

CRANBERRY *Chronicles*



ISSUE NINE | MARCH 2020 | ROTARY INTERNATIONAL YEAR 2019-2020

Ra C.O.B



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A WORD FROM YOUR FRIENDLY NEIGHBOURHOOD SECRETARY

We're officially 4!!!!

Welcome to the last month in our Charter Quarter! This year is going so quickly and I can't believe we're nearly at the end of our [#LevelUp Journey](#) (I'm not crying, you are!)

The celebrations continue this month as we gear up to celebrate **World Rotaract Week 2020**. Our service continues with another Breaking Bread Takeover and we get to spread JOY and learn how to be sustainable with our water usage!

I am so proud of how engaged our Club continues to be and how much you have all supported this vision.

Sit back, relax and enjoy some of our memories from the last month as we look to the future of how we are gatherin' and levelling up to finish this quarter strong!

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 this month to celebrate with these members at our 3rd quarterly birthday social!



- **MAR 3** DE Kavita Singh
- **MAR 4** VP Zahir Jackson
- **MAR 8** Rtr. Marisa Smith
- **MAR 13** HM Janelle Jordan
- **MAR 24** PM Alvaro Holder

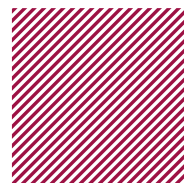
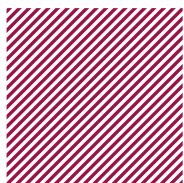


Cranberryzaries

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



PE Rashida Prescod
ADRS Scott Chandler



Cranberry Corner

ROTARACTOR TREY CUMBERBATCH

Imagine having a job. And no, this isn't a facetious remark on Barbados' economy (although, you're more likely to get a Bathsheba bus before you get a job these days). But just imagine having a job...that you hate. Whether it's the people, the environment or the monotonous nature of the work itself, you HATE this job.

Dragging yourself out of bed to get there is 3 days' work in itself, and you get the privilege of having to do so 5 mornings a week. Then, you get a front row seat to watch as that job makes its daily deposit into your anxiety account. But, at least one account is getting deposits right? Because the compensation afforded to you by your wonderful place of employment in no way corresponds with the amount of stress, frustration and anxiety that you have to endure on a daily basis.

As you get deeper and deeper into this cycle of anxiety and job resentment, you realize that this job is nothing but deleterious to your mental health. For that reason, you begin to consider doing the logical thing; leaving your job. Except, that's not so logical is it? You have bills. You have to eat. You have a child; maybe even children. Then you have goals; whether they are financial, academic or developmental, goals cost money. And as for how long it could take for you to get another job after leaving this one? Well, the Bathsheba bus just pulled into Gate 6.

As a result, you're stuck in this job... This... maelstrom of perpetual misery. Or at least, it feels that way. But that feeling is legitimate right? Who would be excited by the prospect of staying in a job that they hate? Well, according to your friends, you; after all, you should be "thankful that you have a job in this economy" and "stop complaining" because "life isn't fair."

Fair enough. Maybe it's best that you just keep your feelings to yourself. You're the only one that gets you, after all. However, you are now convincing yourself that this cycle never ends. You are now convincing yourself that you are alone in this world and that life isn't worth living. You are now convincing yourself that there's only one way out... or a variety of ways.



Pills, razors, bleach... All retrievable from your nearest shop. The people that you care about... Hell, the world itself would be better off without you. So in a sick way, your death would actually be functional. You may not have 13 Reasons Why you're doing this, but your reason is enough. Who cares what people think? They didn't care when you were in puddles of tears. They didn't care when they were telling you to "suck it up" and get on with your life. So why would they care when you're gone?

Except... They would, because they do. Let's face it, you leaving them in such an abrupt and violent manner would undoubtedly devastate them.

Cranberry Corner

ROTARACTOR TREY CUMBERBATCH

They may not have the best way of showing that they care, but that's most likely because they simply don't understand. And many times, that's not for a want of trying; rather, Barbadian society has such a long way to go in our understanding of mental health. We still equate mental illness to "madness" or weakness. Because of that, we do our damndest to avoid even talking about mental health and illness; how can you expect to understand something that you avoid?

Nevertheless, your friends do care. And as much as you may think otherwise, neither them nor the world would be "better off without you." If you ask me, the world would suffer one of its biggest losses in losing you. So as much as this may sound cliché, I promise that it gets better. You won't be stuck in that job forever. You will become financially abundant to the extent that your responsibilities will no longer make you stay where you feel uncomfortable. And above all else, you'll be able to wake up one day and look forward to the day as opposed to dreading it.

