



THE SPOKE

SERVICE ABOVE SELF

ISSUE 1 • JANUARY 2021

BY NATOYA CASSIUS

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THE ROTARY 4-WAY TEST

A Four-way test 'formula' guides our International membership. The creed which states:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

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



The Rotary Club of Saint Lucia Leadership Team 2020-21



FROM LEFT TO RIGHT: P LEATHON KHAN, PP SELMA ST.PRIX, IPP LEEVIE HERELLE, PP GORDON JULIEN, JULIAN CHARLES, STEVE JOHNNY PHF, PE KETURAH CHARLES-DONAI, PP TIMOTHY MOFFAT PHF, PP ALBERT DANIELS PHF, SEAN DEVAUX, PP MALCOM CHARLES PHF, EVERTON SEALY, ROGER HARE & IAN MITCHEL



THE PRESIDENT'S MESSAGE

BY LEATHON KHAN

As Rotarians, we are called to serve our communities and to respond to some of the biggest social and economic issues we face. This is because "Mankind is our Business". We are known to "be there" when our communities need us. Though we are also personally affected by events we have no control over, we still are expected to stand up and step up and be present. It means we must remember we have a purpose to fulfil. This purpose will drive our participation and engagement in our projects and activities and it is through these selfless efforts that we will continue to make a lasting impact on the lives of those who look to us.

I thank you all for your commitment to Rotary and its cause and also for your support so far.

HAPPY NEW YEAR!

"As the newest Rotarian,
I've had the pleasure of
being given a bit of a
history lesson of Rotary
and one of the many
things that have
captivated my attention
is this song from a poem
by PP Malcolm Charles.
What a fine execution by
the Rotary Calabashers!"

-Natoya



“SERVICE ABOVE SELF”-100 YEARS

(1)

From a concept that started in 1905
Grew a culture devoted to keep good alive
Dedication that swept through a room of just four
Was the key to the project that opened the door
To a great humane friendship and charity
That today is known worldwide as R-O-T-A-R-Y

(2)

As the concept of sharing grew far and wide
Appealing to thousands to help stem the tide
Of ill health, disability and poverty too
On a scale to the world, was entirely new
To foster goodwill, understanding and peace
The collective effort had begun to increase

(3)

Today, as our numbers have risen to millions
Notwithstanding periodic detracting opinions
From country to country its clear we accomplish
Assistance where needed to those lost and impoverish
The council on legislation has since thought it fit
To extend Rotary's work to the youth just a bit.

(4)

So Rotaract and Interact were recently born
To a world where youths often held in some scorn
Their involvement in full "Service above Self"
Will open the way to their growth and good health
So let us pay tribute to a great man Paul Harris
Whether based in St. Lucia, Barbados or Paris
For a highway that leads us to a greater good
To those in our country, whose caring we should

(5)

And now as we celebrate one hundred years
A reason to relegate all foregone fears
Of doubt and uncertainty, to name just a few
As we harness our strengths and our sinews renew
The successful ambitions of our founders four
The fire, that stirred, across nations galore
Our destiny beckons, continue even still
That Four-Way Test, to all men of goodwill

AREAS OF FOCUS

Rotary is dedicated to causes that build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

We direct our efforts to enhance our local and global impact. Our most successful and sustainable projects and activities tend to fall within the following areas:



FOR MORE INFORMATION, PLEASE VISIT LINK:
[HTTPS://WWW.ROTARY.ORG/EN/OUR-CAUSES](https://www.rotary.org/en/our-causes)

CALENDAR OF EVENTS -JANUARY 2021

Rotary Club of St. Lucia had a few events this month namely; The Feeding of the Poor and Homeless of St. Lucia followed by a donation of twelve (12) computers to two (2) educational institutions.

Club members also had the opportunity to attend various online meetings to enhance their knowledge and gain insight into different areas such as health and wellness and diversity etc.



