



CRANBERRY *Chronicles*





What's Inside?

- 2 A WORD FROM THE EDITOR
- 3 CRANBERRY BIRTHDAYS
- 4 CRANNIVERSARIES
- 5 CRANBERRY CORNER
- 8 A LOOK BACK AT MARCH 2020
- 15 SPOTLIGHT ON...
- 16 COMING UP



A WORD FROM YOUR FRIENDLY NEIGHBOURHOOD SECRETARY

I did not want to talk about this but COVID-19 has ripped through the world for the last few months, at a speed and with dire effects none of us could have imagined. With thousands dead and even more ill; countries on lockdown and countless others trying to chart the right course out of danger, this global pandemic has made many of us reflective.

Phrases like "*social distancing*" are unfamiliar to those of us in this landscape ordinarily full of hugs and handshakes and kisses on the cheeks of familiar faces. The effects of this virus have made us look for different ways to approach service; to connect with each other. Now that we can only say hello from 6 feet apart and for all intents and purposes, disconnect for the sake of the health of others, and of ourselves, it makes us question: How do we continue to do what we do? How can we keep up with the journey and our plans, for the love of service? How do we **connect** while being forced to remain apart?

Well, in true **Cranberry** style, this Club has committed to excellence! We are intent on using what we have to do what we can to stay connected, to do better, to **build goodwill and better friendships** with the technology we have at our disposal. And perhaps, after we get past the dangers we now face, we can learn from this pandemic - to see how we can spread joy and peace and knowledge across the world, each taking a small step, connecting one to another to change the world forever... Now that's something to think about!

Yours In Rotaract,

Danielle C. Jonava

Secretary | Rotaract Club of Barbados | 2019-2020



Cranberry Birthdays

"Happy Birthday to ya! Happy Birthday to ya! Happy Birrrrthdayyyy!!!"

Join us in celebrating with these members who make all of our lives just a little bit brighter!



- **APR 2** SE Shaunté Carter
- **APR 9** Rtr. Charida Selman
- **APR 17** DE Shakira Hall
- **APR 29** DPPO Tonya King

Cranberries

This month also marks the anniversaries of the induction of some of our amazing Cran-Fam!



VPE Danielle Donawa



**DE Joeleita Agard
Rtr. Shakera Kellman**

Cranberry Corner

It's that time again!

Welcome to the newest pinned members of the Cranberries-Fam!



Christopher Laurie

Committee - Professional Development

Christopher is a project assistant at the Heart and Stroke Foundation of Barbados with a specialty in health & wellness research and advocacy and chronic disease management & prevention. Chris is trained in medical anthropology and has local, regional and international experience in health and wellness research and advocacy. He is particularly interested in working with vulnerable communities. Christopher loves cooking and binge watching anything on HGTV.

When asked why he joined the Club, Christopher said that he was impressed with our outreach programs and camaraderie among the members.

Ama Best

Committee - Club Service

Ama is a Sales Support Representative-Virgin Atlantic Airways Ltd. She loves to dance and really enjoys Crop Over. Ama is also a lover of travel; she recently visited South Africa and got to pet Lions!

Ama said that she joined our Club to surround herself with persons who have the the community at heart and wish to make a better Barbados, and by extension the world, for the future.



Cranberry Corner



Rachel Austin

Committee - Club Service

Rachel is an Audit Senior at EY. Her hobbies include going to church, and the gym (although she admits having some withdrawal symptoms due to the COVID-19 pandemic). Rachel also loves food, especially ice cream!

When we asked her why she joined us at RaCOB, Rachel said "*I joined Rotaract because I wanted to join a service organization and give back to my Community. Although there are several service organizations, what drew me to this club was the family atmosphere and how committed members are to serve. I look forward to working with and getting to know the wonderful people of our Club! :)*"

Maya Kellman

Committee - Community Service

Maya is a Litigation Associate at Clarke Gittens Farmer, specialising in Corporate and Commercial Law. She has a number of hobbies including going to the beach, doing yoga and other exercise, traveling, learning new cultures, dancing and braiding hair.

