



CRANBERRY *Chronicles*





What's Inside?

- 2 A WORD FROM THE GUEST EDITOR
- 3 CRANBERRY BIRTHDAYS
- 4 CRANNIVERSARIES
- 5 LIFE HACKS
- 7 THINGS BAJAN
- 10 A LOOK BACK AT OCTPBER 2020
- 14 COMING UP...
- 15 SAVE THE DATE...



A WORD FROM YOUR GUEST EDITOR

Happy Independence Cranberries!!

Some of you seem to forget at times that unlike the rest of the world, we celebrate our country's Independence just before we get to Christmas.

Let's not forget the brave efforts of our **first Prime Minister The Right Excellent Errol Walton** who led our little gem in the Caribbean Sea to Independence from England on **Wednesday, November 30th, 1966**.

There are so many memories to be shared of Independence from eating conkies without raisins of course, to school days of wearing the national colours on **Dress Day**, to going to the Independence Parade at Garrison Savannah or **Ole Time Bus Excursions**.

However, you choose to celebrate this year, be thankful for how far our country has come and accomplished over the years as we embark on our **54th Year of Independence**.

This month we also celebrate **No Sugar, November, Movember, the Rotary Foundation, World Interact Week and Global Entrepreneurship**.

#ProudRotaractor
#ProudBajan

Yours In Rotaract,

Shaunte Carter

Secretary | Rotaract Club of Barbados | 2020-2021

Cranberry Birthdays



**HAPPY BIRTHDAY TO YA! HAPPY BIRTHDAY TO YA!
HAPPY BIIIRRRRRRTTTHHHHHDAAYYYYY!!!!**

- **NOV 04** Rtr Crystal Waithe
- **NOV 11** IPP Kareem French
- **NOV 17** Rtr Keisha Springer
- **NOV 24** PE Scott Chandler
- **NOV 29** AD Trey Cumberbatch

Cranberry Chronicles

NOVEMBER 5TH 2019

- Rtr Hadiya Marshall



NOVEMBER 6TH, 2018

- Rtr Shaniece Davis
- Rtr. Kekana Goddard
- Rtr. Curtis Forde



Life Hacks

ADULTING 101

Practice Mindfulness and Openness

1. Means not becoming emotionally reactive when someone has a different view point. Read widely and expand your perspective beyond your comfort zone. Choose wisely the people you spend your time with, the books you read, the TV shows and News you watch. It's easy to associate yourself with like-minded people, however, that can stunt your growth, maturity and development.

2. Scoping LinkedIn, you can come across some eye-opening appreciative things. Also practice breathing exercises and in the moment, try to also tell yourself, "is this the best me right now?" Mindfulness is practically a superpower because it carries so much weight and power and everyone is capable of doing it to really change the world bit by bit.

3. Journaling - Have a written record of your feelings and thoughts to track everyday life. This will help in finding out what makes you tick or happy. Benefits include reducing stress, managing anxiety and coping with depression.

4. Every morning you can spend at least 5 minutes listening to an uplifting podcast, praying or journaling



Manage Your Time Efficiently and Avoid Burnout

1. Try not to work too hard and ignore healthy habits to burn yourself out. Instead put in consistent and calculated effort. Remember to prioritize sleep, exercise, proper nutrition, productivity and fun. Each of these elements in a balance is critical to long term success and sustainability.

2. Make lists, set small wins/goals to help make you feel like you're accomplishing stuff, take breaks to work out or listen to music or something destressing (all incorporated in the lists).

3. Schedule time off and respect it. Disconnect from your devices and ignore people for a few hours (guilt free). If no one is gravely ill or in danger, it can wait.

4. Set deadlines. Realistic ones. It is easy to put off a task when you feel as if you have all the time in the world. Instead of giving yourself a month to complete a task, tell yourself it is getting done this week. Make it urgent so that it keeps you more driven to complete.



Life Hacks

ADULTING 101

Practice Regular Reflection

1. Keep telling yourself there is always room for improvement.
2. Regularly reflect and alter your systems which alter your habits, which ultimately alter your life pargetry. Use systems such as Google or Apple calendar and task managers. Experiment different systems to see what is best for you.
3. Schedule inspiring quotes to notify you via your smart devices.
4. Get into the habit of journaling. (see Mindful and Openness)



Embrace Your Fears

1. Run toward your fears instead of running away from them. Example, if public speaking is a challenge spend time working on that.
2. Just...'face them!' Ask someone you trust for help if that is possible.
3. Evaluate whether it is truly something to be fearful of. Make a pros and cons list of what you are fearful of. Think about if you will regret not doing the thing you fear.
4. Through prayer and taking actionable steps until you eventually overcome them.

