

COMMUNITY IMPACT

A PUBLICATION OF THE ROTARY CLUB OF MARAVAL

Vol. 3, Issue 2 Jan-March, 2020



ROTARY CLUBS HELP FIGHT THE COVID-19 PANDEMIC

FROM THE DESK OF THE PRESIDENT – ROTARY CLUB OF MARAVAL

I bring you greetings and hope that you and those close to you are healthy and safe.

This unprecedented COVID-19 pandemic has landed us into uncharted waters, disrupted our lives and created economic hardship and uncertainty for all.



With this new economic and health challenge presented to us, we will now have to find innovative ways to continue our selfless work in serving our community.

I wish to take this opportunity to thank all my fellow members for their unstinting contribution and commitment towards the sustainability of our projects, as we continue to connect and impact our community in the delivery of much needed services in these challenging times.

On behalf of the Rotary Club of Maraval, I wish you and your family a happy and blessed Easter, and encourage you to stay safe and look after your personal, family and community well-being.

Marcia Prince-Assam
President

As the COVID-19 pandemic spreads uncertainty and hardship around the world, Rotary members and participants are innovating, caring for those affected, and showing that even at a distance, there are ways to help.

As people of action, Rotary members are engaged in their communities-gathering for projects and offering help to those in need. But in many areas, life is changing drastically. Health experts are urging people to maintain distance from others or even isolate themselves in order to slow the spread of the highly contagious virus.

Fighting disease is one of Rotary's main causes, so members already support efforts to promote proper hand washing techniques, teach people other ways to stay healthy, and supply training and vital medical equipment to health care providers. Now they're helping health authorities communicate lifesaving information about COVID-19 and donating protective gear and other supplies to clinics and hospitals that are under strain because of the pandemic.

Read more at:

<https://www.rotary.org/en/rotary-clubs-help-fight-covid-19-pandemic>

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SERVOL AGRI PROJECT- PLANTING SEEDS



This agricultural project was started two years ago with funding from TidyTT. Approximately 15 students from Servol participate in the planting of cassava, patchoi, tomatoes, pimento and several seasoning plants.

It is always a pleasure to see the enthusiasm displayed by the students especially when their various items of produce are harvested and sold to nearby restaurants and used in their weekly cooking sessions.

Our goal is to make this one of our sustainable projects as we seek to encourage our young people to grow their own food for their use, and to create alternative ways of financially supporting their families.



CASCADE/ST. ANN'S LIFE CENTRE- LET'S COOK AND EAT WELL

Twenty-one (21) years ago in 1999, the Rotary Club of Maraval embarked on a project with the Cascade/St. Ann's Life Centre to establish a kitchen programme. Our main objective then and now is to encourage students to learn how to prepare and cook simple meals that are also nutritious. With the help of a generous benefactor we were able to outfit the kitchen with the necessary equipment such as pots, cutlery, a refrigerator and a stove.

Needless to say, we must express our sincere gratitude to the many volunteers who over the years have contributed so much to make this project the success that it is. This included providing the ingredients for the meals and teaching our students how to enjoy cooking and eating their own meals. What a fulfilling and enjoyable experience for both the volunteers and the students! We of the Rotary Club of Maraval are happy to continue to support the Cascade/St. Ann's Life Centre to nurture the students participating in this project. Indeed, we look forward to seeing this experience as an enabler of entrepreneurial projects by the students such as catering.



ROTARY CLUB OF MARAVAL CONNECTS - ENJOYING PAN CRAWL 2020

Members of the Rotary Club of Maraval celebrated the beauty of our national instrument with great fellowship, by supporting the Rotary Club of POS in their annual Pan Crawl Fellowship held on Thursday 13th February, 2020. Never one to disappoint, the Rotary Club of POS provided what seemed to be limitless eats and drinks which were a fine complement to the already excited bunch of 150+ Rotarians, family and friends present.

The Rotary Club of Maraval members truly had a great time visiting the pan yards of Invaders, Desperadoes and Phase II Pan Groove, and the sheer excitement of enjoying the sweet melodies with other Rotarians from several Clubs such as Rotary San Fernando South, Rotary POS West and even as far as Rotary Princes Town.



We look forward to Pan Crawl 2021 that mixes so beautifully the sweet melody of the steelpan with true Rotary fellowship.



SPECIAL MEMBER FEATURE

ROTARIAN MARIE DALTON-BROWN – HER STORY

As I said when I gave my life talk, I was born a long time ago in Dublin, Ireland. I am the first of 6 children, 5 girls and 1 boy. There are only 6 yrs between me and the youngest so my poor mother had a busy time. I met Bill when I was 20. It was the summer before my last year of studies.

I went to London to look for a summer job as they were impossible to get in Ireland, unemployment being very high. I was staying with a Trini friend who had been in Dublin with the intention of doing pharmacy but it was not for her so off she went to London.

