

# THE CLUB 101

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CHRISTMAS EDITION



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## COMMITTEE CHAIRPERSONS: AVENUES OF SERVICE



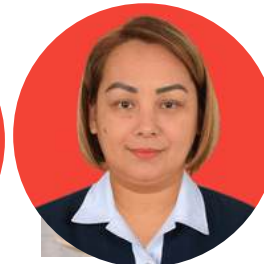
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# R.I. PRESIDENT'S MESSAGE

## December 2024



Stephanie A. Urchick

To adapt, as laid out in Rotary's Action Plan, we must occasionally step out of our comfort zone and try something new. Here are two examples of clubs that adapted – one with heart and one through critical thinking and strategy.

The Rotary Club of Chandigarh Mid Town, India, led with heart earlier this year. To engage members and grow membership, Club President Nitin Kapur personally called every former member of the club and invited them to a gathering billed as an alumni meetup.

Eight former members attended, and the results were stupendous. The visitors had a chance to connect once more – not only with current members but with the sense of camaraderie and belonging that membership gave them. By the end of the evening, the club welcomed six of the former members back into the Rotary family.

Club President Kapur showed courage when he reached out to the alumni. Not only did he adapt and try something new but he had the strength of character to show the club's alumni how much they still meant to the family of Rotary. That bravery paid off.

People want to feel needed and appreciated. People want to feel that they belong. And they might never feel that way if we don't have the courage to tell them.

Meanwhile, the Rotary Club of Seoul-Hansoo, Korea, has been experimenting with different club models to great effect. Over the past four years, Seoul-Hansoo has created and maintained four satellite clubs – a service club, an interest-based club for musicians, a cause-based club that mentors professionals, and a club for college students.

These satellite clubs are part of a five-year plan the Seoul-Hansoo club implemented to increase membership through innovation.

What's the secret to founding and maintaining so many satellite clubs? Membership between Seoul-Hansoo and its satellite clubs is fluid and synergistic. Many members of the satellite clubs attend the sponsor club's meetings. And many of the sponsor club's members participate in the satellite clubs.

Additionally, the focus of each satellite club is no accident. Each one appeals to different interests of people in the sponsor club and in the community, attracting existing and potential members. This is an excellent strategy to both retain and attract members because it offers flexibility. If someone is interested in joining but they can't make it to the sponsor club's meetings, they have plenty of options to choose from.

- ★ These are just two examples of how we can adapt with our hearts and minds. Every club is different, so I encourage you to reach out to members of your club and of the community around you. Ask them about the club experience and what you can do to improve.
- ★ Talk to enough people and you might find ways that you can adapt and spark The Magic of Rotary in your club.

Stephanie A. Urchick  
President 2024-25



# PRESIDENT'S PAGE

by: Pres. Tommy Tonguia

## Focusing on Disease Prevention and Treatment



As we reflect on the month's Rotary theme, Disease Prevention and Treatment, I am reminded of the powerful role we, as Rotarians, play in improving the health and well-being of those who need it most. Disease prevention and treatment are not only crucial in our local community but are also key areas of focus for Rotary worldwide. By working together, we contribute to global efforts to fight preventable diseases, enhance healthcare access, and promote better health for all.

This month, our club has been particularly focused on advancing projects that contribute to this cause. Whether it's providing access to essential medical care, supporting vaccination programs, or raising awareness about preventable diseases, our efforts help create lasting change. Our collective work directly impacts the lives of individuals and families, particularly in underserved communities, and helps ensure a healthier future for everyone.

I would like to extend my heartfelt thanks to each and every one of our members for their unwavering generosity and dedication. Your contributions—whether in time, resources, or support—are the backbone of these important initiatives. Without your commitment, our projects on disease prevention and treatment would not be possible. It's through your support that we can continue to make a tangible difference in the lives of those who need it most.

As we approach the holiday season, let us take a moment to appreciate not only the impact of our work but also the fellowship and camaraderie we share as a club. The holiday season is a time for gratitude and reflection, and I am truly grateful to be part of such a compassionate and driven group of individuals.