Self-Compassion

1. Set a song for your alarm that brings self-appreciation/love.
2. Remind yourself that Rome was not built in a day.
3. Comfort your body by eating something healthy, taking some much need rest, get a massage or simply go for a walk.
4. Forgive yourself. This is not something that will go away immediately base on a situation but if you are practicing self-forgiveness at some point that situation will no longer come up.



Things Bajan

On Monday, November 30th, 2020, Barbados will be celebrating 54 Years of Independence from the British.

In this feature, The Committee Secretaries will seek to highlight some of the things that are unique to our beautiful island in the sun.

Place of Interest

Foursquare Rum Distillery and Heritage Park



The *Rum Distillery* was a former sugar plantation and is presently one of Barbados' working Rum Factories known for the island's finest rum.

The *Heritage Park* contains historic buildings which showcases the island's colonial past.

It is located in Four Rods St. Phillip.

Food

Conkies and Sea Eggs

- *Conkies* - Made from corn meal, pumpkin, coconut and various spices and also known as stew dumplings.

They are said to be derived from a Ghanaian dish 'Kennedy' which is similarly prepared.

Originally prepared on Guy Fawkes Day (Nov 5th), an early 19th century British celebration; but when we became independent we began using them for that celebration instead.

- *Sea Eggs* - Also known as white sea eggs come from 1 of 17 species of sea urchins found in Barbadian waters.

When harvested they are gently cracked with a spoon to open and then the roe is carefully removed. This is the only part consumed.

It is prepared by frying, stewing or sautéing or eaten raw with or without lime juice.



Things Bajan

Festival

The Holetown Festival



The Holetown Festival was first established in 1977 by two gentlemen and a group: Mr. Alfred Pragnell, Mr. Keith Simmons and the Northern Youth Group.

Its purpose was to celebrate the 350th Anniversary of the first English settlement to the island.

Over the years, this festival has been known to feature concerts, bus tours and the Grand Floodlit Tattoo and Night March by the Royal Barbados Police Force.

It is also known for the Street Fair and parade as well as the Queen of The Festival Pageant.

It has been designated as one of the "Seven Magnificent Festivals of Barbados" by the Barbados Government.

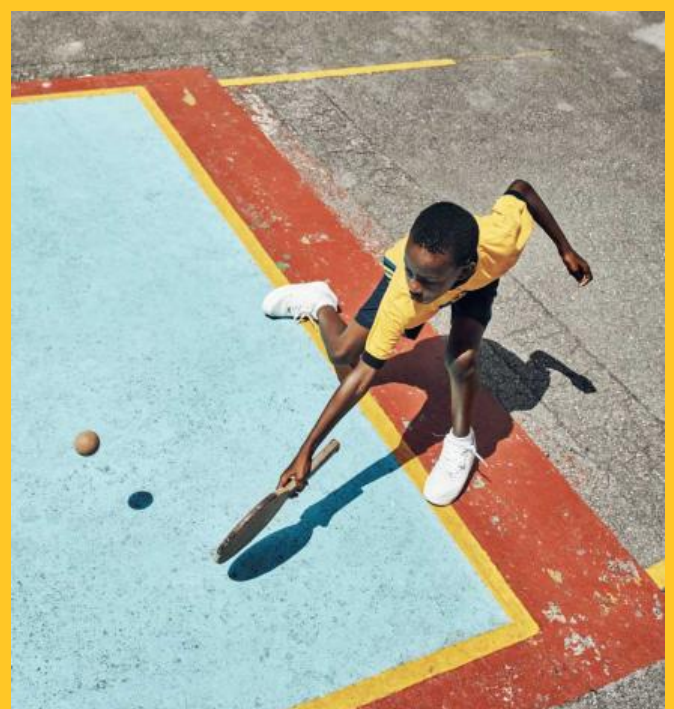
Sport

Road Tennis

Road tennis was a game invented in Barbados by persons who could not afford to play lawn Tennis.

It originated in the 1930s, probably to help them calm down during the 1930s riots.

The ball used is actually a skinned tennis ball which allows for better bounce.



Things Bajan

Animal

The Green Monkey



It is believed that the Green Monkey was bought across to Barbados from Senegal and the Gambia in West Africa over 350 years ago during the slave trade as gifts for the early settlers.

