



Rotary Opens Opportunities

# The HUB

2020 - 2021

## NEWSLETTER

**ROTARY CLUB  
OF  
ST. ANDREW  
JAMAICA**

Chartered September 8, 1966  
Meetings: Tuesdays, 12:30 p.m.  
Hotel Four Seasons  
18 Ruthven Road, Kingston 10, Jamaica.

**Rotary**  
District 7020



Client-focused global strategies



Chartered Accountants  
Certified Public Accountants (USA)

**We move at the  
global speed of  
business!**

## Our Professional Services Include:

- Audit & Assurance Services
- Audited Financial Statements
- Accounting Services
- Cash Flow Analysis
- Compilation Reports
- Internal Audit Services
- Management Consultants
- Project Management Services
- Review Reports
- Tax Services (JA & U.S.A)
- U.S.A FATCA & FBAR Compliance Services
- U.S.A Tax Returns Filings (Companies & Individuals)
- Annual Corporate Filings with Companies Office

JA Office Address: 15B Braemar Avenue,  
Kingston 10,  
JA, W.I.

Phone: (876) 407-4168 or (876) 633-0104

Email: [INFO@FIACG.COM](mailto:INFO@FIACG.COM)

Website: [www.fiacg.com](http://www.fiacg.com)

Affiliated with   
(USA)

**Rotary**  
District 7020



### DISTRICT 7020

District Governor - Charles Sealy II  
Assistant Governor - Marie Powell

### CLUB ADMINISTRATION 2020-2021

#### OFFICERS:

Audley Deidrick - President  
Ammesha Brown - President Elect  
Nicole Gordon - Vice President  
Nicole Gordon - Club Secretary  
Audley Deidrick - Immediate Past President  
Delories Jones - Treasurer  
Jennifer Anderson - Sergeant at Arm

### INVOCATION

O Lord who knows our every need  
Help us fulfill our Rotary Creed  
We live to serve you every day  
In all we think or do or say  
Accept our prayers for this mean  
Restore, Forgive, Inspire and Heal.

### FOUR-WAY TEST

of things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it BUILD goodwill and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

### OBJECT OF ROTARY

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service.

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupation as an opportunity to serve society.

THIRD: The application of the ideal of service by each Rotarian's personal, business and community life.

FOURTH: The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.

### DIRECTORS

Ammesha Brown - Club Administration  
Rocque Ferguson - Service Projects  
Yulit Gordon - New Generations  
Judy Hylton - Rotary Foundation  
Jemelia Davis - Vocational Service  
Lloyd Eubank Green - Public Image  
Eugene Ffolkes - Membership Chair  
Wayne Strachan - Fundraising & Social Events Chair

### NATIONAL ANTHEM

Eternal Father bless our land,  
Guard us with Thy Mighty Hand,  
Keep us free from evil powers,  
Be our light through countless hours.  
To our Leaders, Great Defender,  
Grant true wisdom from above.  
Justice, Truth be ours forever,  
Jamaica, Land we love,  
Jamaica, Jamaica,  
Jamaica land we love.

### ROTARY GRACE

O Lord and Giver of all good  
We thank Thee for our daily food  
May Rotary friends and Rotary ways  
Help us to serve Thee all our days

### MEMBERSHIP RULES

Your membership in Rotary Club may be terminated by any of the following:

1. Resignation;
2. Failure to pay your dues during the 30 days after January 1 or July 1;
3. If you miss four consecutive regular meetings without makeup or being excused by the Board or Directors for good and sufficient reason;
4. Attendance below 60% average for each 6-month period, January 1 to June 30, and July 1 to December 31, unless excused by the Board of Directors for good and sufficient reason.

