

QUARTER TWO - RI YEAR 2023-24

ROTARY SUN

NEWSLETTER



OUR CLUB
**PRIORITIZING
OUTREACH**



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PRESIDENT'S MESSAGE



Fellow Rotarians and Friends,

As we have started a new year, I think RI Trustee Chair Barry Rassin, says it best, "The new year ushers in promise and hope, a time to resolve to do things differently. We can do more than just hope for the best".

Each new year brings with it time to make the changes we want to see in our lives. Each step we have taken so far to Create Hope in the World, should be reflected on and appreciated. We have made big strides in 2023 to slowly evolve our growing world to be a kinder, more caring and more aware community. This new year brings a unique opportunity to do even more. We can certainly can do more than just hope for the best, we can achieve it!

Rotary Sunrise members have always upheld Rotary's motto of Service Above Self. This is truly one of the things I admire most about our club and its members. Rotarians are always willing to lend a helping hand or listening ear, and take the initiative to put other's wellbeing before their own.

In 2024, I encourage you all to resolve to truly showcase our club's strengths; through impactful hands-on service projects, collaborations with other Rotary Clubs both locally and overseas, and by continuing to increase our presence in the community through our social media pages.

I would also encourage each member to engage with The Rotary Foundation this year. Giving to the Foundation is not only rewarding to you personally, but also benefits the world over. The Rotary Foundation is a Global force, doing amazing work in the world, each and every day.

Let's continue to dream big, to have the courage to change the world, and to know that we can do more than simply **Create Hope in the World**. We can achieve change one small step at a time!

Yours in Rotary Service,

A. Balderamos

PRESIDENT 2023-24

A photograph of three women standing outdoors and smiling. The woman on the left is wearing a blue polo shirt with a yellow Rotary logo and blue jeans. The woman in the middle is wearing a black t-shirt with a colorful graphic and sunglasses hanging from the neckline. The woman on the right is wearing a white t-shirt with a Bob Marley graphic. They are standing in front of a yellow wooden structure and some greenery.

QUARTER TWO IN REVIEW

From a plethora of Community Service Projects, Cheap and Cheerful Fellowships to engaging Guest Speakers at Regular Club Meetings, this quarter was great on all accounts!



SPOTTS **PARK CLEANUP**

The Cecile Crighton Spotts Newlands Park was opened by Rotary Sunrise in September 2010. The parcel was donated by Rex Crighton, in honor of his wife Cecile, whom the park is named after.

The Park is an important part of the community in Spotts, as it was designed for the community residents to have a safe place to go and something to do. The Park is recognized as an important part of community building, allowing residents to come together and share with each other.

It's always a great day of service and fellowship when we visit our beloved Spotts Park. In October Rotarians and Rotaractors came out in their numbers and completed the following tasks:

- Raked and disposal of debris
- Levelled out sand pit areas
- Repainted picnic benches
- Replaced older benches and chairs
- Replaced chains on the swing set

Director Karina expressed her gratitude for the great turnout and assistance.



CELEBRATING WORLD PREMATURITY DAY 2023



November 17th was World Prematurity Day! In recognition of this international day, the Rotary Club of Grand Cayman Sunrise donated well-needed supplies to patients at the NICU at the Health Services Authority Cayman. Community Service Director, Karina Palmer-Forde, expresses her gratitude to everyone who would have supported the initiative by making in-kind or monetary donations!





ROTARY SUNRISE LADIES **TRANSFORMED A HOME WITH ARK CAYMAN**



The POWER of Rotary! One Rotarian, one dream, through the power of Rotary can make a huge difference in bringing peace and better understanding to our local communities! Our female dominant Service Soldiers spent their Saturday morning in November, transforming the home via our ARK Painting Project.

Job well done to the Community Service Committee for providing members with hands-on community projects to keep our membership engaged!



'TIS THE SEASON!

'Tis the season for JOY, HOPE and LOVE! Each year, the Rotary Club of Grand Cayman Sunrise donates funds and actively participates in various Christmas Parties within the Cayman Communities over the month of December. Serving with a smile, Rotarians brought Joy and good wishes to all the community members who attended. Special thanks Director Karina, Rotarian Claude, and all the members of the Community Service Committee who led and participated in the project this year!

Further, Members of the Community Service Committee had a blast with the girls of the Frances Bodden Girls' Home as they created holiday themed paintings, and engaged in meaningful fellowship!



