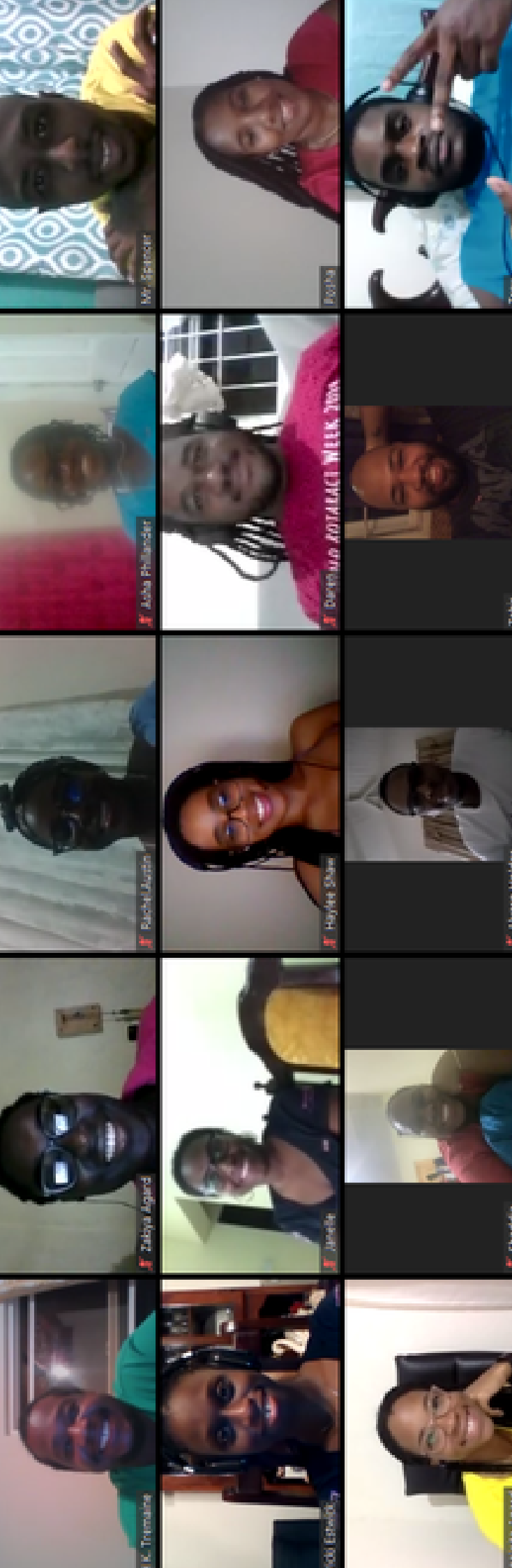


CRANBERRY *Chronicles*





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A WORD FROM YOUR FRIENDLY NEIGHBOURHOOD SECRETARY

Hi there Cran-Fam,

We recently got the news that from May 4, 2020 some of us will finally be able to come out of curfew and start to get back to our "normal" lives. I use quotation marks on that word normal because COVID-19 has changed our world forever.

As we start to navigate our new normal, whatever that looks like for each of us, remember the lessons the pandemic has taught us:

- Stay physically distant but keep your hearts connected;
- Look out for your neighbours;
- Protect yourself so you can protect others; and
- Please, wash your hands!

We all must do our part; the war is not yet won.
#NoRetreat #NoSurrender

To those of us who cannot yet venture into the outside world, or who must continue your work from home programs, remember to take care of yourselves physically, mentally and spiritually. Get some vitamin D, rest and restore.

May is Mental Health Month so take some time for some introspection, reach out for help if you need it and do what you can to stay positive and come back strong.

Remember, we're all in this together. **WE GOT THIS!**

Yours In Rotaract,

Danielle C. Yanawa

Secretary | Rotaract Club of Barbados | 2019-2020





Cranberry Birthdays

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

Join us in celebrating with these members who make all of our lives just a little bit brighter!



