

MAY 2024

THE SPOKE



YOUTH SERVICE MONTH

Rotary Club's Youth Service Month celebrates and recognizes the importance of engaging young people in service and leadership initiatives. Through Youth Service Month, Rotary clubs aim to instill values of service and leadership in young people while creating opportunities for them to make a positive impact in their communities and beyond.

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- District Conference
- Castries Feeding
- End Period Poverty Project





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Rotary



THE FOUR WAY TEST
OF THE THINGS WE THINK, SAY, DO

- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL & BETTER FRIENDSHIP**?
- 4 Will it be **BENEFICIAL** to all concerned?



PRESIDENT MESSAGE



Fellow Rotarians and Friends

As we embark on Youth Service Month, it's with great enthusiasm and dedication that we come together to celebrate the vibrant spirit and unwavering commitment of our youth towards service and leadership.

Our youth are not just the leaders of tomorrow; they are the changemakers of today. Through their creativity, determination, and unwavering commitment to service, they are shaping a better world for all of us. It is our privilege as Rotarians to support and empower them on this journey.

Throughout Youth Service Month, let us reaffirm our commitment to nurturing the next generation of leaders. Let us engage with them, listen to their ideas and provide them with the tools and opportunities they need to thrive. Whether through mentorship programs, service projects or leadership training, let us work together to inspire and uplift our youth.

Let us also take this opportunity to reflect on the profound impact Rotary can have on the lives of young people. Through our Youth Exchange programs, Rotaract clubs, Interact clubs and other youth-focused initiatives, we have the power to shape the leaders of tomorrow and inspire a legacy of service that transcends generations.

As we embark on this month-long celebration, let us recommit ourselves to the ideals of Rotary and the limitless potential of our youth. Together, let us ignite a flame of hope, empathy and action that will illuminate the path towards a brighter future for all.

Thank you for your unwavering dedication to youth service, and let us make this Youth Service Month a time of inspiration, empowerment, and meaningful change.

Yours in Rotary,

President Everton Sealey



THE 2023/24 BOARD



President

EVERTON SEALEY



Immediate Past President

GORDON JULIEN



Club Secretary

NATOYA CASSIUS



Vice President/Club Admin

PP SELMA ST PRIX



Vocational

PP BRAD PAUL



Community Services

STEVE JOHNY



Foundation

PP LEEVIE HERELLE



International Services

PP CHARLES SERIEUX



Membership

MARY DIX



Treasurer

PP KETURAH DONAI



Youth Services

DANIEL NUNEZ



Elderly Care/After Meeting

PAG MALCOLM CHARLES



Public Image/Spoke
ANGELA COLEBY



Sergeant at Arms
JULIE BONNETT



EDITOR'S MESSAGE

by Angela Coleby

Greetings, Rotarians and Friends,

Youth Service Month isn't just a month on the calendar; it's a kaleidoscope of opportunities, a whirlwind of excitement and a symphony of positive change. It's a time when we come together as a global Rotary family to champion the voices of our youth and empower them to make a lasting impact on the world around them.

Think about it – our youth are the driving force behind some of the most inspiring projects, the boldest initiatives, and the most innovative solutions to today's challenges. From organizing community clean-ups to launching awareness campaigns, from fundraising for worthy causes to advocating for social justice, our young leaders are stepping up, speaking out and making a real difference.

Together, we can create a ripple effect of positivity and change that will reverberate far beyond this month. Together, we can build a world where every young person feels empowered to make their mark and where every community thrives because of their contributions.



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.

RAISE FOR ROTARY

Our fundraiser for End Polio on the Raise for Rotary website has just received a donation of \$50 USD from a donor outside the club.