On behalf of the Rotary Club of Polomolok 101, I would like to wish all our members, their families, and fellow Rotarians around the world a very Happy Holidays. May the spirit of giving continue to inspire us in the coming year as we strive to make a positive impact on our community and the world. Together, we make a difference—thank you for everything you do.



# Editor's Note



## A Season of Giving and Gratitude

As we approach the close of another year, the Rotary Club of Polomolok 101 reflects on the impact we've made together in our community. Through the dedication and generosity of our members, we've been able to launch and complete a number of meaningful projects that have touched the lives of many, especially those who are most in need.

This year, we've seen firsthand the difference we can make when we come together for a cause. From providing essential goods and services to the poorest members of our community to supporting local initiatives that promote education, health, and well-being, our collective efforts have not only improved lives but have inspired hope in places where it was most needed.

These projects wouldn't have been possible without the unwavering generosity of our members—individuals who give not only of their time but also of their resources, embodying the true spirit of Rotary. It is through your selfless contributions that these initiatives come to life, proving that together, we can create lasting change.

As we look toward the holiday season, let us take a moment to appreciate the difference we've made and the work still to be done. The holidays remind us of the importance of kindness, compassion, and giving, and I am proud to be part of a club that exemplifies these values every day.

To our dedicated members of Rotary Club of Polomolok 101 and to all Rotarians worldwide who continue to serve and make a positive impact, I wish you a joyous and peaceful holiday season. May you find time to rest and celebrate with loved ones, and may the new year bring continued success to our collective efforts in making the world a better place.

Happy Holidays to all, and here's to another year of service above self!

Yours In Rotary Service,

*May Urbano*

Editor-in-Chief





# Christmas Message

*I take this opportunity to extend heartfelt holiday greetings to all our members and to all the Rotarians across the globe. May your celebrations be filled with joy, love, and the company of those who matter most.*

*This holiday season also marks the halfway point of our Rotary Year—a moment to pause and reflect on the journey we've embarked on together. Through the unwavering support of our members, our club has already achieved remarkable milestones. Whether through impactful service projects, community outreach, or the simple yet powerful act of fellowship, we have made a tangible difference in the lives of others.*

*As Rotarians, we embody the spirit of "Service Above Self." Yet, during this special time, let us also focus on self-care and gratitude. The holiday season offers a chance to rest, reflect, and recharge. It is a time to thank God for the blessings that have graced our lives—our families, our health, and the ability to contribute to a better world.*

*Let this season of giving inspire us to carry forward our mission with renewed vigor and compassion as we prepare for the second half of the Rotary Year. Together, we will continue to create lasting change in our communities and beyond. From my Rotary family to yours, I wish you a joyful holiday season and a New Year filled with hope, peace, and endless opportunities to serve.*

*Yours in Rotary Service,*

*Gina A. de Guzman  
President-Elect  
Rotary Club of Polomolok 101*



# TREASURER'S MESSAGE



Dear Fellow Rotarians,

As the holiday season fills our hearts with joy and gratitude, I want to wish each of you and your families a very Merry Christmas. May this festive season bring you peace, love, and countless moments of happiness.

This time of year is a wonderful opportunity to reflect on the strength of our Rotary Club and the impact we continue to make together. Your dedication and support are the foundation of our success, and for that, I thank you sincerely.

As we celebrate, I would like to gently remind everyone of the importance of fulfilling our obligations to the club. Your monthly dues not only ensure the smooth operation of our club but also empower us to meet our commitments to the District and Rotary International. It is through these contributions that we are able to sustain our efforts, support impactful projects, and uphold the values of Rotary in our communities and beyond.

◆  
Thank you for your unwavering generosity and commitment. Let us carry the spirit of giving into the new year and continue to make a difference together.

Wishing you all a joyous Christmas and a prosperous New Year ahead!

