



CRANBERRY *Chronicles*





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A WORD FROM YOUR GUEST EDITOR

Merry Christmas Cranberries!!

#WeMadeIt!

As we embark on the end of 2020 and the halfway point of RI Year 2020-2021, let's be thankful for how we as individuals have learned how to be more grateful and appreciative for the finer things in life that we usually took for granted despite all the highs, lows, challenges, struggles and frustrations.

As we celebrate, let's remember the reason for the season and spread some love and good cheer to everyone we meet.

On another note...

It's been a pleasure and great honour being your Guest Editor for the past two months. Thank you to our Editor, VP Danielle for believing in me in taking on this challenge, Dir. Mario for bearing with me and all my last-minute changes to the fantastic graphics and to everyone who contributed in sharing articles in that of the Members (*Pinned and Prospective*), Directors and my awesome Committee Secretaries.

Finally, a huge thank you also goes out to IPP Kareem and PE Scott for making this journey a lot easier. You guys were awesome!!

Until we meet again...

Yours In Rotaract,

Shaunte Carter

Secretary | Rotaract Club of Barbados | 2020-2021

Cranberry Birthdays



**HAPPY BIRTHDAY TO YA! HAPPY BIRTHDAY TO YA!
HAPPY BIIIRRRRRRTTTHHHHHDAAYYYYYY!!!!**

- **DEC 1st** Rtr Jai Gooding
- **DEC 8th** Rtr Kiana Chewitt
- **DEC 12th** VP Danielle Donawa
- **DEC 13th** Rtr Daren Forde
- **Dec 14th** Rtr Stephon Rayside

- **DEC 22nd** Rtr Adrienne Bynoe
- **DEC 25th** Rtr Christopher Laurie
- **DEC 25th** CS Tonia Durrant
- **DEC 27th** Pres Rashida Prescod

CranberryChronicles

DECEMBER 1ST 2015

- IPP Kareem French
- RFC PP K.Trémaine Gilkes
- Rtr Errolyn Hurley
- PP Shelly-Ann Sealey
- Dir Mario Murray



Cranberry Corner



Rashida Prescod

President

Fellow, Life Management Institute (FLMI)



Trey Cumberbatch

Assistant Director

Commonwealth Rhodes Scholar 2021



Janelle Jordan

Rotaractor

Business Authority Feature



Corey Sobers-Smith

Prospective Member

The Job Connect Feature

Life Hacks

CHRISTMAS 101

Budgeting

- Budget money for Christmas shopping early and stick to it. Ensure to always walk with your Visa Credit Card with the budgeted amount to ensure you stick to your goals and not overspend. Most persons are paid early in December and wouldn't get a paycheck until the end of January.
- Buy in bulk, where necessary, to ensure surplus for January.
- Make sure that you set aside a bit of money (and don't spend it) that allows you to make sure that in January you would still have a little cash until payday.
- Buy multiple small but nice gifts instead of large, expensive ones.



Early Shopping

- Early shopping allows you to make calculated decisions and receive good deals.
- Follow business pages on social media platforms to see the early announcements of their featured products, deals and promotional offers!
- Look into catalogues, especially for big purchases. Call ahead and see if you can pre-order as well.
- Shop in November and purchase on-sale decorations.

Gifting

- Think of thoughtful gifts versus expensive gifts, for example, if your friends like to drink wine, get them a customized wine glass.
- Always gift items which are functional, practical and creative to the persons receiving the gift.
- Make each gift unique and something the receiver will appreciate.
- Prepare a list of gifts you need to get with a budget and stick to it.



Life Hacks

CHRISTMAS 101



Cleaning

- Reuse drapes, where possible and don't fold them to eliminate ironing.
- Clean throughout the year so it will be easier around this time.
- Start early and do it in parts. Doing it all at once is stressful and more prone to accidents.

Decorating

- Use green tinsels to make your Christmas tree look fuller.
- Use command hooks to avoid nail holes when hanging Christmas décor.
- Place your Christmas tree in a corner, that way you only have to decorate the front.



Storing

- Wrap Christmas lights around a hanger to keep them untangled.
- Use sealed containers to preserve all items as cardboard boxes can deteriorate over-time.
- Don't overspend on food items that will overcrowd the fridge and increase your electricity bill.

