



THE SPOKE

SERVICE ABOVE SELF



IMAGINE
ROTARY

DISEASE PREVENTION & TREATMENT MONTH



VISION: "Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves."



CONTENTS

- 03 President's Message
- 04 Rotary Board Members
- 05 Editor's Message
- 06 Rotary International & District News
- 07 Rotarians in Action
- 08 56th Charter Night Photos
- 09 Christmas Lunch Photos
- 10 December Hamper Project
- 11 New Year Feeding of the Poor Project
- 12 Rotary Learning Centre
- 13 Rotary Memories
- 14 Birthday Greetings
- 15 Upcoming Events
- 16 Rotary Membership Themes & Areas of Focus
- 17 Rotary Foundation
- 18 Rotary Club Committees
- 19 Joke in the Spoke
- 20 Members - Full List



PRESIDENT'S MESSAGE

DISEASE PREVENTION & TREATMENT MONTH



Fellow Rotarians,

Christmas is the time for giving, and month of December has traditionally been a very active month for the Rotary Club of St. Lucia. Our activities include the food hamper which brings much joy and happiness to those in need, our children Christmas party, which brings to life the old saying that "Christmas is for children" and our feeding of the poor and less fortunate on New Year's Day, in the Castries area. With limited funds raising activities, we have had to ask more of Rotarians to be able to fulfill the expectations of the community and to deliver on this very critical initiative. We wish to thank Rotarians for their generous contributions.

Rotarians also look forward to giving of their time to help cook and package meals, shop for groceries and pack hampers and spend time distributing and interacting with those in need in our community and moreover to fellowship. It is what makes us proud to be Rotarians. May the spirit of Christmas transcend the Season and propel us into the second half of the Rotary Year as we continue to give generously of our time and resources.

December is also Disease Prevention Month and we need to continue to raise awareness of healthy lifestyles during a period when most persons take a "holiday" and exercise less and eat and drink more! The deadly impact of noncommunicable disease (NCDs) is too great an issue for us and as Rotarians we must continue to be champions in the effort to reverse the trend. Childhood Obesity remains an issue and I would like to see our club do more by way of Childhood Obesity Prevention Programme (COPP). We might have missed the month of December however it is never too late.

A Common Rotary Grace

Oh 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.

On behalf of my family, I extend Seasons Greetings and Merry Christmas to all Rotarians, Rotaractors, Interactors and their families. Best wishes for good health, peace and happiness, service, friendship and fellowship in 2023. As we enter the New Year, may we find renewed strength for the second half of the Rotary Year as we are called to IMAGINE ROTARY.

THE 2022/23 BOARD



President
GORDON JULIEN



Immediate Past President
KETURAH DONAI



President Elect/Club Secretary
SHEBA O'BRIEN



Director - Club Admin
PP TIMOTHY MOFFAT



Director - Community
Services
PP LEEVIE HERELLE



Director - International
Services
RIQUEETTE BONNE-SMITH



Director - Social
Media/Public Imager
ROGER HARE



Director - Membership
EVERTON SEALEY



Director - Vocational
NATOYA CASSIUS



Director - Foundation
PP FRANK MYERS



Director - Youth Services
DANIEL NUNEZ



Treasurer
MARCUS JOSEPH



Elderly Care/After Meeting
PAG MALCOM



Sergeant at Arms
CHARLES PHF



Spoke Editor
ANGELA COLEBY



EDITOR'S MESSAGE

by Angela Coleby

Welcome back after the holidays and Happy New Year!

December was an event packed month so this issue of The Spoke is more photo packed than usual and a slight deviation from the prior issues of The Spoke.

First of all, congratulations to PP Soraya on the announcement of her appointment to be our District Governor in 2025-26. An exciting time ahead for our club and the District!

It's a small Rotary world as we spent Christmas day by chance with the son of PDG David Kennedy who used to be the Canadian voice for Rotary and was twinned with the Rotary Club of St Lucia in 1974-75. I love it when world's collide!

This was our first year of working on the hamper and feeding projects which I had been looking forward to since I was pinned. Both projects were great examples of how we help our communities, come together as a club and have fun too.

I look forward to more projects to help our communities this year! The Wine and Cheese Festival is also an annual highlight for me! Ahem...

THE FOUR WAY TEST

Of The Things We Think, Say And Do:

Is it the truth?

Is it fair to all concerned?

Will it built goodwill and better friendships?

Will it be beneficial to all concerned?

