



CRANBERRY *Chronicles*





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PRESIDENT'S Q3 MESSAGE

Happy New Year! We have made it to the start of a new decade, the 2020s. As I reflect on this last quarter, the Cranberries continue to impress me. From their open and constructive feedback at our Club Forum to exemplifying the goal 'Service First' in December with Carols by Candlelight, Breaking Bread and Rota-Gift. The fellowship last quarter was also exceptional.

Paint & Prosecco and O Christmas Tree absolutely showcased the talents of our members through art and singing; all of which helped to strengthen our family bond. It was great to see many of our newer members being eager to #LevelUp their service on the 2020-2021 Board of Directors. You all are truly, 'Leading by Example' and I hope for similar trends in future elections.

Moving onto Q3, we have some more exciting volunteer opportunities with our Sponsor Rotary Club through Model United Nations and the Annual Children's Party. We will celebrate our 4th Charter Anniversary in February. It promises to be an EPIC month of activities with flagship events scheduled like Signature (Fashion Show & Professional Mixer) and the return of the Pass the Mic Series with the Boo'd Up Edition. We will introduce Past Presidents' Day to reflect on the club's legacy throughout the years.

This World Rotaract Week will be extra special as two #ThumbPals will be visiting from the Rotaract Clubs of Naguru and Kololo from Uganda! Wait, there's more! To truly satisfy the Rotary Connects the World theme, two of our very own Cranberries will also be visiting Uganda for this cultural exchange.

Are you excited for Q3 as yet? I sure am, let's keep the momentum going as we wrap up this Rota-Quarter, together.

Yours In Rotaract,

Kareem French

Captain & Level-Up Pioneer



A WORD FROM YOUR FRIENDLY NEIGHBOURHOOD SECRETARY

There is something to be said about new beginnings. Welcome, not only to the final half of our Rota-year together but also to a whole new decade!

2020 means many things to many people and I hope that we have grown together enough to withstand the coming trials and appreciate all the new victories that await.

This 3rd quarter is all about celebration. Next month we celebrate **4 whole years** of existence and reflect on all the good we have been able to achieve and all the obstacles we have had to overcome to be where we are. Soon enough we will also celebrate all things Rotaract during World Rotaract Week and I can't wait to see what is in store and to share even more experiences with all of you!

As the country *gathers* together this year, let us remember to rely on each other, to build and grow and support each other as our own **#LevelUp** journey continues.

Yours In Rotaract,

Danielle C. Donawa

Secretary | **Rotaract Club of Barbados** | 2019-2020





Cranberry Birthdays



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

Join us on **March , 2020** to celebrate with these members at our quarterly birthday social!

- **JAN 6** Rtr. Oliver Holder
- **JAN 24** Rtr. Dario Brathwaite
- **JAN 25** Rtr. Hadiya Marshall
- **JAN 27** Rtr. Shakera Daniel

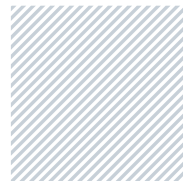
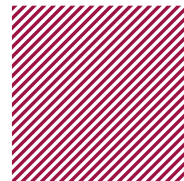
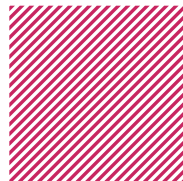
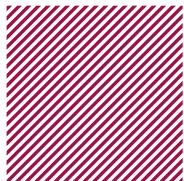


CranberryChronicles

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



CSLO Ramon Grant
Rtr. Natoya Ward
AD Saskia Spencer
Rtr. Cheyanne Francis



HM Ronnie Griffith
HM Sharia Pilgrim
CS Zachary McCollin

Cranberry Corner

Last quarter we had these new Cranberries join our ranks and we are so happy that they're here! Welcome to the Clan!



Kavita Singh

Committee - International Service

Kavita is a Relationship Manager at RBC Royal Bank (Barbados) Ltd. She enjoys crafts and interior design. She joined Rotaract in order to give of her time in a productive way.