- **MAY 7** Rtr. Cherise Vanderpool
- **MAY 8** Rtr. Cheyanne Francis
- **MAY 9** Rtr. Mario Murray
- **MAY 18** Rtr. Shakera Kellman
- **MAY 20** DE Melanie Goodridge
- **MAY 24** Rtr. Regina Farley

Cranberry Corner

They have done it again! We have awarded DE Melanie Goodridge and AD Mario Murray as "**Most Outstanding Rotaractors of Q3**" having met the following criteria:

- Attendance must be in the "Very Active" category, i.e. 85% and above
- Assisted with Signature 2020
- Participated in World Rotaract Week
- Volunteered as a MUN Mentor
- Actively participated in community service projects
- Took initiative and lead projects as needed
- Assisted in the planning and/or execution of projects outside assigned committee
- Participated in Rotary events
- Consistently promoted Rotary/Rotaract events via Social Media (IG, FB, WhatsApp)

We also want to take this opportunity to recognize Rtr. Rachel for her invaluable contribution to the planning and execution of World Rotaract Week 2020! She not only spearheaded the 'Power of Peace' Public Service Announcement and subsequent Social Media Campaign; Rachel was also called upon to Chair the Anger Management Session where she made us all proud and making her a deserving recipient of the "**Cranberry Spirit Award**"!



Melanie Goodridge
*Professional Development
Committee*



Mario Murray
*Community Service
Committee*



Rachel Austin
*Club Service
Committee*

Congratulations again, Melanie, Mario and Rachel. Continue to put service first, lead by example and being a beloved part of our Cran-Fam.



CRANBERRIES

at home

Due to the national curfew we know that many of us are feeling restless. Here are a few activities to keep you busy and your minds clear, straight from our very own Cranberries.

Let's Make Bajan Bakes with IPP Mario Boyce

Ingredients you will need:

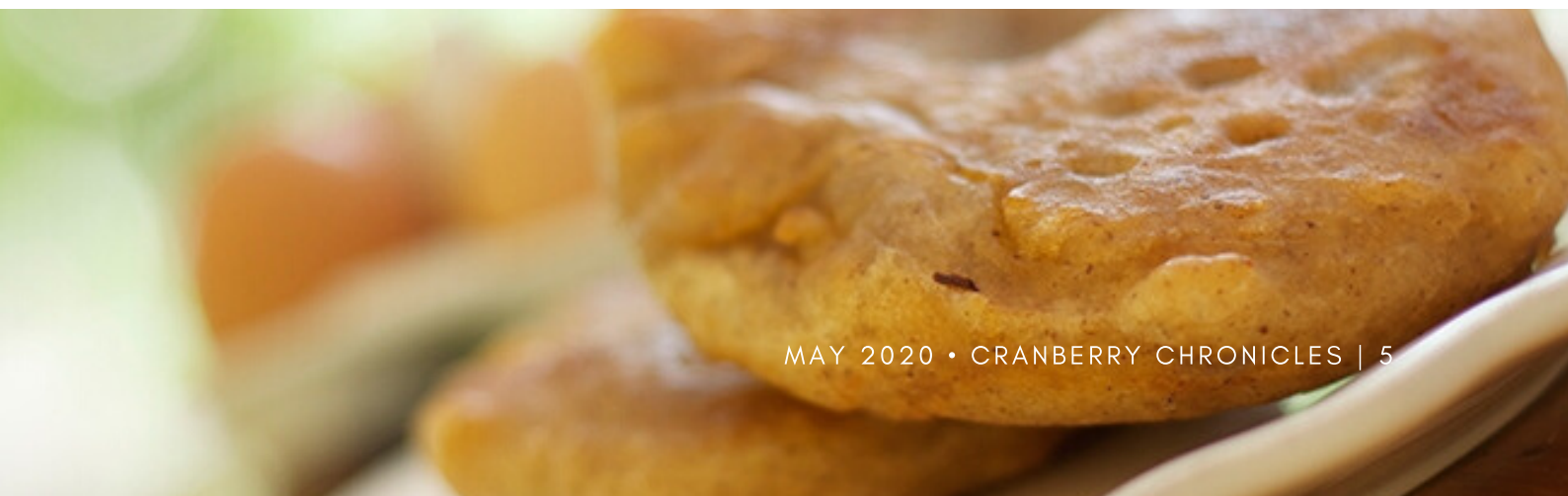
- 4 cups all-purpose flour (if using self-rising flour skip baking powder)
- 5 tsp baking powder
- 1 cup sugar (preferably brown)
- 4 ounces glow spread butter (softened)
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp mixed essence
- 3 cups warm water
- Oil for frying (tasteless oil like vegetable oil or canola oil)