Yours In Rotary,

***Jade N. Rallos***

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# Christmas Message from the TRF Director



Dear RCP 101 Family,

As we gather to celebrate the joy and wonder of this Christmas season, I want to take a moment to extend my heartfelt gratitude and warmest wishes to each of you. Merry Christmas to you and your families!

This season of giving reminds us of the remarkable generosity that exists within our Rotary family. Your unwavering support and contributions to the Rotary Foundation are what keep the spirit of Rotary alive and thriving. The Rotary Foundation is the very heart of our organization—the engine that drives our efforts to create lasting change in our communities and around the world.

Because of your generosity, the Foundation can support vital programs like the End Polio Initiative, bringing hope to countless lives. It is your commitment to "Service Above Self" that allows Rotary to help those in need, empowering us to make the world a better place.

As we celebrate this season of blessings, let us remember the power of our collective efforts and continue to build on the legacy of doing good in the world. Together, we can achieve even more as we move forward into the new year.

May this Christmas bring you peace, joy, and the warmth of loved ones. Thank you for all that you do for Rotary, for the Foundation, and for the countless lives you touch.

With gratitude and festive wishes,

PP Rogelio "Wang" Rallos  
Director, Rotary Foundation





# 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

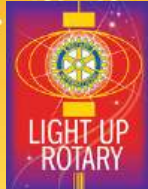
2012-2013



**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



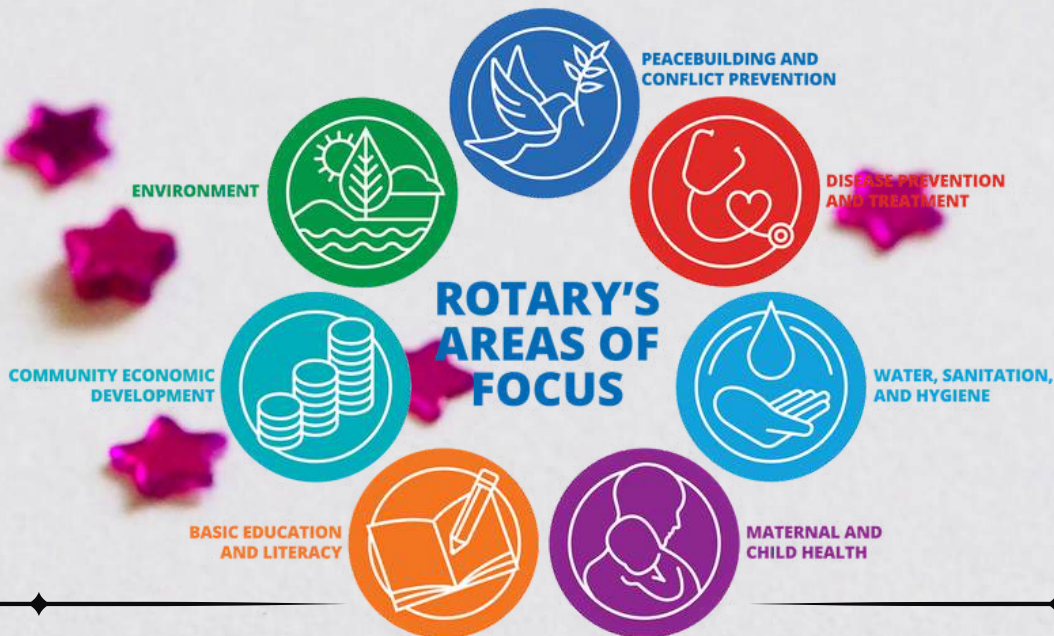
**PP NIEVEN MAY ALFECHÉ**

PHF

RY 2020-2021



# HALL OF PAST PRESIDENTS



## SEVEN AREAS OF FOCUS COMMITTEE CHAIR

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



# CHRISTMAS MESSAGE

*From PAG Alan M. Ines*



Dear Fellow Rotarians,

As we celebrate this season of love and generosity, I extend my warmest Christmas wishes to each of you and your families. May your hearts be filled with peace, joy, and the true spirit of the holidays.