Maya also used to model & has previously been involved in Pageantry. She was awarded 2nd Runner Up of the Miss Hometown Queen of the Festival Show and is trained in Latin Dancing. She is also a mentor for the UWI Cavehill Undergrad Program.

Maya joined the Club to I wanted an avenue where I would be able to serve my community in all areas ie. Professional development, community service. I also wanted to interact with others who share similiar views and hopefully build and maintain friendships and professional relationships.



Cranberry Corner



Janelle Jordan

Committee - Professional Development

Janelle is a Chartered Accountant and works as a Senior Credit Analyst at Gildan. She is a gamer (PS4 and PC) and an avid lover of sports - especially cricket and field hockey. She is a former Combermere School Old Scholars Club (CSOS) captain, former U-21 national player, former treasurer/board member CSOS hockey club. In her spare time Janelle also provides accounting services for SMEs.

When we asked her why she joined Rotaract, Janelle said *"I wanted to join an organization with like minds seeking to have a positive impact and give back to the community. I wanted to join Rotaract for a while, but was deterred due to the age gap. However, a good friend of mine was part of the club and invited me to a meeting. I was sold then."*

In the past I attended a few [other club's] meetings and other professional organizations for women, but did not feel as welcomed due to age difference and "outdated" structure (I.e. new voices and opinions were put on the back burner; minimal flexibility). I did not experience this with Rotaract."

We are so happy to welcome these wonderful members as part of our Cran-Fam!

A LOOK BACK AT MARCH



March 7, 2020: Breaking Bread- Takeover #3

WORLD ROTARACT WEEK 2020



**March 8:
Church Service**



**March 10:
Anger Management Session**



March 13: World Rotaract Day



**March 12:
Rotary Club Meeting**



**March 15:
Tree Planting**

REFLECTION: MODEL UNITED NATIONS 2020

ROTARACTOR CHRISTOPHER LAURIE

When the call went out for mentors for Model UN, I was hesitant. My immediate thought was, “Chris, you don’t have a background in international relations and your appreciation of the United Nations is superficial at best. How are you supposed to help these students through the process?”

Eventually I relented and attended the first session. I was pleasantly surprised to see so many eager mentees and my Rota-family was out en masse. As each delegate introduced her- or himself, I was reminded that everyone was coming with a different background, from a different school, each with a unique perspective and something to offer. Moreover, we were all there to learn and enjoy the process.

Was I in the right place? Could I do this adequately? Indefinitely. This year, the delegates were given the topic of ‘climate resilience’. Each had to represent her or his assigned country and its particular stance on the matter, as well as acknowledge the global partnerships and tensions among each other. They also had to prepare resolutions as members of an assigned committee: **1. Future Generations**, **2. Issues Big and Small**, and **3. Youth Connect**.

As mentors, we were tasked with guiding our mentees through these topics and assist them with their presentations. This ranged from helping to source content, to working on public speaking and self-confidence. Furthermore, some mentors were paired with 2 mentees, adding to our workload. Nonetheless, we persevered together as a team and on the final day of presentations, the delegates had their final UN simulation.

After 8 weeks, all the training and experience came together. It was time for the final presentations and resolutions votes. Having been involved in the process, us mentors felt equally invested and we cheered heartily as each mentee came up. After all their hard work, we could sit back, enjoy and just be proud. It also didn’t hurt that my mentee won best presenter! But who am I to brag?