Steps to take:

1. In a large bowl cream butter sugar and essence
2. Mix together all the dry ingredients until combined and to creamed mixture and stir well
3. Add the warm water a cup at a time and mix until a thick batter is formed
4. Heat up the pan on a medium heat and cover the bottom with oil
5. Use a large tablespoon to scoop in the batter
6. Fry until golden brown on both sides

Bakes can be eaten alone or served with eggs or bacon for breakfast, buljol or fried saltfish for a snack.





CRANBERRIES

at home

Let's Make One Pot "Lazy Pasta" with VP Zahir Jackson

Ingredients you will need:

- 1 lb pasta
- 2 large tomatoes, chopped or 2 cups cherry tomatoes, halved
- 2 cloves garlic, minced
- 1 small onion, sliced
- 1 handful of spinach leaves or 4 fresh basil leaves
- 2 tablespoons olive oil
- 1 tablespoon red pepper flakes (optional)
- 1 tablespoon turmeric (*it's an immunity booster!*)
- Complete Seasoning – *Let the ancestors guide you*
- Salt and pepper – *Let the ancestors guide you*
- 4 cups of broth or water



Steps to take:

1. Combine all ingredients in a large pot
2. Bring to a boil over medium heat.
3. Cook for 10-12 minutes or until all of the liquid has been absorbed.
4. ***Stir constantly with tongs so the pasta doesn't stick.***
5. Serve immediately and add some cheeeeeeeese!





Let's Make "Quarantine" Ice Cream with VP Zahir Jackson

Ingredients you will need:

- 3 ripe bananas - sliced and frozen
- 2 tablespoons of almond milk (*soy or dairy milk work just as well*)
- 1 tablespoon vanilla extract or essence

Steps to take:

1. Place all your ingredients into a food processor or blender.
2. Blend until smooth.
3. Serve immediately for soft-serve consistency or freeze for 30 mins for a firmer texture.

Chef Notes

The riper your bananas are when you freeze them, the sweeter the ice cream will be

Thaw your bananas for at least 30 minutes before blending them



CRANBERRIES

at home

Baking Cheesecake Cupcakes with DE Kavita Singh

Ingredients you will need:

- 1 cup of Graham or whole wheat crackers (about 9 crackers)
- 4 tablespoons butter
- 16 ounces of cream cheese
- 2 eggs (beaten)
- 1/2 cup of granulated sugar
- 1 tea spoon vanilla extract (clear preferably)
- Fresh strawberries to top
- Chocolate syrup (optional)

[Serves 12]

Steps to take:

- In a large bowl cream butter sugar and essence
- Reheat oven to 175 degrees celsius
- Take cream cheese out of fridge and allow to soften for approximately 30 mins. It helps to cut cheese into quarters for faster softening.
- Place a pan of water in the oven during pre heating and baking- this will ensure the oven will stay moist during baking and cheesecake has desired texture.
- Start with cracker base. Line the cupcake pan with cupcake liners
- Using a food processor (or blender on finely chop speed) chop crackers into fine crumbs (almost dust like)
- Transfer cracker dust to a small bowl suitable for mixing and add butter until crumbs are fully coated and paste-like.