In the meantime, I urge you to hold on for just that little bit longer. Everything that you're going through right now is fortifying you for that next chapter of your life, and eventually, your destiny. Moreover, remember that you don't have to do it all on your own. Even if you struggle to see it, there are people that genuinely love and care about you. Do yourself a favour and give them a chance to show that.

Mental Health is Health itself.

Pay attention and get help!

A LOOK BACK AT FEBRUARY



February 1st: Breaking Bread



February 1st: Photo Booth 4.0



February 1st, 8th, 15th, 22nd & 29th: Model United Nations



February 17 - 21: Committee Week

Signature

THE STRUT EDITION

FEBRUARY 8, 2020
ROTARACTOR DARIO BRATHWAITE



LIGHTS, CAMERAS, ACTION!

Signature: The Strut Edition, was a fundraising event with a difference. Conceptualised as a fashion show, the first of its kind under the Signature Brand, it showcased the work of several talented designers from across the island, with the goal of raising funds to assist two beneficiaries: **The Nature Fun Ranch** in Barbados and **The Rotaract Cub of Naguru** in Uganda. Our designers for the night included **Pauline Bellamy Barbados**, **Welchwear Fashion**, **Makgious**, **Cultured by Zhané**, **Victoriesque Designs** and **J.FAB Designs**.

The show generally ran smoothly and was very entertaining. The MC for the night, the beautiful **Faith Callender**, was very engaging in her role and kept the audience wanting more. Our very own Rotaractors, Vicki Estwick and Jamar Mayers (#clubservice!) were a part of the modelling cast, and they represented us well in their modelling debut. Let's not forget about those Rotaractors who had to strut their stuff to win door prizes; HM Rachel Austin, Rtr. Tonya King and PM Alvaro Holder.

While the designs were the main attraction, the audience was entertained through song, spoken word and dance. Many thanks to **Graham Hutchinson**, **Elim Arthur**, **Kareem Agard**, **Zakiya Agard**, **Mario Murray**, **Riddim Tribe** and **Karina Rodriguez** for their breathtaking performances.

After the main event was the mix and mingle, where patrons had the opportunity to have light bites and drinks as they connected amongst themselves. Of course, Signature would not be the same without the birthday cake (Four Years!), which was lit and sliced after an encouraging and heartfelt speech by our President, Mr. Kareem French, and the customary group photo.

The success of this event would not have been possible without our sponsors: **The Nation Publishing Co. Ltd, Barbados Public Workers Co-operative Credit Union Ltd, Ernst & Young Barbados and Fortress Fund Managers.** Special thanks also go out to our **Partners in Service: Barbados Light & Power, Brydens Insurance Inc., Capital Media HD 99.3, Caribbean ARI Inc., Courts, Loyd Teas (General Distributors Inc), Pine Hill Dairy, Occasio Planning Services & Milestone Memories, One Pak Rentals, Slam 101.1FM and Stansfield Scott!**

To the MUA, Backstage Crew and Model Coach, Thank you! This year was so much fun! We ready for Signature 2021!



PASS THE MIC: BOO'D UP

FEBRUARY 29, 2020

ROTARACTOR CHERISE VANDERPOOL



Cranberries and friends of cranberries came out to another amazingly insightful **Pass the Mic** session. This is where we have open and honest conversations about topics that we may be struggling with as young people. In this discussion, our panellists weighed in on living single, being in a relationship, and possibly proceeding to marriage all the while considering career goals and these **#moneymoves** at **Boo'd Up**.

This time around our panel included **Rotaractor Melanie Goodridge**, hailing for the strong, independent, single ladies all about securing the bag. Posed with questions like 'how will you know when is the right time?' and 'why focus mainly on your career as opposed to striking a balance?' Melanie was very clear in stating the importance of honesty and self-awareness, goal-setting, individuality, and disbanding the societal expectations of finding 'Mr Right' right now.

Also, we had love veteran, **Prospective Member Alvaro Holder**. Notably, he highlighted to the ladies how hard it can be for guys to 'deal' and heal after a break-up and the fact that their healing process may actually be a much longer one. He encouraged young people to heal and to remain open to the possibility of love after heartbreak even though one may be career-driven. He reinforced the necessity of boundaries and the inevitable dangers with these 'work husbands' and 'work wives' if said boundaries were not in place.

PASS THE MIC: BOO'D UP

FEBRUARY 29, 2020

ROTARACTOR CHERISE VANDERPOOL

Additionally, there was renowned **#Rotacouple Secretary Danielle Donawa** and **Director Akeem Spencer** who shared insight on balancing work and love by setting dedicated time for your significant other such as date nights. This couple also emphasized the importance of proper communication, expressing each other's love language and healthy boundaries with friends.