Trey Cumberbatch

Committee - Community Service

Trey is a Research Assistant at the University of the West Indies, Cave Hill Campus, specialising in Psychology. He is admittedly a "diehard" Manchester United fan and enjoys any nature-based activity such as hiking or snorkeling. Trey is also the author of a mental health blog which he hopes to relaunch this year.

Trey joined the Club to rekindle his passion for volunteerism and soon realised that this was the ideal place to do it!



Jamar Mayers

Committee - Club Service

Jamar is a Claims Assessor at ICBL specialising in claims payable and claims receivables. His hobbies include going to the beach and photography.. When asked why he joined Rotaract, Jamar said that he did it to take part on community service and self-development.

Cranberry Corner



Chevon Graham

Committee - Professional Development

Chevon is a merchandiser at Caribbean ARI Inc. whose hobbies include exercise and personal training. She is also currently in training to become a financial advisor!

When asked why she joined this Club, Chevon said that she wanted to serve a wider community as she tries to do in her immediate community

Zakiya Agard

Committee - International Service

Zakiya is a student of clinical laboratory sciences at the Barbados Community College who "sings at different events sometimes". She joined Rotaract because she loves the work done by the Club and its passion for helping people in need.

She went on to say "*In our little island it is great to have at least a few kind souls who see people in need and take action and actually want to help them*"



Asha Phillander

Committee - Finance & Fundraising

Asha is a Psychology graduate with particular interest in mental health and has worked as an addiction counsellor. She loves to laugh and "eat [her] belly full" and her celebrity crush is Trevor Noah. Asha joined RaCOB to volunteer, connect with new people and to enhance her social life.

Cranberry Corner



Hadiya Marshall

Committee - Club Service

Hadiya is a Medical Doctor at Urgent Care Mobile. Her hobbies include baking, painting and dance and when asked why she joined RaCOB, her answer was simply "I love service"

Jai Gooding

Committee - Finance & Fundraising

Jai is a Civil Engineer and works as a Site Engineer at ITB Associates. He joined the Club to "give those less fortunate than I am, as well as to form new relationships with persons like myself"



Melanie Goodridge

Committee - Professional Development

Melanie is an Administrative Assistant at Pammard Services and has a special interest in grief counselling. She is also a proud Sunday School teacher. In her free time Melanie "loves" watching Scooby Doo and planning events. She joined RaCOB because she loves to serve and the projects with a focus on children "won [her] over"



Cranberry Corner



Cherise Vanderpool

Committee - Community Service

Cherise works part time as Network Services and Product Development personnel at Healthcare Barbados which means that she "networks with prospective regional and international partners and helps draft proposals to healthcare institutions on ways to improve health outcomes". In addition to pushing various proposals for the improvement of public health, Cherise enjoys painting and sewing.

When we asked Cherise joined RaCOB she said *"I've always wanted to be involved with community service, particularly outreach to the homeless and RaCOB is a great avenue through which I have been given the opportunity to do so."*

Marisa Smith

Committee - Community Service

Marisa is a Medical Student at the University of the West Indies, Cave Hill Campus. Her favourite instrument is the piano and she hopes to be proficient in playing it in the next decade. Marisa is also an events photographer and is "extremely adventurous, especially with food."

Marisa was inspired to join RaCOB by the enthusiasm of its members and the bond among the group



A LOOK BACK AT DECEMBER



Dec 3: Club Meeting Board Elections

A LOOK BACK AT DECEMBER



Dec 13: District Governor Trevor Blake Visit



Dec 8: Carols by Candlelight

ROTA-GIFT

DECEMBER 6 - 21, 2019
ROTARACTOR MARIO MURRAY

Grant a wish, create a smile. That is the impact that Rota Gift has always strived for in its three years thus far. In 2019 it was expanded, with workshops in CV writing and self defense making up the first two phases, and the customary food and toiletries drive becoming phase three.