Throughout every experience in life, academic, professional and otherwise, I’ve been fortunate to have a great teacher or mentor. These persons have been guides and role models, helping me to navigate the experience to the best of my ability, pushing me beyond the boundaries of what I thought possible. In a few cases, they’ve become treasured counsel and friends. A good mentor is hard to find and harder to replace. I am forever grateful for their input and continue to seek for ways to pass it on:

“The way to grow your power is to give it away” – Carla Harris



WEEKLY RECAP: MODEL UNITED NATIONS 2020

ROTARACTOR CHARIDA SELMAN



The 8th year of **Model United Nations (MUN)** commenced on Saturday, 25th January at the United Nations (UN) House featuring a dialogue on Climate Change. The 8 weeks of MUN were led by PDG David Edwards, DGN Sonya Alleyne and AG Lisa Cummins.

Week 1: We played a Jeopardy meets Privilege Walk icebreaker-type game to determine how much we knew about the United Nations. **Week 2:** We learned about the Paris Agreement and the importance of climate resilience. The students introduced themselves at the podium and were taught how to speak to the entire room. **Week 3:** This week, we learned about international and contiguous borders, and how transboundary pollution could impact neighbouring states. **Week 4:** We were joined by Selwin Hart, the newly appointed Assistant Secretary-General of the UN Climate Action Team and Adviser to the Secretary-General António Guterres, via a Zoom meeting.

Week 5: This week, the committees separated to work on their resolutions and action plan. Here, we were introduced to Maritime boundaries, and learned about the importance of the Exclusive Economic Zone (EEZ), a law initiated by the UN Convention of the Law of the Sea (UNCLOS). **Week 6:** To celebrate the UN's 75th Anniversary, a Youth Dialogue themed "**Be The Change**" was held, providing the students with a forum where they could express their thoughts and concerns about their future world. **Week 7:** The penultimate session called for three representatives from each committee to present their amended resolutions. The facilitators, including the Hon. Marsha Caddle M.P. (Minister of Economic Affairs and Investment) and HE. Marie Legault (High Commissioner of Canada) then gave their feedback, concluding the session.

Week 8: The finale of the MUN commenced with the Opening Ceremony and delegates presented their Country Position. They reconvened after lunch to negotiate their Action Plan and resolutions which each delegate either voted for, against or abstained. However, halfway through the latter came the crisis curve ball. **Breaking news:** the novel COVID-19 had become a pandemic and spread to Barbados; the hospital was overwhelmed, the tourism industry had halted and the economy had collapsed. On top of that, there was a Hurricane of Category Hell status approaching in 2 days. What were the delegates going to do? They were given a 30-minute plenum where they separated into their committees to discuss their plans. Upon their return, delegates presented generous and appropriate solutions. While the judges deliberated, the students and their parents/guardians/teachers were given a chance to reflect on the MUN experience. **Congratulations to the top 6 students who represented Marshall Islands, Samoa, the USA, Ireland, Dominica and Denmark!**

MUN provided an avenue for these youths (*our future policy makers*) to learn about the UN and its operations, understand the importance of politics and international relations, and gain a deeper understanding, through research, of current world issues. All the while, they gained skills in public speaking, diplomacy, debating and leadership.



INTERNATIONAL
HAPPINESS
DAY

joy

PROJECT

WHAT ROTA-ACTIVITY BRINGS YOU JOY?

On March 20th, in celebration of the **International Day of Happiness**, Cranberries were all encouraged to share their stories on which moments that has brought them joy or helped Rotaractors to spread joy to others in their Rota-journey so far!

Here are some highlights:



BREAKING BREAD

There have been many projects that brought me fulfillment. However, the most impactful project has been our **Breaking Bread Takeovers and Assists**. This Project has touched my heart and it has shown me that at times I take for granted the importance of having the basic necessities such as food and shelter. This project has continued to humble me and I am grateful that our club has impacted the lives of many through this project! - *Director-Elect Asha Phillander*

The project that brings me **JOY** is **Breaking Bread, Making Bread!** We have completed 3 successful takeovers and each time it warms my heart to see Rotaractors and Rotarians so willing and eager to be of service to the homeless and impoverished in the Bridgetown area in Barbados. From meal preps, to serving, to clothes distribution, to dishwashing. Your dedication to service truly brings me joy! - *President Kareem French*



O' CHRISTMAS TREE

The togetherness and fellowship during the most wonderful time of the year. Not to mention how Club Service beautifully decorated the place, it was an evening of **joy!**

Special mention goes out to Jabari, expert in social distancing, for joining us via FaceTime!

