



# CRANBERRY *Chronicles*







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## A WORD FROM YOUR FRIENDLY NEIGHBOURHOOD SECRETARY

**I'M BAAAACCCCKKKK!!!!**

I cannot believe we are nearly halfway through our #LevelUp journey together!

I want to thank **Assistant Secretary Scott** for his amazing job on last month's issue. I am so proud of the work we do in keeping our members engaged and informed!

This month is filled with why we are all here; **fellowship** and **service!**

December always fills me with so much joy because it is a season for so much goodness, a season for family and a season of love.

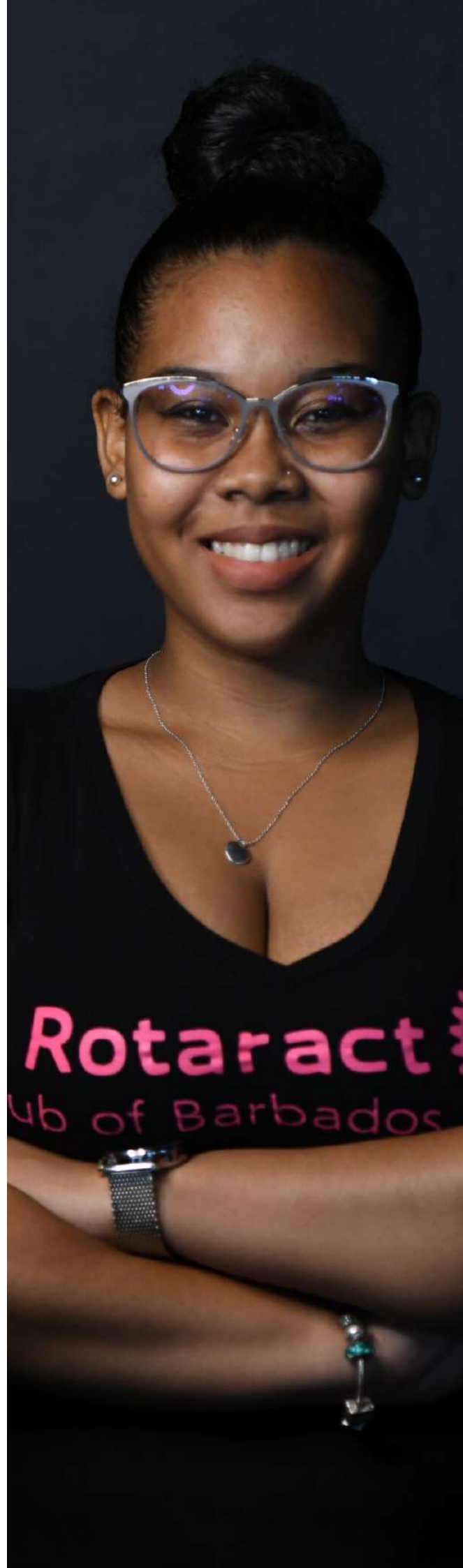
In this issue we celebrate birthdays and Cranberry milestones, hear about how this wonderful Cran-adventure started and look forward to a month filled with opportunities to keep giving, sharing and connecting!

Get your Santa hats ready and let's come together to let our lights shine (*and maybe sing a couple Carols while we're at it*)

Yours In Rotaract,

*Danielle C. Johanna*

Secretary | Rotaract Club of Barbados | 2019-2020







# Cranberry Birthdays



"Happy Birthday to ya! Happy Birthday to ya! Happy Brrrrthdayyyy!!!"

Join us on **December 15, 2019** to celebrate with these members at our quarterly birthday social!

- **DEC 1** Rtr. Jai Gooding
- **DEC 8** Rtr. Kiana Chewitt
- **DEC 12** Sec. Danielle Donawa
- **DEC 13** Dir. Daren Forde
- **DEC 14** Rtr. Stephon Rayside
- **DEC 25** PM Christopher Laurie
- **DEC 27** PE Rashida Prescod

**Rotaract**   
 Club of Barbados  
*Cranberry Chronicles*



This month also marks the anniversaries of the induction of some of the amazing creators of the *Cranberry Clan*, our Charter Members!!! They celebrate four (4) years in the club this month!

- **PP K. Tremaine Gilkes - Charter President**
- **PP Shelly-Ann Sealey - Charter Director of Club Service**
- **Pres. Kareem French - Charter Vice-President**
- **AD Mario Murray - Charter Member - Community Service Committee**
- **HM Errollyn Hurley - Charter Public Relations Officer**

Thank you for your years of service to the club. Continue being great mentors for our newer members. May your legacy live on for many years to come.