Rota Gift is always a great avenue for this club to fully embody the mantra of "service above self". I consider it to be special among community service projects because we invite the society at large to become our Christmas elves, helping us to stock up our sleigh with goods to be gifted to our beneficiary. Even in the midst of what many would deem to be "rough times" financially, we collected and donated well over \$8,000.00 worth of goods to the **BPW Shelter for Abused Women**. The Cranberries led the way; petitioning family, friends, work colleagues and even strangers in supermarkets into giving towards the cause and successfully filling up all of the bins.

Special shout out to Rotaractor Cheyanne and the entire QEH Ophthalmology Ward for their donation. We can't forget our Partners in Service **SLAM 101.1 FM**, **Massy Stores**, **First Citizens Bank**, **Bellair's Research Institute** and **Platinum Systems Ltd**.

In addition to the quantifiable impact, Rota Gift also gave us the opportunity to continue to highlight the work being done at the shelter and champion the cause of all those who have ever needed to employ its services. Ideally such a shelter would not be needed but alas, we do not live in an ideal world. That is why, beyond the donations, simply shining a light on the shelter is a service in itself. Grant a wish, create a smile, shine a light.

That is the impact of Rota Gift.



O' CHRISTMAS TREE: THE WINTER WONDERLAND EDITION

SUNDAY 15TH DECEMBER 2019
ROTARACTOR DARIO BRATHWAITE



Our Annual Christmas social dubbed "**O Christmas Tree - The Winter Wonderland Edition**" was held on December 15, 2019, once again at the residence of Dir. Haylee Shaw. It was an all-white affair (excluding VP Zahir), from clothing to food and drinks to decorations. Speaking of decor, this was extremely well put together and certainly added a festive feel to the occasion.

While the lime primarily consisted of food, drinks, and games, as in the past, the addition of Karaoke added even more humour to the evening, and brought out the inner diva in some of our members. Next time around we will need to have multiple microphones as PM Rachel held onto that mic during a duet with PM Ama. Special mention also goes out to Rotarian Makonem and AD Mario for their smooth renditions.

The icing on the cake was when we all came together to play our O Christmas Tree favourite, Mafia. In the end the townspeople of Cranville were able to identify all the Killers (Rtrs. Kiana, Chevon, Trey and Jamar) and the Conspiracy Theorist, Pres. Kareem (well deserved). We all ended the night posing for photos, with friends, committee members, or simply alone, bringing out the inner models. What a great way to celebrate the Christmas season with like-minded young professionals who all share the spirit of giving! Happy 2020 to all!

BREAKING BREAD FOR CHRISTMAS

SATURDAY 7TH DECEMBER 2019

ROTARACTOR MELANIE GOODRIDGE

Mandy Hale wrote: *“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.”*. If I can speak on behalf of the Rotaract team I can safely say that beauty shadowed Queens Park on December 7th, 2019. For the second time, the members of the Breaking Bread, Making Bread Committee along with the assistance of the wider club and members of the Rotary Club we were able to cater to approximately 100 persons; providing a hot nutritious meal, care packages and some clothing.

We were off to a late start due to some minor hiccups while preparing the meal but who could tell from the contented faces that swayed around the park enjoying their meals and interacting with the club members. From all reports the oats were amazing again; we will be making that our signature dish for upcoming Take Overs - IPP Mario Boyce, thank you in advance. To each and every person who assisted in preparing the food, serving, disturbing and cleaning up, you are greatly appreciated.

On December 21st, we joined forces with all the other Breaking Bread weekly groups to spread Christmas cheer with a festive meals for the homeless. Each person received a bag pack with toiletries and non-perishable items. Simultaneously, two additional tables were set up for book and clothing giveaways.

At most, it's difficult to serve and not be affected by the kindness that we give. For some of our members, the experienced was overwhelming and one of our members explained that they heart was happy and heavy at the same time. It was indeed one of the more impactful projects that they have been a part of.

CHEERS TO TEAMWORK!



COMING UP...

January 4, 2020: Breaking Bread Assist - Queens Park, 6:00 A.M.



Breaking Bread Assist: January

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.

Dates:

- Saturday 4th January 2020; and
- Saturday 18th January 2020

Time: 6:00 a.m. - 7:00 a.m.

