



CRANBERRY *Chronicles*





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A WORD FROM YOUR SECRETARY

Wow, it's been two years already since I became a member of this amazing club.

I attended my first event which was *Signature 2018* and I was impressed that a group of young persons planned and executed such a great initiative and well as they say, the rest is history.

I have seen myself grown personally where I stepped out of my comfort zone and decided to run on the board, not once but twice...talk about growth!

I have met some pretty cool fun loving, service-orientated young persons and I think I have made some friendships to last a lifetime..

Rotary Definitely **Opens Opportunities!**

Yours In Rotaract,

Shaunte Carter

Secretary | **Rotaract Club of Barbados** | 2020-2021





A WORD FROM THE EDITOR

What a start to a **Passionate** year!

Are you excited for the second leg?

This month **Opens Opportunities** to shake off that last (*or first... no judgment*) set of curfew weight and get moving with some healthy Committee competition!

As usual, we do a little reminiscing in this issue about our July activities and look forward to even more initiatives set to help us **save lives, provide meals** to those less fortunate and learn a little about how we can **keep moving forward!**

Before you go though, check out a few members of our very own Cran-Fam who extended their passions to the District Level in the first issue of this year's District Newsletter -

<http://rotaract7030.org/wp-content/uploads/2020/07/7030-Today-JULY.pdf>

As usual, the Secretariat Team and I are so grateful for your support and look forward to serving you going forward.

Happy Reading!

Yours In Rotaract,

Danielle C. Yanawa

Vice President | **Rotaract Club of Barbados** | 2020-2021

Assistant District Rotaract Secretary | **Rotaract District 7030** | 2020-2021



Cranberry Birthdays



HAPPY BIRTHDAY TO YA! HAPPY BIRTHDAY TO YA! HAPPY
BIIIIRRRRRTTTHHHHHDAAYYYYYY!!!!

Join us in September for our first quarterly birthday celebration of the year!



- **AUG 02** PM Ade O'Neal
- **AUG 16** CS Gabrielle Hinds
- **AUG 21** AD Chevon Graham
- **AUG 24** Dir. Joeleita Agard
- **AUG 24** Rtr. Ronnie Griffith
- **AUG 27** Rtr. André Seale

Cranniversaries

Two years ago we welcomed some phenomenal game-changers into our Club.

Happy 2nd Cranniversary to these amazing humans!



Sec. Shaunté Carter



Rtr. Akeem Spencer



Rtr. Daren Forde

It's the start of a new year so it means it's time to pay dues.

Dues of \$125.00 for All Pinned Members are due between **Wednesday July 1st, 2020** and **Saturday October 31st, 2020**. Last year's Payment Plan has been implemented once again for your convenience, so please see the below options:

Option 1: Pay your \$125.00 in full on or before **October 31, 2020**;

Option 2: Make 2 payments of \$62.50- the first on or before **August 31, 2020** and the other on or before **October 31, 2020**;

Option 3: Pay \$31.25 monthly between **July 1, 2020** and **October 31, 2020**.

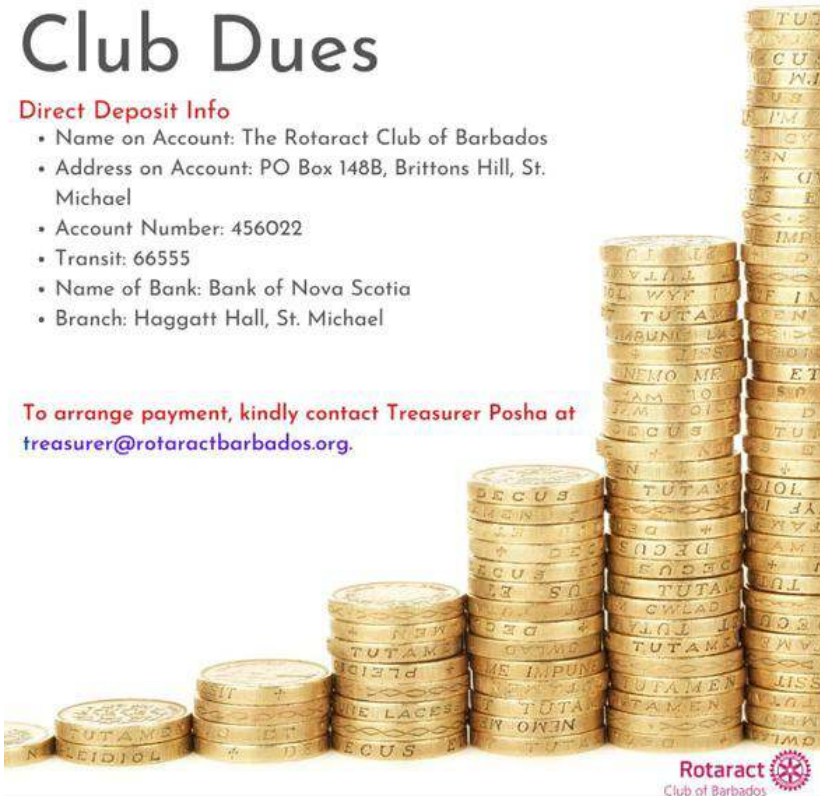
To arrange payment, kindly contact Treasurer Posha at treasurer@rotaractbarbados.org.