Cheap & Cheerful: The Fellowships Continues!

Engaging in fellowship with your favourite Rotarians should not cost you more than your go-to bottle at home! This quarter, our Cheap and Cheerful events featured events with giggling games, fierce fireworks, focused family time and lots of food!

#BackyardBash in October kicked off the quarter's fellowship events hosted at PE Marlon's Residence. Attendees enjoyed light bites, heavy drinks, brutal dominos as we celebrated the newly elected Board of Directors.

#FireworksAndFellowship in November brought the club together on the closing night of the Annual Pirates' Week! A vibrant fireworks display followed by a tasty meal was enjoyed by all attendees.

#ChristmasChill in December ended the year on a high note. After the past quarter of hands-on service projects, members and their families let their hair down and enjoyed the Christmas breeze and meal up Northside!



Rotary in Cayman Supports Rotaract Grand Cayman in Family Feud Fundraiser



All the Grand Cayman Rotary clubs were in attendance to stake their claim at the Rotaract Club of Grand Cayman's Pub Quiz style Family Feud competition.

There were 6 competing teams with Rotary Sunrise being represented by two teams!



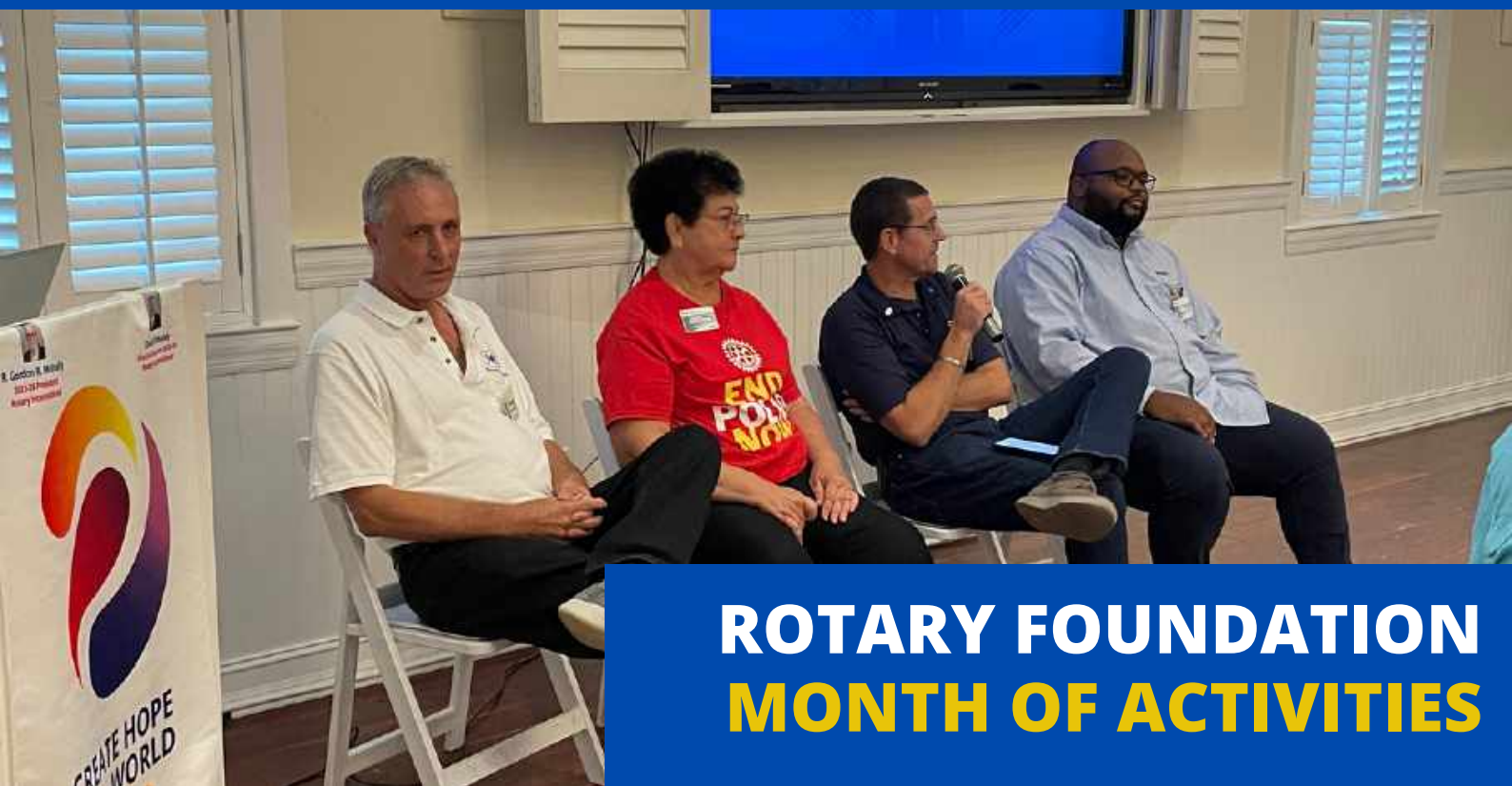
On behalf of the Rotaract Club, thank you so much to everyone who came out and supported as this event raised more than double it's goal for the replacement banners at just over \$2,000!