ROTARY INTERNATIONAL PRESIDENTIAL MESSAGE



I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

R. Gordon R. McInally
President 2023-24

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable impact on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves

ROTARY DISTRICT 7030 CONFERENCE 2024

The District conference was held at St Vincent and the Grenadines this year. For two days our President Elect and Secretaries Elect were involved in training sessions getting them ready for the upcoming Rotary year. We can't wait to see what you will achieve with the Club this upcoming year

Saturday started with a Polio walk





WINE & CHEESE FIESTA

Our annual Wine & Cheese Fundraiser was held at Government House for an evening of music, laughter and love. Everyone had fun and it was hard to get people to leave! The Committee did a wonderful job.





WINE & CHEESE FIESTA

More photographs on our website: <https://portal.clubrunner.ca/7155/PhotoAlbums/22nd-wine-cheese>



FEEDING OF THE HOMELESS IN CASTRIES

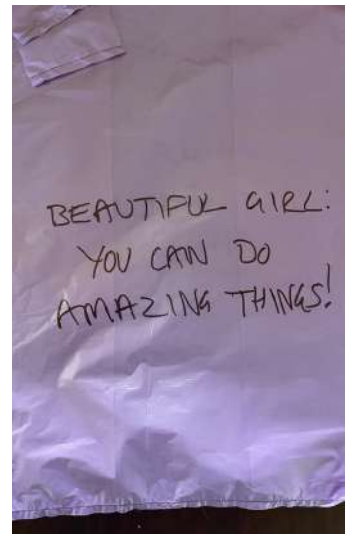
Labor day holiday saw Rotarians, Rotactors and Interactors come together for a feeding of the homeless in Castries. Servings of food was met with laughter and fellowship.





END PERIOD POVERTY

The generous donation of sanitary supplies from the Montero Medical Missions were packed up into individual bags and are being distributed across schools and communities in need with the help of the Ministry of Equity, Social Justice and Empowerment.



DATES FOR YOUR DIARY

MONTH	DATE	EVENT
MAY	Thursday 25th - Monday 29th	Rotary International Conference Singapore
JUNE	Wednesday 5th	World Environment Day
	TBC	Handover Evening

**SHARING
HOPE
WITH THE
WORLD**
SINGAPORE
25-29 MAY 2024

#Rotary24





BIRTHDAY GREETINGS



Sean Deveaux
16 May



Mary Dix
27 May



MAY ROTAVERSARIES

Congratulations!

Thank you for being a valuable member of our Rotary family.



PP Digby Ambris
35 Years

JOKE IN SPOKE

Light humor and a Rotary Quiz to enjoy with your morning coffee!

The walk of shame as an adult is when you have to walk back to get a cart because you can't carry all 27 items in your hands lol

The three stages of career development:

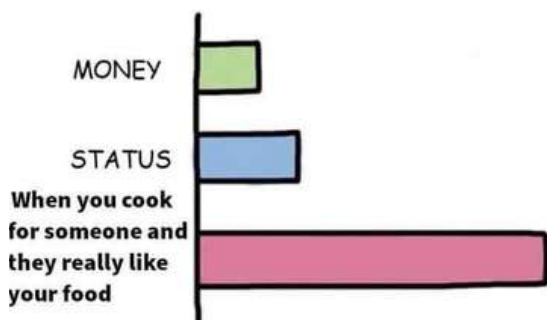
1. I can't wait until I'm important enough to be included in meetings.
2. I feel so important being in these meetings!
3. I will do anything legal and several illegal things to avoid these meetings.

Some people wake up and feel like a million bucks.


Me?

I wake up feeling like "insufficient funds"








WHAT GIVES PEOPLE FEELINGS OF POWER



ROTARY MONTHLY THEMES



ROTARY MONTHLY THEMES

MONTH	DESIGNATION
JULY	 Maternal and Child Health
AUGUST	Membership & New Club Development
SEPTEMBER	 Basic Education and Literacy
OCTOBER	 Community Economic Development
NOVEMBER	Rotary Foundation
DECEMBER	 Disease Prevention and Treatment
JANUARY	Vocational Service
FEBRUARY	 Peacebuilding and Conflict Prevention
MARCH	 Water, Sanitation, and Hygiene
APRIL	 Environmental
MAY	Youth Service
JUNE	Rotary Fellowships