Club Dues

Direct Deposit Info

- Name on Account: The Rotaract Club of Barbados
- Address on Account: PO Box 148B, Brittons Hill, St. Michael
- Account Number: 456022
- Transit: 66555
- Name of Bank: Bank of Nova Scotia
- Branch: Haggatt Hall, St. Michael

To arrange payment, kindly contact Treasurer Posha at treasurer@rotaractbarbados.org.



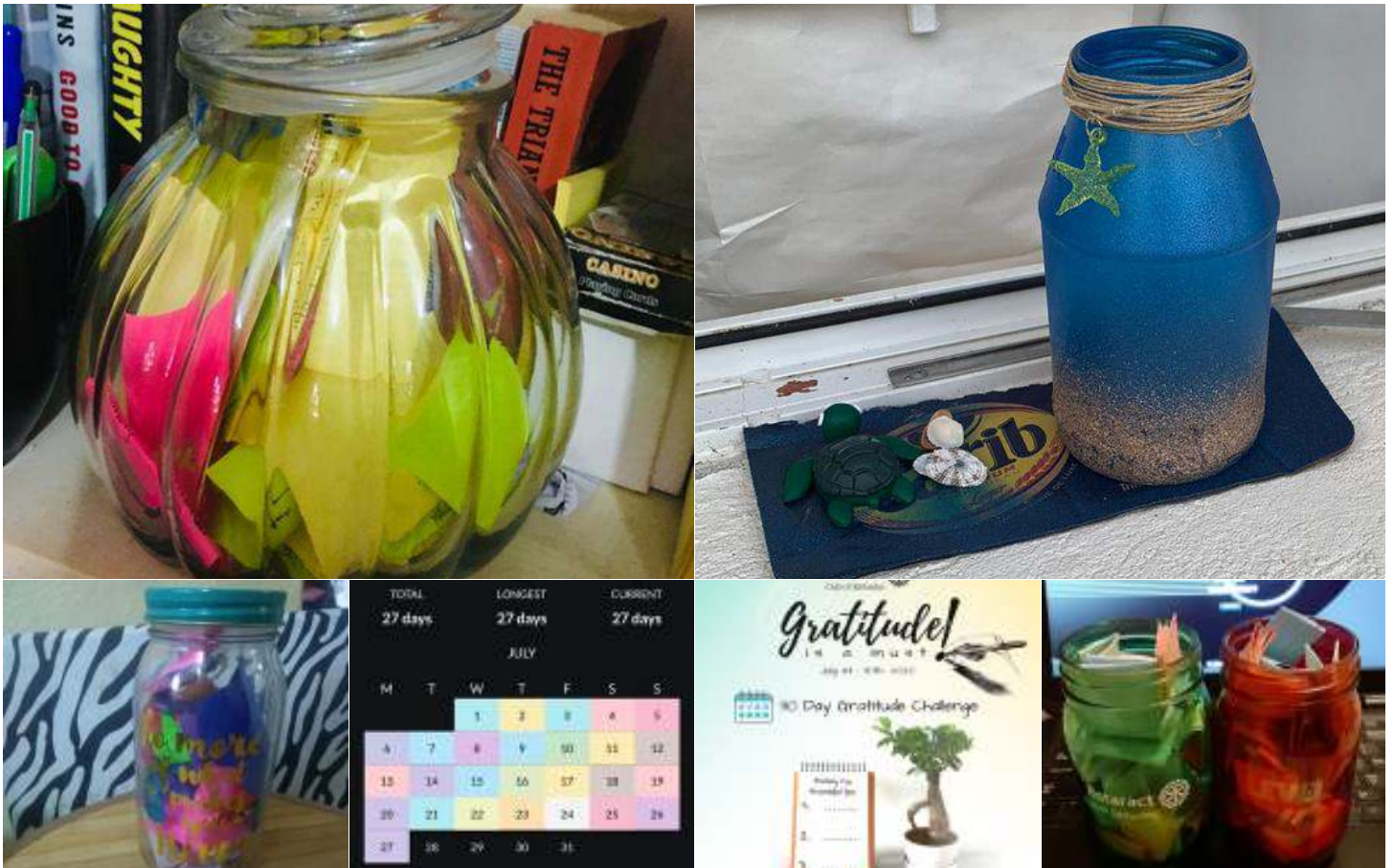
IMPORTANT NOTE:

After October 31, 2019 Club dues are payable as follows:

- **November 1-29, 2020: \$130.00**
- **December 1-31, 2020: \$135.00**
- **January 2-31, 2021: \$140.00**
- **February 1-29, 2021: \$145.00**
- **March 2021 and after: \$150.00**

GRATITUDE IS A MUST

JULY 1 - 30, 2020
DIRECTOR MELANIE GOODRIDGE



American Broadcaster **Germany Kent** wrote: *"Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook, and broadens our perspective."*

We all spent the last few months navigating through uncharted waters, being tossed and turned in the uncertainty of when COVID 19 will pack its bags and leave our countries. To say that it has been a difficult time is indeed an understatement as it affected life as we knew it and stirred us onto a path of inevitable change. A change was necessary to conquer the battle that continues.

Some say that change starts with your thoughts and what better way to kick off our Rotaract year than with a 30-day gratitude challenge. The project **"Gratitude Is a Must"** was envisioned to assist persons in coping with the dangerous effects of COVID-19, aid in fostering healthy mindsets, and enhance every area of one's life.

On July 1st, we, the **Rotaract Club of Barbados** partnered with the **Rotaract Clubs of Kololo** and **UWI Cave Hill** as we embarked on an exciting journey of being thankful. We took the time to **meditate**, treat ourselves, **enjoy nature**, and be grateful for family traditions, **food**, and friends, and many more. Each day came with a new and exciting theme which were personally calming. It allowed me to pause and take time to focus on the simple joys of life. It was also a pleasure to share what other participants were grateful for as they took time each week to post on our social media platforms.

My gratitude challenge will go on as I continue to embrace this positive view of life, relish in the small things and open my eyes and mind to see doors of opportunity and not obstacles. This journey with you has been a great pleasure; I hope that it brought you a sense of peace. In all that we do and accomplish, **Gratitude is a Must!**