LITTLE RCGC CELEBRATES 17 YEARS OF SERVICE!

In December 2023, Little RCGC hosted their Winter Wonderland Dinner for a Cause to celebrate 17 amazing years of the Rotaract Club of Grand Cayman and to support amazing causes by raising funds for both Loud Silent Voices and the Rotaract District 7020.

Special guests included, Her Excellency the Governor Jane Owen, District Governor David Kirkaldy and District Rotaract Representative Selvyn Dawson. Cheers to many more successful years!





ROTARY FOUNDATION MONTH OF ACTIVITIES



We have come to expect great things when the Rotary Foundation Committee is involved with planning and executing events.

We kicked off Rotary Foundation Month with PP Winston's Takeover! He educated those in attendance with 50 facts that each Rotarian should know, followed by some trivia. It was a great start to another great Rotary Foundation Month!



Did someone say Jeopardy?!?!? Week two of our Foundation Month of Activities featured PP Hendrick's Who Ya Fuh, followed by a Jeopardy Fellowship hosted by Rotarian Laura Dixon.

Categories included: Rotary 101, Rotaract, The Rotary Foundation, Rotary in the Cayman Islands and This is US!

Event number 3 featured a panel of active Rotary Foundation givers who shared their reasons for giving. Thank you PP Andrea, PP Hendrick, PP Woody and Dir. Kareem for sharing your stories!



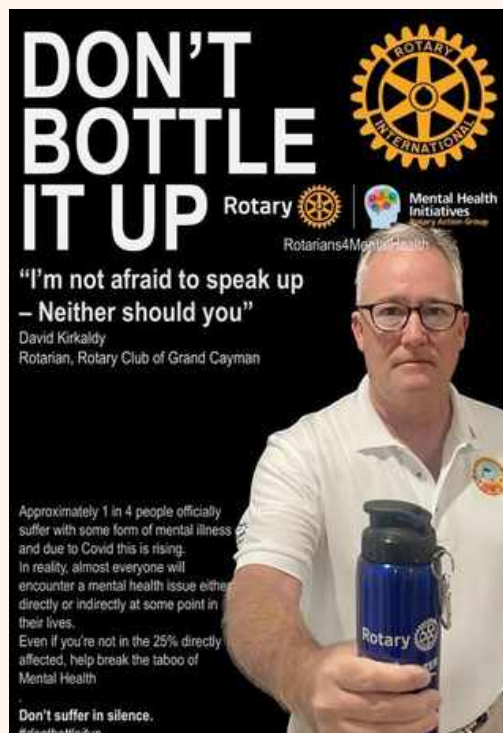
Rotary Foundation Month of Activities continues with Buy-A-Kid-A-Book and our Annual Flea Market!

Every year, Rotary Sunrise's Literacy Committee spear heads the "Buy-A-Kid-A-Book" project. This project seeks to raise funds through public donation, either monetary or new/used books, to purchase and supply books for Reading Partner programs at various public schools. More than 350 public school students have directly benefited from the program since its inception in 2008.

The month ended with our Annual Flea Market. Thank you to everyone (Rotarians, Rotaract, Family, Friends, and the community) who came out early this morning and supported our Foundation Committee's Flea Market. The funds raised from this flea market will benefit the Rotary Foundation but also aid in promoting sustainable consumption by reducing waste, and providing unique affordable items to the community. All our unsold items that will be donated to ARK Cayman and taken to our Honduras mission trip.



