



CRANBERRY *Chronicles*





Rotaract
Club of Barbados



What's Inside?

- 2 A WORD FROM THE EDITOR
- 3 CRANBERRY BIRTHDAYS
- 4 CRANNIVERSARIES
- 5 A LOOK BACK AT JANUARY 2021
- 7 A LOOK BACK AT FEBRUARY 2021
- 10 FEATURE: "PASS THE MIC-FAMILY, LIFE, LOVE"
- 13 WORLD ROTARACT WEEK 2021
- 16 COMING UP...



A WORD FROM THE EDITOR

My dearest Cranberries,

As we hurtle towards the end of another quarter, I must admit that I'm feeling triggered. This year's Q3 could not be any more different from last years... here we are, once again stuck inside and unable to fellowship as in what seems to be days of old.

I want to commend all of you for your commitment to service in this continuously trying times. Truthfully, the Cranberry enthusiasm has made me look past the sorrow of yet another lockdown and focus on the hope of a **brighter future**. You all inspire me more than words can say and I am so grateful for your continued dedication to this Club and to evolving into better and better versions of yourselves.

You all have taught me that standing together in positivity, even when things are much changed, is the only way we can get through it better and stronger than ever.

Continue to use the opportunities granted to you to open doors for others, always do your best and above all things, stay true to you.

Wear your masks. Wash your hands. Practice physical distancing and keep safe Cran-Fam!

We're not done yet!

Yours In Rotaract,

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
BIIIRRRRTTTHHHHHDAAYYYYY!!!!**

- **MAR 03** Dir. Kavita Singh
- **MAR 04** Rtr. Zahir Jackson
- **MAR 08** Rtr. Marisa Smith
- **MAR 13** Rtr. Janelle Jordan
- **MAR 24** DE Alvaro Holder