A LOOK BACK AT JULY 2020

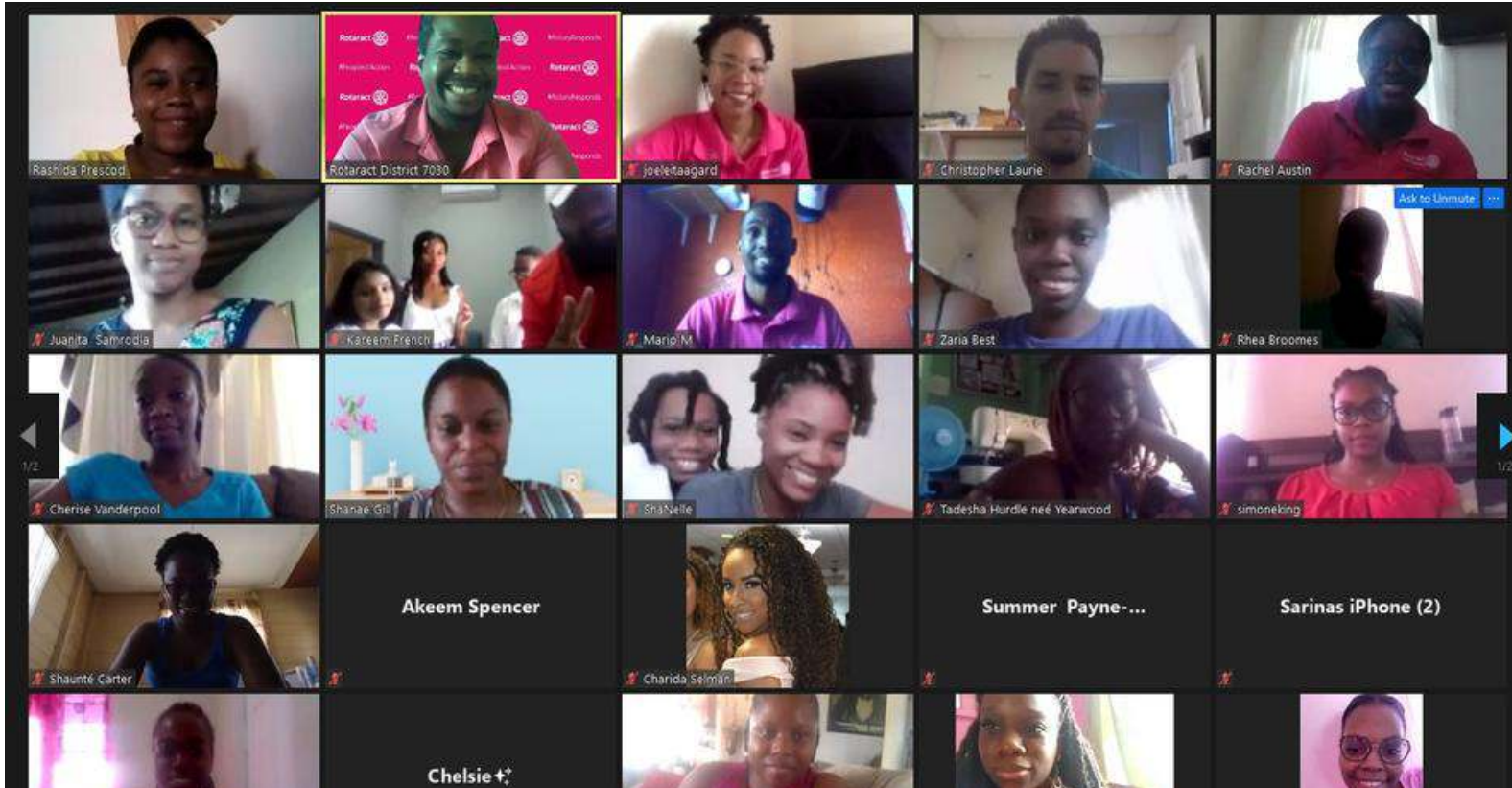


July 7, 2020: Kick-Off Meeting



July 11, 2020: Breaking Bread Assist

A LOOK BACK AT JULY 2020



July 18, 2020: Cranberry Crash Course



June 25, 2020: "Evergreen- Worldwide Tree Planting Program"

THUMBPAALS 2.0

JULY 24 - 30, 2020
DIRECTOR KAVITA SINGH

On July 30 2020, social media was a hive of activity in celebration of the **International Day of Friendship**. Rotaract Clubs from all over the world shared their photos and experiences about the friends made in their respective Rota- Journeys and of course our **Cranberries** were no exception. **#ThumbPals** made its way around for the second respective year and the response was truly overwhelming. Club members spent seven days connecting with various Rotaractors from both regional and international clubs via WhatsApp and posting their adventures in respective group chats.

This year, seven clubs participated in the initiative: **Rotaract Club of East Nassau, Rotaract Club of Kingston, Rotaract Club of Kololo, Rotaract Club of Tollygunge, Rotaract Club of Galgotias Educational Institutions, Rotaract Club of Dombvili Suncity and Rotaract Club of Margao**. Each day members were given challenges to share things unique to their culture. The challenges included: **What were their Friday night plans**, what they did on Saturdays (popular local spots), **popular dishes**, unique cultural facts about their countries, **local music**, local dialect and **their most impactful Rotaract project**. On day 7 participants were encouraged to complete a **Rota-Resumé** for their ThumbPal to share with the chat.