Cooking

- Prepare all dishes and meals on or before Christmas Eve, so you can have more time to enjoy Christmas Day.
- Decide on a Christmas menu early and delegate dishes to family members (if doing big family luncheons).
- Use disposable cooking and eating utensils as it reduces clean-up time.



Life Hacks

CHRISTMAS 101



Recycling

- Purchase neutral colours decorations to re-use and save more money.
- Use gift bags instead of wrapping paper to re-gift where necessary.
- Recycle old drink bottles for the next year and store them in the outside shed if possible, which reduces having to pay for bottles.
- Use plastic storage bins for everything you will re-use after Christmas. Throw the trash out!

Wellness

- Avoid gaining weight during this season, by challenging yourself to go walking/running at least three times a week.
- Eat to be contented and not "til ya belly bust."
- Say no to the things, and people you know will not help your mental health to thrive. Also remember that despite holidays are family-oriented, you still need to take time for yourself.
- Eventhough the holidays can provide much cheer, remember to breathe and refrain from overeating and practice mindfulness.



Resting

- Follow the above hacks and you will be able to enjoy Christmas day comfortably.
- SLEEP!! Don't forget to take a few hours to recharge. Someone else can take over the tasks for a few hours (even if you don't think they'll do it as well as you).
- Allow the week between Christmas and New Year's Eve to be downtime after the Christmas rush.



A Caribbean Christmas

A FOODIE'S GUIDE



Antigua

Ginger Beer

Rtr Saskia Spencer

Nothing says Christmas in Antigua like a cold refreshing glass of homemade Ginger Beer.

Beloved for its unique taste, it is typically made using grated ginger, which is soaked overnight with various spices and then sweetened. It is best served over ice and pairs well with our local black fruit cake.

It is the rich spicy flavor and burning sensation, which makes this drink so special and an absolute favorite at Christmas time.

Barbados

Sorrel Drink

PE Scott Chandler

Christmas in Barbados is not complete without a nice cold refreshing glass of good ole fashion sorrel.

Sorrel is made fresh from the dried flower pod and blended perfectly after being boiled and steeped, (the longer the better), with various spices of choice such as cinnamon, cloves and ginger, to name a few and sweetened to taste to cut the sorrel's naturally tart taste.

The sorrel drink is excellent on its own served over iced but can be enhanced into a cocktail with any choice of rum, personally a few ounces of Mount Gay pairs well.



A Caribbean Christmas

A FOODIE'S GUIDE

Guyana

Pepperpot

Rtr Natoya Ward

Pepperpot is the national dish of Guyana, which was originally made by the Amerindians, who used cassareep to preserve meat without using refrigeration. This stew can sit out of the fridge as long as you reheat it daily.

Cassareep, which is the main component of Pepperpot, is a dark syrup that is made from cassava. A variety of meats are stewed with the cassareep, hot pepper and spices such as cinnamon and cloves, the result is a deep, dark, flavorful stew that goes well with bread. The traditional way of serving this stew would be with Cassava bread, but some plain homemade bread will do just fine.

Guyanese Pepperpot is not to be mistaken with the Pepperpot of other Caribbean islands especially if it is not made with cassareep, it isn't Guyanese Pepperpot!!



Trinidad & Tobago

Pastelle

Rtr Asha Phillander

Pastelle is a main feature of Christmas in Trinidad and Tobago. It's not a Trini Christmas without this Spanish influence dish. There has been much debate over the origins of this dish but all I know is "it eat good".

This dish has three main ingredients, fig (banana) leaves, cornmeal flour and seasoned minced beef (cooked). It is prepared by method of steaming the combined ingredients.

Pastelle's are normally eaten as a side dish for Christmas Day Lunch. However, I am a firm believer that, it can be eaten for breakfast, lunch and dinner.