CranberryChronicles

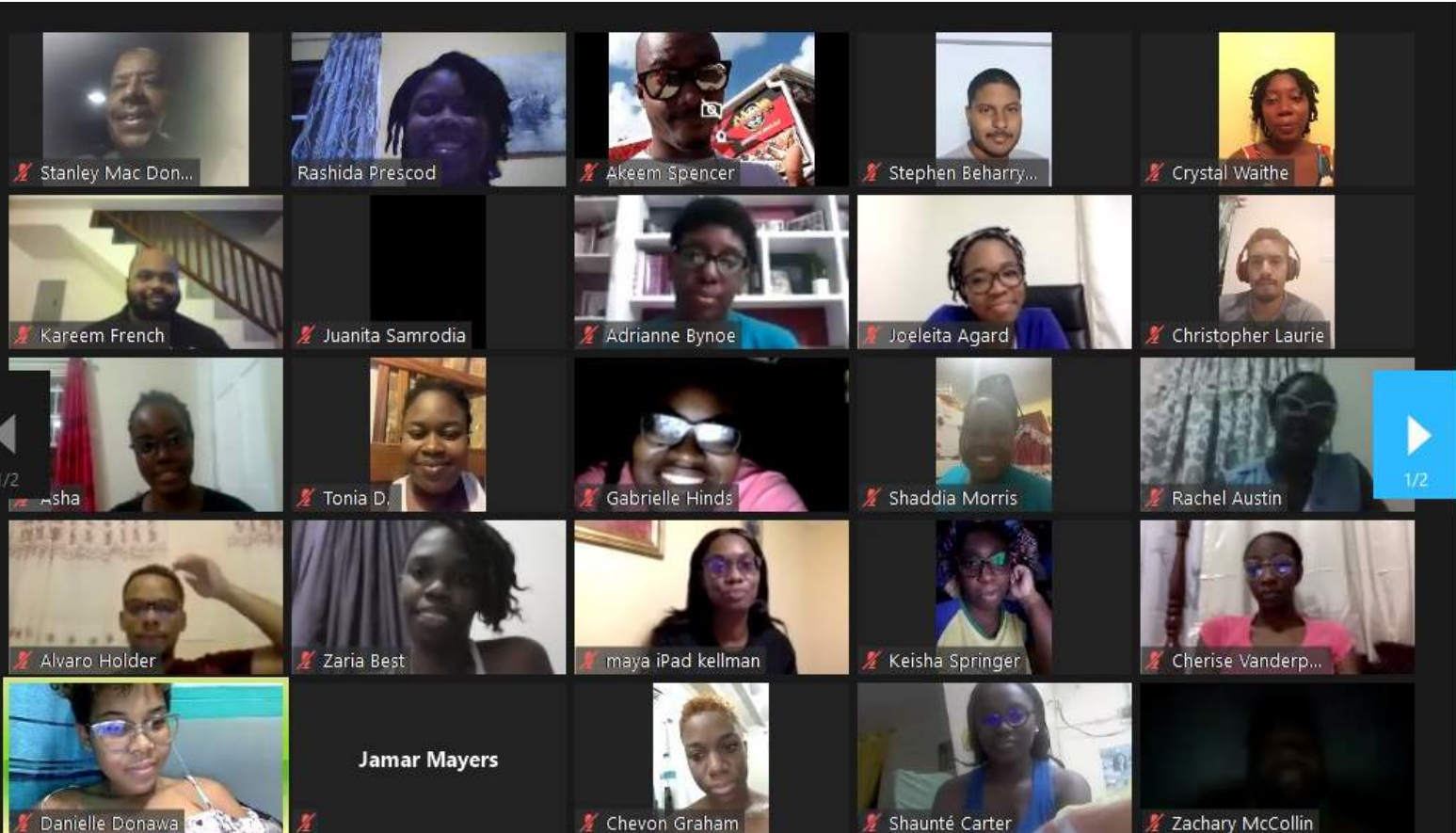


MARCH 17, 2018

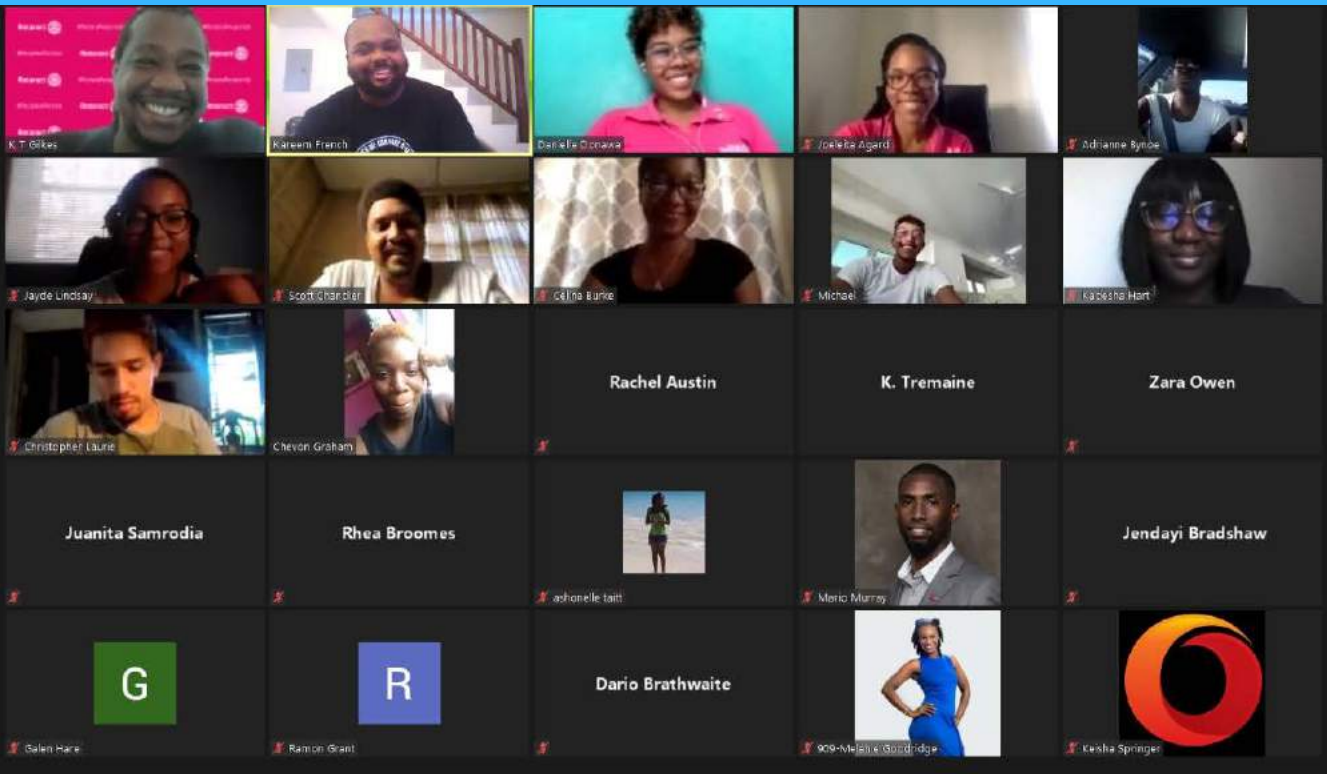
President Rashida Prescod

PE/RRO Scott Chandler

A LOOK BACK AT JANUARY 2021

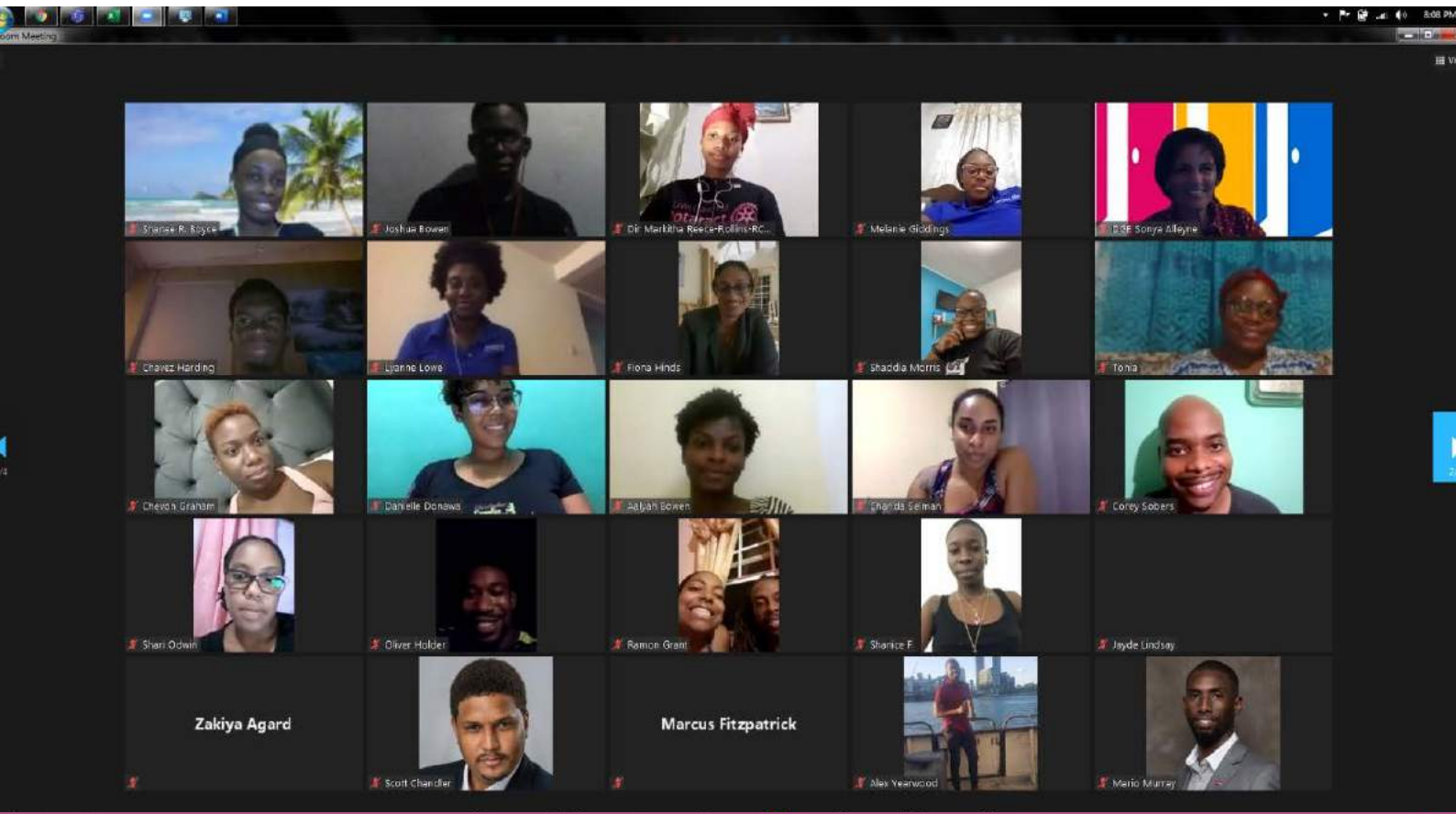


January 05, 2021: Club Meeting

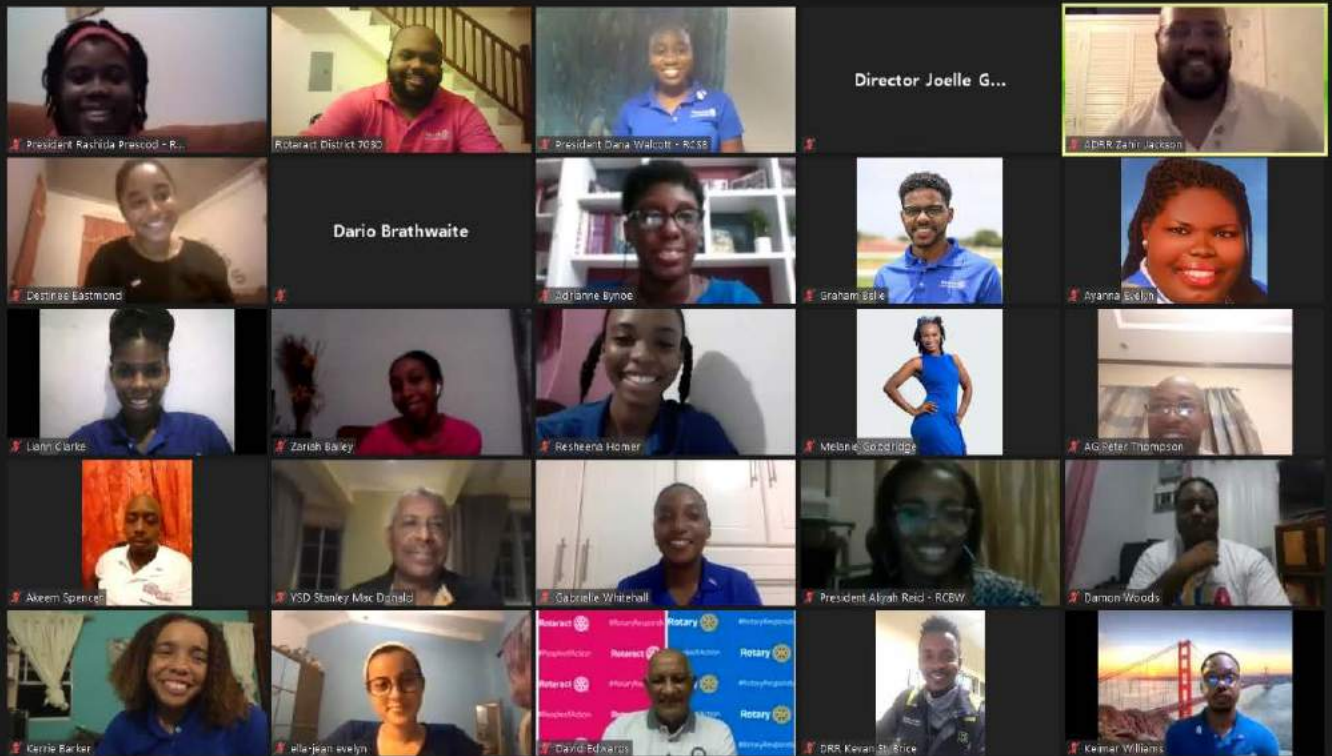


January 23, 2021: Triple C

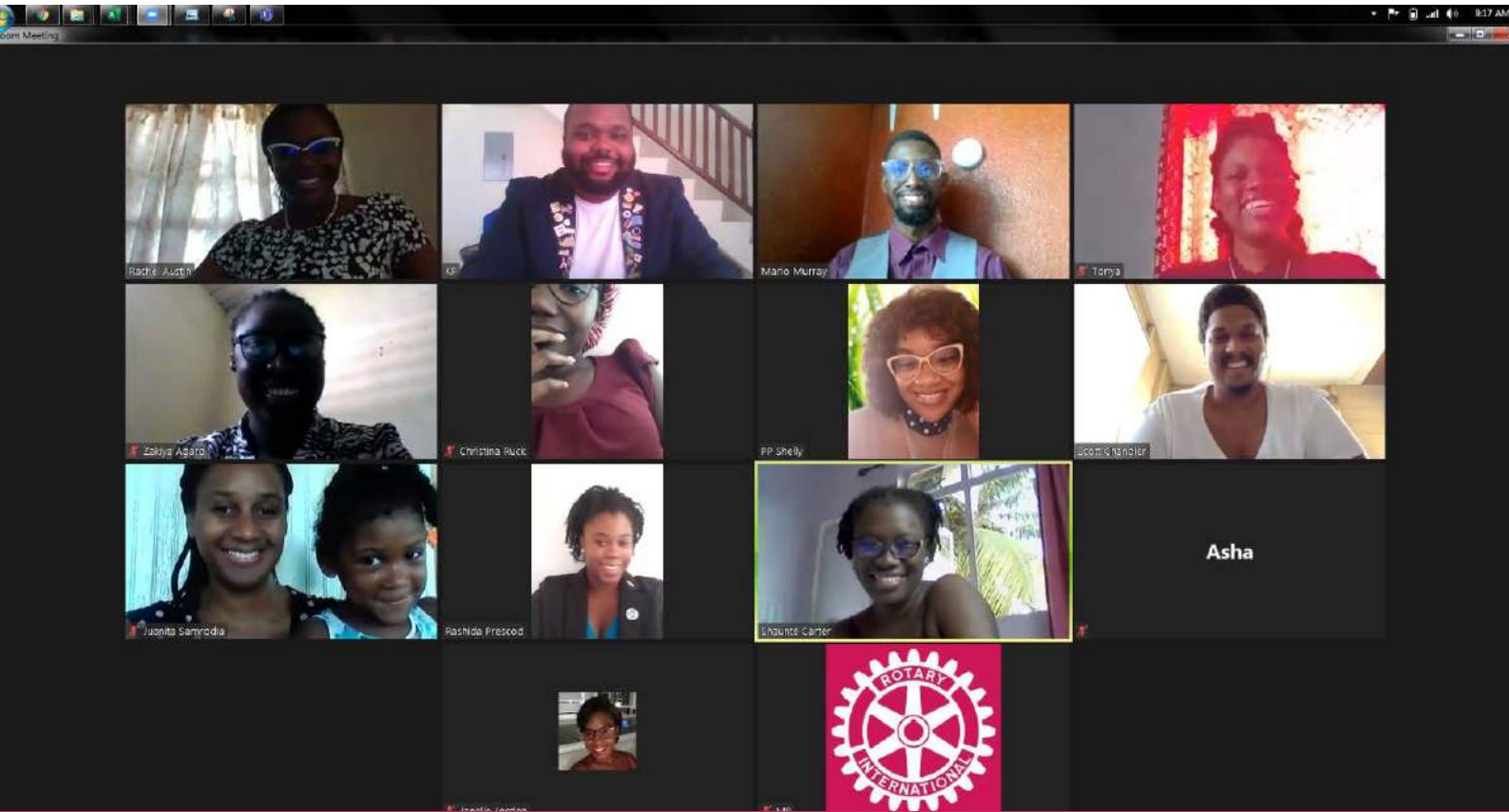
A LOOK BACK AT JANUARY 2021



January 18, 2021: DRR Kevan's Visit



A LOOK BACK AT JAN. & FEB. 2021



January 31, 2021: RaCOB Turns 5! - Church Service

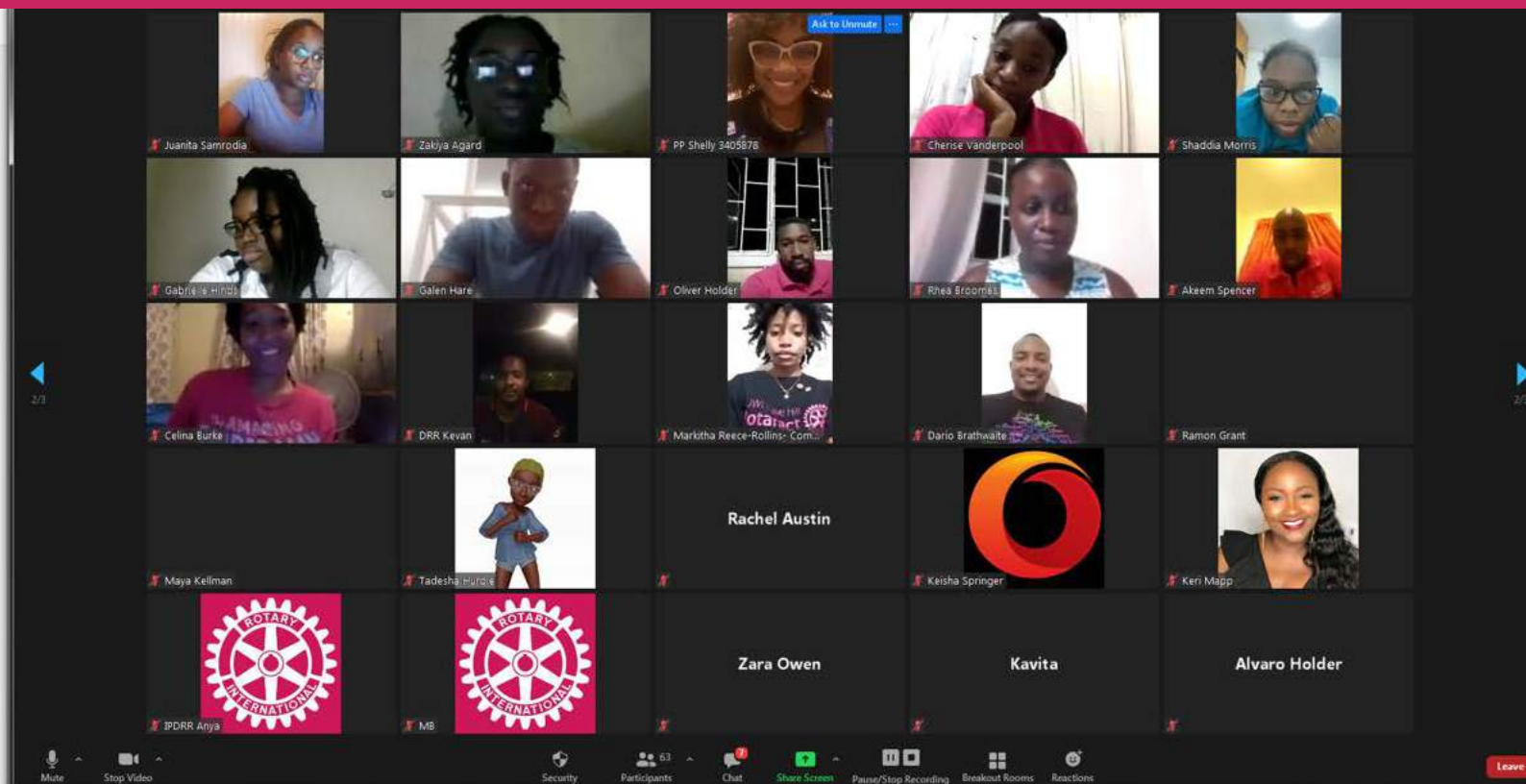


February 01 - 28, 2021: "Give A Pint, Save A Life" Blood Drive

A LOOK BACK AT FEBRUARY 2021



February 03, 2021: RaCOB Turns 5! Charter Anniversary Online Celebration



A LOOK BACK AT FEBRUARY 2021



February 13-18, 2021: COVID Care Packages



PASS THE MIC- FAMILY, LIFE, LOVE: " CREATING BUILDING BLOCKS TO HEALTHY RELATIONSHIPS

FEBRUARY 13, 2021
COMMITTEE SECRETARY MAYA KELLMAN

“The quality of your relationships determines the quality of your life, because that is where emotions are most magnified” ~ **Tony Robbins Entrepreneur, Business Strategist and # 1 New York Times Best Selling Author, 2019**

On the 13th of February 2021, the **Professional Development Committee** hosted their highly anticipated third installment of the **Pass the Mic Series entitled: Family, Life, Love: “Creating Building Blocks to Healthy Relationships”**. Primarily focusing on family education, this session was aimed to provide useful tools and advice to spark intimacy, build and nourish healthy relationships which in turn would improve the quality of our lives. Due to Governmental restrictions, an ‘in-person’ session was not allowed. However, the session was held via the Zoom platform and streamed live on our YouTube channel attracting over 70+ attendees from the 10:00 a.m. start time until 12:00 p.m.