Steps continued:

- Begin working with cream cheese by mixing until lumps have dissipated (either by hand with a relatively flat spoon or in a mixer)
- Pour eggs and sugar into bowl and mix thoroughly until creamy in texture.
- Add vanilla extract and mix for additional 5 minutes
- Line cupcake liners with cracker base using your fingers to press down firmly until base is flat
- Fill cupcakes with cream cheese mixture (remember the cake will not rise so you can fill to full capacity if you wish)
- Place in oven and bake for approximately 20 minutes or until core of cakes are firm.
- *Note: do not poke cakes to test but instead to check if it is finished gently shake the pan. If mixture keeps moving with the consistency of jelly it is not quite ready. Once mixture holds firm cakes can be removed from the oven.*
- Once cakes are removed allow to cool to room temperature. Once cooled, cover with plastic wrap and place in the fridge for 12 hours or overnight.

\

Note: if cakes are put into the fridge prior to reaching room temperature the cakes will shrink.

"I prefer to drizzle chocolate syrup on cakes and allow to cool in the fridge and topping with fresh strawberries for a tangy offset to the sweetness of the cake." ~ DE Kavita



CRANBERRIES

at home

Stay Fit At Home With Rtr. Chevon Graham



Beginners - body weight is enough

Intermediates - feel free to try the 5 Burpees (but it doesn't have to be after each exercise)

Advanced - Do 5 burpees after EVERY exercise for the extra burn! Squats and lunges should be weighted. If you do not have weights, a full gallon bottle of laundry detergent or water can be used instead.

If you have shoulder issues or injuries, 10 High Knees can be substituted for burpees.

Reps:
 Beginners- 2x
 Intermediate- 3x
 Advanced- 4x

Warm Up (x 2)

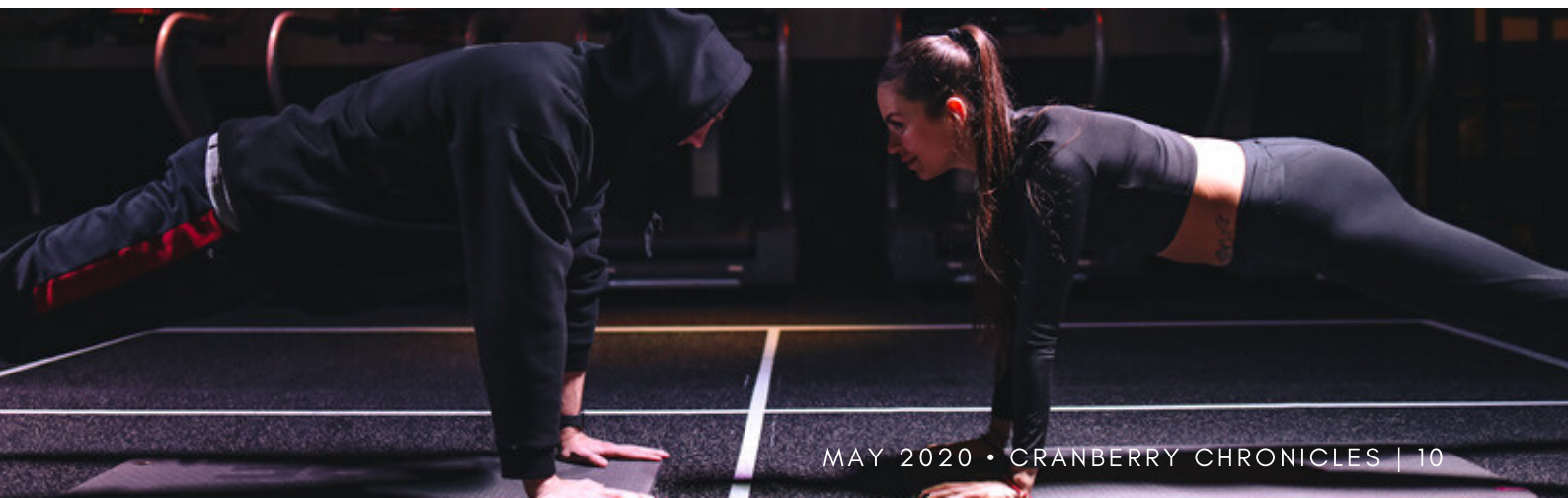
- 20 Air Jump Rope
- 20 Jumping Jacks
- 20 High Knees

