

# Community Impact

## A Publication of the Rotary Club of Maraval

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### President's Message



My Fellow Rotary Family,

We have come to the end of our second quarter, which not only brings us to the end of an utterly unique and challenging year but also to the halfway point of our Rotary year, 2020-2021.

We have had to make some very tough choices in 2020 which would have seen the cancellation of two of our major fundraisers in the previous Rotary year and experienced several lasting hinderances due to COVID-19 negatively impacting how we reached out to our communities, engaged our members and raised funds.

However, it would be remiss of me to not reflect on the ways in which we have shown resilience as an organisation to ensure that our mandate of **"Service Above Self"** remains true in all that we do.

Thankfully, our Club, through the dedicated efforts of our Board, members, sponsors and support system, continued to make small yet significant impacts on our community. We are once again, this quarter, able to celebrate key achievements as follows:

1. Joint donation of stationary supplies with the Rotaract Club of Maraval to the five (5) primary schools in Maraval and Rampanalgas
2. Donation of eighty-two (82) tablets to five (5) primary schools in the Maraval and Rampanalgas areas
3. Donation of gifts and party bags to the Rampanalgas students in lieu of our annual Christmas Party
4. Recipient of a Rotary 7030 District Grant for the upgrade of the Boissiere RC School's library
5. Pinning of a brand-new member, Mr. Kirwin Samuel, General Manager of Rainbow Rescue Orphanage

Therefore, on this basis, I am immensely thankful for the year 2020, to our Club, its members and our support system and have no doubt that our Rotary Club will continue into the new year to stay true to its Rotary mission of seeing **"a world where people unite and take action to create lasting change – across the globe, in our communities and in ourselves"**.

Merry Christmas to you and your families and God's continued blessing into the New Year 2021!



**Giselle Holder**  
**President 2020-2021**  
**Rotary Club of Maraval**



## Rotary Club of Maraval presents 82 tablets to Five Primary Schools



It is said that it takes a village to raise a child and this philosophy guided the recent presentation made by the Rotary Club of Maraval (RCoM) on International Children's Day. Through a grant received from the Rotary District 7030, part funding from the PeopleBridge Charitable Foundation and the generosity of one of the Rotary Club's long standing members, Susan Hale and family, a donation was made of eighty-two (82) tablets to five (5) Primary Schools in the Maraval and Rampanalgas areas. The club was also significantly assisted through its partnership with Fairway Freight Consolidators Inc., Caribbean Airlines Cargo and Ramp Logistics to ship and clear the devices.



Receiving the devices on behalf of their students were the Principals of each of the five (5) schools; Our Lady of Assumption, Boissiere RC School, La Sieva RC School, Maraval RC School, Paramin RC School and Rampanalgas RC School.

Mr. Camillius Olivier, Principal of Paramin RC School, expressed his sincere thanks on behalf of the Principals and schools present. He said that, "These devices will go a long way in bringing much needed assistance to those students who did not have these resources available to them, and we thank the Rotary Club of Maraval for answering the call for assistance."



President of the Rotary Club, Giselle Holder and the Club's Past President and Service Projects Chair, Mary Charles also expressed their heartfelt joy on behalf of the Rotary Club of Maraval and its sponsors, in being able to get these much needed devices to the students. Ms. Holder said that, "It remains the priority of the Rotary Club of Maraval to continue deepening our relationships with the five schools assisted today and also with those in need in our community. We will continue our focus on and commitment to addressing the specific needs of our community as best as we can."



The Rotary Club of Maraval remains steadfast in helping those in need through literacy and education initiatives, peace and conflict resolution sessions and overall community outreach programmes and projects.

## RCOM receives District 7030 grant for the upgrade of Boissiere RC School Library

The Rotary Club of Maraval has been awarded a 2020-21 Rotary District 7030 grant in response to our proposal submitted for the upgrade and outfitting of the Boissiere RC School's library. This is in keeping with our Club's focus to provide improved opportunities for basic education and literacy initiatives in the Maraval Community.

With this grant, it is our hope that we will be able to improve student literacy and enhance Secondary Entrance Assessment (S.E.A) performance. Indeed, with this new and comfortable space the 140 students of Boissiere R.C. Primary School will be encouraged to develop a love for reading by going on their own to the library, and so create a learning environment that is conducive to furthering their education.