ROTARY SUNRISE PRIORITIZES MENTAL HEALTH



Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

In keeping with DG David's theme on mental health awareness day this year, Rotary Grand Cayman Sunrise were proud participants of the Don't Bottle It Up Campaign!

Mental Health Day was further recognised at our October 2023 Business Meeting. President Andrea asked members to read aloud motivational quotes placed on each of the tables to close the meeting.

Lastly, in December 2023 we executed a Social Media Campaign - Wellness Wednesday, a 3-part mini-series designed to share tips to promote healthy mindfulness into our daily lives.

Week 1 focused on self reflection. When life gets challenging, it is easy to focus on the negative going on around us. We encouraged persons to journal and meditate for 5 minutes through yoga.

Week 2's task was to brightening up someone else's day with a compliment or kind gesture can help boost an individuals mood, self-esteem and happiness.

We ended the campaign on **week 3** by encouraging healthier habits in 2024 through increased step counts and water intake!

CIRCLE OF LIFE BRUNCH '23



At Rotary Sunrise, we enjoy giving back to our communities, especially to past generations who contributed to the development of the Cayman Islands and are now enjoying their retirement.

In October, we visited the Golden Age Home and served them during their Circle of Life Brunch celebrations.

HAPPY ANNIVERSARY PINES RETIREMENT!

The Pines Retirement Home is a non-profit charity established to provide residential homes for the elderly, primarily to meet the needs of independent elderly citizens during their retirement.

Over time the emphasis has moved to the provision of nursing care in response to the needs of the community and the high care requirements of many of its residents. Rotary Sunrise celebrated their anniversary through the provision of meals and a cake for their party!





Students at St Elizabeth Basic School get new restrooms following fire!

With a spend of \$3.5 million and in partnership with 10 sponsors, the 80 students and their teachers at the St Elizabeth Basic School on Ransford Avenue, near Trench Town, now have new restroom and storage facilities.

The project was initiated by the Rotary Club of St Andrew North, under the leadership of immediate past President Carlton Cowell. Among the sponsors are: ARC Manufacturing Limited; Maercon Engineering; Citrad; Stella Maris Steel Band; St Elizabeth Catholic Church; iPrint Group of Companies; Caledonia Outdoor Advertising Limited; Rotary Club Of Oshawa; Rotary Club of Grand Cayman Sunrise; and Rotary Club of Cape Coral.

On Ash Wednesday 2022, fire destroyed the previous building at the school, which is operated by the adjoining St Elizabeth Catholic Church, and following an appeal by Father Richard Award, priest of that church, the Rotary Club of St Andrew North made the rebuilding the major project for the year 2022-2023.

Participating in the recent ribbon-cutting ceremony at the entrance to the new restroom and storage facilities at the St Elizabeth Basic School, Kingston are:

- **Novlet Green**, General Manager – Corporate Affairs & Governance at ARC Manufacturing Limited;
- **Mary Richards**, Principal - St Elizabeth Basic School;
- **Peta-Gay Pryce**, Rotary District 7020 Assistant Governor;
- **Father Richard Award**, Priest at St Elizabeth Catholic Church;
- **Mia-Esther Ellis**, Student at St Elizabeth Basic School;
- **William Aiken**, Rotary 7020 District Governor Nominee and Past President - Rotary Club of New Kingston;
- **Lori Chuck**, Past President - Rotary Club of St Andrew North;
- **Carlton Cowell**, Immediate Past President - Rotary Club of St Andrew North;
- **Andrew Jackson**, Past President
- **Kirk Crichton**, - President - Rotary Club of St Andrew North.



SCRABBLE SCRAM 2023



The Rotary Sunrise Scrabble Scrum has become a fun, competitive annual event for both high-schoolers and adults alike. The competition started in Grand Cayman almost a decade ago as a corporate literacy fundraiser and then progressed a year later to Grand Cayman's high schools as an inter-school competition to increase literacy awareness.



The Scrabble Scrum involves teams of 4-6 players placing words on the board in a fast 10-minute timed round. Teams are given a starting word and other compulsory or bonus words to place during the round. The race is on to use every letter to avoid penalty points, and the winning team is the one that has scored the most points after three rounds.

The annual Corporate Scrabble Scrum fundraiser took place in October 2023 with seven teams from five companies battling for the top spot. The triumphant Champions were PwC's team Scrabble Eggs scoring over 3,100 points. Very close in second were PwC's Scrab-vengers, and Ogier's Oracles placed a close third. Rotary Sunrise is especially grateful to KPMG for hosting this event at its rooftop terrace.