Circuit

- | | |
|----------------------|------------------------|
| 10 Push-ups | 10 Push-ups |
| 5 Burpees (Advanced) | 5 Burpees (Advanced) |
| 20 Squats | 20 Lunges (10 per leg) |
| 5 Burpees (Advanced) | 5 Burpees (Advanced) |
| 30 Crunches | 30 Leg Raises |
| 5 Burpees (Advanced) | 5 Burpees (Advanced) |

Cool Down

Make sure to stretch thoroughly and bring your heart rate back down after this work out.

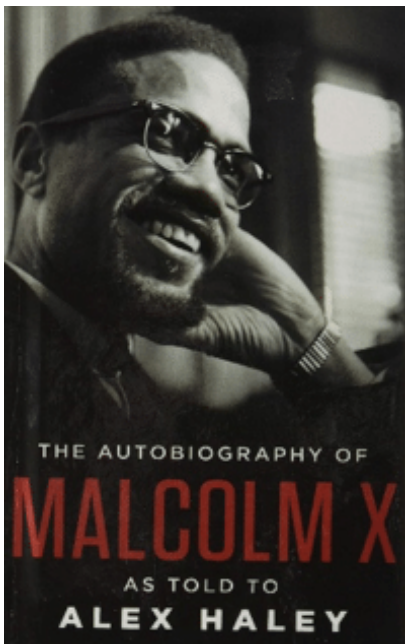




CRANBERRIES

at home

Curfew Reads and Flicks with VPE Danielle & Dir. Akeem

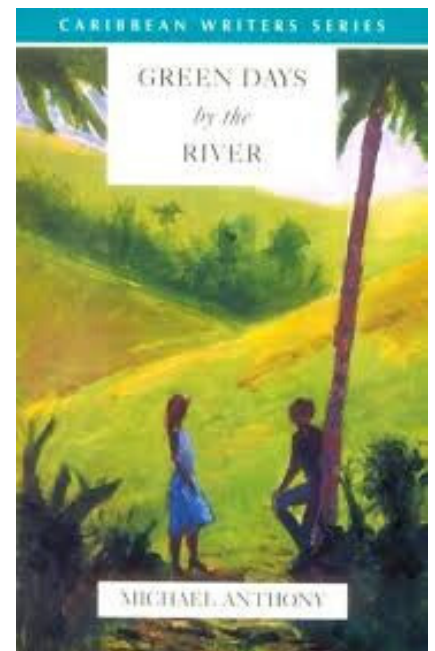


The Autobiography of Malcom X as told to Alex Haley

The Autobiography of Malcolm X was published in 1965, the result of a collaboration between human rights activist Malcolm X and journalist Alex Haley. Haley coauthored the autobiography based on a series of in-depth interviews he conducted between 1963 and Malcolm X's 1965 assassination.

Green Days by the River by Michael Anthony

The Trinidadian hero, Shell, is fifteen years old going on sixteen and his life is changing. His parents move to a new village and he meets new girls. Rosalie is charming and her father, too, is friendly; Joan is both more cheerful and more accessible. But life after school becomes much more serious as Shell takes his first real steps into adulthood.