- *Director Haylee Shaw*



If you know me well enough, you know how I feel about children. **Cookies and Canvas** is by far my favorite project. Being in the presence of such beautiful and talented children definitely warmed my heart and flooded my eyes. Cookies and Canvas brings me so much joy! - *Rotaractor Melanie Goodridge*



#ServiceSaturdays brings me JOY! The ability to learn more, interact with and spread joy to others is one of the most fulfilling things about this Rota-journey.

- *Secretary Danielle Donawa*



District Rotaract Conference in Guyana brought me extreme joy! I was able to meet some incredible humans and partake in life changing rota-service.

It was truly an invigorating experience that I hope each of you will be able to experience one day. These memories will last a lifetime!

- *Vice President Zahir Jackson*

UWI Cave Hill CEO Forum has to be the most hilarious Rotaract Experience I've had to date! It showed me that plans don't always go as you intended but you must endure, adapt and learn from the obstacles/bumps.

Also, I have a great bond with some of my Rota-Fam just from this night of laughter!

- *Immediate Past President Mario Boyce*



PROJECT joy



INTERNATIONAL
HAPPINESS
DAY

WORLD WATER DAY

DIRECTOR-ELECT JOELEITA AGARD
MARCH 22, 2020

Cranberries and Friends took to social media on World Water Day to spread awareness on water conservation and rainwater harvesting. There were a series of five info-graphics under the following themes:

Did you know?

Less than 1% of the water on Earth is available for human consumption. Although the Earth is covered in 70% water only 3% of this water is fresh water and only 0.3% is available to humans. A country is considered to be water scarce when the water supplies fall below 1000m³ per person. Barbados has an average of 210 m³ available per person/year. This classifies us as being water scarce.

What can we do?

Things you can do today to conserve water:

- Fix leaking taps, which can waste up to **60 litres of water per week**
- Do not leave water running when washing dishes, **use a bowl instead**
- Choose a **shower** instead of a bath
- Do not use the water hose to wash your car, **use a bucket instead**
- While you wait for the water to heat up, use a bucket and **collect the water to use in the garden**
- Turn the water off when brushing your teeth or shaving, this can save **3 gallons per person per day**.
- **Collect rainwater** to use on gardens and lawn and for car washing

What is Rainwater Harvesting?

Rainwater harvesting is the process of collecting and storing rainwater after it falls on a catchment surface for use independent from or supplemental to the main water supply. The United States, Australia, Germany, Brazil, Singapore and India have been utilising rainwater harvesting to help deal with drought, to become more environmentally conscious and to sustain the needs of their populations.

Benefits of Rainwater Harvesting!

- It reduces the energy used for water treatment and transportation
- It decreases the demand on the main water supply
- It can reduce the amount of money spent on water for households and businesses and in agriculture
- It provides a buffer against drought which, we are currently in