**PAST DISTRICT GOVERNOR**

Alvero Casserly, CD, JP	1989/90
-------------------------	---------

**CHARLEY BRAHAM AWARD**

*Erald Shileto, OD, JP	1984
Rev. Dr. Webster Edwards, OD, JP	2001
Alvaro Casserly, CD, JP	2003

**DISTINGUISHED ROTARIAN AWARD**

*Erald Shileto, OD, JP	1983
Orville Walker, JP	1988
Alvaro Casserly, CD, JP	1990
*Ricky Richardson	1990
Anthony Hogarth	1999
*Neville Royes	2002
Earl Samuels, CD	2003
Rev. Dr. Webster Edwards, OD, JP	2004
Donovan Walker	2004
*Arthur Lowe	2007
Dr. Lloyd Eubank-Green	2008
Jennifer Anderson	2009
Judy Hylton	2014

**HUMANITARIAN AWARD**

Dr. Lloyd Eubank-Green	2007
------------------------	------

**MULTIPLE PAUL HARRIS FELLOW**

Orville Walker, JP	1986/97
Alvaro Casserly, CD, JP	1987/1998
*Arthur Lowe	1997/2001
Minna Israel	1998/2001
Lance Hylton (BVI)	2002
Donovan Walker	2001/2004
*Noel Bennett	1998/2004

**ROTARY FOUNDATION BENEFACTORS**

Judy Hylton	2001
Lance Hylton	2001
Grace Ashley	2007
Donovan Walker	2007
Minna Israel	2009
Earl Samuels, CD	2012

**PAUL HARRIS FELLOWS**

*John Burke (Lagos)	1978
*Erald Shileto, OD, JP	1984
Rev. Dr. Webster Edwards, OD, JP	1988
*A. Tennyson Palmer, CD, JP	1988
*Larkin Hall	1989
Charles Jeantelot	1990
*Rt. Rev. Bishop J.T. (Tommy) Clark	1991
*Ricky Richardson	1996
*Hector Watson	1996
Dr. James Monteith, JP	1997
*Roy Vaz	1997

*Kebale Williams	1997
Grace Ashley	1997
Melvin Carey	1997
John Haughton	1997
C. Wain Iton	1997
Ryan Peralto, Jr.	1997
Vasle Atkinson	1998
Denis Goldson	1998
Anthony Hogarth	1998
*Dr. George Philip, CD	1998
*Neville Royes	1998
Dr. Lloyd Eubank-Green	1998
*Paul Bourke	1998
Victor Thompson	1998
*Lloyd Isaacs	1998
Hilton McIntosh, JP	1998
LeRoi Lorde	2000
Robert Gregory, CD	2001
Earl Samuels, CD	2001
Ainsley Mitchell	2002
Judy Hylton	2002
Don Duff	2003
Trevor Libert	2003
Jennifer Anderson	2004
*Sezvin Hamilton	2007
Merline Bardowell, OD	2007
Dr. Sandra Palmer-Pearl	2007
Robert Drummond	2007
*Hugh Levy	2008
Anthony Griffiths	2008
Marie Powell	2010
Charles Ross	2010
Paul Thorbourne	2014
Wayne Strachan	2016
Jemelia Davis	2017
Abe Pearce	2017
Mavis Beckford	2017

**NON-ROTARIAN**

*Jean Casserly	1998
Paul Bitter	2001
Michael Lee-Chin	2003
Kingsley Thomas, CD	2004
Barbara Walker	2004
Ingrid Walker	2004
The Most Hon. Portia Simpson Miller, ON	2006
His Excellency Jeremy Creswell	2007
Lisa Lewis	2009
Peggy Bennett	2010
Sir Dennis Byron	2017
Gary 'Butch' Hendrickson	2018
Sir Hilary Beckles	2020