Curfew Reads and Flicks with VPE Danielle & Dir. Akeem continued:



The Pursuit of Happyness [2006]

Life is a fight for Chris Gardner. Expelled from his apartment, he and his young son are alone with nowhere to go. Even though Chris eventually gets a job as an intern at a prestigious financial firm, the position is an unpaid one. The duo continuously moves around and face many difficulties, but Chris does not give up and struggles for a better life for himself and his son. Based on a true story.

Director: Gabriele Muccino

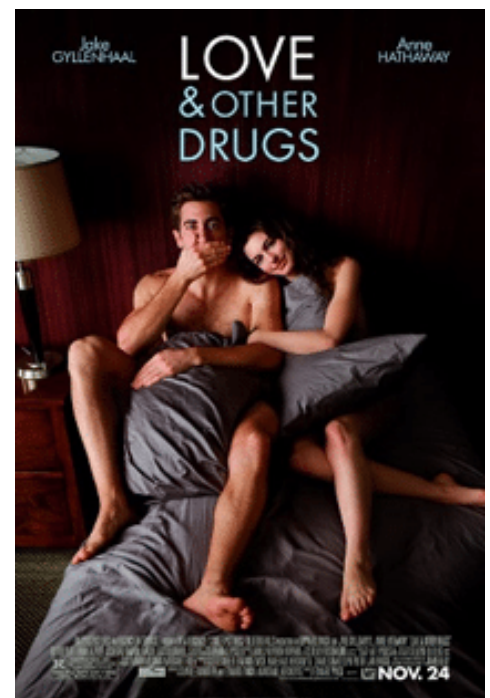
Starring: Will Smith, Thandie Newton, Jaden Smith

Love & Other Drugs [2010]

Maggie is an alluring free spirit who won't let anyone - or anything - tie her down. This is until she befriends Jamie whose relentless and nearly infallible charm serve him well with the ladies and in the cutthroat world of pharmaceutical sales. Maggie and Jamie's evolving relationship takes them both by surprise, as they find themselves under the influence of the ultimate drug: love

Director: Edward Zwick

Starring: Jake Gyllenhaal, Anne Hathaway, Judy Greer



Spotlight On...

MYTH VS. FACT: PSYCHOLOGY & MENTAL HEALTH

ROTARACTOR TREY CUMBERBATCH



May is **Mental Health Month** and in these unprecedented times, we want to cast your minds back to the extremely informative session we had, led by Rotaractors Asha Phillander and Trey Cumberbatch.

COVID-19 has dealt a devastating blow to every facet of life as we know it. As we navigate these uncertain and harrowing times, it becomes even more crucial to maintain good mental health. One way that we can begin to do that is by dispelling some of the more common myths surrounding mental health and illness in relation to COVID-19.

Myth One - *“I’m in good health, so I don’t have any reason to be anxious, sad or stressed.”*

On the contrary, anxiety is one of the body’s ways of responding to stressful circumstances. The abrupt disruption to our daily routines, physical isolation and the general uncertainty surrounding life as we know it can all have a negative impact on our mental health.

Myth Two - *“There are bigger things to worry about right now, so I shouldn’t bother someone with something as trivial as my feelings.”*

Any feelings of worry, anxiety or sadness experienced during this crisis are completely understandable. Venting to someone and articulating your feelings can be the major difference in helping you to make it through another day.

Myth Three - *“Who knows when next I’ll get all of this free time? I have to be productive!”*

Considering how stressful these times are, there will be days where you feel completely overwhelmed and not want to do anything. And that is okay; don’t feel pressured to be productive all the time. If you are employed and need to be productive to an extent, try intentionally scheduling time to relax throughout the day.