# Cranberry Corner

## Taking a trip down memory lane with Rotaractor Mario Murray...

Wow! I still remember it vividly when about 15 of us squeezed into Rotarian Neal Griffith's office for what was our start-up meeting. I genuinely had no idea what I was getting myself into but I took the plunge because I was at a point in my life where I was intentionally venturing beyond my considerably shallow comfort zone. I'm struck with amazement when I consider our humble beginnings and compare them to our ever growing profile of today and I see three distinct phases emerge that coincide with our three homes thus far.

### Endure, Expand, Evolve



In phase one our remit was simple; endure. Yep, we were staying the course long before Aunty Mia grabbed the reins to this nation and adopted that slogan. In those days our meetings at Trident would have about 6-12 attendees and the AC would shut off at 6pm; we had to endure. Rotaract was new to most of us so like the newborn babes we were, we crept and stumbled and tumbled in the early stages of our Rota-journey. What I love about this stage is that, as we stumbled along, our sponsor club, the Rotary Club of Barbados, gave us tremendous support and immeasurable guidance that continues even to this day. There were cascading challenges and no shortage of doubts, but the foundation of this club was laid in the steely resolve to endure.

Endured we did, and that paved the way for us to get some **G.U.T.S.** and start to expand. It was in this phase where we started to develop our own identity. We were no longer just the offspring of our sponsor Rotary club, we had become Cranberries. The growth and expansion are perfectly characterised in our transitioning around our second home, MQI. We moved from using a compact waiting area, to a showroom where we consistently filled 40 seats; with plenty of us willing to stand, because of course, we learned how to endure. It is important to recognise that we didn't just grow rapidly but sustainably. Indeed, though there are always new members being added, many of the club's official leaders and core members first sipped on the cranberry juice early in the great expansion.

We have garnered plenty recognition on this journey, culminating in the receipt of a Rotary International award for **Project of the Year**. Our flourishing has enabled us to truly make a difference in our communities, be the inspiration among our peers and, as we continue to branch out, connect the world. There has been, however, no resting on laurels or glorying in achievements but in true RaCOB fashion we continue to **go the extra mile**. And so, we find ourselves in this beautiful phase of evolution; constantly seeking ways to **#LevelUp** both ourselves and our service.

With clubs elections on the horizon I'm taken back to the time when we had candidates who won by a landslide with eyewatering 4 votes. We've come a mighty long way. The start-up group that gathered for the first time in December 2015 has birthed a club full of upstarts that has helped to transform the perception of Rotaract on a local, regional and global scale. Don't. stop. now.



# A LOOK BACK AT NOVEMBER



**Nov 5: Club Meeting  
Board Roles and Responsibilities**



**Nov 22: Club Service  
Committee Meeting**



**Nov 16: Rota-Gift - Phases 1 & 2  
CV Writing and Self Defence Workshop**



**Nov 22: Community Service  
Committee Meeting**



**Nov 23: Model United Nations  
Review & Tour 2019**



# A LOOK BACK AT NOVEMBER



**Nov 28: Rotary Club of Barbados  
Lunch Meeting - Independence**



**Nov 29: Professional Development  
Committee Meeting**



# ROTARY YOUTH FORUM 2019

SATURDAY 9TH NOVEMBER 2019

**THE CRANBERRIES AND FRIENDS** assembled at the Post-Graduate Studies Complex of the University of the West Indies, Cave Hill Campus for the **4th Annual Rotary Youth Forum**.

## Topic 1: In A Nutshell – Rotary Themes and Structure

This session acted as training for Rotaractors and Prospective Members on Rotary's history, the structure of District 7030 and the role of Rotary and the District in the club's yearly goals. Led by Past District Governor David Edwards, participants took full advantage of the question and answer segment raising concerns about Rotary International's recent policy change, which removes the upper age limit for membership in Rotaract, effective July 2020. To learn more, click [here](#).

## Topic 2: Effective Communication

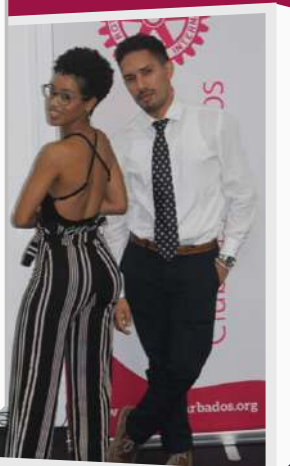
Back by popular demand, Ms. Marjorie Wharton provided attendees with tools for effective communication within the workplace and or voluntary organizations. Some key takeaways were to understand that perception influences communication and that both the sender and receiver has equally important roles for communication to be effective.