The session was tailored into a free-flowing and interactive discussion forum where an array of questions was posed by the Host, Committee Secretary Gabrielle Hinds to the 4 diverse presenters. A ‘Question & Answer’ segment was later followed, allowing the virtual audience an unparalleled opportunity to engage the panelists for further insights and advice. In true Professional Development Committee style, this session was not only filled with top tier panelists but fun activities and giveaways!

The first two panelists featured were **Rotaractor Asha Phillander**, Mental Health Practitioner and **Assistant Director Trey Cumberbatch**, Mental Health Activist who proudly represented the "singles". They both shared personal insights whilst tapping into their psychology background on how to effectively manage and nourish relationships. The virtual audience was given a timely reminder of the importance of self-love, empathy and the importance of one’s overall mental wellbeing.

Rotaractor Juanita Samrodia, Solopreneur of **Jasmine’s Collection** was the sole married panelist who certainly knows how to work a room- even if it is virtual! She confidently and boldly moved the virtual audience with her humour, vulnerability and profound wisdom on marriage, parenting, family and love during a global pandemic.

Finally, with over 18 + years of practice experience , **Mr. Jomo Philips MSSW-MFT** was the sole Relationship and Couples Therapist featured on the panel. Mr. Philips’ calm demeanor, coupled with his incisive advice on the “nuts and bolts” of building and sustaining healthy romantic and non-romantic relationships offered food for thought as we navigate these unprecedented times.

PASS THE MIC- FAMILY, LIFE, LOVE: "CREATING BUILDING BLOCKS TO HEALTHY RELATIONSHIPS"

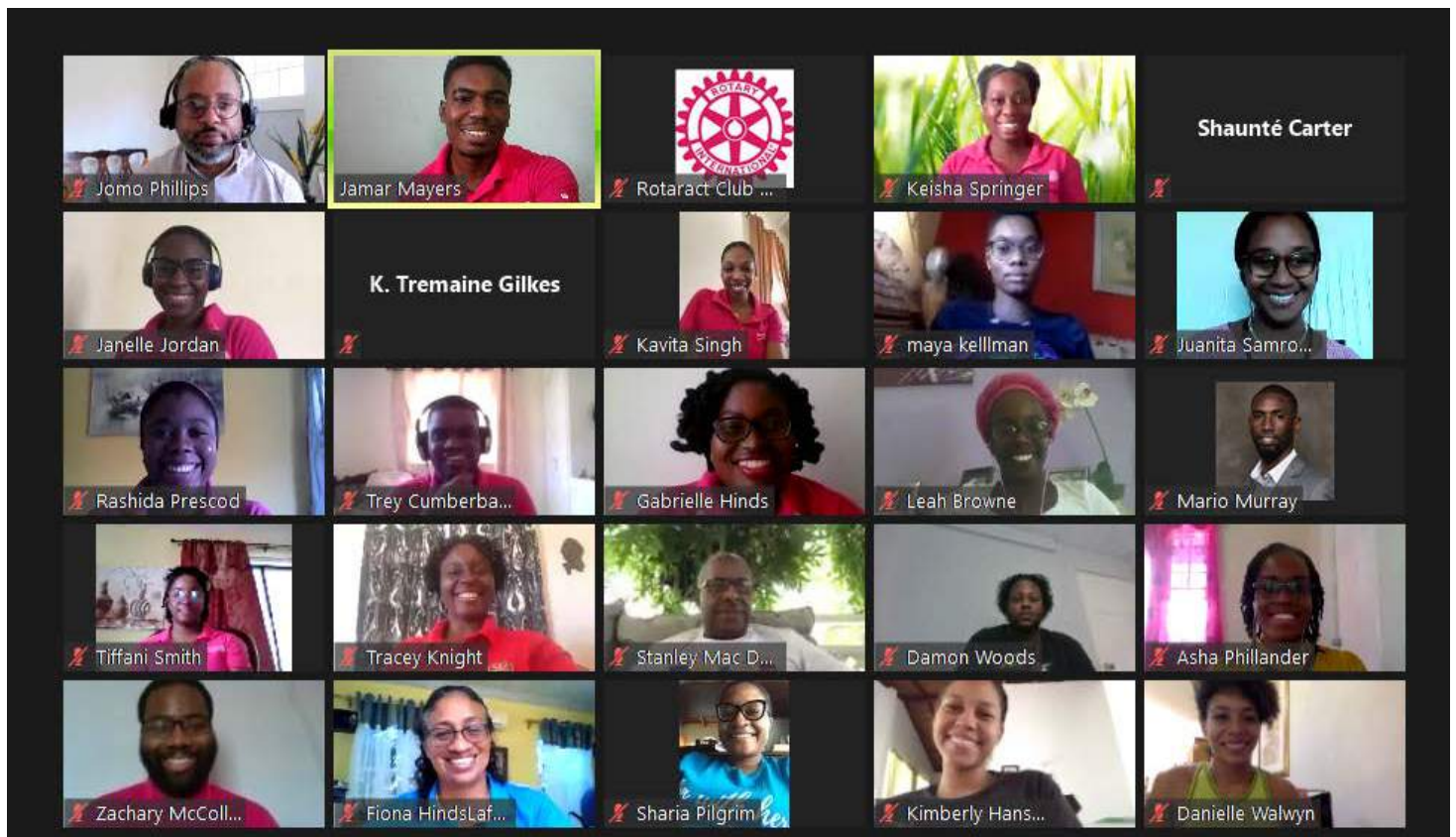
FEBRUARY 13, 2021
COMMITTEE SECRETARY MAYA KELLMAN

Conclusively, the session was promised and has certainly been proven to be an exceptional experience as our members echoed in [unison] for a Part 2 !

Important takeaways from the session included the following:

1. **Vulnerability is your superpower!**
2. Self-love sets the tone for all relationships in your life and is not as glamorous as social media portrays it to be.
3. **Remember your connections and consistently engage in activities which would nourish them.**
4. Understanding the different love languages promotes greater appreciation in all relationships.
5. **Always remember to seek out assistance from reputable resources to aid with your overall mental health.**

If you missed the session please check out our Club's YouTube channel: [Pass The Mic-Family Life Love](#) to watch the replay!