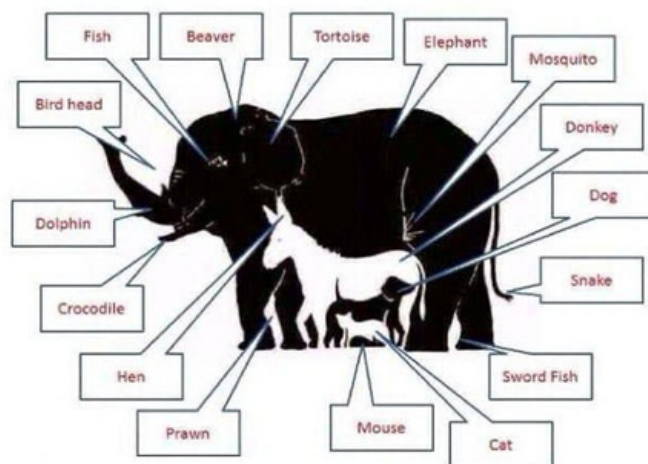
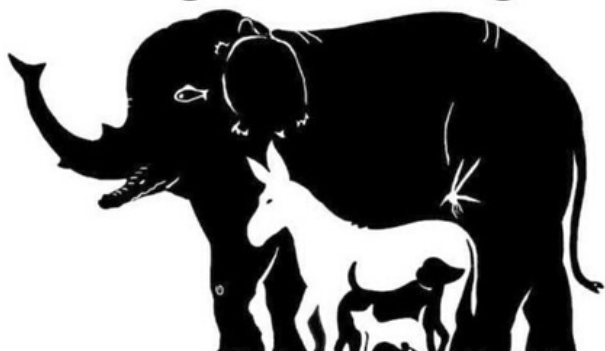
AUTISTIC, ACTUALLY - BROADENING YOUR SPECTRUM

APRIL 18, 2020
ROTARACTOR ASHA PHILLANDER

In an attempt to facilitate our community outreach sessions, we hosted our first online Autism Awareness Event entitled “*Autistic Actually, Broadening YOUR Spectrum*” utilising the Zoom Video Conferencing facility. Unexpectedly, I became the moderator for this thought-provoking session. There I was thinking that I was just an attendee, even though I was a committee member for the event. However, when duty called, I “*levelled-up cranberry style*” and did what had to be done.

Despite some technical difficulties we encountered at the beginning of the event things progressed smoothly. I must give “hats off” to the Club Service committee for always bringing their “A-Game” when it comes to ice breakers. The guessing the number of animals in a picture brain teaser had our attention and focus at one hundred percent (100%). I changed my answers about three (3) times but never guessed that there were actually seventeen (17) animals in the image. If my memory serves me right, no one stated the correct number of animals.

How many animals can you see?



The brain teaser icebreaker set the tone for all participants to really pay attention to the panellists who were experts with extensive knowledge and experience in understanding **Autism Spectrum Disorder (ASD)**. Our panellists included a Speech and Language Therapist, **Shareka Bentham**, a Board Certified Behaviour Analyst, **Natasha Heaselgrave** and **Jessica Reid**, an Autism Advocate and blogger <https://meandmym.home.blog/>. We also had a bonus panellist, **Jennylle Pitter**, who is an Occupational Therapist.

As the moderator, I had a list of questions that were posted to the panellists but participants joining the session were allowed to send additional questions and comments through the Zoom Video Conferencing Chat. In conducting this job, I improvised but most important was the ability of the panellists to answer all the questions presented to them. The overarching theme for the panellists was to present information in a discussion forum that would allow the participants to grasp a better understanding of ASD, its signs and symptoms.

Some key points and highlights about ASD from the overall discussion were:

- It is a neurodevelopmental disorder.
- It can be thought of as a set of characteristics that a young child displays.
- The word "spectrum" simply represents an umbrella of differences.
- One of the signs and symptoms include repetitive behaviours.
- Signs and symptoms may appear as early as sixteen (16) months in children.
- Parents must pay attention to their child to recognize any differences with their development.
- A diagnosis of ASD is lifelong.
- An individual is not defined by their diagnosis.
- To decrease stigmatization, education and awareness are important.
- Representation of autism within the media is not always accurate.