## Topic 3: Dress for Success

This was led by Rotaractor Crystal Waithe and provided participants with advice on dressing for the workplace and professional events. This was in the form of a fashion show under the following categories:

- *Business Wear* – Outfits appropriate for work
- *Rota-Fit* – Outfits appropriate for Rotary/Rotaract Formal Events (e.g. Signature and Handing Over)
- *Borderline* – Outfits that may be inappropriate for work based on your office culture
- *Oh, Hell No!* – Outfits that are inappropriate for any professional setting

Overall, the Rotary Youth Forum was enjoyed by all participants providing key takeaways that can be applied to both work and Rotaract related scenarios. Visit this [link](#) for more photos from the event.



# WHAT YOU NEED TO KNOW ABOUT ENTREPRENEURSHIP

SATURDAY 9TH NOVEMBER 2019  
DIRECTOR ROBYN WEEKES



**THE SECOND EDITION** of the phenomenal series continued as part of Rotary Youth Forum. November marked *Entrepreneurship Month* and the Professional Development Committee decided to foster the entrepreneurship spirit in our members by hosting **Pass the Mic: Entrepreneurship Edition**. The event was moderated by Rtr. Kiana Chewitt who led our three panelists, Mrs. Cardell Fergusson from the Barbados Youth Business Trust, Rtn. Malcolm Vaughn and YSD Makonem Hurley, through an eye-opening discussion on what it takes to be an entrepreneur. Here are some of the key takeaways:

**Do your research-** Decide on a niche and investigate what you need to make this business a success.

**Know Your Why-** What made you go into the particular field of business?

**Use Your Network-** Don't be afraid of telling your family and friends about your idea. They may know someone who knows someone who could help get your business get off the ground.

**The Legal Stuff-** Go to **CAIPO** to register your business. Know the different types of businesses – sole proprietorship, partnership, limited liability company, corporation etc. – and which one suits the needs of your business best. Also take note of the fees and taxes associated with each.