\*Deceased

**PAST PRESIDENTS**

1966/68	* Rt. Rev. Bishop J.T. (Tommy) Clar
1968/69	* Robert Lake
1969/70	Hayden Middleton
1970/71	Mick Elwin
1971/72	* Hon. Glen Owen, OD, JP
1972/73	* Edward (Ted) Ogilvie
1973/74	Horace Fowler
1974/75	Geoff Searle
1975/76	Alvaro Casserly, JP
1976/77	Christopher Wilson
1977/78	Dr. James Monteith, JP
1978/79	* Vin Bennett, JP
1979/80	* Gerald Ford
1980/81	Audley Brandt
1981/82	* Kebale Williams
1982/83	Rev. Dr. Webster Edwards, OD, JP
1983/84	* A Lloyd Johnson
1984/85	Larkin Hall
1985/86	Orville Walker, JP
1986/87	* A. Tennyson Palmer, CD, JP
1987/88	* Dr. George Phillip, CD
1988/89	Maurice Clarke, JP
1989/90	S. LeRoi Lorde, JP
1990/91	Donald Duff
1991/92	* Neville Royes
1992/93	* C. Lloyd Isaacs
1993/94	Melvin Carey
1994/95	* Selvin Goldson
1995/96	Ian King
1996/97	Anthony Hogarth
1997/98	Ryan Peralto, Jr.
1998/99	Trevor Hamilton
1999/00	Paul Thorbourne
2000/01	Wain Iton
2001/02	* Arthur Lowe
2002/03	Dr. Lloyd Eubank-Green
2003/04	Donovan Walker
2004/05	Earl Samuels, CD
2005/06	Robert Gregory, CD
2006/07	Jennifer Anderson
2007/08	* Sezvin Hamilton
2008/09	Merline Bardowell, OD
2009/10	Anthony Griffiths
2010/11	Charles Ross
2011/12	Robert Drummond
2012/13	Judy Hylton
2013/14	Marie Powell
2014/15	Robert Gibbs
2015/16	Eugene Folkles
2016/17	Wayne Strachan
2017/18	Jemelia Davis
2018/19	Kemmehi Lozer
2019/20	Audley Deidrick

\*Deceased

**ROTARY CLUB MEETINGS**

<b>BLACK RIVER</b>	Invercauld Hotel Thursdays, 7:30pm
<b>CHRISTIANA</b>	Vernon Chung LN Wednesday, 6:30pm
<b>KINGSTON EAST &amp; PORTROYAL</b>	Eden Gardens Mondays, 7:00pm
<b>FALMOUTH</b>	Glistening Waters Tuesday, 6:30pm
<b>KINGSTON</b>	Jamaica Pegasus Hotel Thursday, 12:30pm
<b>DOWNTOWN KINGSTON</b>	ICAJ Conference Room Wednesday, 12:30pm
<b>LIGUANEA PLAINS</b>	Eden Gardens - Thursday, 6:15pm
<b>LUCEA</b>	Feista Grand Palladium Resort Wednesday, 6:00pm
<b>MANDEVILLE</b>	Golf View Hotel - Tuesday, 12:45pm
<b>MAY PEN</b>	Versalles Hotel - Thursday, 7:30pm
<b>MONTEGO BAY</b>	Sandals Royal - Tuesday, 12:30pm
<b>MONTEGO BAY EAST</b>	Sunset Beach Resort Thursday, 7:00pm
<b>MONTEGO BAY SUNRISE</b>	The Wexford Hotel Wednesday, 7:00pm
<b>NEGRIL</b>	Negril Escape - Wednesday, 7:00pm
<b>NEW KINGSTON</b>	Altamont Court Hotel Altamont Crescent, Kingston Friday, 7:45pm
<b>ST. CATHERINE NORTH</b>	Hayfield Sports Club, Ewarton Thursday, 6:30pm
<b>OCHO RIOS</b>	Sandcastle Resort, Ocho Rios Wednesday, 6:00pm
<b>PORT ANTONIO</b>	RADA Conference Hall, Folly Road Tuesday, 6:00pm
<b>PORTMORE</b>	Jamaica Employer's Federation Wednesday, 7:00pm
<b>ST. ANDREW NORTH</b>	ICAJ Building, 8 Ruthven Road Monday, 6:30pm
<b>ST. MARY</b>	Pompano Commercial Complex Tuesday, 6:00pm
<b>SANTA CRUZ</b>	Chariots Hotel - Tuesday, 7:30pm
<b>SAVANNA-LA-MAR</b>	Hotel Commingle - Tuesday, 6:30pm
<b>SPANISH TOWN</b>	Police Officer's Club Tuesday, 6:30pm
<b>TRAFALGAR HEIGHTS</b>	Phoenix Central Thursday, 6:30pm
<b>ROTARACT CLUB MEETINGS</b>	
<b>ST. ANDRW</b>	St. Andrew - Footprint Cafe 1st and 3rd Wednesdays, 6:00pm
<b>UNIVERSITY OF TECHNOLOGY</b>	UTECH Campus Thursday, 3:00pm
<b>INTERACT CLUB MEETINGS</b>	
<b>ST. ANDREW HIGH SCHOOL</b>	St. Andrw High School, Room 46 - Monday, 3:00pm
<b>EARLY ACT CLUB MEETING</b>	Allman Town Primary School Friday, 2:00pm