It was an eye-opening experience to be able to learn and interact with our regional neighbors in **East Nassau** and **Kingston**. The Caribbean vibes were real and whilst there were many similarities, the differences sparked deep conversations. Our international friends were just as eager to share their cultural roots and introduced us to music, food and a whole new language despite time zone differences.

Reflecting at the close of this project we are starkly reminded of our commitment in the Four Way Test-“*to build goodwill and better friendships*”. Thank you once again to everyone who participated and made this initiative the tremendous success that it was.

The initiative was for a week but the friendships made will certainly last a lifetime.



WHAT WOULD CRANBERRIES DO? - CROP OVER 2020

In honour of what Crop Over 2020 would have been in Barbados, we asked our Cranberries to reminisce on Crop Overs past and give us a taste of what they would have done if this year's festival had not been cancelled... Here's what they said!



This year I was really looking forward to attending **Mimosa, Bliss** and **Island Mas!**
- Rtr. Janelle Jordan



Another **#RaCOBTakesBrekfus**
- Rotaract Alumnus Jabari Bovell

Crop Over is an annual festival celebrated in Barbados between June and August and coincides with the end of our sugar crop. With origins dating back to the late 1700s, the festival has gone through many changes throughout the years.

It consists of many activities including music, food and drinks, fetes and heritage, with numerous cultural tours; varied parties from paint to breakfast to all-inclusive; and musical competitions of all sub-genres of calypso.

It all comes to a close with a street parade known as **Grand Kadooment** held on the first Monday of August, **Kadooment Day**.

There is always something for everyone and plenty of ways to do **Crop Over Correct!**

WHAT WOULD CRANBERRIES DO? - CROP OVER 2020

I would have been looking forward to **Brekfus** and **Tipsy** this year
- **Assistant Director Chevon Graham**



I planned to attend **Mimosa**, **Brekfus** and **Cooler Vibes** in 2020
- **Vice President Danielle Donawa**



This year I would have gone to **Brekfus**, **We Ting** and **Caesar's Army!**
- **IPP Kareem French**

WHAT WOULD CRANBERRIES DO? - CROP OVER 2020



In 2020 I was ready for:

- NATiVE
- Roast Jouvert
- Brekfus

- *Director Shakira Hall*



I miss **Tipsy, Vibe Land** and **Caesar's Army!**

- *Rtr. Zahir Jackson*

Crop Over 2020 Plans - "**ALL EVENTS!**"

- *Rtr. André Seale*

COMING UP...

The poster features the Rotaract Club of Barbados logo at the top right. The main text on the left reads 'STEP IT UP! CHALLENGE COMMITTEE LEVEL ONE GAMES' in large, bold, yellow and blue letters. On the right, there is a photograph of a person's feet in orange sneakers walking up a blue staircase. A white sticky note is placed over the bottom right of the photo, containing the following text: 'STEP IT UP! CHALLENGE BASICS', 'AIM FOR 10,000 STEPS DAILY', 'MONDAYS - FRIDAYS', 'AUGUST 3RD - 28TH, 2020', 'BONUS TIPS', 'SKIP THE ELEVATOR!', 'TAKE A WALK BEYOND THE PRINTER', and 'DRINK MORE WATER'. The background is a vibrant yellow with geometric patterns.

STEP IT UP 10,000 STEP CHALLENGE

August is here! That means it is time for our 4 week, 10,000 step daily challenge.

Step 1: Get your committee teams together and select a team captain
(Complete this form by August 1st) <https://bit.ly/RaCOBStepItUP>

Step 2: Ensure you have an app or device that can track your steps

Step 3: Get stepping. encourage each other and have fun !

Winners get points towards their Committee Games score and fine exemptions!

COMING UP...