CALENDAR OF EVENTS -JANUARY 2021

JANUARY 02 2021

Feeding of the Poor &
Homeless

Constitution Park



CALENDAR OF EVENTS -JANUARY 2021

JANUARY 15 2021

Rotary Donation of 12 computers to 2 educational institutions



In his remarks the club's International Service Director, Past President Albert Daniels, noted that the donation was made possible through the generosity of the Grant Morris Foundation of Pickering Ontario, Canada and its affiliate "The Caribbean Event" who organized the certified refurbishment of the computers and coordinated with Microsoft Corporation to have official copies of Microsoft Windows and the Microsoft Office Productivity Suite (Word, Excel, PowerPoint) pre-loaded onto the computers.



Dr. Grant Morris, Chair of the Caribbean Event/The Grant Morris Foundation arranged with foundation members Monty Thomas of Saint Lucia and Carl Duncan of Grenada to have the computers and software from Kinectrics (Amec of Canada) and Microsoft Corporation Canada packed and shipped to the Rotary Club of Saint Lucia.

**Rotary Club of Saint Lucia**
Join us on Friday, Jan. 15 at 12:00 noon
Our special guests: **President Laurie Walker** and **Dr. Lexi Lain**, Rotary Club of Davidson, NC
Join Zoom Meeting:
<https://us02web.zoom.us/j/85105052795> Meeting ID: 851 0505 2795 Passcode: 431764

**President Laurie Walker**
Rotary Club of Davidson, NC

**Dr. LEXI LAIN**
Topic: *Keep Your Spark Through Darker Times: A Holistic Approach for Anxiety and Depression*

JANUARY 15 2021

Keep your SPARK through darker times; A Holistic Approach for Anxiety and Depression by Dr. Lexi Lain-& Laurie Walker-Davidson Xmas

JANUARY 21 2021

Club Assembly

CALENDAR OF EVENTS -JANUARY 2021

VOCATION MONTH -January 2021

During January, Rotarians are encouraged to focus on this important avenue of Rotary service.

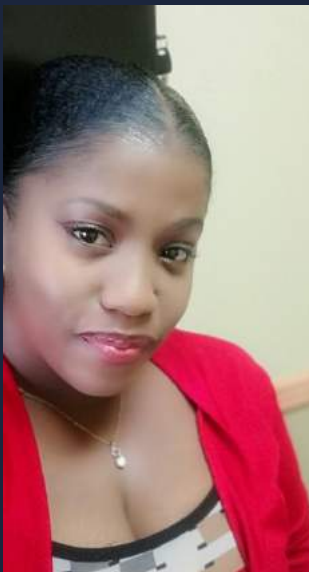
Discussions on vocational service can lead to projects that not only develop the ethical consciousness and vocational skills of Rotarians but also the talents within their communities.

Vocational Service Month is an opportunity to begin year-long vocational service activities, ranging from Rotary discussions to awards to community projects.



JANUARY 29 2021

VOCATIONAL SPEAKER



NATOYA CASSIUS

Lover of travel
interior design and
decor and can be
found occasionally
enjoying a glass of
wine

Classification: Telecommunications

Ms. Cassius is a young St. Lucian professional working towards a career in social development, international relations and diplomacy. She is employed with the National Telecommunications Regulatory Commission; the regulatory body for telecommunications. She is part of the Universal Service Fund Office (USFO) which focuses on availability, accessibility and affordability of telecommunications services to the public.

She is also serving as the Country representative of the Caribbean Science Foundation, a non-profit regional organization, which assists with the diversification of the economies of the Caribbean Region by harnessing science and technology for economic development. These avenues allow her to focus efforts on the social and economic development aspects of her country.

She joined the rotary club to contribute towards community efforts for the betterment of mankind and is hoping for continued personal growth and development.

In her spare time, she can be found playing board games such as dominoes and scrabble with a glass of wine in hand or harnessing her fondness for interior design which serves as her creative outlet.