The annual High School challenge took place at the start of December 2023 with five teams competing for the coveted trophy. CIS team, The Boodhams, won for a second year in a row with 2,660 points followed by their school mates' team, Skibidi Sigma Scrabblers, in second place. Not far behind in third place were John Gray High School's Scrabbleshots. Special thanks go to CIS High School for the venue and to Foster's for sponsoring snacks.



This year, Rotary Sunrise is introducing its Scrabble Scrum Schools Program, facilitated by the creation of a bespoke scoring app by the Club's Past President, Robert Powell. Rotary Sunrise is extending the reach of this educational literacy game to primary school classrooms by donating around 200 Scrabble game boards together with the Scrabble Scrum game rules, suggested lesson plans and scoring-app guidelines to government and private primary schools in the Cayman Islands.

By Rotarian Su Mander





MEMBER **SPOTLIGHTS**

WELCOME TO OUR NEW SUNRISER!



We are happy to introduce our newest Rotary Grand Cayman Sunrise member, Rotarian Patricia Robinson!



Patricia Robinson
New Rotarian

Patricia was born on the great island of Grand Cayman, however, her mother migrated to the USA where she took up residence in the South Florida area. She was an active participant in the church's children and youth department where it began to set the trajectory of her life.

As a young adult, she became more involved in the church as a lay leader/ youth sponsor/ mentor. In different departments, such as, the arts and youth ministry, forming the church's first dance ministry to include flags, mime, and step. During this time, she was also involved in the local community arts program, teaching, mentoring, and providing choreography for different age groups (teens to adults).

Additionally, she volunteered for local organizations such as Teen Moms, various youth sporting events, youth camps/ retreats, and mission trips. She earned a Bachelor of Science degree in Organizational Communication from Kaplan University (now Purdue University); a Master of Arts degree in Ministerial Leadership from Southeastern University; and a Doctor of Philosophy degree in Curriculum and Instruction with a concentration in Higher Education Administration.

SAY HELLO TO OUR NEWEST POLIO PLUS SOCIETY MEMBERS



During October, our Rotary Sunrise members show their collective support for the District 7020 Polio Plus Society and World Polio Day (24 October) by advocating for polio eradication and raising funds.

The following members who made the commitment to the Polio Plus Society of District 7020 received their certificate of membership and Polio Plus Society pins from District Secretary, PP Stacy:

- Edward Harper
- Berna Cummins
- Lundie Richards
- William Claude Myles
- Robert Robertson
- Winston Connolly
- Delloy Pehaire

Since the launch of the program in 2021, approximately 25 members have enrolled!

SUNRISER PROMOTES NEW PARENTING CARDS

Social worker Rhonda Morrison, who has led multiple parenting education sessions, has teamed up with her colleagues Kai Matthews-Mowatt and Rotarian Keisha Smith to collaborate on the creation of parenting cards to improve understanding and behaviors of children. These cards are scheduled to be launched in the first quarter of 2024. The cards, which will be titled 'You, Me, Us', are designed to assist parents and their children to engage in candid and meaningful conversations regarding subjects that they might not normally talk about.

In an online article published by the **Jamaican Gleaner**, Rotarian Keisha explained that she firmly believed "parents are the cause of a lot of the behaviour issues that children face, which then is a ripple effect into what we see in society today". According to Rotarian Keisha, parents generally held the belief that introducing certain conversation topics to their children at an early age may overexpose them, placing them in situations where they could be abused or subjected to other negative things. She remarked that this practice needs to be addressed and that it was time to abandon the



mentality of "sweeping things under the carpet". The questions on the cards are directed to both the parent and child and are to be used in a "simple, game-like way", Smith said, noting that it would encourage engagement.

She added that it will encourage family time between parents and their children which is a critical period in a child's life, "if it's even half an hour ... [as] it helps to build rapport. "The hope is that it will not only help to build relationships, but those children will then pass on the knowledge to friends – because you know children talk – 'that this is what I discussed with my mother' and overall positive things that they can share and the mindset of these children ... will start to change," she explained.