**Delegate-** Don't try to do it all and don't be afraid to ask for help.

**Be An Expert-** You should know your field well. Keep up to date on new products or services in your industry.

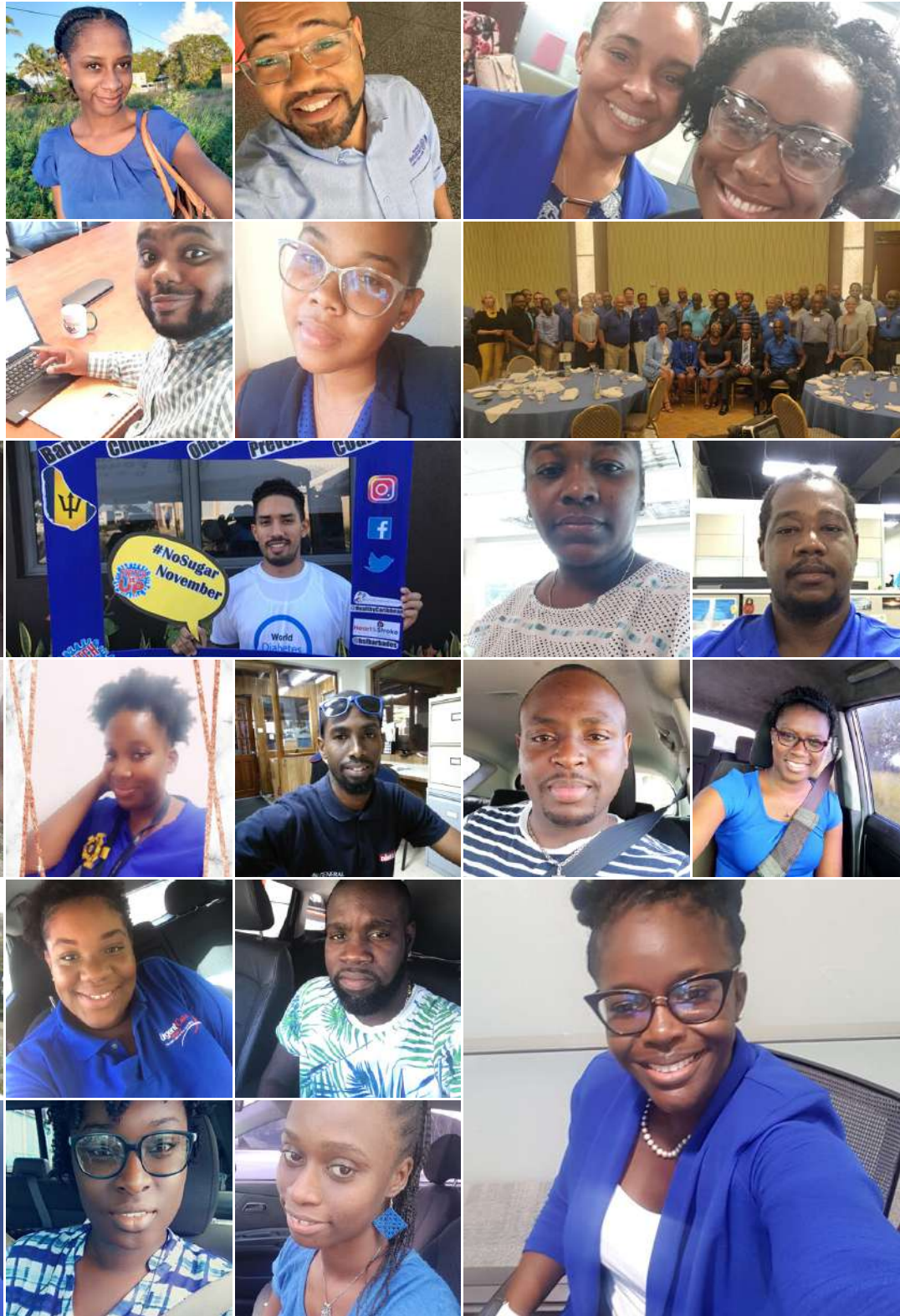
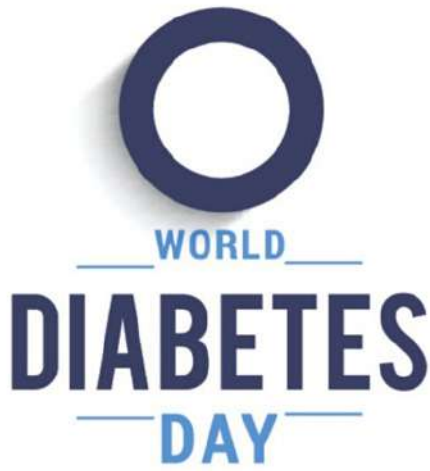
**Get Help-** Contact **The Barbados Youth Business Trust** for guidance on getting your business up and running. Their assistance includes start-up capital, business mentoring, networking, advisory and marketing support to name a few.

A big thank you to our panelists for donating their time and expertise to the club and to Rtr Kiana Chewitt for being an excellent moderator. The next installment of Pass the Mic is scheduled for Saturday 15th February 2020. More updates coming soon.



# WEARING BLUE BECAUSE OUR SUPPORT IS TRUE

THURSDAY 14TH NOVEMBER 2019



One of District Governor Trevor Blake's mandates for the 2019-2020 Rotary year is on the sensitization of diabetes.

On *World Diabetes Day* our members donned their blue, the colour of diabetes awareness, to show their support for the cause. This was a District-wide initiative and we saw great participation from the other Rotary and Rotaract Clubs!

Our diabetes awareness campaign continued throughout the month with posts on preventative methods to reduce your chances of being diagnosed with the disease. These include exercise and diet changes. Go visit **our social media pages** to see how you too can make a healthier alternative to a Barbadian favourite, macaroni pie.



# PAINT & PROSECCO

SATURDAY 23RD NOVEMBER 2019



NOW STOP ME IF YOU'VE HEARD THIS ONE- Picasso, Da Vinci, Raphael and Michelangelo walk into a diner...

No but seriously, our Cranberries gathered at **Diner 24**, to create some Independence/ Christmassy masterpieces to raise funds for future projects!

With the help of **Kevin Cobham (@kevinart)** and his team and one of our very own entrepreneurs, **Shakeila Marshall (Party Perfect)**, we painted and sipped our way through the evening to create some pretty amazing pieces of art.

We even had a special appearance by the President of our sponsor club, Pres. Peter Williams who, with a little prompting, joined the festivities and illuminated his canvas as well.