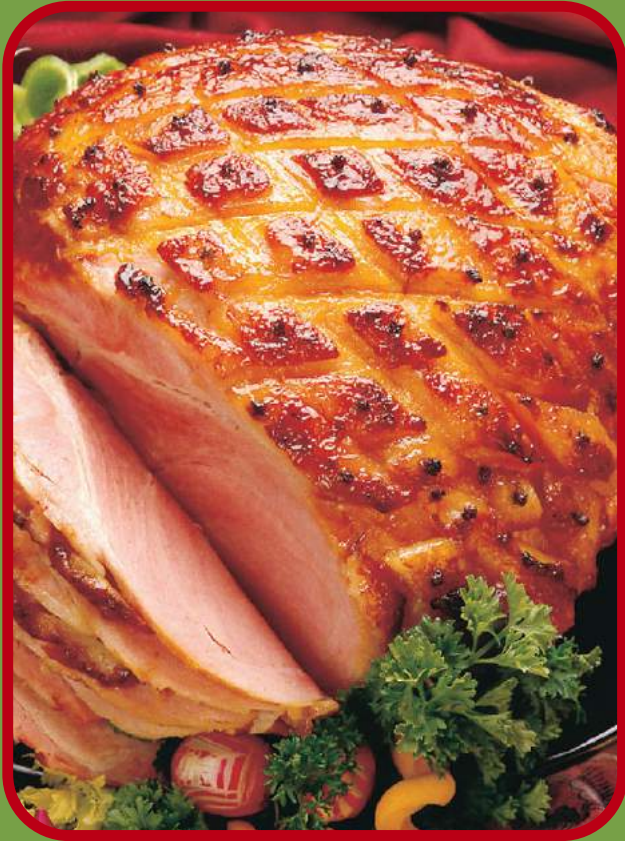
A Caribbean Christmas

A FOODIE'S GUIDE

Caribbean

Ham

Sec Shanuté Carter



What is a holiday feast without the pièce de résistance? For many, it's that perfectly glazed Christmas Ham.

The Christmas Ham is usually slow roasted/baked overnight where the heavenly scent of the cloves and the glaze perfumes the entire home come Christmas morning.

The glaze for the ham for many is what makes or breaks any ham, would usually consists of a mixture of the following ingredients: honey, sugar, pineapple or sorrel and to kick it up a notch red wine or rum is often used.

Here in Barbados, outside of the typical plating of the ham with the traditional lunch/dinner, we often serve it up as a "cutter", thick slices of ham wedged between traditional salt bread with/without cheese and a beverage.

A LOOK BACK AT NOVEMBER 2020

NO SUGAR, NOVEMBER

November 1st to 30th, 2020

DIRECTOR KAVITA SINGH

RECIPES

"Sweet Fuh Days" Oat Shake

Ingredients

Instant Oats
Banana
Strawberries
Salt (a pinch)
Cinnamon powder (a pinch)
Ice
Whole Milk ******(1/2-3/4 cup)

Instructions

Start by adding the milk to the blender.
Add the oats, fruits, salt and cinnamon and blend to desired consistency.
Add the ice (don't overcrowd the blender!) and blend till it's broken up.
Pro Tip: Freeze the fruit before and use less ice for a richer flavour.

****** Can be substituted with unsweetened Almond or Coconut Milk

Tips & Tricks

Remove it from everyday beverages. (eg don't add sugar to tea)

Replace soda; stick to water or try using infused water .

Eat fresh fruit when desirous of something sweet or for dessert.

Replace syrups and sauces with fruit or natural flavorings like vinegar and honey.

Try extracts instead of adding sugar in recipes, (e.g vanilla, lemon)

Enhance foods with spices instead of sugar. (e.g ginger, cinnamon)

The challenge was met!

This November, The Rotaract Club of Barbados partnered with Cheyne Jones' No Sugar, November initiative. Participants were afforded the opportunity to earn a Bronze, Silver or go for the Gold based on how much added sugar they were able to reduce this month.

The first week was truly a shock to some as cutting added sugars proved to be a harder task than imagined. To assist persons through their journey tips from the Heart and Stroke Foundation as well as recipes and facts were shared periodically throughout the month.

Persons were encouraged to change their diets slowly but surely and create a healthier lifestyle to challenge the spread of diabetes and other non communicable diseases in the Caribbean.

Members from the Rotaract Club of Kingston, Rotaract Club of Lametin and other members across the District also participated and shared their challenges and thoughts via social media.

The end result was a healthier District 7030 and more informed Rotaractors.