This festive season reminds us of the incredible work we do together through our service projects. Each initiative we undertake brings hope and positive change to the lives of those we serve. Your dedication and support have been instrumental in making these projects a success, and I am deeply grateful for your unwavering commitment to "Service Above Self."

Let this Christmas also be a time to reflect on the impact we have made and renew our resolve to continue making a difference in the new year. Together, as a united Rotary family, we can achieve even greater milestones and extend our reach to those who need us most.


Thank you for being the driving force behind our service projects and for your relentless passion to serve humanity. Wishing you all a Merry Christmas and a prosperous New Year filled with opportunities to do good in the world.

Yours in Rotary Service,

**PAG ALAN M. INES**

Project Service Director

Rotary Club of Polomolok 101





# Christmas Message

Dear Fellow Rotarians,

As we gather to celebrate the joy and warmth of this Christmas season, I would like to express my heartfelt gratitude to each of you for your unwavering support in our Community Service activities. Your dedication, time, and efforts have truly made a difference in the lives of those we serve.

Community service is at the heart of Rotary, and through your contributions, we have fostered a sense of belonging and togetherness within our community. Especially during this Christmas season, the importance of family and the bonds we share with those around us becomes even more profound. As we give back, we not only strengthen our communities but also create lasting connections that bring hope and joy to many.

May this season remind us all of the blessings we have and inspire us to continue spreading kindness and compassion. Let us celebrate the gift of community, the love of family, and the spirit of service that unites us as Rotarians.

Wishing you and your families a Merry Christmas and a New Year filled with peace, love, and opportunities to serve.

Yours in Rotary Service,

**PP Xavier J. Bayan**  
Community Service Director  
Rotary Club of Polomolok 101





## HOLIDAY MESSAGE



To my dear fellow Rotarians,

As the holiday season approaches, I wanted to take a moment to reflect on the incredible work we've accomplished together throughout the year. Your dedication, generosity, and commitment to Rotary's mission have made a meaningful impact on our community and beyond.

This time of year reminds us of the importance of fellowship, service, and kindness. Let us celebrate the progress we've made, and look forward to the new opportunities and challenges that the coming year will bring. Together, we can continue to make a difference in the lives of those who need it most.

Wishing you and your loved ones a joyful and peaceful holiday season. May it be filled with happiness, warmth, and meaningful moments.

Thank you for your unwavering support to our club, and I look forward to another year of success and service with each of you.

Yours in Rotary,



PP Cel I. Griño  
Club Administrator  
Rotary Club of Polomolok 101





# CHRISTMAS MESSAGE

Dear Fellow Rotarians,

As the holiday season fills our hearts with joy and gratitude, I would like to take this opportunity to extend my heartfelt thanks to each one of you.

To our long-standing members, thank you for your loyalty and unwavering dedication to the Rotary Club of Polomolok 101. Your steadfast commitment over the years has been the backbone of our club's success. You continue to inspire us with your passion for service and your enduring support of our mission.

To our new members, thank you for stepping forward and choosing to be part of our Rotary family. Your fresh perspectives and active participation in meetings, projects, and activities have infused our club with renewed energy and enthusiasm. We are thrilled to have you on this journey with us, and we look forward to all that we can accomplish together.

This Christmas, let us celebrate the bond we share as Rotarians—a bond rooted in fellowship, service, and a shared vision to create a better world. May this season bring you and your families love, peace, and countless blessings. Wishing you all a Merry Christmas and a prosperous New Year filled with continued opportunities to serve and grow together.

Yours in Rotary,

**PP Maribel "Bel" D. Acuesta**  
Membership Director  
Rotary Club of Polomolok 101



# The Importance of Self-Care During the Holiday Season

By: PP Mel G. Deypalan



The holiday season is often filled with celebrations, gatherings, and traditions, but it can also bring increased stress, fatigue, and overwhelm. Between managing family obligations, preparing meals, shopping for gifts, and balancing work, it's easy to neglect personal well-being.