Great leaders don't set out to be a leader. They set out to make a difference.

Feel free to submit your ideas and suggestions to acoleby@gmail.com

If you want the Spoke, feed the Spoke.





ROTARY INTERNATIONAL NEWS

We're embracing "welcome" this year

Rotary is collaborating with Welcome.us, an organization working to empower Americans to welcome and support those seeking refuge in the United States.

Through Uniting for Ukraine, Rotary clubs and members in the U.S. can sponsor a person or a family that has fled the war and help them relocate to the United States.



Sponsor a
Ukrainian
Family



ROTARY DISTRICT 7030 NEWS



It was officially announced that PP Soraya Warner-Gustave will be our District Governor 2025-2026.

Hearty congratulations to PP Soyara from all Rotarians, Rotaractors and Interactors in Saint Lucia.

ROTARIANS IN ACTION

Walk for Education & Peace

President Gordon and AG Leathon rose early one Sunday to join the Alliance Francaise de Sainte-Lucie for a charity walk.



Awards & Donations



PAG Konrad received an award for his outstanding contribution to the NSDC.



The SLHTA donated \$3000 in food vouchers to the club.

56TH CHARTER NIGHT

Our 56th Charter night was held at the Sandals Golf Club and Spa. IPP Keturah Donai received a Paul Harris Fellow award.

The guest speaker, Kennedy Germain was well received with some great insights on leadership. Laughter and good humour was enjoyed throughout the dinner.

(More photographs are on the website)



CHRISTMAS CLUB LUNCH

A Friday Christmas lunch was held at the Windjammer Hotel with beautiful views of the Caribbean sea. A delicious buffet was devoured amongst much merriment and laughter. IPP Keturah was the happy raffle winner of chocolate truffles.

(More photographs are on the club website)





DECEMBER HAMPER PROJECT

Rotarian came together and packaged bags of food and supplies for distribution to the community. with help from the HIV department staff.





NEW YEAR FEEDING OF THE POOR PROJECT

We cooked, packaged and distributed food and donated clothes and toiletries in our annual project to feed the less fortunate in Castries.

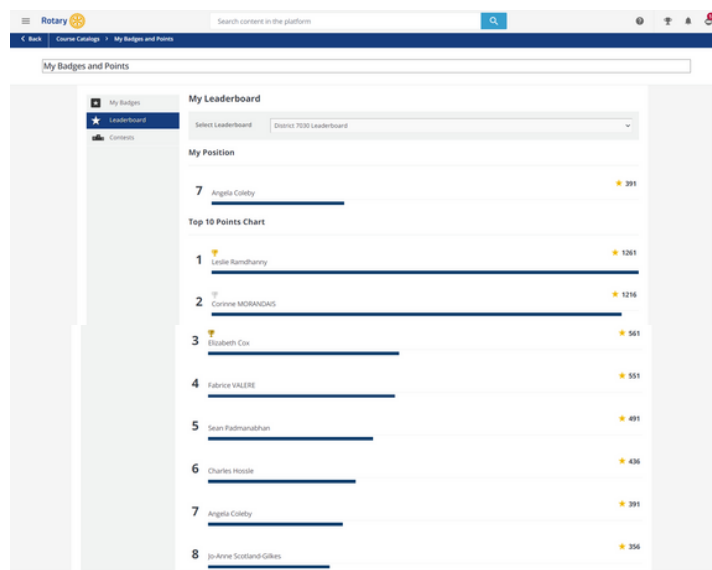


ROTARY LEARNING CENTRE

Along with your other New Year Resolutions, taking a course on the Rotary Learning Center should be one of them.

There are many online courses to take and many don't take too long to do.

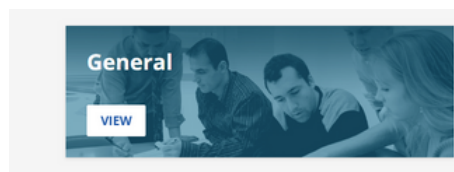
You earn points for the courses taken and there's an overall leaderboard and a District Leaderboard too. Let's get more of us on the District leaderboard! Who is going to knock me off the District top 10?



Courses have been updated for the following roles:

- Get Ready: Club President
- Get Ready: Club Secretary
- Get Ready: Club Treasurer
- Get Ready: Assistant Governor
- Get Ready: District Governor
- Get Ready: District Rotary Foundation Committee chair

Have a look through the courses in the General Section to start your online journey.