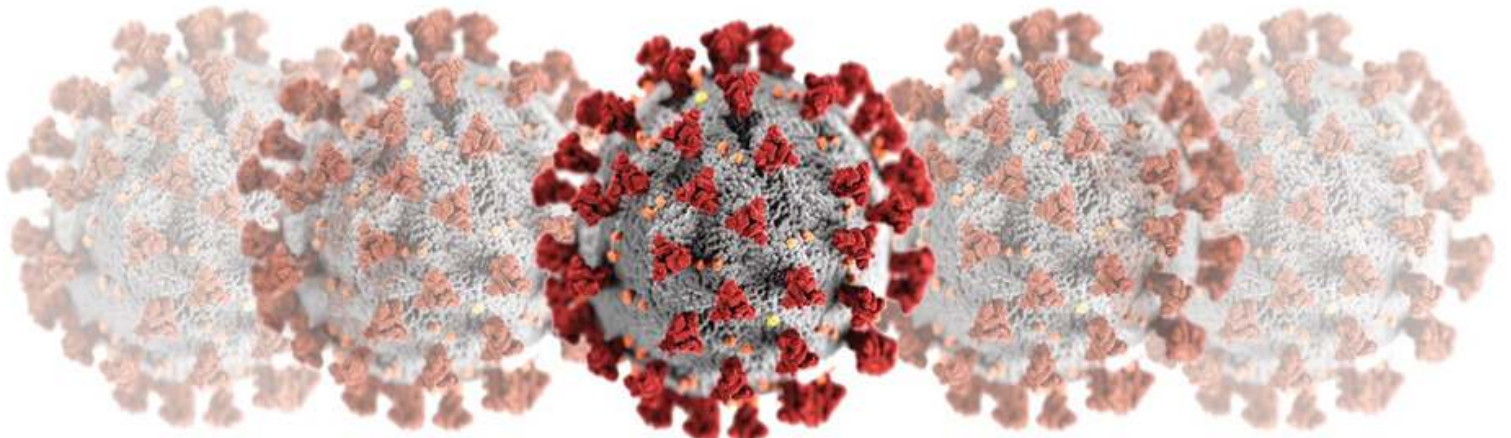
World Water Day!

World Water Day was established by the United Nations in 1993 and is recognised on **March 22** every year. The purpose of World Water Day is to draw attention to the freshwater resources and the sustainable management. The focus in 2020 is on water and climate change and how the responsible use of water can help to combat the effects of climate change.



Spotlight On...

A special **THANK YOU** goes out to our Rotaractors in the Medical Field who are directly and indirectly involved in COVID-19 relief efforts! You are truly appreciated! Stay safe!





CLUB MEETING

Club Meeting

Although it's always a good time when Cranberries are in the same space, we are mindful of the global pandemic of the novel coronavirus COVID-19. With more cases being confirmed and upon confirmation by the Government of Barbados that we have entered Stage 3 of the COVID-19 Preparedness Plan, we are committed to observing some social distancing of our own. Since non-essential gatherings have been banned and a curfew imposed, this month's meeting will be virtual one. Remember that we still need our family vibes so look out for the link and log in for more Cranberry fun! You are still encouraged to wear your pins and rock your Rota-gear as we will be asking members to turn on their camera during this meeting.

Date: Tuesday 7th April 2020

Time: 6:30 P.M.

Location: Online via Zoom



Saturday 18th April 2020
10:00 a.m. - 12:00 p.m.
Online via Zoom

Autistic, Actually: Broadening YOUR Spectrum

What is Autism? What are the symptoms and causes of Autism Spectrum Disorders? How can you help someone on the spectrum? The answers to these questions and more will form part of this engaging panel discussion.

In light of changes that may take place due to COVID-19, keep especially locked to our social media or reach out to Director Daren Forde or DE Asha Phillander for more details.

Date: Saturday 18th April 2020

Time: 10:00 A.M. - 12:00 P.M.

Location: Online via Zoom



Netflix Party!!!

Calling all movie lovers! Are you missing your RotaFam? Stuck at home on a Saturday night? Have a tendency to eat all your quarantine snacks in one sitting?

Well guess what? You can now feel less guilty when we indulge at our Netflix Party! Join us on Saturday 25th April 2020 @ 7:30p.m for a night of laughter, good vibes and of course great movies.

Don't forget your snacks!

Date: Saturday 25th April 2020

Time: 7:30 P.M.

Location: Online via Netflix



Thank you for Reading

Look out for our next issue on May 3, 2020

Did you miss last month's issue? Click the cover below to catch up!



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