# ROTARY CLUB OF ST. ANDREW

## MEETING AGENDA

- Meeting call to order
  - President Audley Deidrick
- Rotary Grace
- Loyal Toast
- Four Way Test
- Fellowship
- Introduction of Visiting Rotarians/Guest
  - Apologies
- President's Time
  - Recognition of Birthdays & Anniversaries
- Fellowship
- Secretary's Report
- Rotary Information
- Sergeant-at-arms
- Introduction to Guest Speaker
- The Guest Speaker's Presentation
- Vote of Thanks
- Toast to RI
- National Anthem
- Adjournment

## THE FIVE AVENUES OF SERVICE

1. Club Service - focuses on making clubs strong. A thriving club is anchored by strong relationships and an active member development Plan.
2. Vocational Service - calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society. Learn more in An Introduction to Vocational Service and the Code of Conduct.
3. Community Service - encourages every Rotarian to find ways to improve the quality of life for people in their communities and to serve the public interest. Learn more in Communities in Action: A Guide to Effective Projects.
4. International Service - exemplifies our global reach in promoting peace and understanding. We support this Service Avenue by sponsoring and volunteering on international projects, seeking partners abroad, and more.
5. Youth Service - recognizes the importance of empowering the youth and young professionals through leadership development programs such as Rotoract, Interact, Rotary Youth Leadership Awards, and Rotary Youth Exchange.



*Welcome*

*We extend a warm welcome to all visiting Rotarians and Guests.*

**Today's meeting**  
**September 29, 2020**

### THEME OF THE MONTH:

*Basic Education & Literacy Month*

### TODAY'S AGENDA:

*"Preparation of the next generation: Rites of Passage"*

### DISCUSSION:

*Kavanaugh McNeil,  
President of the Rotaract Club of St. Andrew*



*& Anniversaries*

**Birthdays:** The following persons will celebrate their birthdays and anniversaries during the week:- **September 29, 2020 – October 05, 2020**

#### **Members'**

**Birthdays:** *PP. Eugene – Oct 01st*

#### **Spouses'**

**Birthdays:** *Rtn. Sonia's husband Adrian – Oct 05th*

**Anniversaries:** *There are no anniversaries this week*

*Congrats to all!!*



Rotary Club of St. Andrew



standrewrotary



standrewrotary

## Month by month, pillar by pillar: Engaging my club in Positive Peace

*By KC Williams, president, Rotary Club of Maryville, Tennessee, USA*

I absolutely love being a member of Rotary. My Rotary membership experiences both in the United States and in the Caribbean over the past 15 years have created a lasting impact on my life choices and experiences. So, it is not lightly that I admit that I have successfully avoided serving as president of a Rotary club until now and, as usual, my timing is impeccable.

As the incoming president of a small, dynamic club in Maryville, Tennessee, during the COVID-19 pandemic, I wanted to establish a clear direction to focus my club's energy and resources during this time of social distancing, national political division, and the resulting economic hardship being experienced by so many of my fellow community members.

I had the opportunity to hear District Global Grants Chair Jim Roxlo speak about the Rotary Positive Peace Academy and our partnership with the Institute for Economics and Peace. I knew immediately that I could use the eight Pillars of Positive Peace to guide my club through a purposeful discovery of how these pillars exist in Blount County, Tennessee.

