB ASSEMBLY

MAY 20 BOD MEETING **MAY 27**

34th Membership Meeting & Fellowship Night

GROUPINGS

GREEN TEAM
WANG ALAN
JADE MAY
DARNIE NANCY

The Club 101

PINK TEAM

SWEET RONA

CELEM

MARK

AIVIE KLINCH

Pj

YELLOW TEAM

MEL TROY
GLADYS
FANNY RYNEL
XAVIER
OMAR

BLUE TEAM

MALOU BEL TWINKLE TATA LANI TOMMY ZALDY

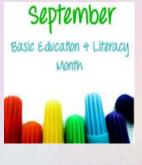
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The Club 1@1 Calendar of Activities















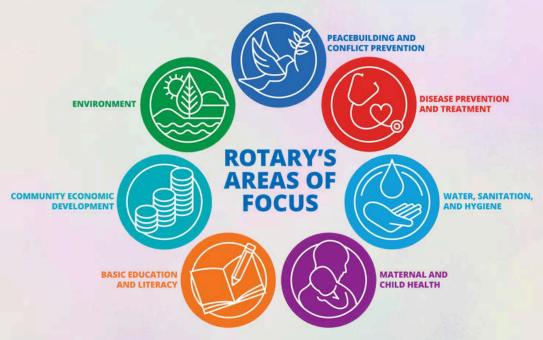












PEOPLE OF ACTION

The anti-rabies vaccine is the best and most effective way that we can safeguard our pets from contracting rabies. It will protect our pet dogs & cats and especially our family and the community from a fatal outcome. It is legally required that our dog/cats get their anti rabies vaccination and booster shots. Pet parents want their dogs & cats to live a happy and healthy full life that's why they should have their pets vaccinated.

A total of 75 dogs and cats were vaccinated in the Free Anti Rabies Vaccination held on May 10, 2024 at La Vista Farm Resort in coordination with our Provincial and Municipal veterinarians who briefed the fur parents before the vaccination begins. Certifications were issued right after their pets were vaccinated. This advocacy project was carried out by the Rotary Club of Polomolok 101 in partnership with La Vista Farm Resort.















DISTRICT CONFERENCE 2024

Rotary District Conference(DisCon) serve as a platform for Rotarians to come together, collaborate, and celebrate our achievements. Rotary DisCon is not just about work; we also include social events, cultural performances, and celebrations where Rotarians celebrate achievements, honor outstanding clubs and its members, and enjoy the camaraderie of being part of a global network. There were four delegates from our club who attended this year's Discon headed by our President Malou Teoxon, PAG May Urbano, PP Celema Grino & PP Xavier Bayan.

The DisCon 2024 in Davao fascinates us with its resounding success! A two- day spectacular event highlighting the amazing showcase of Mindanaoan Tapestry at the beautiful City with rich cultural diversity-Davao.











DISTRICT CONFERENCE 2024 FELLOWSHIP NIGHTS











The Club 101



32nd General Membership Meeting DownTown Blvd/6pm 7th May 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 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

May 7- PP Mel Deypalan May 13 - PP Twinkle Alfeche





I will always uphold the truth. am a Rotarian.

I will always strive to be fair in all my dealings with fellow human beings I am a Rotarian.

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.



DECLARATION FOR ROTARIANS IN BUSINESS AND PROFESSIONS

- Neither seek from nor grant to a fellow Rotarian a privilege or adva normally accorded others in a business or professional relationship

Rotary

THE FOUR-WAY TEST

of the things we think, say or do

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL & BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

To all my female friends 50 years and up...

by PP Mel Deypalan

Most of us are ageing through the next phase of our lives. We're at the age where we see wrinkles, grey hair, and extra pounds.

We see cute 25-year-olds and reminisce.

But we were also 25, just as they will one day be our age. We aren't those "girls in their summer clothes" anymore. What they bring to the table with their youth and zest, we bring our wisdom and experience.



We have raised families, run households, paid the bills, dealt with diseases, sadness and everything else life has assigned us.

Some of us have lost those that we're nearest and dearest to us.

We are survivors.

We are warriors in the quiet.

We are women, like a fine wine or classic car.

Even if our bodies aren't what they once were, they carry our souls, our courage, and our strength. We shall enter this chapter in our lives with humility, grace, and pride over everything we have been through, and we should never feel bad about getting older.



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."

Meetings & Fellowships May 2024





Weekly Meeting @ DownTown Blvd









Activities & Fellowships

May 2024

















Our Sponsors



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