Practicing self-care during this busy time is essential for maintaining mental, emotional, and physical health. By prioritizing self-care, you can enjoy the holidays more fully, reduce stress, and approach the season with greater resilience.

## Simple Tips for Holiday Self-Care

### Understand Your Needs

Take a moment to think about what makes you feel good. Do you need quiet time to recharge, or do you enjoy being around others? Knowing what you need helps you plan a schedule that works for you.

### Set Limits

The holidays can bring many invitations and obligations. It's okay to say no if you're feeling stretched too thin. Prioritize the events and tasks that matter most to you and delegate when possible.

### Spend Wisely

Holiday spending can be stressful. Set a budget and stick to it. Consider meaningful, budget-friendly options like homemade gifts or shared experiences instead of expensive items.

### Make Time to Rest

With so much going on, rest is essential. Stick to a regular sleep schedule and carve out moments for relaxation, whether it's meditating, reading, or enjoying a walk.

### Stay Active and Eat Well

Even a short walk or simple exercise can lift your spirits. Balance festive treats with healthy meals to keep your energy up and your mood steady.

### Focus on Connections

The holidays are about spending time with loved ones. Choose quality over quantity—enjoy meaningful conversations and moments rather than trying to attend every event.

Taking care of yourself during the holidays ensures you can fully enjoy the season. Balance your commitments, let go of perfection, and focus on what brings you joy. By doing so, you'll create a more peaceful and fulfilling holiday experience for yourself and those around you.

Have a Wonderful, Stress-Free Holiday Seasons fellow Rotarians!





Dear fellow Rotarians,

As we reflect on this wonderful holiday season, we are filled with gratitude for the friendships, experiences, and service we've shared in Rotary. Being part of this wonderful club has brought us so much joy, and we are truly honored to be in service alongside each of you.

We encourage everyone to stay engaged and continue the amazing work we're doing together. The impact we make, both locally and globally, is truly special. Let's carry this spirit of fellowship and service into the new year and beyond.

From our family to yours, wishing you all a joyful, peaceful holiday season, filled with love and happiness...

With warmest regards,  
PP Gladys & Spouse Joey Balano

Polomolok 101  
**Rotary**  
Club



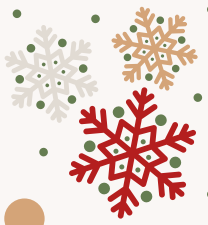




# Rotary



# PEOPLE OF ACTION



## A Bucketful of LOVE Project

In the early morning of December 7, 2024, the Rotary Club of Polomolok 101 embarked on a meaningful journey to the mountainous area at the foot of Mt. Matutum, where Purok Estrebilla in Barangay Maligo is nestled. This year, over 50 families became the beneficiaries of our club’s “Bucketful of Love” activity—a heartfelt initiative and our banner project.

The “Bucketful of Love” activity is a cherished tradition of our club, dedicated to bringing joy and hope to far-flung communities, particularly to Indigenous Peoples, during the Christmas season. Witnessing the pure joy on the faces of our beneficiaries was truly heartwarming. Families received buckets brimming with goodies for Noche Buena, pre-loved clothing, household items, and gifts for the children. Nutritious arroz caldo was also served and shared by everyone before the gift-giving.

The smiles of the children were especially touching, their faces lighting up as they received toys, candies, and gifts from the Rotarians. Their happiness reminded us of the simple yet profound impact of kindness and generosity.