Our fourth panellist was **Minister St. Claire Browne**, counsellor & life coach who urged all of us but especially the women to ask the hard questions about the purpose and direction of the relationship. He encouraged us all to be introspective and to heal from things which may date back as far as childhood that we may not even be aware of, to ask for help through counselling if you aren't sure you can recognise and do it on your own, and he reminded us that you have to be whole first in order to be a healthy part of a relationship. Furthermore, he reiterated that love is a choice and not just a feeling and also that trust must be built and maintained in relationships. We even had our moderator, **Rotaractor Chevon Graham** pitching in with strong advice and tips for healing and expressing love languages.

Coming away from this crucial discussion here are some of the key questions for the millennials:

- What is dating and what is its purpose?
- What is love?
- Do we understand that it's a choice and do we understand what that entails?
- What's the purpose of marriage to millennials who aren't coming from times gone where there was a significant financial component cementing it?
- What's your primary love language and if you have a bae what's his/ hers?
- What do millennials really want?

Looking forward to a Boo'd Up Part 2 and our other **Pass the Mic** sessions.



COMING UP...



March 3, 2020: Club Meeting

Harold Hoyte & Fred Gollop
Media Complex, 6:00 P.M..



MYTH VS FACT

This project involves members sharing information about their jobs, including common misconceptions and the facts about their professions. This will be executed quarterly during a club meeting. The goal of this project is to assist members with their public speaking as well as providing a method of getting to know our membership better, in line with the Club's goal of increasing its family dynamic.

Vocation: Psychology and Mental Health

Date: Tuesday 3rd March 2020

Time: 6:00 p.m.

Location: Harold Hoyte and Fred Gollop Media Complex, Fontabelle, St. Michael

Light refreshments will be served



COMING UP...

A promotional graphic for the 'Breaking Bread Takeover' event. The background is a dark, close-up photograph of a wooden rolling pin and dough. In the top left corner, there is a small logo for 'Breaking Bread' featuring a steaming cup of coffee. The main title 'Breaking Bread Takeover' is written in a large, bold, yellow font. Below the title, there is a paragraph of text explaining the goal of the event. At the bottom left, the date, time, and location are listed. At the bottom right, there is the Rotaract Club of Barbados logo.

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.

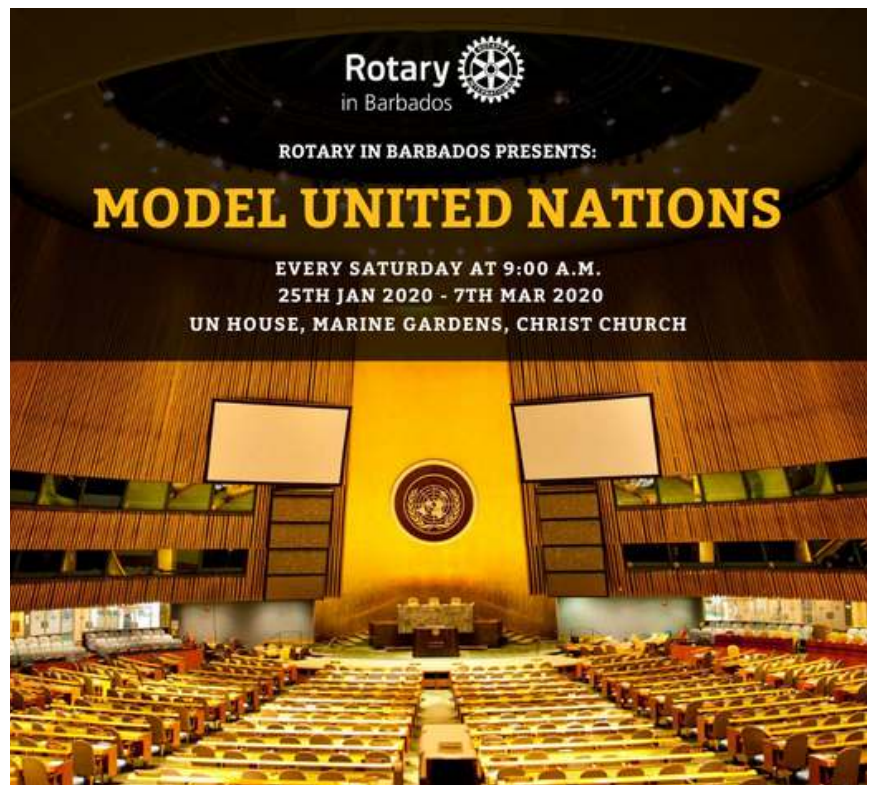
Date: Saturday 7th March 2020
Time: 6:00 a.m. - 7:00 a.m.
Location: Queen's Park, Constitution Rd, Bridgetown

Rotaract Club of Barbados

March 7, 2020:
Breaking Bread Takeover
Queens Park, 6:00 A.M

March 7 & 14, 2020:
Model United Nations
UN House, Marine Gardens,
Christ Church , 9:00 AM

Finale location to be determined

A poster for the 'Model United Nations' event. The top half of the poster is dark with the Rotary logo and text. The bottom half is a photograph of a large, modern conference hall with many rows of tables and chairs, ready for a meeting. The text on the poster provides details about the event's schedule and location.