PASS THE MIC- FAMILY, LIFE, LOVE SELF-CARE TIPS & TRICKS

ROTARACTOR ASHA PHILLANDER, MENTAL HEALTH
PRACTITIONER

This Article has been researched and prepared to provide our members with invaluable tips & strategies on self-care and was heavily influenced from our last Professional Development session PTM: Family, Life, Love: "Creating Building Blocks to Healthy Relationships"

What is Self-Care?

Self-care has been defined as providing adequate attention to one's own physical and psychological wellness (Beauchamp & Childress, 2001).

Couple Care

- Learn & Practice your partners Love Language. Take quiz* if you do not know your partner's love language. *[Find your Love Language here](#);
- [Develop Bonding Habits](#) i.e. cooking, showering, playing together etc.;
- Create a schedule for Date nights i.e. Netflix & Chill etc.;
- Become workout buddies;
- [Read a book together](#);
- Pamper each other i.e. massages, foot massages, pedicures etc.

Singles Care

- Become aware of your stressors/burnout signs
- [Get your body moving](#) i.e. Do workout videos online or workout with your friends online.
- Schedule time to spend with yourself doing something you enjoy. i.e. looking at your favourite series, listening to music, etc.
- Create a bedtime routine. i.e. no electronics 2hrs before bed, listen to relaxing music or read before bed.
- Eat a balanced diet.
- Learn to meditate and do breathing exercises.
- [Ask for help](#) i.e. Find someone you can talk with regarding any challenges you are currently experiencing.

Children's Care

- Ensure your child/children get enough [sleep](#).
- Create bonding rituals with your child/children i.e. watch their favourite show together or cook their favourite meal.
- Ensure your child/children eat a [healthy diet](#) i.e. limit fast foods
- Allow children to express themselves creatively i.e. through art, dance, music or writing.
- Create fun ways to get your child/children i.e. dancing, walking the dog, TikTok dance challenge etc.
- Engage in play with your child/children i.e. board games or let them create their own games.
- Allow your child/children to do what they enjoy i.e. listening to music, playing video games etc.

WORLD ROTARACT WEEK 2021

WORLD ROTARACT WEEK 2021

MARCH 7 - 13

7TH

**VIRTUAL MULTI-FAITH
CELEBRATION**
10AM-11AM (AST)

13TH

**KIDS READING CAMPAIGN:
CYBER BULLYING**
10AM-11AM (AST)

9TH

**BALANCING LIFE IN
SERVICE WEBINAR**
6:30PM-8:00PM (AST)

13TH

**VIRTUAL GAMES NIGHT
& SOCIAL**
6:30PM-8:00PM (AST)

11TH

**SELF-CARE SOCIAL
MEDIA CAMPAIGN**
ALL DAY EVENT



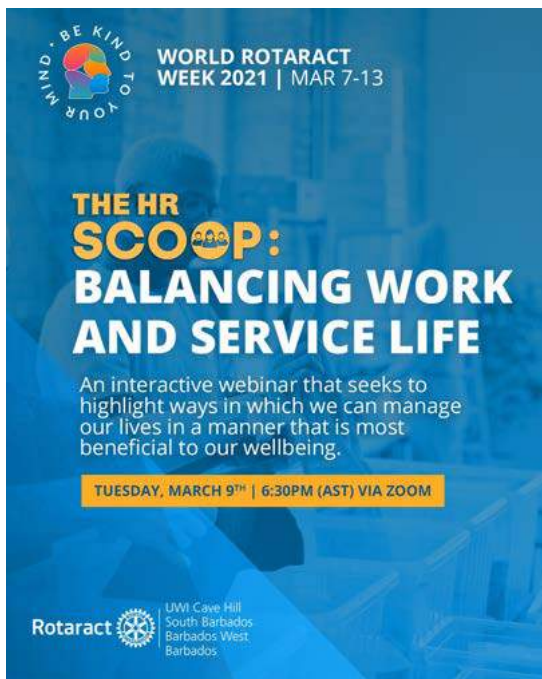
Rotaract



UWI Cave Hill
South Barbados
Barbados West
Barbados

WORLD ROTARACT WEEK 2021

March 7, 2021:
**WRW Virtual Multi-Faith
Celebration** – 10:00 AM,
Zoom



March 9, 2021:
**The HR Scoop: Balancing Work &
Service Life** – 6:30 PM, Zoom

March 11, 2021:
**Self Care: Social Media
Campaign**– ALL DAY



WORLD ROTARACT WEEK 2021

March 13, 2021:
Kid's Reading Club: Cyber Bullying – 10:00 AM, Zoom

WORLD ROTARACT WEEK 2021 | MAR 7-13

KIDS READING CLUB: CYBER BULLYING

A reading session aimed at educating children ages 7-11 on the dangers of cyber bullying through engaging stories read by Rotaractors and celebrity readers.

SATURDAY, MARCH 13TH | 10AM (AST) VIA ZOOM

Rotaract UWI Cave Hill South Barbados Barbados West Barbados

The poster features a green background with a faint image of a child reading. It includes the World Rotaract Week 2021 logo at the top left, the event title in large white letters, a descriptive paragraph, the date and time in an orange box, and the Rotaract logo and club name at the bottom.

WORLD ROTARACT WEEK 2021 | MAR 7-13

VIRTUAL GAMES NIGHT & SOCIAL

Bringing the fun to the household through an online interaction with Rotaract to celebrate World Rotaract Week.

SATURDAY, MARCH 13TH | 6:30PM (AST) VIA ZOOM

Rotaract UWI Cave Hill South Barbados Barbados West Barbados

The poster has a red background with a faint image of a laptop keyboard. It features the World Rotaract Week 2021 logo at the top left, the event title in large white letters, a short description, the date and time in a blue box, and the Rotaract logo and club name at the bottom.

March 13, 2021:
Virtual Games Night & Social – 6:30 PM, Zoom

COMING UP...

THE FUTURE IS



SCHOOLS POSTER COMPETITION



Rotaract
Club of Barbados



WHAT'S THE ISSUE?

1 in 3 Barbadian children are overweight or obese.

Overweight/obese children are **twice as likely** to become overweight/obese adults.

Overweight/obesity can also lead to **other major health complications**, including diabetes and heart problems.

WHAT'S ARE THE CAUSES OF CHILDHOOD OBESITY?

Overconsumption of sweet beverages and foods high in salt, sugar and fat.