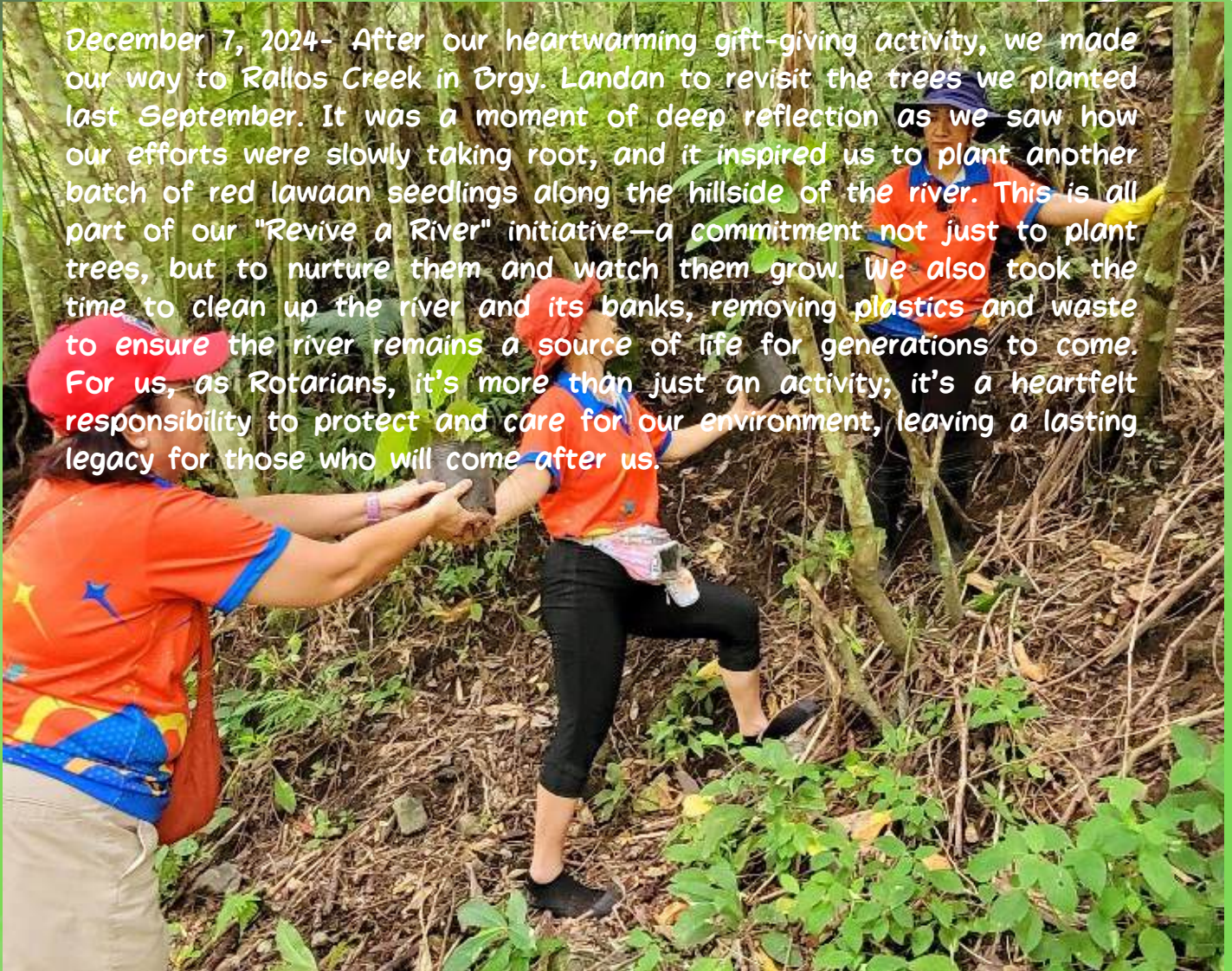
This meaningful endeavor was made possible through the unwavering generosity of our club members, honorary members, and partners in service. It was a humbling experience to serve and bring hope to our less fortunate brothers and sisters.

Moments like these remind us why we serve—because even small acts of love can create ripples of joy and transformation in the lives of others.