Tips & Tricks

Don't shop when you're hungry (you'll make less bad decisions)

Eat more protein and full fat foods (reduces hunger and food intake)

Replace processed food with whole foods (no added sugar)

Replace flavored foods with natural options (e.g plain greek yogurt)

Replace store bought marinades/seasonings with fresh herbs

Use appetite suppressants such as coffee(no added sugar of course!)

Tips & Tricks

Snacking is a huge cause of our high sugar intake so here's two (2) foods you can use to help keep the appetite in check.

Greek Yogurt - Greek (and Icelandic yogurt) is thicker, creamier and richer in protein than their regular yogurt counterparts, making them one of the best snacks for curbing appetite. *Try topping off your breakfast with one or have it as a mid-morning snack to curb those munchies. (unsweetened please!)*

Avocado - You may know that avocados are an excellent source of heart-healthy fats. And with 9 calories per gram – more than double the calories per gram of carbohydrates or protein – fat fills us up fast, which can be beneficial in controlling hunger. Avocados are rich in a fat known as oleic acid, which offers an added benefit in terms of the fruit's effects on appetite. *Add a slice (or 2) to your lunch plate!*

FUH DE CULCHA!

November 3rd to 28th, 2020
DIRECTOR JOELEITA AGARD



Our **second committee challenge** was an **independence trivia challenge** which ran over **four weeks** and required teams to **answer questions and complete bonus tasks** twice a week. These tested our knowledge of **Barbadian songs, sites of interest and heritage**.

Although most questions were **relatively easy** some left certain teams **less than impressed**, but what is the point of a challenge if it is not challenging? What was **certainly heart-warming** to see was how the **committees engaged and helped each other out in true cranberry spirit!**

After four (4) Weeks of competition see below final points standing:

- 135 points - Community Service Committee
- 130 points - Finance & Fundraising Committee
- 130 points - Professional Development Committee
- 120 points - Club Service Committee
- 115 points - International Service Committee

The **planning committee** would like to **thank all who participated** for doing so **enthusiastically**.

A LOOK BACK AT NOVEMBER 2020



Blood Drive - November



November 3rd - Club Meeting

RYLA BARBADOS 2020

November 6th & 7th, 2020
DIRECTOR KAVITA SINGH



We are the champions!

To those who attended RYLA 2020 those were the words that stuck with us. Suriname, St. Joseph was the perfect picturesque retreat and provided a tranquil scene for that weekend's hive of activity.

Those who arrived from the Friday evening (such as myself) took in a moment to breathe in the fresh countryside air, a plethora of stars in the sky and the great company of fantastic leaders. With toes dipped in the pool we shared our hopes and aspirations, strengths and perceived challenges and helped each other through advice and honest communication. A good night's rest allowed us to awaken refreshed for the morning yoga session overlooking the serene scene of St. Joseph.

The real fun began when the sessions went underway at 9am. The sessions ranged from exploring the dynamics of leadership to taking care of your mental health as a leader to the definition of a Champion mindset and how to cultivate champion culture. The day also consisted of mini breakout sessions to focus on more targeted topics such as managing finances in a pandemic to recruitment during Covid as well as digital branding and the new work from home normal.

The participants were highly engaged and motivated following their presentations and awards and I left inspired to take on leadership with a more purposeful and invigorating approach.

RYLA 2020 was truly a success for all aspirational leaders...

#WeAreTheChampions

SUPER SERVICE SATURDAY

November 21st, 2020
DIRECTOR MELANIE GOODRIDGE



A Salute to Service Soldiers

Mandy Hale wrote, "There is nothing more beautiful than someone who goes out of their way to make life more beautiful for others."

On Saturday, November 21st, our Service Soldiers took to four locations to complete three projects. This action-packed day for the Rotaract Club of Barbados started at just around 6:00 am and came to a rewarding end just after 5:30 pm.

Our Service Saturday started with our Breaking Bread Assist in Queen's Park, where we joined in serving a nutritious meal to over seventy persons.

A few hours later, our members were excitedly preparing to enjoy a fun evening with the children at the Marina Brewster Centre at Farris, for Part Two of Cookies and Canvas. Part One of this exciting project was held earlier in October at the Nightengale Children's Home. From painting to chatting and later playing a game of tag and football, joy and laughter filled the atmosphere.