[Read more - The Jamaican Gleaner](#)

SUNRISER NAMED NAMED INTERNATIONAL SCHOLAR BY CANADA

(CMR) Dr. Robert W. Robertson, President and Chief Executive Officer of the University College of the Cayman Islands (UCCI), has received the distinguished honour of being named an International Scholar by the Government of Canada's Department of Foreign Affairs, Trade and Development (Global Affairs Canada).

In his capacity as an International Scholar, Dr. Robertson will participate in a senior academic administrator mission to Canadian universities. This year's mission revolves around the central theme of Natural Resource Management and Environmental Technology. The tour will showcase the highlighted programs, research prospects, and renowned faculty at Canadian institutions.

Participation in the collaboration mission will result in building formal partnerships between UCCI and Canadian institutions, leading to increased bilateral mobility for students and faculty members as well as enhancing research opportunities.

In addition, the delegation will attend the Canadian Bureau of International Education 23rd annual conference in Vancouver, BC, which draws attendees from around the globe interested in advancing international education (IE). The theme of the conference is the importance of international education.

UCCI's presence at this esteemed event underscores its commitment to global education and partnership. It also paves the way for the institution to access scholarship funds via the Government of Canada's Emerging Leaders in the America's Program. This initiative will enable UCCI students and faculty to study and conduct research in Canada at partner institutions.



Dr. Robert W. Robertson
UCCI's President and CEO

SUNRISER VOTED CAYMAN'S BEST ONCOLOGIST!

Early detection
is the best protection
for breast cancer
prevention

Expert guidance from
the most trusted
oncology doctor in the
Cayman Islands



Voted Best Oncologist

Dr. Lundie Richards
Consultant Haematologist-Oncologist

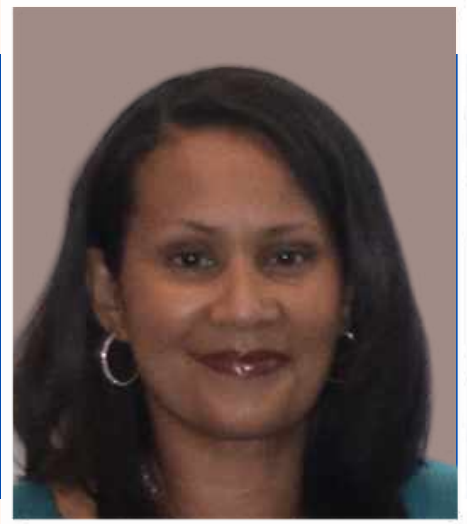


hsa.ky



KARINA DELIVERS SERVICE TIME AND TIME AGAIN!

ROTARIAN OF THE QUARTER (Q2)



This quarter, one of our Rotarians stood out from the crowd, exemplifying dedication, drive and passion towards the impact our Club has on our community. In addition to pushing to raise the public's awareness of our efforts in service to the community, this Rotarian went above and beyond to organize, execute and lead many of the projects we have completed this quarter. Rotarian of the Quarter (Q2) is none other than our Community Service Director, Dr. Karina Palmer-Forde. Congratulations!

Director Karina has only been a Rotarian for a few short years, since her induction in June of 2021, but has shown a true spirit of Rotary leading by example in Service Above Self. Since joining our Club, she has been involved in several committees, including the Community Service committee, International committee, and Youth Service committee. She was also our Club's Wellbeing Officer last year.

Director Karina started the year with the goal of increasing service projects that are engaging and impactful. Her drive and determination have allowed her to do just that. Our service projects have grown significantly over the past few months, and shifted focus to being more hands on.

In addition to improving the club's service projects, Director Karina has also shown her dedication and commitment to service through regularly attending our weekly meetings, other committee meetings and our fellowships.

She has truly shown her willingness to go above and beyond what is asked of her, going the extra mile each and every time. Thank you, Director Karina, for your unwavering service to Rotary Sunrise and congratulations again!

A. Balderamos
PRESIDENT 2023-24

ROTARY SUNRISE

RECOGNISED AS DISTRICT 7020
CLUB OF THE MONTH - OCTOBER 2023



Rotary Grand Cayman Sunrise BRIMMING WITH VARIOUS ACTIVITIES

In Recognition of RI's area of focus, Basic Education and Literacy, the club executed the following initiatives in first quarter of the 2023-2024 Rotary Year:

Library Chairs Donation with LIFE Cayman – beneficiaries include Sister Janice's Preschool in Crew Road and Quality Child Care in West Bay. Learning to read from such a young age helps children in their development and their love of life in general. Providing these books and a space just for them to grow and explore in a variety of books is what this is all about.