## Go Green; Revive a River Activity

December 7, 2024- After our heartwarming gift-giving activity, we made our way to Rallos Creek in Brgy. Landan to revisit the trees we planted last September. It was a moment of deep reflection as we saw how our efforts were slowly taking root, and it inspired us to plant another batch of red lawaan seedlings along the hillside of the river. This is all part of our "Revive a River" initiative—a commitment not just to plant trees, but to nurture them and watch them grow. We also took the time to clean up the river and its banks, removing plastics and waste to ensure the river remains a source of life for generations to come. For us, as Rotarians, it's more than just an activity; it's a heartfelt responsibility to protect and care for our environment, leaving a lasting legacy for those who will come after us.





## A Sunday of Kindness and Life-Saving Acts

On December 8, 2024, more than 200 compassionate individuals—many of them students from SouthEast ASEAN Institute & Technology—gathered at Polomolok Poblacion Gym for a bloodletting activity that will leave a lasting impact on countless lives.

The Rotary Club of Polomolok 101 was humbled and honored to be a part of this life-saving initiative. As partner in this noble cause, we helped educate and guide the donors about the profound importance of donating blood with the guidance from our spouse members Pp Wang & Rtn Jade—both are Medical Technologists and Pp Doc Bel who is a health and wellness coach. Through the generosity of the blood donors, they are not only helping others but also improving their own health—a true testament to the power of selflessness.

Every drop of blood donated today is a lifeline for someone in need. It's a chance at survival, a beacon of hope, and a reminder of the goodness that binds us as a community. To express our deepest gratitude, we provided food to all the donors and participants who made this noble mission possible.

To the heroes who stepped forward, we extend our heartfelt thanks. Your generosity and kindness are inspiring, and your actions remind us all of the beauty of giving. Our heartfelt thanks also go out to the Philippine Red Cross, the Philippine Army, and everyone else who joined hands to make this activity possible.

Let us continue to spread love, compassion, and hope—one act of kindness at a time. Together, we can save more lives and create a better world.



# Safari Christmas Party

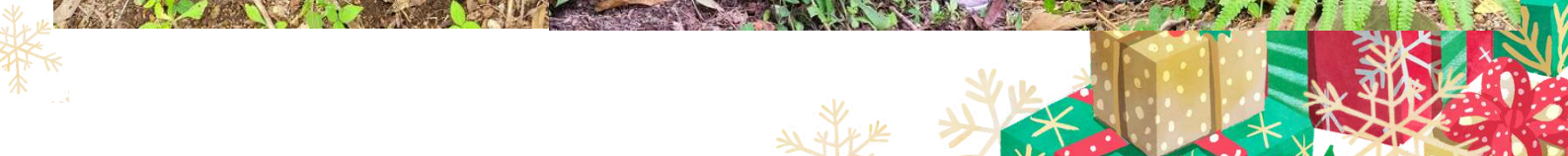


After our back-to-back projects—Gift-Giving and Revive a River activities—it was only fitting that we, as Rotarians, along with our families, took time to celebrate with a well-deserved Christmas party! This year, we embraced the excitement of a Safari-themed celebration. Transforming ourselves with creative costumes, we truly brought the jungle spirit to life. Surrounded by the lush setting of a mini-forest, generously hosted by PP Wang and SPS Jade, the venue perfectly matched the theme, adding to the magic of the occasion. The celebration was filled with joy, laughter, and camaraderie as we came together to share food, stories, and cherished moments. One of the most anticipated highlights was our exchange of gifts, bringing smiles to everyone. Adding even more meaning to the celebration, we upheld our tradition of presenting gifts to our beloved Rotakids. As the day came to an end, everyone went home with happy hearts and hands full of presents. Let this remind us, as Rotarians, that the true essence of Christmas lies in giving and spreading joy, especially to those less fortunate. Together, we continue to make a difference, one smile at a time.



December

PROJECTS & ACTIVITIES



# December PROJECTS & ACTIVITIES



# December

## PROJECTS & ACTIVITIES



December

PROJECTS & ACTIVITIES

AREA COORDINATION MEETING







Polomolok 101  
**Rotary**  
Club



*Merry  
Christmas and  
a Prosperous  
New Year!*

*from: The Rotary Club of Polomolok 101*