CALENDAR OF EVENTS -JANUARY 2021

District Events -January 2021

Rotary
Club of Maraval


Rotary Opens Opportunities

PRESENTS
ROTARY OPENS DOORS
TOPIC: Transforming Masculinity
SPEAKER: Mr. Kevin Liverpool
Administrator
Caribbean Male Action Network (CariMAN)




Date: Tuesday 26th January, 2021
Time: 7:00pm
For More Information call 730-3103

zoom


Rotary  **Rotary Opens Opportunities**


Wed 27th Jan 2021

Guest Speaker
PDG Felix Stubbs
Topic:
Vocational Services - The Underutilized Avenue of Service



ID: 85194196264 **Password :-** Rotary
Time: 12 noon onwards

zoom 


 Rotary Club of St. Martin




VALARIE WAFER
STRENGTH LIES IN DIVERSITY
January 29, 2021 @1:00pm EST

Rotary 

INFINITE POSSIBILITIES SERIES 2
DIVERSITY, EQUITY & INCLUSION

Rotary  **District 7030**

2021 

Time 2 Join Rotary Fellowships and Rotary Action Groups NOW!
Thursday, January 21st 2021
18:30-19:30 p.m AST

ZOOM EVENT
60 minutes

- **Opening and Welcome**
by host, PDG Waddy Sowma
- **General introduction**
by District Governor Lisle Chase
- **Presentations;**
International Fellowship of Cricket loving Rotarians
by International Chairman, Gary Williams
International fellowship of Rotarian Musicians
by Global Chairman, Rod Fivelstad
Rotary Action Group for Peace
by Executive Director, Reem Ghunaim
Environmental Sustainability Rotary Action Group
by District 7030 Environmental Sustainability Chair, Matt Render

Rotary Opens Opportunities

Steven Tjin A Djie, D7030 Fellowship Chair 2020-2021
Whatsapp +597 8109000, Email: steventad@yahoo.com

For more information, please check D7030 Facebook, Website and Emails

Come view which avenue is right for you!!!

ROTARY ACTION GROUPS

Rotary Action Groups are independent, Rotary-affiliated groups made up of people from around the world who are experts in a particular field, such as economic development, peace, addiction prevention, the environment, or water.

Anyone who wants to share their expertise to make a positive difference can join an action group. Only Rotarians, Rotaractors, and Rotary Peace Fellows can serve in leadership roles.

Contact or join a Rotary Action Group

Contact a Rotary Action Group to:

Get expert advice on planning and implementing service projects, including those funded by Rotary Foundation district and global grants

Connect with potential project partners, both within and outside of Rotary

Get help fundraising and obtaining resources for projects



Join a Rotary Action Group to share your expertise and make a difference in projects outside your club or district.

Rotary Action Groups by area of focus

Promoting peace

Domestic Violence
Prevention
Peace
Refugees
Slavery Prevention

Fighting disease

Addiction Prevention
Alzheimer's/Dementia
Blindness Prevention
Blood Donation
Diabetes
Family Health/AIDS Prevention
Health Education and Wellness
Hearing
Hepatitis Eradication
Malaria
Mental Health
Multiple Sclerosis
Polio Survivors

Rotary Action Groups by area of focus

Providing clean water and sanitation

Water, Sanitation and Hygiene

Saving mothers and children

Clubfoot
Reproductive Maternal and Child Health

Supporting education

Basic Education and Literacy

Growing local economies

Economic Community Development
Disaster Assistance

Protecting the environment

Endangered Species
Environmental Sustainability

Action groups that work in more than one area of focus

Food Plant Solutions

FOR MORE INFORMATION, PLEASE VISIT -
[HTTPS://MY.ROTARY.ORG/EN/TAKE-ACTION/EMPOWER-LEADERS/ROTARY-ACTION-GROUPS](https://my.rotary.org/en/take-action/empower-leaders/rotary-action-groups)

ROTARY FELLOWSHIPS

Rotary Fellowships are international groups that share a common passion. Being part of a fellowship is a fun way to make friends around the world, explore a hobby or profession, and enhance your Rotary experience.