So, I quickly went to work on a plan that would take advantage of the limitations imposed by the pandemic but still accomplish a review of the pillars and their application to Blount County. I identified the following as barriers that needed to be overcome:

- The limited contact between members due to social distancing.
- The online meeting format's impact on club members working together to accomplish measurable outcomes.
- The impact of the existing club program structure of hosting a different presenter each week on club members' abilities to hold meaningful discussions.

This year, I have been guided by how limited choices impacts the development of a sustainable community in Blount County. I assigned each of the eight Pillars of Positive Peace to a calendar month, building programming around the assigned topic (pillar) across the entire month. The remaining four months have been assigned the following topics: The Power of Choice, The Rotary Foundation, The Community Health Update, and The Year in Review.

Our new program structure for each month follows a set pattern:

1. Week one features a program speaker on monthly topic
2. Week two features guided table talks on the monthly topic
3. Week three features a tech tool program that ties into the monthly topic
4. Week four is club member celebration
5. Week five is for club assembly

At the beginning of each month I send a club email introducing our monthly topic (pillar). At the end of each month I send out a summary of the issues identified by the club as limiting the power of choice on a local level. The most important part of my summaries are the members' ideas for how our club can support this Pillar of Positive Peace in Blount County.

At the end of the year, I will take my members' ideas and compile them into a guide that can be used for future planning. My hope is that this year-long discovery process will produce an engaged membership that is both knowledgeable and enthusiastic about Positive Peace and is able to make informed decisions about using club resources, both financially and through volunteer efforts, to build Positive Peace in our community.

## No use crying over spilled milk

*By Martin Cohn, past president of the Rotary Club of Brattleboro, Vermont, USA*

In the early days of the COVID-19 pandemic, Vermont dairy farmers were in trouble. With the close of colleges and restaurants, there was too much supply of milk. This excess was headed to be spilled into mudholes. At the same time, the need to help food-insecure families was increasing. How could food that was being wasted reach people who needed food?

That's when I heard about a project where the Vermont Agency of Agriculture, Food and Markets was coordinating an effort to recover raw milk from being disposed of while creating a new, temporary food supply for Vermont Foodbank. In collaboration with the Vermont Community Foundation, \$60,000 was made available to purchase this milk for the benefit of Vermonters. These efforts were particularly important as Vermont's dairy industry, like all sectors, had been challenged by COVID-19 but remain essential to the state's food supply. However, more money was needed.

When I heard about the need, I sprang into action. I sent out emails to fellow Rotarians and within days an additional \$10,500 was raised. These monies came from eight Rotary clubs, a donation from the District 7870's Youth Exchange, and the District 7850 Foundation. This helped cover the cost of 32,000 gallons of milk, ingredients, and processing to create 48,000 cups of Green Mountain Yogurt, 11,500 gallons of Hood Dairy 2% Milk, and 440 pounds of Ploughgate Creamery butter.

Secretary Anson Tebbetts of the Vermont Agency of Agriculture said, "This is what Vermont is all about. Neighbors helping neighbors. Thank you Rotarians, farmers, and businesses. You and so many are helping those in need." Media reports identified Rotary as being a good collaborator in finding a solution.

But there is more to the story. The state of New Hampshire had similar issues. The difference this time was that the cost of milk had gone up; making the filling of tankers too expensive. The solution was to have the New Hampshire Foodbank buy dairy products directly from dairy farmers. Calls were made to the NH Agency of Agriculture, the Granite State Dairy Promotion Board, the NH Foodbank, and the NH Charitable Trust. Again, emails and presentations to Rotary clubs resulted in nearly \$18,000, coupled with monies from NH Charitable Foundation, enough money to set the project in motion.