Back to School Backpack Project – beneficiaries include children in need in both Grand Cayman and Cayman Brac. They benefited from obtaining basic school supplies that would otherwise been difficult to source to be effective at school.

Scrabble Scrum Fellowship – beneficiaries were the present members, prospective members, and guests. This quick-fire round of Scrabble helped build comradery among the table groups as members engaged in meaningful knowledge-sharing discussions to improve their literacy levels and learn more about one of our club's flagship literacy initiatives.

Literacy Is For Everyone (LIFE) Update and donation– We welcomed Erica Dell'Oglio, Executive Director at Literacy Is For Everyone (LIFE) to share updates on the various Literacy Initiatives hosted by their organization. This was followed by a check presentation with a donation of \$5,000 in support of their ongoing efforts towards improving literacy levels in the Cayman Islands. This initiative was funded by proceeds from our annual Car Raffle.

Congratulations to the Rotary Club of Grand Cayman Sunrise – Winner of District 7020 Club Challenge for October 2023!



CELEBRATING BIRTHDAYS AND ROTAVERSARIES IN QUARTER THREE:

Birthdays:

- **Jan 1st** - PP Dawn Cummings
- **Jan 1st** - Rot. Martin Richter
- **Jan 5th** - PP Hendrik-Jan van Genderen
- **Jan 6th** - Pres. Andrea Whittaker
- **Jan 6th** - PP Tony Catalanotto
- **Jan 10th** - Dir. Lundie Richards
- **Jan 13th** - PP J.D. Mosley-Matchett
- **Jan 14th** - PP Christopher Bowring
- **Jan 16th** - Treasurer Oneil Malcolm
- **Jan 28th** - Rot. Jonathan Williams

- **Feb 1st** - IPP Karelle DaCosta
- **Feb 7th** - Rot. Joel Porter
- **Feb 16th** - PP Stacy Parke
- **Feb 16th** - Rot. Delloy Peharie
- **Feb 22nd** - Rot. Faye Lippitt
- **Feb 24th** - PP/HM Eddie Balderamos

- **Mar 4th** - Rot. Berna Cummins
- **Mar 5th** - Rot. Susan Fraser
- **Mar 9th** - Rot. Ferlyn Heyne
- **Mar 14th** - Rot. Dale Nickason
- **Mar 23rd** - Rot. Jenna Mungall
- **Mar 30th** - Rot. Keisha Smith

Rotaversaries:

- **Jan 18th** - PP Winston Connolly (21 Years)
- **Jan 22nd** - Rot. Philip Buys (4 Years)

- **Feb 1st** - PP Andrea Bryan (22 Years)
- **Feb 24th** - Rot. Keisha Smith (8 Years)

- **Mar 1st** - PP/HM Eddie Balderamos (42 Years)
- **Mar 1st** - PP Christopher Bowring (25 Years)
- **Mar 11th** - VP Adrean Russell (4 Years)
- **Mar 16th** - Rot. Nanalie Cover (8 Years)
- **Mar 20th** - Rot. Faye Lippitt (11 Years)



DISTRICT 7020 CONFERENCE CAYMAN 2024



Create HOPE 2024 is the return of the District 7020 PETS Assembly and Conference to the Cayman Islands for the first time in 10 years! Plan to pack your bags and get ready for an engaging week filled with education, fellowship, celebration, inspiration, personal growth, home hospitality, fun and HOPE! We look forward to hosting you April 28 through May 3, 2024!

REGISTER NOW



Rotary 
Grand Cayman Sunrise
presents the

2024 RAFFLE



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Retail Value: CI\$54,750.00

www.rotarysunrisecaraffle.com

TICKETS: \$25 EACH
3 FOR \$65 OR 5 FOR \$100

DRAW DATE: SATURDAY MAY 18TH, 2024

1st 2024 Audi Q3 Sportback	2nd KYD \$1,200 VOUCHER <i>Courtesy of</i> Cayman Airways	3rd KYD \$1,000 GIFT CERTIFICATE <i>Courtesy of</i> 	4th KYD \$500 VOUCHER <i>Courtesy of</i> 
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SPECIAL THANKS TO EVERYONE WHO CONTRIBUTED TO
MAKE THIS ISSUE A SUCCESS!

NEXT ISSUE DATE: APRIL 2024