Similar to what was done at the La Seiva R.C. Primary School we will utilize the Lets Read company and our own Rotarian Joan Dayal to source age appropriate and local books for the library. Our expectation then is to have volunteers from our Rotary Club, the community and even parents to spend one hour, one day a week, to sit and read with the students.

We plan to begin this upgrade in January, 2021 in consultation with the Principal and teachers of the school.

## A Hearty Welcome to New Member Kirwin Samuel

On Saturday 5<sup>th</sup> December 2020, Rotary Club of Maraval in a low-keyed but important session warmly welcomed Kirwin Samuel as a new member of the Rotary family. He is currently employed as the Operations Manager at Rainbow Rescue, a facility which provides care for young men who are in need. This is in keeping with his devotion to childcare development all his life. He holds a Bsc degree in Psychology from COSTATT and is presently pursuing a Masters in Psychology.

There is no doubt that Kirwin is a good fit for the Club as he has served and volunteered at many different organizations that care and offer services to the elderly and less privileged. Growing up, Kirwin had the love and support of his grandparents who anchored him on a path that guides his commitment, to see that the needs of children are safeguarded by having a healthy environment and positive guidance. With this level of enthusiasm, experience and commitment we look forward to Kirwin's involvement in our many community projects, and to him bringing new ideas which will redound to the benefit of our Club.

Welcome Kirwin!



# A Merry Christmas in Rampanalgas

Our annual Christmas party for the students of Rampanalgas RC School took on a different format this year due to the pandemic. There was no carolling, delving into the bran tub, feasting on chicken and chips, nor the anticipated visit by Santa.

However, on the morning of Friday 4<sup>th</sup> December, Rotarians loaded up their vehicles with gifts donated by the members and headed to Rampanalgas with the strong intent of bringing Christmas cheer and happiness to the students

In keeping with the Covid protocols, the principal, Mrs Ali arranged for the students of each class and their respective teacher to come into the school hall at staggered times. Upon arrival, each child was presented with a gift and a party bag of additional goodies.

The look of utter delight on their faces could not be hidden, even behind their masks. It was evident that our decision to make this happen despite the challenges, was good and rewarding if only to experience the sheer joy expressed by those present.

The Rotary Club of Maraval extends to the Principal, Staff, Students and Parents of the Rampanalgas R.C Primary School a Merry Christmas and a Happy New Year.

Stay safe!



# Healthy Me, Healthy You, Healthy Us Joint Meeting on Diabetes

On Wednesday 11<sup>th</sup> November, the Rotary Club of Maraval and Port of Spain West joined together to host a session for its members entitled "Healthy Me, Healthy You, Healthy Us". This session was facilitated by Mr. Gregory Arneaud of iSD Health Solutions, who, along with his peers had conducted extensive research on the linkages of sleep apnea to diabetes.

The session was a true eye-opener to all those who attended as Mr. Arneaud shared some of the common signs that can be indications of sleep apnea which included snoring, diabetes and obesity. Mr. Arneaud also elaborated on the negative effects of sleepless nights on the body and how this can extend far beyond just being cranky, but can also result in endangering the health of the heart and the overall quality of life.

All attendees were given access to a free sleep assessment with Mr. Arneaud and his team to assess whether treatment was needed to help guide them to a healthier lifestyle filled with restful sleep. Mr. Arneaud was sincerely thanked for his insightful and informative presentation.



## Healthy Me, Healthy You, Healthy Us

WED. 11TH NOVEMBER | 6:00PM

### How well are you sleeping?

If you are one of the many people who toss and turn nightly, you are no stranger to how a sleepless night can affect your motivation, attitude and productivity of your day. However, the ramifications of poor sleep extend far beyond a cranky mood. Research shows that an on-going sleep deficit can ultimately endanger your heart health and quality of life.

### Have you ever heard of Sleep Apnea?

Sleep Apnea is a respiratory condition that only happens in your sleep. It is a sleep disorder caused by abnormal pauses in breathing or abnormal constricted breathing during sleep. It is important to note how tired you feel and whether your signs and symptoms affect your daily routine. Untreated sleep apnea could lead to diabetes, high blood pressure, cardiovascular problems such as heart attacks and strokes and many other long-term health risks.