A lot of sitting and **not enough activity**



HEALTHY FOOD ENVIRONMENT

- Access to drinking water
- Access to healthy foods including fresh fruits and vegetables
- Banning the sale and marketing of unhealthy foods and drinks in schools



PHYSICAL ACTIVITY OPPORTUNITIES

- Mandatory Physical Education
- Incorporating short physical activity breaks throughout the school day (especially during non-PE classes)

WHAT'S CAN WE DO ABOUT IT?

Create healthy school environments where the **healthy choice** is the **easy choice**.



THE FUTURE

EAT WELL, TOGETHER.



EAT FRESH, LOCAL FRUITS AND VEGETABLES. DRINK WATER. COOK TOGETHER & EAT TOGETHER.

This is particularly important because we need **strong immune systems**. We need to **eat more fresh fruits and vegetables**, and **less processed foods high in salt, sugar and fat**.

It is important that parents support schools in their efforts to make healthy foods more accessible to the student body.

BE ACTIVE, TOGETHER.



BE ACTIVE TOGETHER & MAKE MEMORIES WITH YOUR CHILDREN.

Due to online schooling and COVID-19 restrictions, students are moving a lot less and are sitting a lot more.

They do not have access to their regular physical activity opportunities including play, physical education and extra-curricular activities. It is so important to be active while at home.

This can include **unstructured physical activity** like gardening and cleaning.

PARENTS:
You can help your children develop healthy habits from a young age.

IS



CHILDREN HAVE A RIGHT TO HEALTH & HEALTHY SCHOOL ENVIRONMENTS.

The government has a responsibility to protect this right. Support schools that support healthy habits!



RAISE YOUR VOICE!

CHILDREN HAVE A RIGHT TO HEALTH & HEALTHY SCHOOL ENVIRONMENTS.

The government has a responsibility to protect this right. You can advocate for a healthy school environment

STUDENTS. YOUR VOICE IS POWERFUL!

AND YOU HAVE A RIGHT TO A HEALTHY ENVIRONMENT.

CREATE SPACES TO TALK ABOUT HEALTH AND WELLNESS



You can do this during your assemblies and in your student groups

INCORPORATE PHYSICAL ACTIVITY INTO CLASSES AND EVENTS WHERE POSSIBLE



You can create fitness challenges or even dance-off battles.

YOU CAN HELP CREATE THIS ENVIRONMENT

OFFER HEALTHY FOOD AND DRINKS AT SCHOOL EVENTS AND SCHOOL CLUB EVENTS

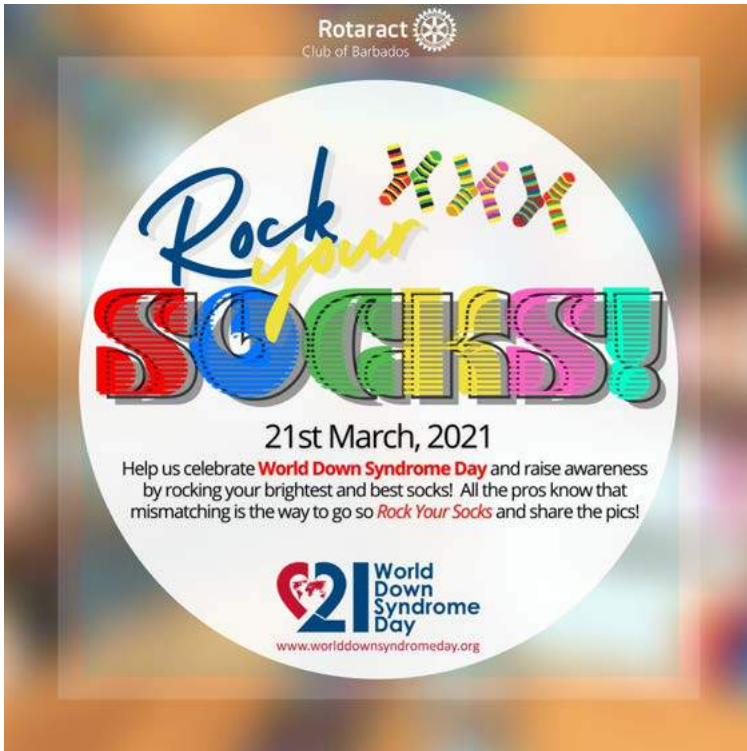


You can do this during your assemblies and in your student groups. Create healthy food competitions!



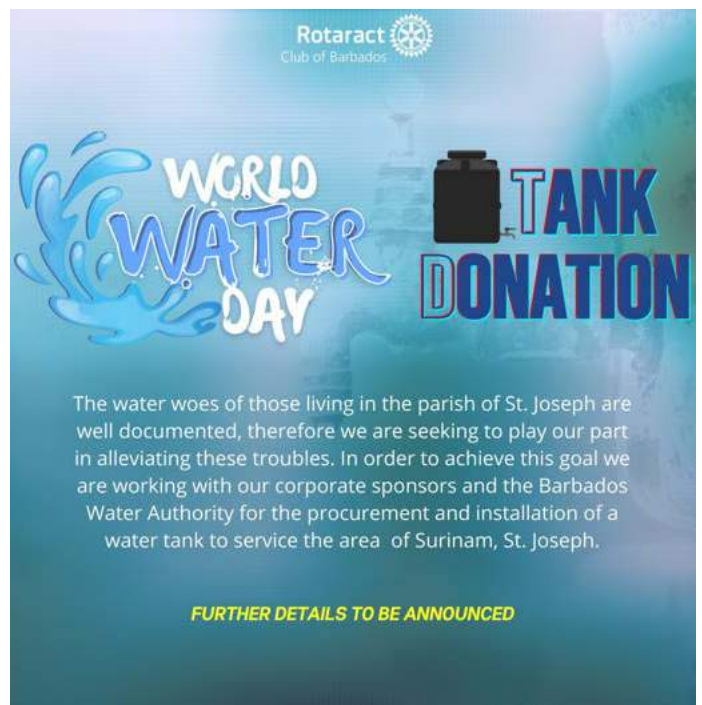
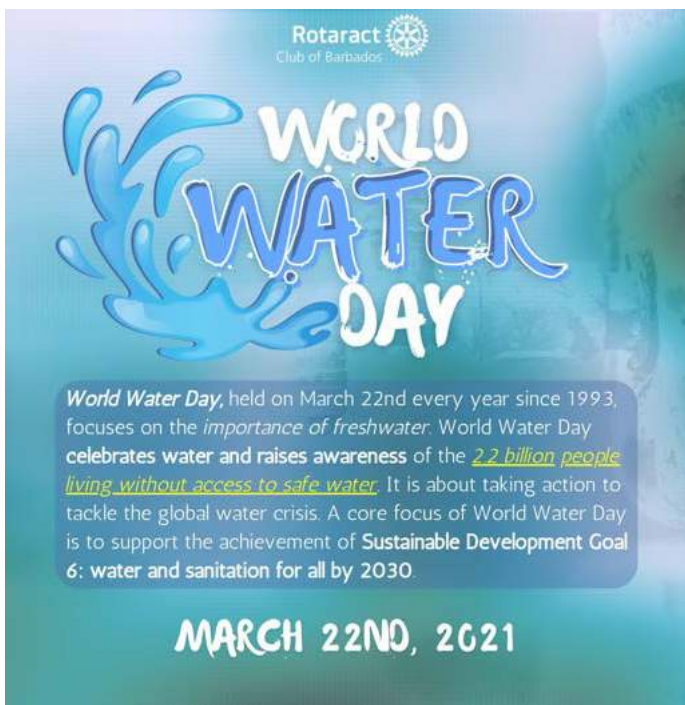
FIT