August 4, 2020:
Joint Club Meeting – 6:00 PM,
Luther Thorne Memorial Primary
School & Zoom



JOINT CLUB MEETING

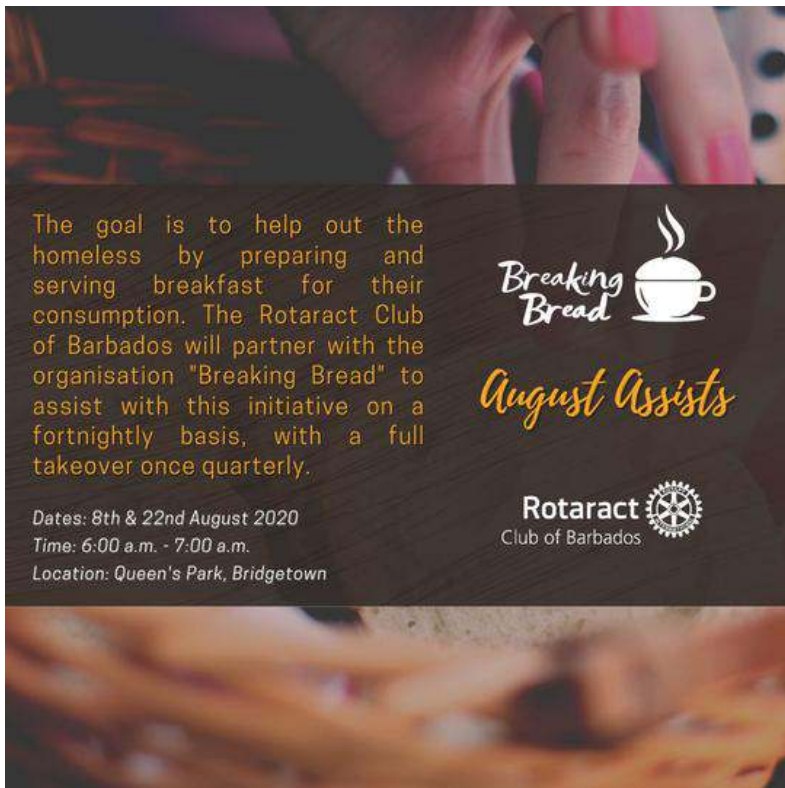
TUESDAY, 4TH AUGUST 2020
LUTHER THORNE MEMORIAL PRIMARY SCHOOL HALL
WLDEY, ST. MICHAEL
6:00 PM (AST)

MASK-WEARING
& PHYSICAL
DISTANCING
WILL BE
ENFORCED.

Rotaract Club of Barbados

UWI Cave Hill Rotaract Club

REGROUP REBUILD RISE



The goal is to help out the homeless by preparing and serving breakfast for their consumption. The Rotaract Club of Barbados will partner with the organisation "Breaking Bread" to assist with this initiative on a fortnightly basis, with a full takeover once quarterly.