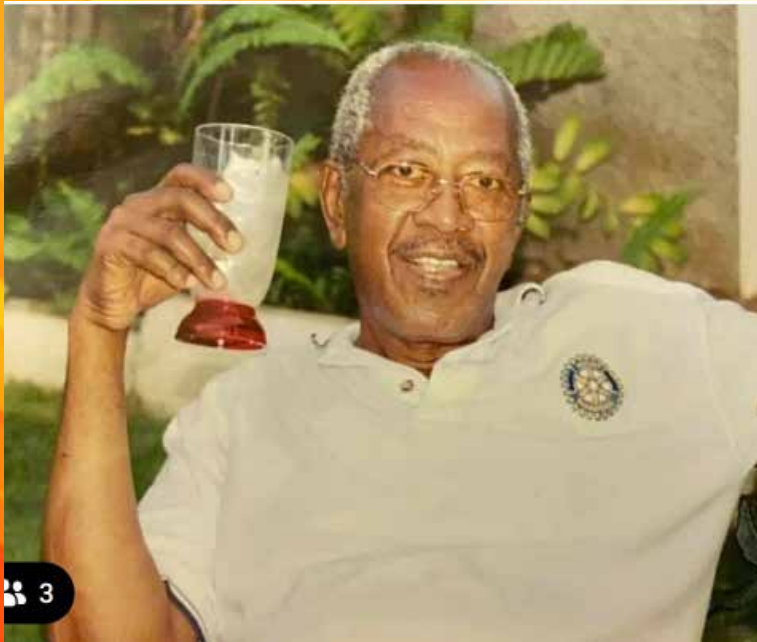
This is another example of Rotary in Action. I am proud to be part of an organization of committed community problem solvers. This project was a success and one that could be replicated anywhere that you can ask, "Got Milk?"

As I have been presenting this project to Rotary clubs in Vermont and New Hampshire, I was reminded of the time my mother would give me a quarter every Friday to give to my teacher to buy containers of milk for the following week in school. If every Rotarian donated one dollar each week and then gave all the money to their local food bank or pantry, more milk could be purchased for food-insecure folks while helping local dairies. Perhaps this is a project for another day.

# RCSA Activities:

## Highlights of PAG Orville Walker

### *In Loving Memory of PAG Orville Walker*



## Who couldn't use a wave of positivity right now?

*By Brett Morey, chair of Surfers Unite Rotarian Fellowship and past president of the Rotary Club of La Jolla Golden Triangle, California, USA*

The world could use some more positivity. And we're going to give it to them with a fun-filled global Zoom event Thursday evening, 3 September featuring former World Champion of Surfing Shaun Tomson of Durban South Africa.

A third generation Californian surfer who grew up as a kid bodyboarding at Huntington Beach and Del Mar, I started the Surfers Unite Rotarian Fellowship in 2017, with approval from the Rotary International Board. The Fellowship is driving youth into the family of Rotary, creating opportunities for Rotarians to mentor young people, advancing our love of surfing, and uniting everyone around the globe under a banner of fun. Surfers Unite has members in Interact, Rotary Youth Exchange, Rotaract, as well as Rotary with more than 900 members in 30+ countries.

While the COVID-19 pandemic has affected many events and activities, SURF is as active as ever promoting the values of Rotary, engaging youth and serving communities. On 3 September, Shaun Tomson will share a special two-hour presentation on The Code: The Power of "I Will." This family-friendly event is open to all within Rotary International and friends in the surfing community around the globe. Register now.

For many years, Tomson has also been a tremendous supporter of the 100 Wave Challenge 100wave.org for Boys to Men Mentoring. The Boys to Men Mentoring Network is a local 501(c)3 non-profit based in San Diego reaching almost a 1,000 at risk teenage boys who are growing up without a positive male role model. The group provides mentorship, accountability and leadership training encouraging these teens to further their education, take responsibility and make better life choices.

Boys to Men has a MOU with over 40 middle schools and high schools in San Diego County and has adapted their weekly in-person circle group format to online Zoom events due to COVID-19. The relationships of trust formed by the men who volunteer and the teens who are involved are life changing and have a big impact. Boys to Men also run a camp and many learn to surf activities which will resume once it is safe to do so.