AUTISTIC, ACTUALLY - BROADENING YOUR SPECTRUM

APRIL 18, 2020
ROTARACTOR ASHA PHILLANDER

There is still so much to learn about Autism and how it affects parents, family and caregivers. However, being diagnosed with a mental health disorder such as Autism is not a death sentence for the parent or society. As highlighted by our panellists **education** and **awareness** are important in dealing with children who have been diagnosed with Autism.

It must be noted that the event would have not been successful without our attendees and panellists. Our committee only requested two things of our participants- to show up early and wear **BLUE** to commemorate Autism. I must say our participants and panellists were very supportive and did show up in their **BLUE**.

I cannot wait for an "Autistic Actually- Broadening Your Spectrum Part 2" but in the meantime, for your own education, please have a look at the closest depiction of autism in the mainstream media in your spare time. Unfortunately, it's not Sheldon from *The Big Bang Theory* or Shaun from *The Good Doctor* but it's actually **Sam** from *Atypical*. You may also visit <https://autismnavigator.com/16-early-signs-of-autism-by-16-months/> to learn about some of the early signs of autism in young children.

Have fun watching and learning!



MOVIE NIGHT WITH THE CRAN-FAM

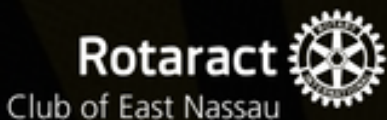
APRIL 26, 2020
PROSPECTIVE MEMBER GABRIELLE HINDS



During this unfortunate COVID-19 pandemic and quarantine period, the **Rotaract Club of Barbados** found a great way to have an inclusive event while practicing their social distancing. On Saturday, April 25th 2020, we hosted their first online 'Cranberry Movie Night'. Rotaractors of the Club [*The Cran-Fam*] grabbed their favourite concessions from their cupboards and went online to enjoy some comedies. The double-feature event was a great way for Rotaractors to enjoy the movies and talk to each other.

Photos were shared of our Rotaractors and their at-home cinematic set-ups. Despite all the buffering happening that night, it was loaded with fun! The event was truly a hit with Rotaractors expressing it was a "Great movie night!".

Thank you to all Rotaractors for attending and Director Akeem Spencer for coordinating and facilitating the movie night.



CULTURE NIGHT

TUESDAY 5TH MAY 2020 | 6:30PM (AST) | ONLINE VIA ZOOM
#BRINGADRINK #REPYOURCOLOURS

Club Meeting

Thank goodness for technology and its ability to bring us together in light of these trying times. This month we will be partnering with the Rotaract Club of East Nassau, Bahamas for this year's Culture Night! It will be a night to take your mind off all that's going on in the world and hear songs, poems and various selections all performed by your fellow Rotaractors. Reach out to Director Shaniece Davis or Director-Elect Kavita Singh for more details.

#BRINGADRINK #REPYOURCOLOURS

Date: Tuesday 5th May 2020

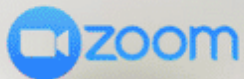
Time: 6:30 P.M.

Location: Online via Zoom

PIECE O' DE ROCK

HOMEOWNERSHIP FOR MILLENNIALS

DATE: SATURDAY 16TH MAY 2020
TIME: 10:00 A.M. - 12:00 P.M.
REGISTER NOW: [BIT.LY/RACOBPTM4](https://bit.ly/RACOBPTM4)



<https://bit.ly/RACOBPTM4>

Pass the Mic: Piece o' de Rock - Homeownership for Millennials

The Professional Development Committee presents the final installment of its "Pass the Mic" Series this month! We have come so far and learned so much, from managing our money with Millennial Money Moves; all about Entrepreneurship and how to balance work, life and love in our Boo'd Up edition.

To round us all out we have a number of panelists coming to share information on how to own a Piece O' De Rock!

Date: Saturday 16th May 2020

Time: 10:00 A.M. - 12:00 P.M.

Location: Online via Zoom



Thank you for Reading

Look out for our next issue on June 1, 2020

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



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