The flat below her had Trinis too. The husband had just passed an exam so they threw a party to celebrate. All the Trinis in the house were invited and I guess I passed in the rush. At the time Bill was in the RAF. He came to London for the weekend and stayed with his sister and brother in law. They were invited to the party too and as it is said, the rest is history. We were married in Dublin 19 months later. That of course was 55 years ago.

We had Katherine and Gregory while we lived in England. Bill finished his time in the RAF and we decided to go to Dublin. I had finished my course in Dublin but the qualification was not recognized in the UK so I had to take the final year of the course in the UK. We were living in Doncaster so I had to travel 40 miles to get to Bradford University for that year. It was hard, I was pregnant with Katherine and the trains always smelled of disinfectant first thing in the morning, very hard on the stomach. In Dublin I first worked for a firm as I had not finished the UK exams. When I got through I opened my own practice and had Jeffrey and Niall in between everything. After 9 years living in Dublin Bill decided he wanted to come back to Trinidad so we did. It was quite a jolt leaving my family and friends but once I started working it became easier I worked for Maurice Parillon, Angela's brother. A few years later I opened my own practice in Arima. That was in October 1983. It was going strong until Covid-19 came to visit. Lord alone knows how long it will take to get back to normal again.

The Rotary Club of Maraval was chartered in May 1993. Tony Jardine was our great help in the early days. We were at UWI fete when he asked me if I would join. Bill was a Rotarian at the time so I said no thinking he would prefer it so. Tony next asked me at Beaubron's fete and I said yes. The club was a club in the making at the time. Meetings were being held in Sing Ho so I went to the next one. Most of the women there knew one another so I felt a bit awkward in the beginning. It did not take long to adjust. Everyone was friendly. I think it was one of the best things I have ever done for me. I was very shy and unsure of myself but being a Rotarian has helped me to grow. I have met some wonderful people, in our club and out.



Bill Dalton-Brown (Partner-in-Service) and Marie Dalton-Brown

SPECIAL MEMBER FEATURE

ROTARIAN MARIE DALTON-BROWN – HER STORY

Mary was President 1999/2000. We had started working with the prisons in Helen's year, 1998/1999. Rudolph Garcia from POS prison came to speak to us. He told us how the literacy program had started and the strides that had been made. He wanted our help. We were eager to do so. We gave some equipment, I can't remember what else to the prison. In Mary's year I was responsible for community service. We were very keen to continue what we had started. I called the prison and spoke to Gordon Husbands who was in charge of programs. He suggested we come to speak to him so Mary and I went. I was really nervous about going, the prisons have never had good press! It was an eye opener. Literacy was very much what they were interested in and he explained how we might help. We had a brief tour of the prison to see what was going on - and how cramped their quarters were.

On a subsequent visit I was sitting waiting to see Mr. Husbands. My mind was straying and it suddenly occurred to me that a lot of the inmates we had seen were over 40 and those of us who are in that category will be aware that suddenly our arms are not long enough to read. When I went in to Mr. Husbands I mentioned this to him and offered to provide spectacles for those in the literacy course who needed them. He said I had to write to the commissioner for permission which I did and so it began. One Saturday after the office was closed I asked my girls to stay back to help and 8 prisoners came to be seen. It was a lovely experience. The girls chatted with them while they waited. I could hear laughter from my room so I knew they were all enjoying themselves. Mary and I were invited to the Christmas concert and we gave out the spectacles then. Since then we have seen inmates from all the prisons, POS, MSP, Remand, Womens and immigration. It has been a wonderful experience. I have met some beautiful people.

One year there was a tent in Queen's Hall and Bill Trotman was performing. After the event our Mary with her bold faced self went and told him that she wanted him to do something for her. He asked her what and she said come and teach the inmates to paint! Just so. He said "Yes" right away and every Tuesday for a long time he went to MSP. The clients loved him, he had a great rapport with them. At the beginning, he went at his own expense but I believe the authorities found a stipend to give him after a while. As it is said "if you don't ask, you don't get" Mary always has had a great energy and a nice way with all kinds of people.

You asked me to tell about my terms as President. I had never wanted to be president, I am not a natural born leader but eventually it dawned on me that it was not fair not to try. My aim on each occasion was to keep the club together with no aggro and to encourage all to be involved.

The expression "There but for the grace of God go" has often been brought home to me. In all the years there has at most, been a handful of whom I might have been afraid. I really love our Club, I believe we have made a difference to the lives of many people and are continuing to do so. I think we are the best.

Marie Dalton-Brown is the holder of both an F.A.O.I (Fellow of the Association of Optometrists of Ireland), And FCOptom (Fellow of the College of Optometrists). She has served as President of the Rotary Club of Maraval on two occasions along with holding several other posts on the Board. She was awarded the Paul Harris for her outstanding work with the prisons.



READ ALOUD AND GROW MINDS LITERACY PROJECT AT LA SEIVA R.C. PRIMARY



In keeping with the ongoing sustainability of improving literacy at La Seiva R.C. Primary School, the Rotary Club of Maraval embarked on a Read Aloud project for the students of the school. The main concept is that reading aloud helps develop literacy skills, builds communities by connecting an adult with a child. We enthusiastically launched the activity in September 2019 and from then, on every Wednesday from 12.30 to 1.30pm.