Besides the local San Diego connection reaching marginalized youth Boys to Men has over 30 chapters across the globe so I have found it a natural fit for Surfers Unite Rotarian Fellowship. The 100 Wave Challenge, now in its 11th year, traditionally has over 220 surfers at Mission Beach to catch 100 waves each. Last year the group raised over \$420,000 for the charity.

This year the Boys to Men team has partnered with a number of leaders in the surf community including former World Surfing Champions Damien & CJ Hobgood and friends, heading up team Salty Crew. The format for this year has been adjusted due to the pandemic from a single day event to a two-month window (19 September to 22 November) so that teams can select their date, their break, and attempt catching 100 waves each in a single day.

Visit Surfers Unite Rotarian Fellowship to learn more about how we are supporting other non-profits, working with adaptive athletes and autistic children, assisting clean up events, and to find membership information and cool gear.

## Health Rocks @7020 District 7020 Health & Wellness

**Vision:** Healthy Caribbean communities free of Type 2 Diabetes and other chronic diseases

**Mission:** Promote diabetes awareness/prevention/management with emphasis on child obesity

### Goals

- Heighten education and awareness opportunities
- Provide access to self-help tools
- Promote available program resources

### Program Objective

The program aim is to be a sustainable resource for all participants working towards becoming healthier individuals. By increasing awareness of wellness concerns (education) supporting health management (personal change) and setting goals (self-help), individuals can create the perfect formula for achieving results. A Healthy Lifestyle option offers the opportunity to empower Rotarians and communities to embrace the knowledge and resources available to optimize their total well-being.

To ensure that the 3C's—Collaboration, Consistency and Communication work hand-in-hand for maximum program impact and success

7020 Health & Wellness Program will work closely with industry partners, government entities, NGO's, and local communities to curb the increase in Type 2 Diabetes diagnoses.

7020 Health & Wellness Program will focus on 3 main areas: Education/Awareness, Child Obesity, and Lifestyle Changes

7020 Health & Wellness Program will promote education/awareness to empower communities to take charge of their family health, by leading a healthy lifestyle

### Program Design

The program design looks at the following Healthy Lifestyles Dimensions:

1. Nutrition
2. Exercise
3. Mental Attitudes
4. Self-Care
5. Relationships
6. Resources/Support and uses this framework to affect the education/awareness, personal change, and self-help necessary for achieving our desired results.

Learn more by downloading the materials on our website [7020.org](http://7020.org)



**We regret to inform the passing of our beloved PAG Orville Walker who died on Saturday, September 19, 2020.**



## RSCA UPCOMING EVENTS

- ☐ *Special RSCA Fellowship and tribute event with the Walker Family – Oct 03<sup>rd</sup>*
- ☐ *DC Meeting - October 17<sup>th</sup>*



## MOTIVATIONAL QUOTE



### The ebbs and flows of life

By Webster Edwards

The road might be rough and the way ahead seems challenging, but keep going.

Your goals might be unrealized and you might be on the very verge of giving up, but keep going.

Your friends might have achieved much, and you feel as if you are just simply grappling in the dark, but keep going.

You might be discouraged as all your dreams might have been shattered before your eyes, but keep going.

Remember that the world does not owe us anything, our advancement lies exclusively in our hands, and positive things do happen to those who possess an optimistic lifestyle.

So be strong, persevere, remember that the darkest hour comes just before dawn, so keep on going my friend.

Copyright ©2020 Webster Edwards. All Rights Reserved. Private distribution with acknowledgement is permitted.



## ROTARIAN CODE OF CONDUCT

*The following Code of Conduct has been adopted for use by Rotarians all over the World. This is based on "The Four-Way Test".*

**As a Rotarian, I will:**

1. Act with integrity and high ethical standards in my personal and professional life.
2. Deal fairly with others and treat them and their occupations with respect.
3. Use my professional skills to mentor young people, help those with special needs and improve people's quality of life in the world.
4. Avoid behavior that reflects adversely on Rotary and other Rotarians.