Learn More about your Sleep Health from Mr Gregory Arneaud, Respiratory Therapist and Clinical Director.

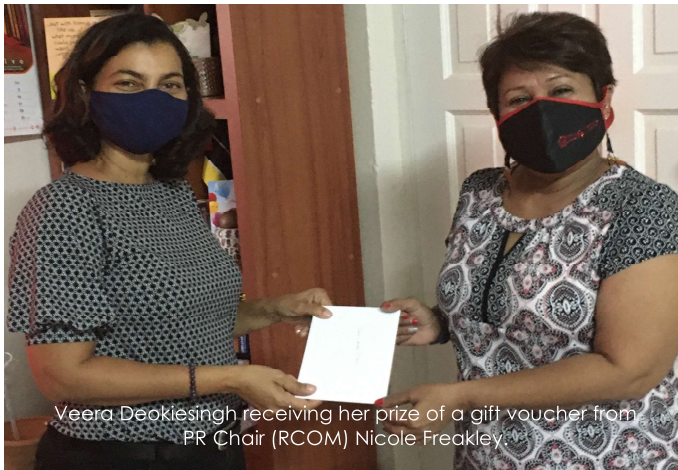
Mr. Arneaud obtains 7 years' experience in the sales of medical devices in the North American Region for Itamar Medical and Watermark Medical.

His experience also includes the management of one of the largest durable medical equipment providers in the US (Lincare & Walgreens Home Medical Division).

Mr. Arneaud is looking forward to collaborating with medical professionals and institutions to bring greater awareness to the importance of sleep, to help improve the healthcare standards throughout the Caribbean and to provide a more efficient plan of treatment for chronic disease management.

"Remember, how you sleep is how you live."  
Gregory Arneaud

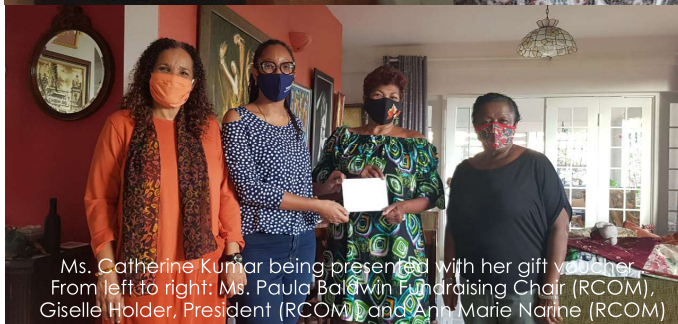
# Dinner Extravaganza Fundraiser Winners



Veera Deokiesingh receiving her prize of a gift voucher from PR Chair (RCOM) Nicole Freakley.

The Rotary Club of Maraval (RCOM) held its first virtual fundraiser on Saturday 26<sup>th</sup> September as a Dinner Extravaganza hosted by well-known Chef Debbie Sardinha. Needless to say, this event attracted over 150 participants locally, regionally and internationally resulting in a most fun filled event.

All the displays of the meals were amazing in an atmosphere of fine dining and Chef Debbie as chief judge, selected three persons for prizes for their outstanding presentations. Congratulations to Veera Deokiesingh & Family, Catherine Kumar & her team, and Kristin & Paul Scholl participating all the way from Virginia, USA.



Ms. Catherine Kumar being presented with her gift voucher. From left to right: Ms. Paula Baldwin Fundraising Chair (RCOM), Giselle Holder, President (RCOM) and Ann-Marie Narine (RCOM)



A special thank you to Chef Debbie.



#### WHO CAN JOIN?

We're looking for people who want to give back to their communities.

Rotary clubs also welcome Rotaractors, Rotary Peace Fellows, and other members of the family of Rotary who qualify for membership.

#### HOW CAN I BECOME A NEW MEMBER?

Clubs accept new members by invitation. To help us find the right club for you, we'll ask you a few questions about yourself and your interests.

Contact us at:

The Rotary Club of Maraval, Port of Spain, Trinidad & Tobago (Chartered 4<sup>th</sup> May, 1993)

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[www.rotarymaraval.org](http://www.rotarymaraval.org)

<https://raise.rotary.org/RotaryClubofMaraval/fundraiser>