Thanks also go out to Sec. Lyanne Lowe of the Rotaract Club of South Barbados for supporting the event, even after her very long day!

We are so grateful for the continued support of our **Cran-Fam** and we cannot wait to use what we have learned and earned to keep this **#LevelUp** train moving in service of our communities!



# ROTA-TIVITY: HALF-YEAR REVIEW

S E L C I N O R H C Y R R E B N A R C  
 H M O N Y C P B L D T R S Z T S D T B  
 C U N X L J Y Z J R T N R I A R Z B B  
 N R C N W Q M S I P O T S V B Q R Y P  
 A O E P N J R P T I R I N G R E W A T  
 R F U E R V L G T I V A T B A K I X B  
 N H P X R E S C B A C M X K T N R E V  
 U T O P C T E G Y D Y F I Q T B A L E  
 F U N L A L S N N T T N I A B C L S V  
 E O A L E S A A H I G H N B H N A N S  
 R Y T Q T R S V M B T D U C R E Y U Q  
 U Y I L R E S T R T P E L M L O P X R  
 T R M D I F F E H R S E E P B M S O B  
 A A E K A F A L O E A I H M Y P T I B  
 N T O C O D J S Y N M C R L T A A G S  
 T O T K X G E P U T A I A H G N Y L T  
 C R C G L C Z P J E P T C I C M I W S  
 D I J L C D Q N B Y O B F M T O N O P  
 K J M O N P N L X R L T G X X R N Z J

Kickoff

Triple C

CysticFibrosis

ThumbPals

NatureFunRanch

CranberryChronicles

MythVsFact

PassTheMic

OnceUponATime

Rotalympus

JointMeetings

BeachCleanup

BeachPlease

CookiesAndCanvas

PaintandProsecco

DRRAnyaVisit

BreakingBread

Elections

OChristmasTree

RotaGift

RotaryYouthForum

# COMING UP...

**December 3, 2019: Club Meeting - Election Day**



## Breaking Bread Takeover

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.

**Date:** Saturday 7th December 2019  
**Time:** 6:00 a.m. - 7:00 a.m.  
**Location:** Queen's Park, Constitution Rd, Bridgetown

Rotaract Club of Barbados

**December 7, 2019: Breaking Bread Takeover #2- Queen's Park, Bridgetown**





The Rotary Club of Barbados

presents

# Carols By CANDLELIGHT

*Where the joy of Christmas comes to light*

With the kind permission of the Honourable Prime Minister

*Mia Amor Mottley, QC MP*

At: ILARO COURT

On: Sunday 8th December 2019 Starts 5:00 pm

Tickets: \$35 admits 1 adult & 2 children

Brought in Association  
with  
FIRST CITIZENS BANK

## PERFORMANCES BY:

- \*MIGHTY GABBY, \*BIGGIE IRIE & NATALIE BURKE
- \*DARYL HALL SCHOOL STEEL ORCH, \*BIT BIT
- \*TRINITY & KAREEN CLARKE, \*PROMISE
- \*RISHAN, \*KRISTOJAY PAUL
- \*ASCENDING STARS, \*POWERHOUSE STUDIOS
- \*KELLIE CADOGAN WITH THE EAST POINT VOICE CENTRE
- \*SUNDOWN SUPERHERO,
- \*IZA VYBE & TRUMPETBOY ENTERTAINMENT

## TICKETS AVAILABLE AT :

- MEMBERS OF ROTARY CLUB OF B'DOS
- A-ONE SUPERMARKET, EMERALD CITY
- A & B MUSIC, SHERATON
- PARTY OCCASIONS, R T HARDWARE
- SOL WARRENS, SOL TOP ROCK
- TICKETPAL ONLINE & OUTLETS

**NO GLASS BOTTLES ALLOWED**



Click [here](#) to volunteer or contact PE Rashida.





# O Christmas Tree

## The Winter Wonderland Edition

*Sunday 15th December 2019*

*Director Haylee's Residence,  
Mount Wilton, St. Thomas*

*5:00 p.m. - 10:00 p.m.*

#BringAGame  
#BringABottle  
#BringAFriend  
#WearWhite

Rotaract  
Club of Barbados



Ever wanted to experience a "White Christmas" but can't stand the cold? Well, say less!

The *Club Service Committee* presents:  
**O Christmas Tree - The Winter Wonderland Edition.**

Join us as we reflect on the past two quarters while being serenaded by the sounds of Christmas.