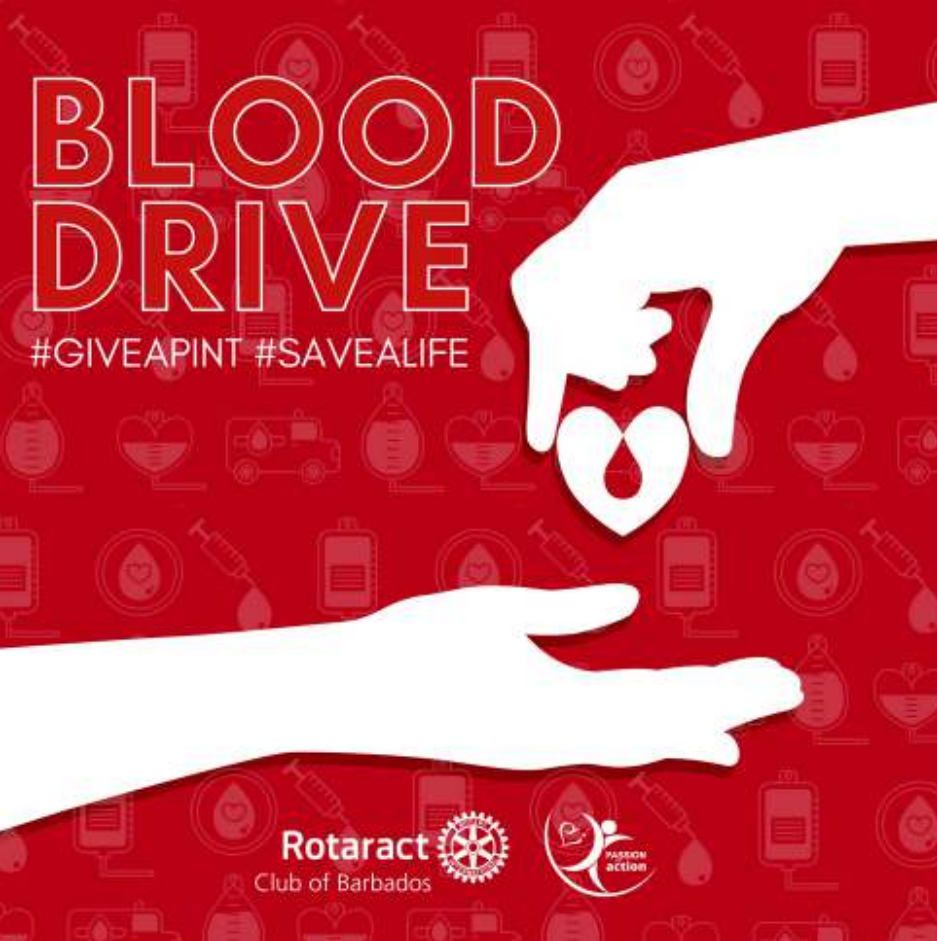
Breaking Bread

August Assists

Rotaract Club of Barbados

Dates: 8th & 22nd August 2020
Time: 6:00 a.m. - 7:00 a.m.
Location: Queen's Park, Bridgetown

August 8 & 22, 2020:
Breaking Bread Assists – 6:00 AM,
Queen's Park



Remember

- Volunteers must be 18–70 years old.
- Volunteers must weigh at least 110 lbs and be in good health.
- All tattoos and/or piercings must be **at least one (1) year old** at the time of donation.
- Volunteers must not be pregnant or nursing.
- Volunteers must not have had major dental work within 3 days of their donation.
- **Have a meal within an hour of donating.**
- **Wear a mask.**

GIVE A PINT; SAVE A LIFE.

Did you know that a single donation of blood could save up to 3 lives?

This month kicks off a year-long Cranberry blood drive.

Members, friends and family members are encouraged to contact the National Blood Collecting Centre at **429-4307 or 836-7993** and make appointments to donate blood during the month of August!

After your donation feel free to "post a pic" to mark the occasion on Facebook and Instagram, tagging us [@rotaractbarbados](#).

Don't forget to use the hashtags [#GiveAPint](#) [#SaveALife](#)



PASS THE MIC IS BACK AGAIN!!!!

This year the first instalment of *Pass of the Mic* will be focusing on small businesses and young entrepreneurs.

THE MASK OF CHANGE: "The Impact of COVID-19 on Small Businesses"

DATE: August 15th, 2020

TIME: 10:00 a.m. to 12:00 p.m

LOCATION: Zoom

Join us as we discuss the measures put in place during the pandemic and how business as we know it has adapted to the "New Normal"

Looking forward to seeing you there!

More details to follow soon!

COMING UP...



Committee Meetings

AUGUST

INTERNATIONAL SERVICE	PROFESSIONAL DEVELOPMENT	CLUB SERVICE
06	12	13

AUGUST

PUBLIC RELATIONS	COMMUNITY SERVICE	THE SECRETARIAT	FINANCE & FUNDRAISING
16	19	20	29

Stay tuned to your respective committee chats for the times and locations.

Date: August 6th

Committee: International Service

Date: August 12th

Committee: Professional Development

Date: August 13th

Committee: Club Service

Date: August 16th

Committee: Public Relations

Date: August 19th

Committee: Community Service

Date: August 20th

Committee: The Secretariat

Date: August 29th

Committee: Finance & Fundraising

Thank you for Reading

Look out for our next issue on September 1, 2020

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



CONTACT US

P.O. Box 148 B, Brittons Hill, St. Michael

Email: club@rotaractbarbados.org | rotaractbarbados@gmail.com

[Facebook](#) | [Instagram](#) | [LinkedIn: RotaractBarbados](#)