OVERVIEW

- Help participants make lasting friendships outside their own club, district, or country
- Advance Rotary's public image and identity
- Serve as an incentive for joining Rotary and for maintaining active membership

4x4 vehicles	Genealogists	Railroads
Amateur Radio	Gin	Recreational
Antique	Go	Vehicles
Automobiles	Golf	Rotary Global
Bathhouse	Gourmet Cooking	History
Beard and	Healthcare	Rotary Heritage
Moustache	Professionals	and History
Bee	Hiking	Rotary Means
Beer	Home Exchange	Business
Bird Watching	Honorary	Rotary on Pins
Bowling	Consuls	Rotary on
Canoeing	Horseback	Stamps
Caravanning	Riding	Rowing
Chess	Internet	Rum
Computer Users	Italian Culture	Russian Culture
Convention	Jazz	Scouting
Goers	Latin Culture	Scuba
Corporate	Lawyers	Shooting Sport
Social Responsibility	LGBT	Singles
Cricket	Magicians	Skiing
Cruising	Magna Graecia	Social Networks
Cultural	Marathon	Strategic
Heritage	Running	Planning
Curling	Metalhead	Surfing
Cycling	Military	Table Tennis
Doll Lovers	Veterans	Tennis
Draughts	Motorcycling	Total Quality
(Checkers)E-Clubs	Music	Management
Editors and	Old and Rare	Travel and Hosting
Publishers	Books	Triathlon
Educators	Past District	Water Polo
Environment	Governors	Wellness and
Esperanto	Peace Fellows	Fitness
Ethics	Photographers	Whisk(e)y
European	Police and Law	Wine
Philosophy	Enforcement	Yachting
Executive Managers	Public Health	Yoga
Fishing	Quilters and	Young Rotarians
Flying	Fiber Artists	

UPCOMING EVENTS

1. Toastmasters Public Speaking Workshop for Rotary Leadership Team at the end of February 2021

2. Invitation to meeting of the Rotary Club of Davidson, North Carolina on March 15, 2021

3. Youth Entrepreneurship and Innovation Summit in collaboration with the St. Lucia Chamber of Industry and Commerce in March 2021

3. 1st Virtual Musical Wine and Cheese Fiesta in April 2021

Further details will be provided closer to the event.

HIGHLIGHTS

BIRTHDAY FEATURE



KETURAH CHARLES-DONAI

**HAPPY BIRTHDAY!!
PRESIDENT ELECT
KETURAH!**

"Wishing you the best on your birthday and everything good in the year ahead."

-From your Rotary Family



JOKE OF THE MONTH



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

Riddle:

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Answer:

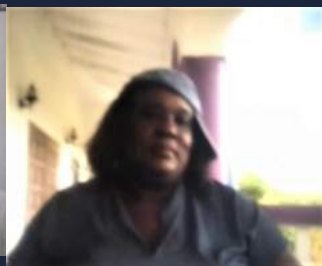
The answer will be revealed in the next issue of the Spoke; Stay tuned!!!

INVESTIGATION SECTION



**GANGSTER'S
PARADISE**

Our Sources have caught 2 of our own red-handed displaying their 'gangster side' in a Rotary Meeting! Such swag! Such confidence!



WHOSE PIECE IS BIGGER??

Our Sources caught 2 Rotarians in a heated brawl of which man has the bigger piece!! Magnifying glasses were provided to signify how small the opponents piece was in comparison to the other! What a sight!!! Could the stem of the wine glass in the background been the vital piece of evidence which escalated the situation???



THE SHAGGY DUPLICATE

Our Sources have stumbled upon a Rotarian giving a performance to rival Shaggy....Can you identify this individual??? He seems to have had the time of his life!!

**STAY TUNED
FOR MORE
UPDATES!!**

COPING DURING THE OUTBREAK



Coping with stress during the 2019-nCoV outbreak



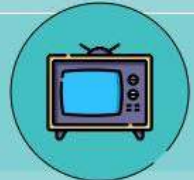
It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Helping children cope with stress during the 2019-nCoV outbreak



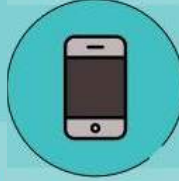
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

New Rotary Prayer – During the Covid-19 Pandemic

May we who are merely inconvenienced, remember those whose lives are at stake.

May we who have little risk factors,
remember those most vulnerable, with difficult choices to make.

May we who have the luxury of homes and jobs that pay,
remember those who are helpless and have no place to stay.

May we who have close families and surrounded by friends who care,
remember those who have no options, who survive on loneliness and fear.

May we who have each other, as Rotarians willing to give,
remember the least among us who only wants to live.