Did someone say Gruntleys? Sure bet! We have those and loads more of your favourite festive food and treats!

What else? Well of course there can't be a **#OCT** without Mafia. Who will be killed off? Will the police find anyone or will the die too? All these questions will be answered on December 15, 2019...

See you there!



# SAVE THE DATES

## EVENT 1:

### CHARTING YOUR CAREER WORKSHOP

Patrons will be given tips on CV writing, interviews, dress and social media branding as well as interact with members of the Club in their professional capacity.

**25 JAN 2020**

BL&P Training Room  
Garrison Hill, St. Michael

## EVENT 2:

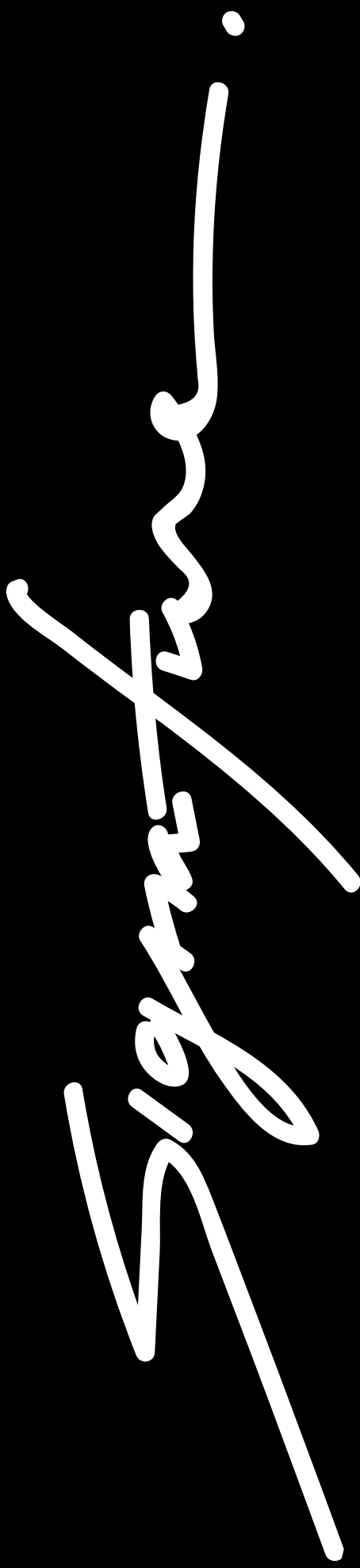
### BENEFIT FASHION SHOW & NETWORKING MIX N' MINGLE

The professional mixer that you love is back with a twist. We have introduced a fashion show that will take place first, followed by the Mix N' Mingle where patrons will get to interact with each other and seasoned professionals from career fields of interest.

**08 FEB 2020**

Daphne Joseph-Hackett Theatre  
Queen's Park, Bridgetown

Register Now: [bit.ly/RaCOBSignature](https://bit.ly/RaCOBSignature)

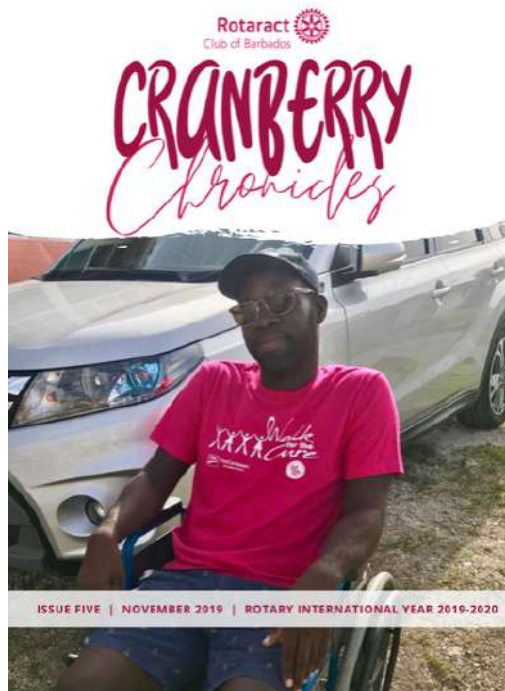




*Thank you for Reading*

Look out for our next issue on January 2, 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](mailto:club@rotaractbarbados.org) | [rotaractbarbados@gmail.com](mailto:rotaractbarbados@gmail.com)

Facebook | Instagram | LinkedIn: RotaractBarbados