(Editors note:) If you have any questions on using the Learning Centre, I'm happy to help (as much as I can!).



ROTARY MEMORIES

With our legendary Wine and Cheese Festival scheduled for February, we are having a look down other years.



BIRTHDAY GREETINGS!



Upcoming Birthdays

JANUARY



Keturah Charles-Donai
31st January



RAFFLE

FUND RAISING RAFFLE
Rotary Club of St. Lucia
Grand Prize
DELL LATITUDE 3520 LAPTOP
TICKET \$10
DRAW WILL TAKE PLACE ON
EASTER MONDAY
APRIL 10 2023
**CONTACT ANY ROTARIAN OR
CALL 453 1471**
All Proceeds Go To Support Rotary's Charitable Projects
Authorised by the National Lotteries Authority

Have you purchased your book(s) of raffle tickets? Contact PP Frank



UPCOMING EVENTS

January 2023

TBC

Unsung Heroes Dinner

14/15

Wed/Thurs

Rotary Youth Leadership Awards

February 2023

TBC

**21st Wine & Cheese Fiesta
Government House**

April 2023

13-15th

Thurs - Sat

District Conference in Grenada

If you are planning an event, please let the social media and PR committee know so we can help share it!

ROTARY MONTHLY THEMES

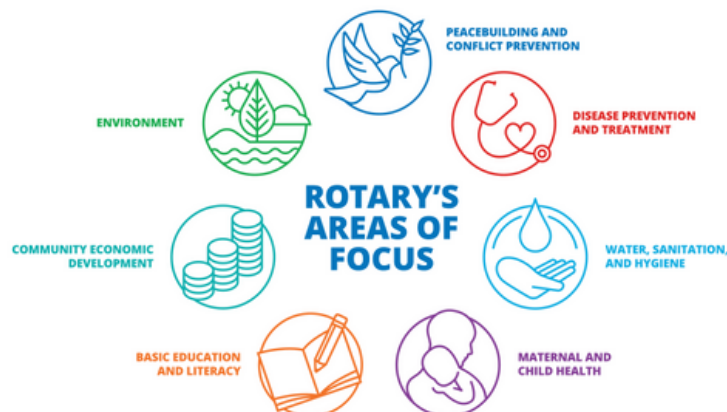
Each month has a different Rotary theme. Start your planning now!

MONTH	THEME
July	Transition Month
August	Membership & Extension
September	Basic Education & Literacy
October	Economic & Community Development
November	The Rotary Foundation
December	Disease Prevention & Treatment
January	Vocational Service
February	Peace, Conflict, Prevention/Resolution
March	Water & Sanitation
April	Maternal & Health Care
May	Youth Service
June	Rotary Fellowships

ROTARY AREAS OF FOCUS

No challenge is too big for us

For more than a century, we've bridged cultures and connected continents. We champion peace, fight illiteracy and poverty, help people get access to clean water and sanitation, and fight disease. Our newest cause is to protect our planet and its resources.





ROTARY FOUNDATION

Although November is Foundation month, it should be kept in our minds all year as it is a way of making a global difference. As Rotarians, we may work on local projects but should not forget the purpose of delivering a better world through the Rotary Foundation.



MAKE A REGULAR DONATION

If we all donate a small amount each month then we can make a difference and help others. If 30 members donated just \$25 a month, that would be a total of \$750 making a total of \$9000 a year. Small and steady can make a large impact.

WHY SHOULD I DONATE TO THE FOUNDATION?

When you make a donation to The Rotary Foundation, you are helping Rotary members make a difference in the lives of millions of people around the world, by promoting peace, preventing disease, supporting education, bolstering economic development, and providing clean water and sanitation

WHAT IMPACT CAN ONE DONATION HAVE?

It can save a life. A child can be protected from polio with as little as 60 cents. Our partners make your donation go even further. For every \$1 Rotary commits to polio eradication, the Bill & Melinda Gates Foundation has committed \$2.

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an antibullying campaign and create a safe environment for children.

HOW DO I MAKE A DONATION?