We have had no shortage of persons assisting us as several volunteers have been giving off their time to make this activity, enjoyable for the students, and for

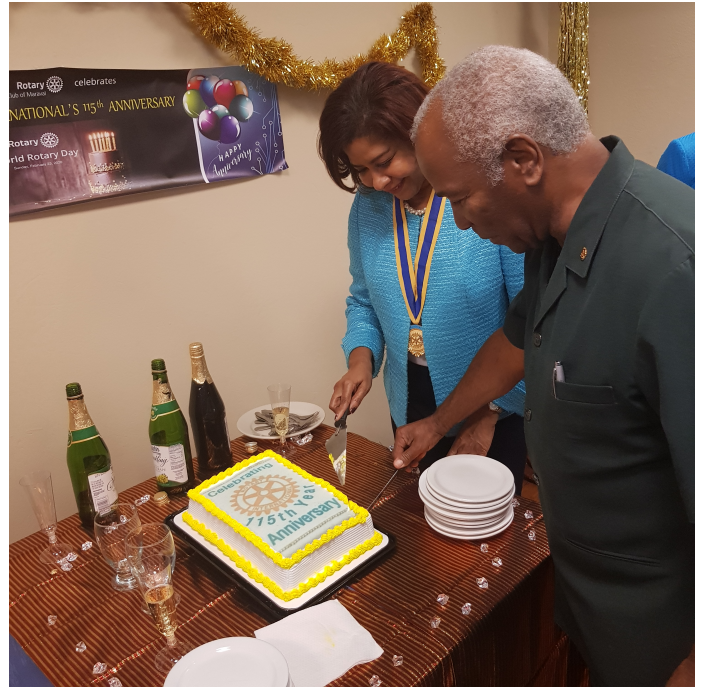
this, we are very grateful as we seek to develop in the students a love for reading. On a regular basis approximately 20 students eagerly participate in the activity, and we are now seeing their willingness to also read aloud. It is clear that this activity is having an immensely powerful impact on the development of these students. This is substantiated by the Principal who has indicated that he is seeing improvement in the alertness of students who have participated in the activity and is therefore fully supportive of this initiative.

Going forward we intend to expand the programme, by offering prizes on a monthly basis to the best reader to stimulate and sustain the students' interest in reading, and thereby have a positive impact on their overall studies.



A TOAST TO ROTARY'S 115TH ANNIVERSARY

As shared on our Rotary District 7030 website, "The year 2020 marks the 115th anniversary of the world's first Rotary meeting. On 23rd February in 1905, four individuals, each of a different background and different vocation met for dinner in the spirit of friendship and fellowship. While no one knows exactly what went on at that meeting - little did Paul Harris and his three friends realize what they were starting in room 711 of the Unity Building in Chicago - but within 2 years, Rotary began to change the world by becoming the world's first service club. Over the last 115 years, it is almost unbelievable how much Rotary has accomplished in its six areas of focus – promoting peace, fighting disease, providing clean water, child and maternal health, education, and local economic development. While we have come a long way, it is important to remember that we still have a long way to go to achieve goodwill, peace and understanding among all the people of the world."



To commemorate this great achievement, the Rotary Club of Maraval held a grand celebration at our first Club meeting for the month of March. Our members were beautifully dressed in Rotary blue outfits and a lovely Rotary-themed cake was enjoyed by all. We then shared drinks to toast to Rotary the world over for this magnificent milestone. Indeed, everyone had a good time.





COVID-19 (NOVEL CORONAVIRUS) Symptoms and Treatment

COVID-19, PREVIOUSLY CALLED THE NOVEL CORONAVIRUS, IS A RESPIRATORY ILLNESS THAT IS PART OF A FAMILY OF VIRUSES THAT INCLUDES THE COMMON COLD, THE SEVERE ACUTE RESPIRATORY SYNDROME (SARS) AND THE MIDDLE EAST RESPIRATORY SYNDROME (MERS).

Symptoms include:



Shortness of breath



Coughing



Fever



Acute diarrhoea

In severe cases symptoms may also include:



PNEUMONIA



SEVERE ACUTE RESPIRATORY SYNDROME



KIDNEY FAILURE

Treatment for the COVID-19

COVID-19 is treatable! Persons who are affected are reminded to:



Visit your nearest health facility and or doctor



Get plenty of rest



Take medication as prescribed by a medical professional



Drink lots of fluids

Healthy Me...Healthy You...Healthy Trinidad and Tobago



www.health.gov.tt



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH_TT



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NOTICE

Rotary
Club of Maraval



It is with deep regret that due to the outbreak of the COVID-19 virus reaching our shores, the Board of the Rotary Club of Maraval decided to cancel two of our major fundraising events - Jazz Under the Stars along with our Omalay boat cruise, which was carded for Saturday 28th March. We look forward to making these future events even more exciting and enjoyable!