While we were captivated by smiling faces and infectious laughter, two teams one led by the duo of Scott Chandler & Cherise Vanderpool, and the other by Janelle Jordan made their way to the Luther Thorne Memorial School and the Gordon Cummins District Hospital respectively, where club members joined to start sustainable kitchen gardens.

What a day, what a fun and exciting day in service! The children were happy and there were smiles etched across the faces of both the nurses and principals. Together we did it, my team, my Service Soldiers who continue to live up to our motto "Service Above Self".

Well done Soldiers, I salute you.



SHOOT YOUR SHOT

November 29th, 2020
PROSPECTIVE MEMBER
COREY SOBERS-SMITH

November was on its way yet again which meant the coming of the Finance and Fundraising Committee's Q2 event!



The thinking behind this year's event as always was to keep it fresh. However, we also had to be mindful of our potential patrons' budgets and wellbeing, as COVID-19 has greatly impacted the way we conduct our business to date. The conclusion was to launch "Shoot Your Shot" at Field's Archery in St. Lawrence Gap: a simply fun evening of bows, arrows and chilling.



The idea was motivated by the fresh open air and space with either picking up a new interest or letting loose the inner "Robin Hood". The event entry was made affordable to accommodate patrons in these interesting COVID times, and was also held on the Sunday preceding the Independence Bank Holiday for optimal attendance.



As a committee, everyone lent an extremely needed hand to help pull the event together; whether it was helping with set-up, helping to maintain COVID-19 protocols upon entry, coordinating the flow of the evening's operations or just infectiously setting the positive vibes for everyone's enjoyment.



As a result, some of our outstanding bullseye shooters weren't the only ones meeting their targets as the Finance and Fundraising Committee personally declared the event a conclusive success in light of the awesome turn-out of the event, the satisfaction of our participants, our well-received culinary partners (compliments of Bearded Hogs, Awesome Dessert Expenses and Kernel Army) and last but not least, the teamwork of our own Committee Members making the event an undeniably memorable experience.



Look forward to our next fundraiser in Q3!!!

COMING UP...

December 2nd, 2020: Rota-Gift



Rotaract
Club of Barbados

Rota-Gift

Grant a Wish, Create a Smile

It's that wonderful time of the year where the atmosphere is filled with joy, happiness and a spirit of giving. Rotagift is here again and it an opportunity for you to give from deep down in order to help those less fortunate. This year we will be collecting both non-perishable food items and household items to assist the specific need of our beneficiary BFW Shelter for Abused Women. Stay Tuned for further details.

DEC 2nd
-
DEC 15th



Rotaract
Club of Barbados

Committee Meetings

DECEMBER

The Finance & Fundraising Committee meeting will be held on Thursday, December 3rd at 7:00pm via Zoom.
All other committee meetings will resume in January 2021.

HAPPY HOLIDAYS

December 3rd, 2020: Finance & Fundraising Committee Meeting

7:00 PM, Zoom

Zoom link will be shared in the committee chat.

All Other Committee Meetings will resume in January 2021!

COMING UP...

December 5th, 2020:
Breaking Bread Takeover
6:00 PM,
Queen's Park,
Constitution Road, Bridgetown



Rotaract Club of Barbados

MISSION ACTION

Breaking Bread TAKEOVER

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

Date: Saturday 5th December 2020
Time: 6:00 a.m. - 7:30 a.m.
Location: Queen's Park, Constitution Rd, Bridgetown

Breaking Bread



HANDLED!

ONCE UPON A TIME

December 5th, 2020 - 4:00 pm

SIGN LANGUAGE PRESENTATION BY BONNIE LEONCE

VIA ZOOM

Rotaract Club of Barbados

MISSION ACTION ONCE UPON A TIME

December 5th, 2020:
Once Upon A Time - Handled!
4:00 PM, Zoom

COMING UP...