To make a donation either transfer the funds to our bank and inform the Treasurer what the payment is for or follow the link on our website:

<https://my.rotary.org/en/donate>

2022/23 ROTARY CLUB COMMITTEES

Let's welcome the new committee members for 2022/23

"Volunteers do not necessarily have the time; they have the heart". Elizabeth Andrew

<p>ELDERLY CARE/AMF PAG Malcolm Charles</p> <p>PP Digby Ambris PP Konrad Wagner PP Ira Simmons PP Leevie Herelle PP Chester Hinkson Peter Kent</p>	<p>CLUB ADMIN PP Tim Moffat</p> <p>IPP Keturah Donai PE Sheba O'Brien Julie Bonnett</p>	<p>FUND RAISING PE Sheba O'Brien</p> <p>PP Konrad Wagner Sean Devaux Marcus Joseph Julian Charles Steve Johny</p>
<p>COMMUNITY SERVICE PP Leevie Herelle</p> <p>PP Brad Paul PP Selma St.Prix Mary Dix Steve Johny</p>	<p>VOCATIONAL Natoya Cassius</p> <p>PP Konrad Wagner PP Soraya Warner- Gustave PP Rudolph "Doddy" Francis PP Frank Myers PP Azmina Long</p>	<p>INTERNATIONAL Riquette Bonne-Smith</p> <p>AG - Leathon Khan PP Leevie Herelle PE Sheba O'Brien PP Albert Daniels Francis Belle Harold Adu Angela Coleby</p>
<p>FOUNDATION PP - Frank Myers</p> <p>PP Charles Serieux PP Brad Paul Steve Johny</p>	<p>MEMBERSHIP Everton Sealy</p> <p>AG Leathon Khan Crisy Laurent Mary Dix</p>	<p>SOCIAL MEDIA/PUBLIC IMAGE Roger Hare</p> <p>AG Leathon Khan Angela Coleby</p>
	<p>YOUTH SERVICES Daniel Nunez</p> <p>PP Konrad Wagner PP Tim James</p>	

Joke in the Spoke

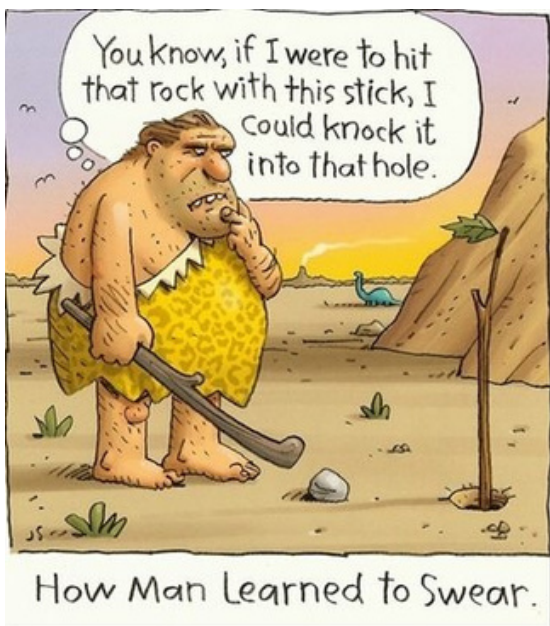
Some light hearted humour and a word quiz

A 50-year-old lawyer who had been practicing since he was 25 passed away and arrived at the Pearly Gates for judgment. The lawyer said to St. Peter, "There must be some mistake! I'm only 50 years old, that's far too young to die." St. Peter frowned and consulted his book. "That's funny, when we add up your billing records, you should be at least 83 by now!"

100 years ago everyone owned a horse and only the rich had cars.

Today everyone has cars and only the rich own horses.

The stables have turned.



ROTARY WORD PUZZLE

The first three words you see, will be yours in 2023



FULL MEMBERSHIP

ROTARY CLUB OF ST LUCIA

Adu, Harold
Ambris, Digby
Belle, Francis
Bonne-Smith, Riquette
Bonnett, Julie
Cassius, Natoya
Charles, Julian
Charles, OBE, JP., Malcolm
Charles-Donai, Keturah
Coleby, Angela
Daniels, Albert
Devaux, Sean
Francis, Lorenzo
Hare, Roger
Herelle, Leevie
Hinkson, Chester

James, Timothy
Johnny, Fitzstephen
Jonas, Jeremiah
Joseph, Marcus
Julien, V. Gordon
Kent, Peter
Khan, Leathon
Laurent, Crisy
Lewis- Dix, Mary
Long, Azmina
Moffat, Timothy
Myers, Frank
Nunez, Daniel
O'Brien, Sheba
Paul, Brad
Sealy, Everton
Serieux, Charlie
Simmons, Ira
St.Prix, Selma
Wagner, Konrad
Warner-Gustave, Soraya



Rotary the World Over