COMING UP...

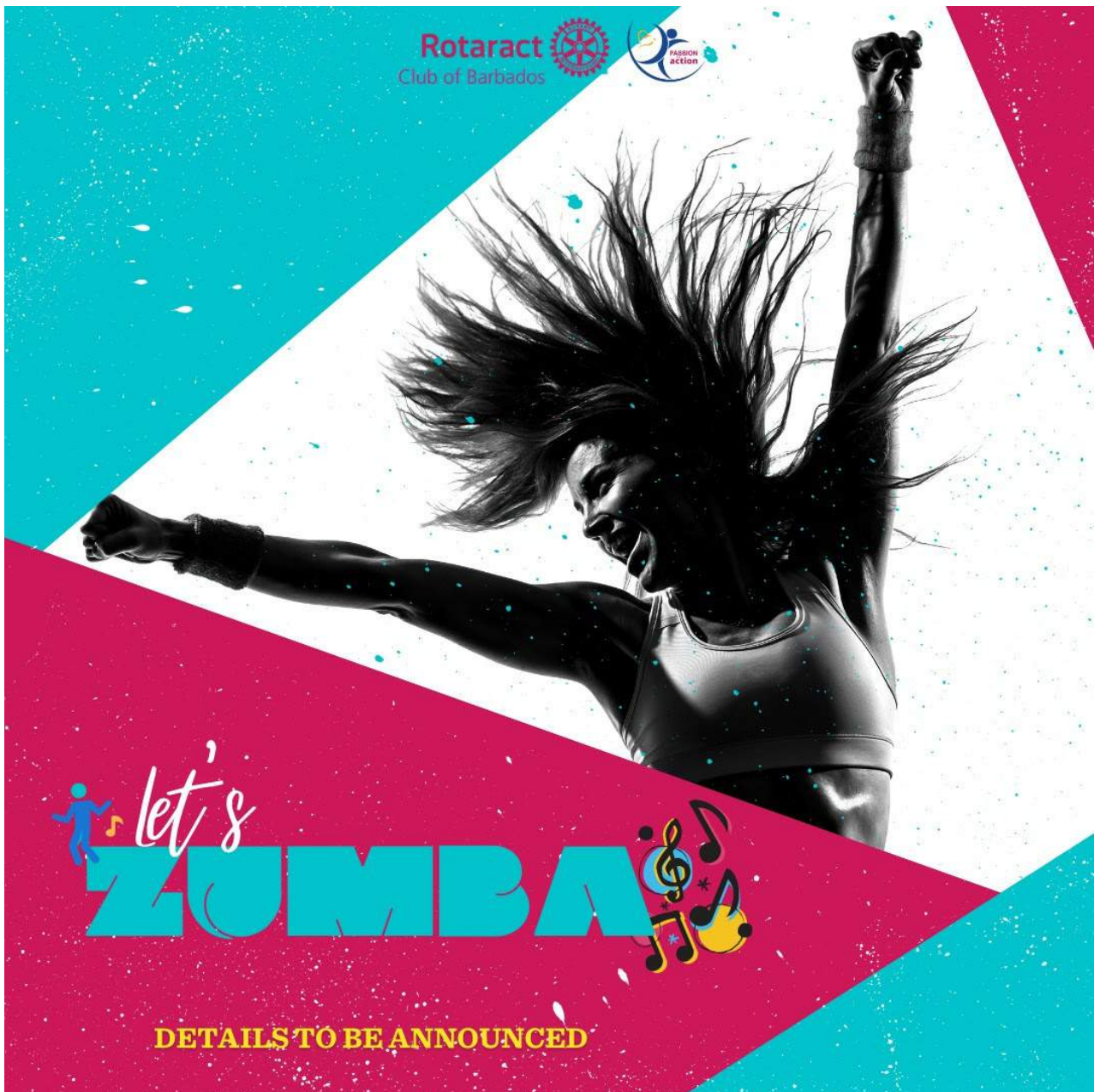


March 21, 2021:
"Rock Your Socks" for World Down Syndrome Day - ALL DAY

March 22, 2021:
World Water Day - ALL DAY



COMING UP...



The **Club Service Committee** will be having a Zumba session entitled "**Feel The Beat and Move Your Feet**" to get members active and get their blood flowing, especially after being indoors (*ugh... COVID*)

Health is wealth and this session is meant to encourage our members to increase their physical activity and improve their overall health!

Look out for further details to come!

*(Let's get those feet moving Cranberriessss * DE Rachel voice*)*

COMING UP...



Committee Meetings

M A R C H

- Professional Development Committee
Wednesday, March 10th 2021, 7pm via Zoom
- Finance & Fundraising Committee
Saturday, March 20th 2021, 6pm via Zoom
- Membership Committee
Sunday, March 28th 2021, 7pm via Zoom

NO COMMITTEE MEETINGS ARE SCHEDULED FOR THE FOLLOWING:

- CLUB SERVICE
- INTERNATIONAL SERVICE
- THE ROTARY FOUNDATION
- PUBLIC RELATIONS
- THE SECRETARIAT



Thank you for Reading

Look out for our next issue in Q4

Did you miss our last 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](#)