December 8th, 2020:

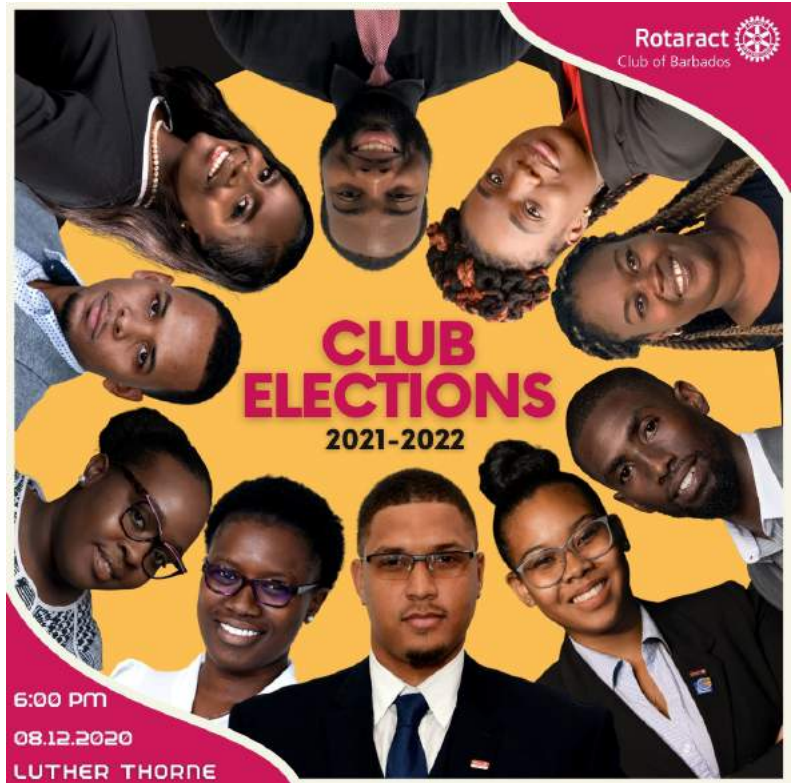
Club Meeting - Elections

6:00 PM,

Luther Thorne Memorial Primary School,
Wilvey, St. Michael

Registration Link:

<https://bit.ly/ClubMeetingRegistration>



December 13th, 2020:

O' Christmas Tree - A Caribbean Christmas

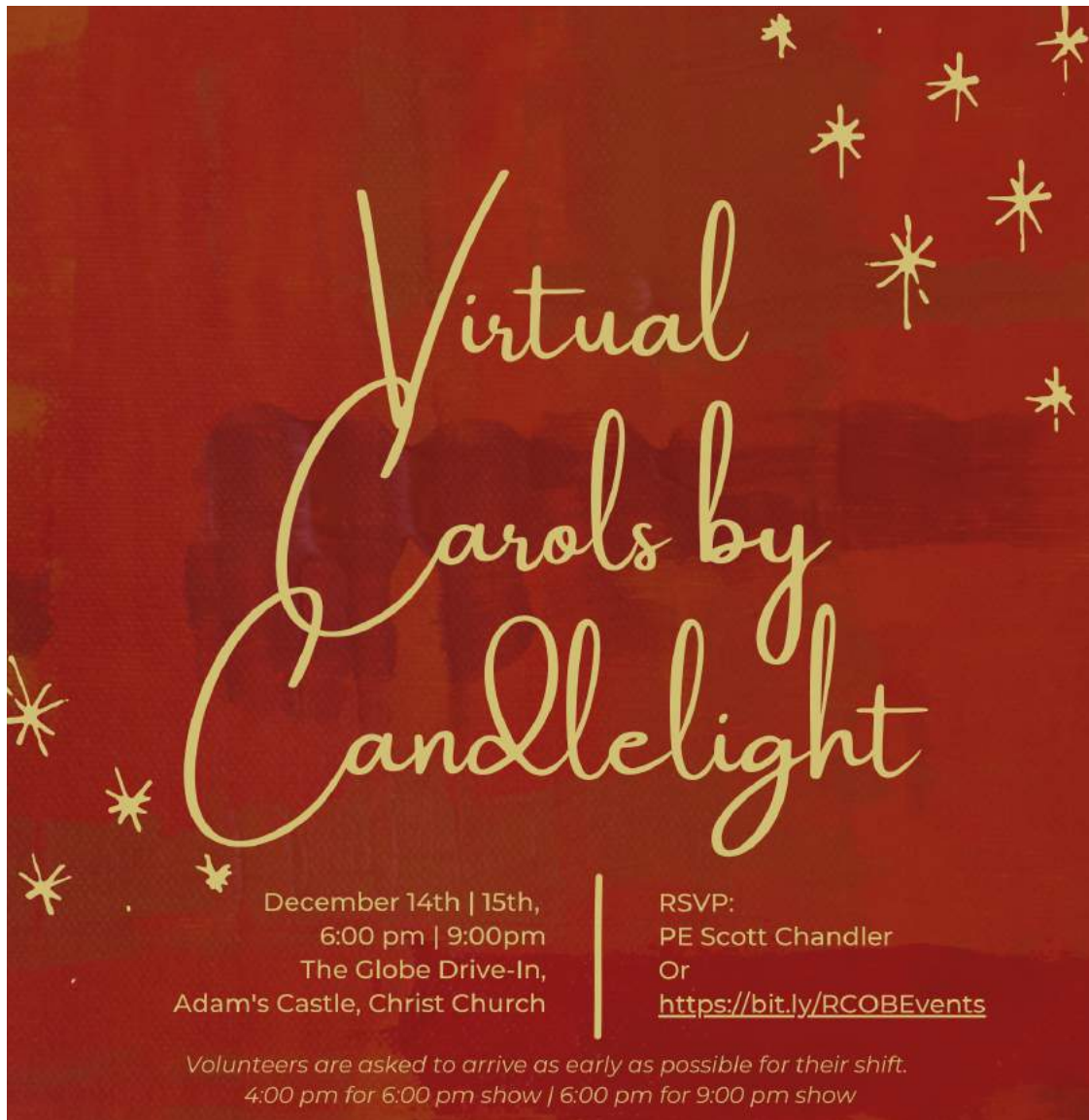
4:00 PM to 9:00 PM,

The Schoolhouse for Special Needs,
Reservoir Road, Brittons Hill, St. Michael

Registration Link:

bit.ly/OChristmasTree2020

COMING UP...



In two weeks, our Sponsor Club, *the Rotary Club of Barbados*, will host their first ever **Virtual Carols by Candlelight**.

Also, this event will be held on two days with two shows.

As such, Cranberries, our assistance is needed in the execution of this event for the two screenings on both days, where we will be split into various teams. These teams will be assisting with; *temperature checks and sanitising, parking, general attendees and gift collectors.*

So sign up, gear up and show up to either show or all ('cause you know we extra so) as spots are limited.

IMPORTANT DETAILS TO NOTE:

Dates: Monday, December 14th, 2020 | Tuesday, December 15th, 2020

Times: 6:00 pm | 9:00 pm

Location: The Globe Drive-In, Adam's Castle, Christ Church

Registration Link: <https://bit.ly/RCOBEvents>

Registration Deadline: Thursday, December 10th, 2020

GATES OFFICIALLY OPENS FROM 5:00 PM EACH DAY.

ALL 6:00 PM SHOW VOLUNTEERS ARE ASKED TO START ARRIVING FROM AS EARLY AS 4:00 PM.

ALL 9:00 PM SHOW VOLUNTEERS ARE ASKED TO START ARRIVING FROM AS EARLY AS 6:00 PM.

COMING UP...



Rotacation 20/21

Our long overdue Rotabreak is upon us.

There will be **no Meetings or Events**
during the period

Wednesday, December 16th, 2020 to Monday, January 4th, 2021.

See you on our return on Tuesday January 5th, 2021 for our Club Meeting.

SAVE THE DATE...



SAVE THE DATE



The Enchanted Woods

Jingle, jingle! It's time to mark your calendars to party and mingle!

Our favourite time of the year is approaching... that's right, **it's our Charterversay!!**

This year, as we celebrate **5 years of service** we will be hosting the **luxurious dinner "The Enchanted Woods"**.

This evening will be filled with **fun, food** and **service** as all **proceeds** would go towards the **Geriatric Hospital**.

Come with us as we embark on this new adventure!

More details to come.

SAVE THE DATE...



District 7030 Rotaract Conference 2021

The **29th Edition of District 7030 Rotaract Conference** will be held in **Suriname** from **Thursday, June 17th, 2021 to Sunday, June 20th, 2021.**

The Conference Team is closely monitoring the development of the pandemic in all countries and it's safe to say that Suriname is on their way to being COVID-free very soon.

Registration will start in January 2021 and Payment Dates will be confirmed soon after.

We will keep you posted on any further updates.



Thank you for Reading

Look out for our next issue on January 3, 2021

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



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