May we with our Rotary ideals and a purpose to fulfill,
Keep fighting for humanity and not be found standing still.

Amen

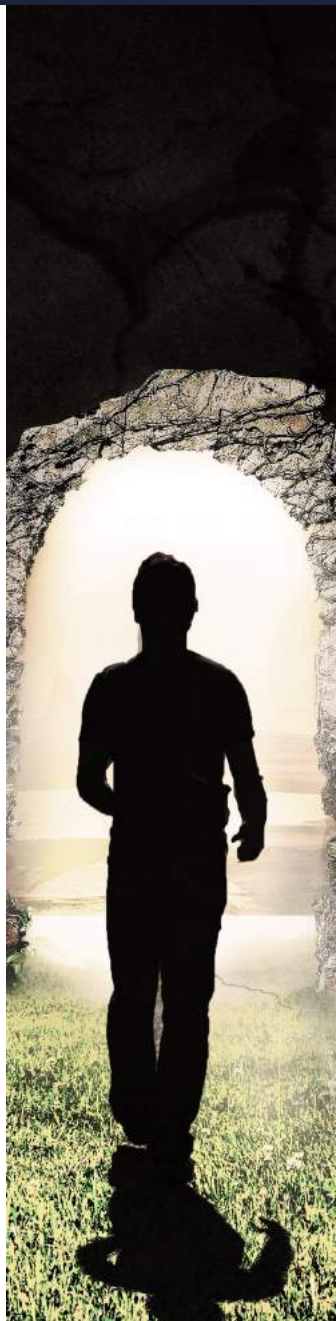
BY: LEATHON KHAN

TRIBUTES

TRIBUTE TO MEMBERS WHO PASSED AWAY:

We, the Rotary Family would like to extend condolences to the family and friends of our members who have passed on. Although gone, they will not be forgotten. May they all rest in peace:

- Peter M Bernard
- Cyril Landers
- Keith Scotland
- Bertrand Pierre



REST
IN
PEACE

“LIFE IS A GIFT, MAKE GOOD MEMORIES
OUT OF EACH MOMENT.”— MARTIN
UGWU

ROTARY CLUB OF ST. LUCIA MEMBERS

LEADERSHIP TEAM

President	President Leathon Khan PHF
Vice President	Past President Selma St. Prix PHF
President Elect	President Elect Keturah Donai
Immediate Past President	Immediate Past President Leevie Herelle
Secretary	Past President Gordon Julien
Treasurer	Past President Gloria Williams PHF
Sergeant at Arms	Sean Devaux
Club Administration	President Elect Keturah Donai
Service Projects	Steve Johny PHF
Membership	Everton Sealy
Rotary Foundation	Past President Selma St. Prix PHF
Youth Services	Ian Mitchel
Media Strategist	Roger Hare
Public Relations	Past President Tim Moffat PHF
After Meeting Chair	Past President Malcolm Charles PHF
International Service Director	Past President Albert Daniels PHF

FULL MEMBERSHIP

Ambris, Digby	Herelle, Leevie	Mitchell, Ian
Belle, Francis	Hinkson, Chester	Moffat, Timothy
Bonne-Smith, Riquette	James, Timothy	Myers, Frank
Bonnett, Julie	Johny, Fitzstephen	O'Brien, Sheba
Cassius, Natoya	Jonas, Jeremiah	Paul, Brad
Charles, Julian	Joseph, Marcus	Sealy, Everton
Charles, OBE, JP., Malcolm	Julien, V. Gordon	Serieux, Charlie
Charles-Donai, Keturah	Kent, Peter	Simmons, Ira
Daniels, Albert	Khan, Leathon	St.Prix, Selma
Devaux, Sean	Laurent, Crisy	Wagner, Konrad
Francis, Lorenzo	Lewis- Dix, Mary	Warner-Gustave, Soraya
Hare, Roger	Long, Azmina	Williams, Gloria

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."



ROTARY THE WORLD OVER!!

WEBSITE- [HTTP://ROTARY.LC/](http://rotary.lc/)

FACEBOOK- ROTARY CLUB OF ST. LUCIA

INSTAGRAM- @ROTARYCLUBOFSTLUCIA