Location: Queen's Park, Constitution Rd, Bridgetown

Rotaract Club of Barbados



Rotaract Club of Barbados

LEVEL up

Cranberry Crash Course

CALLING ALL NEW AND PROSPECTIVE MEMBERS!

We are interested in recruiting self-motivated and energised individuals, with a passion for community service and professional development, aged eighteen years and over! The goal of this session is to provide participants with a basic understanding of Rotary, Rotaract and specific requirements to become a member of the Rotaract Club of Barbados.

4TH JANUARY 2020 | HAROLD HOYTE AND FRED GOLLOP MEDIA COMPLEX | 3:30 P.M.

January 4, 2020: Triple C [Cranberry Crash Course] - Harold Hoyte & Fred Gollop Media Complex, 3:30 P.M.

COMING UP...



January 7, 2020: Club Meeting-
Harold Hoyte & Fred Gollop
Media Complex, 6:00 P.M.

January 21, 2020:
Children's Annual Fun Day:
Part I: Harrison's Cave, 9:00 a.m.
Part II: Sandalwood Estate, 12:00 p.m.



Rotaract
Club of Barbados



Signature

CHARTING YOUR CAREER



SATURDAY
JAN 25 | 10:00 AM

BL&P TRAINING ROOM
GARRISON HILL, ST. MICHAEL

CONTRIBUTION:
BBD \$10

Part 1: Signature: Charting Your Career

Register Now: bit.ly/RaCOBSignature

Remember this when you're crafting your New Year schedule! As always, we'll be touching on a list of trending themes and "red table" points which will assist you in preparation for or advancement in the world of work. Whether you are an aspiring or young professional, this is the event to attend. Use this opportunity to seek out knowledge from experienced professionals on themes such as **#CVwriting #Interviews #Dress #Socialmediabranding and #Image.**



Signature.

THE STRUT EDITION



SATURDAY
FEB 8 | 5:00 PM

DAPHNE JOSEPH-HACKETT THEATRE
QUEEN'S PARK, BRIDGETOWN

CONTRIBUTION:
BBD \$75

Part 1: Signature: The Strut Edition

Register Now: bit.ly/RaCOBSignature

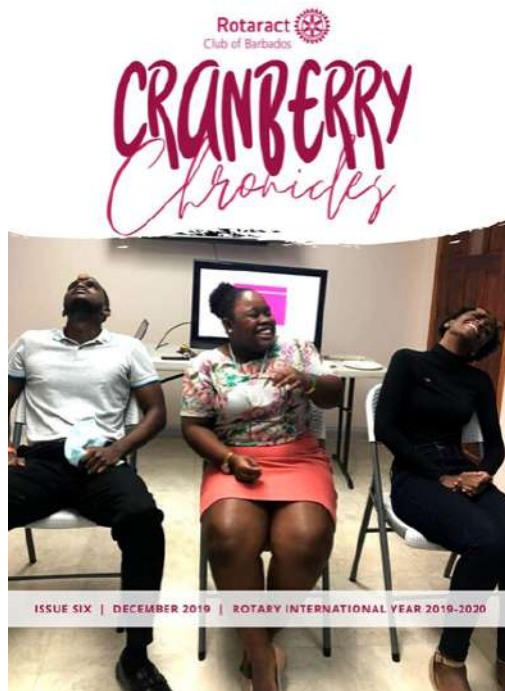
You must've heard the buzz surrounding this crowd favourite! Originally conceptualised as a speed networking event, this event has been nurtured, cared for and grown. Stepping into 2020 as a runway showdown, the Rotaract Club of Barbados will be hosting its very first Fashion show, showcasing the talent of a number of outstanding artists from around the island. After that, spend the evening connecting "*chat and chew*" style, with our specially invited seasoned professionals. Don't be left out, tickets will go quickly and we all love the early birds.. mark your calendar and reserve your spot for this leg of the event.



Thank you for Reading

Look out for our next issue on February 1, 2020

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



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