(PUT YOUR AD HERE)



**Hylton & Hylton**  
Attorneys-at-Law

19 Norwood Avenue, Kingston 5  
Jamaica, West Indies  
Telephone: (876) 925-3776 | 925-8067  
Fax: (876) 755-0757  
Email: mail@hyltonlaw.com



**ADVANTAGE MARKETING AGENCY**

5-7 DUNROBIN AVENUE, KINGSTON 10  
JAMAICA, WEST INDIES  
**TEL.: (876) 925-6879**  
**969-2819**

**CONSULTANCY SERVICES**

- Strategic Planning • Public Relations
- Market Research • Annual Reports
- New Product Development
- Advertising
- Foundations/Grant Making
- Productions • Event Planning

*Your Advantage...Our Passion*

Community & Workers of Jamaica (C&WJ) Co-operative Credit Union Limited  
presents

# IMAGINE SAVE.

Can you imagine...

- getting up to **6%** on your savings?
- getting up to **90%** of your accumulated savings as a loan?
- choosing your own interest rate?
- having interest on your savings compounded monthly?
- getting free life insurance of up to **\$5 million** to cover your savings, without doing a medical?

**Plus** if you die after just one month's payment the total amount you were saving towards is paid quick, quick to your beneficiary!

**IMAGINE IT!**

**Start a Save As You Earn (S.A.Y.E.) Plan**  
with Community & Workers of Jamaica Co-operative Credit Union  
... and Watch It Grow!

Conditions Apply

Community & Workers of Jamaica Co-operative Credit Union Limited  
Head Office | 51 Half Way Tree Road, Kingston 10  
Tel: (876) 938-3800 | Fax: (876) 929-8118 | Email: info@cwjcu.com | www.cwjcu.com  
f t y i @cwjcu **Discover the Benefits of Belonging.**




(PUT YOUR AD HERE)



**BAKER TILLY  
STRACHAN  
LAFAYETTE**  
CHARTERED ACCOUNTANTS

Global outlook, local insight.

## Talk to us, we've got the answers

As a team, we value connecting highly effective individuals with our clients. We work as a cohesive force with our clients and with each other because we are committed to providing business solutions.



[www.bakertilly.com.jm](http://www.bakertilly.com.jm)  
14 Ruthven Road, Kingston 10  
Tel: 906-1658/9 F: 920-3226



An independent member of  
**BAKER TILLY  
INTERNATIONAL**

(PUT YOUR AD HERE)



## Marander Industries Limited

*"For all your envelope needs"*

**8 Crescent Road, Kingston 10**  
**Tel: (876) 929-4896, 926-5322**  
**Fax: (876) 968-1555**

With the compliments of



**Jamaica Energy Partners**  
Wikip Place, Marcus Garvey Drive, Kingston 14, Jamaica W.I.  
Tel: (876) 920-1746-49 | Fax: (876) 920-1750

### CLINTON HART & CO. ATTORNEYS-AT-LAW

58 Duke Street | Kingston  
Telephone: (876) 922-5674-7 | 967-2393-4  
Fax: (876) 924-9226  
Email: [info@clintonhart.com](mailto:info@clintonhart.com)  
Website: [www.clintonhart.com](http://www.clintonhart.com)



## Your Kingston Gateway to the World

### RELAX & CONNECT



### DISCOVER & SHOP

### FIND US HERE

Palisadoes, Kingston [www.nmia.aero](http://www.nmia.aero) [nmia@aaj.com.jm](mailto:nmia@aaj.com.jm) @nmiaja @NMIAJA  
 NormanManleyInternational NormanManleyInternational

**HAPPY 15<sup>th</sup> ANNIVERSARY from**



[www.sterling.com.jm](http://www.sterling.com.jm)

# WE DO IT FOR THE **PATHFINDERS**

Some among us drive the ideas that make the difference; they accept the challenges and take the risks necessary to effect change, both for themselves and for future generations.

At Sterling, we do it just for you.



3rd Floor, 40 Knutsford Boulevard, Kingston 5, Jamaica W.I.  
Tel: (876)754-2225-7 | Fax: (876)754-8103  
[email.info@sterlingasset.net.jm](mailto:email.info@sterlingasset.net.jm)