Rotary in Barbados

ROTARY IN BARBADOS PRESENTS:

MODEL UNITED NATIONS

EVERY SATURDAY AT 9:00 A.M.
25TH JAN 2020 - 7TH MAR 2020
UN HOUSE, MARINE GARDENS, CHRIST CHURCH



UWI Cave Hill
 South Barbados
 Barbados West
 Barbados

MARCH 8TH - 15TH
 WORLD ROTARACT
 WEEK 2020



POWER of PEACE

08 *Church Service*

WESTERN LIGHT CHURCH OF THE NAZARENE
 WEST TERRACE, ST. JAMES
 8:00 A.M.

13 *World Rotaract Day*

SOCIAL MEDIA CAMPAIGN
 WEAR BLUE OR WHITE, REP YOUR PINS
 ALL DAY

10 *Anger Management & Mental Health Talk*

SIDNEY MARTIN LIBRARY
 UNIVERSITY OF THE WEST INDIES, CAVE HILL
 6:30 P.M.

14 *Bus Crawl*

MORE DETAILS COMING SOON

15 *Refurbishment of Mural*

FAIRCHILD STREET BUS TERMINAL

**FOR MORE INFORMATION, PLEASE CONTACT
 RAAG NATHIFA HOYTE AT (246) 285-4205**

World Rotaract Week 2020!

Register Now: bit.ly/WRW2020

Join us in our celebration of Rotaract's 52nd Global Anniversary! The Rotaract Clubs of Barbados have planned some amazing joint initiatives under this year's theme, '**Power of Peace**.' Theme shirts are to be worn on days of either the Social or Community Service project. **Shirts cost \$30 and payable at our Club Meeting on Tuesday 3rd March 2020..** Click on the link above to RSVP if you haven't done so as yet.



RAINWATER HARVESTING & CONSERVATION SEMINAR

SATURDAY 21ST MARCH 2020 | 10:00 AM
HAROLD HOYTE AND FRED GOLLOP MEDIA COMPLEX

LIGHT REFRESHMENTS
AND FREE WRITING
MATERIALS WILL BE
PROVIDED

REGISTER NOW:
[BIT.LY/RACOBRAINWATER](https://bit.ly/racobrainwater)

Water Education Project

The topic of rainwater harvesting and conservation has become a matter of national importance and urgency in Barbados. Join us on World Water Day for our first ever Rainwater Harvesting & Conservation Seminar as we attempt to improve the knowledge of members and guests on simple, yet effective methods to rainwater harvesting and conservation.

For more information, kindly contact Director Daren Forde or Director Akeem Spencer.

Date: Saturday 21st March 2020

Time: 10:00 A.M.

Location: Harold Hoyte & Fred Gollop Media Complex

SAT
APRIL 4TH
7:00 PM

Rotary 
Club of Barbados

EarlyAct 
Wills Helping Hands

Wine & Cheese

Old English Pub Setting

PEARL GRAEME HALL TERRACE
CHRIST CHURCH

\$100

Includes wine,
premium drinks, food
& entertainment

**SILENT
AUCTION**

with great
prizes
to be won!

**TICKETS
AVAILABLE**

from the Wills
Primary School's
office

ALL PROCEEDS FROM THIS EVENT
GO TO VARIOUS CHARITIES

Rotary Club of Barbados - Wine & Cheese Fundraiser

The Early Act Helping Hands Club of Wills Primary School will be having its first fundraising event for 2020 in the form of a Wine & Cheese Social. This event is expected to be nothing short of exciting as patrons are emerged in an *Old English Pub Setting* while serenaded by the cool songs of Jae Johansen. There will be a wide selection of wines and food items, not to mention a premium bar with cocktail mixes by an award-winning Mixologist. In addition, there will be a Silent Auction with great prizes to be won, like Spa Vouchers and Stay Cations to name a few.

All funds raised will be used to assist various charities which the Early Act Club partners with, one in particular is the Precious Touch Foundation. The evening is expected to be one of great food, wine and entertainment. For more information, kindly contact Rotarian Jamella - jamellaforde13@gmail.com.

Date: Saturday April 4th 2020

Time: 7.00 P.M.

Location: Pearl Graeme Hall Terrace, Christ Church



Thank you for Reading

Look out for our next issue on April 5, 2020

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



CONTACT US

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