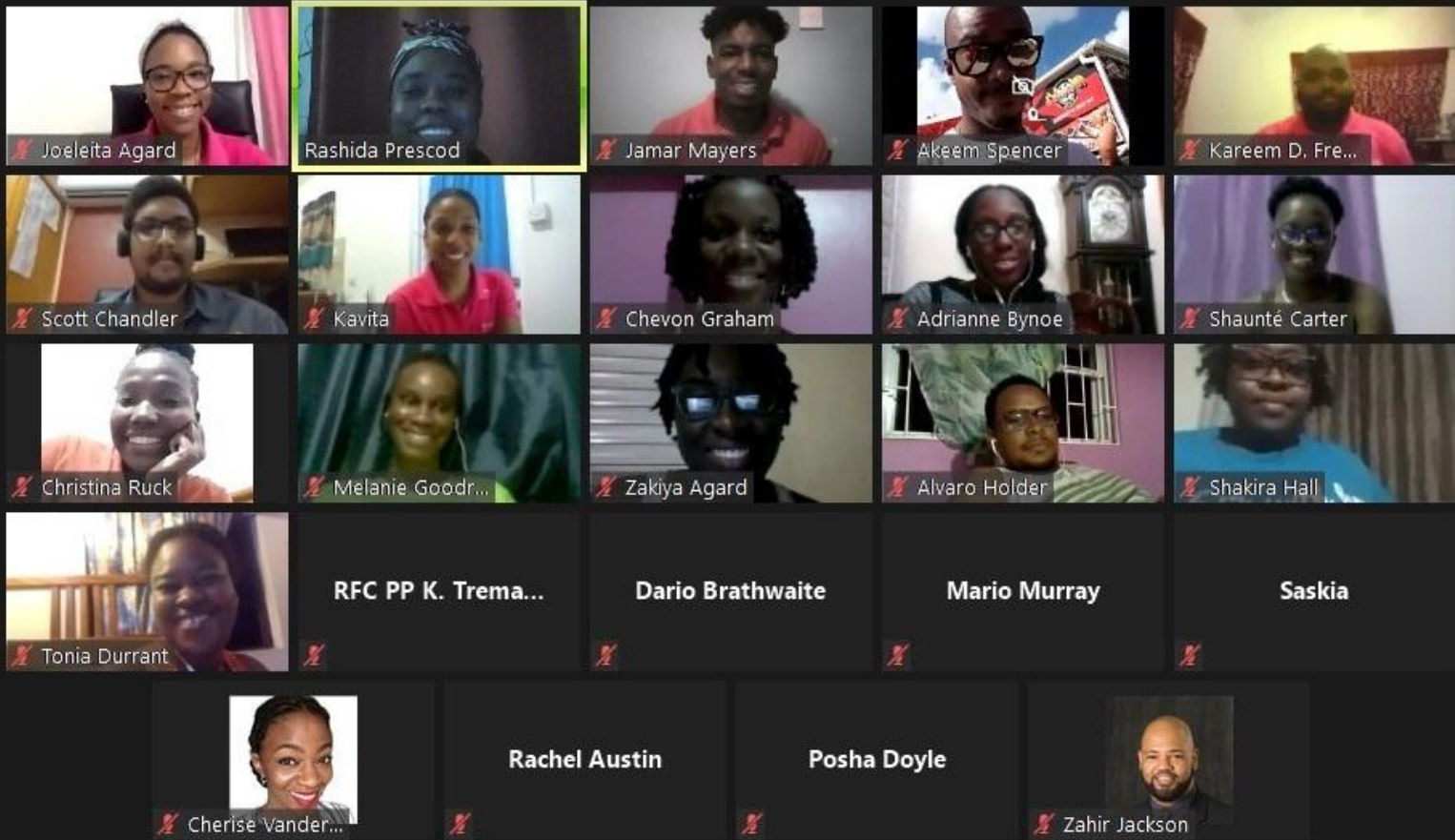
They are known for barking at the dog, on top of a car eating a stolen mango, running across the road one after the other in their troop or at the Barbados Wildlife Reserve where they are free to come and go.

Fun Facts

- The *grapefruit* is native to Barbados. It's an accidental hybrid of the sweet orange and shaddock and was once referred as the "Forbidden Fruit".
- The *Barbados bullfinch* is the only endemic bird species on the island! That means it is unique to Barbados.
- Barbados has the third oldest *parliament* in the world, with uninterrupted parliamentary governance since 1639.



A LOOK BACK AT OCTOBER 2020



October 6, 2020: Club Forum



October 24, 2020: Breaking Bread Assist

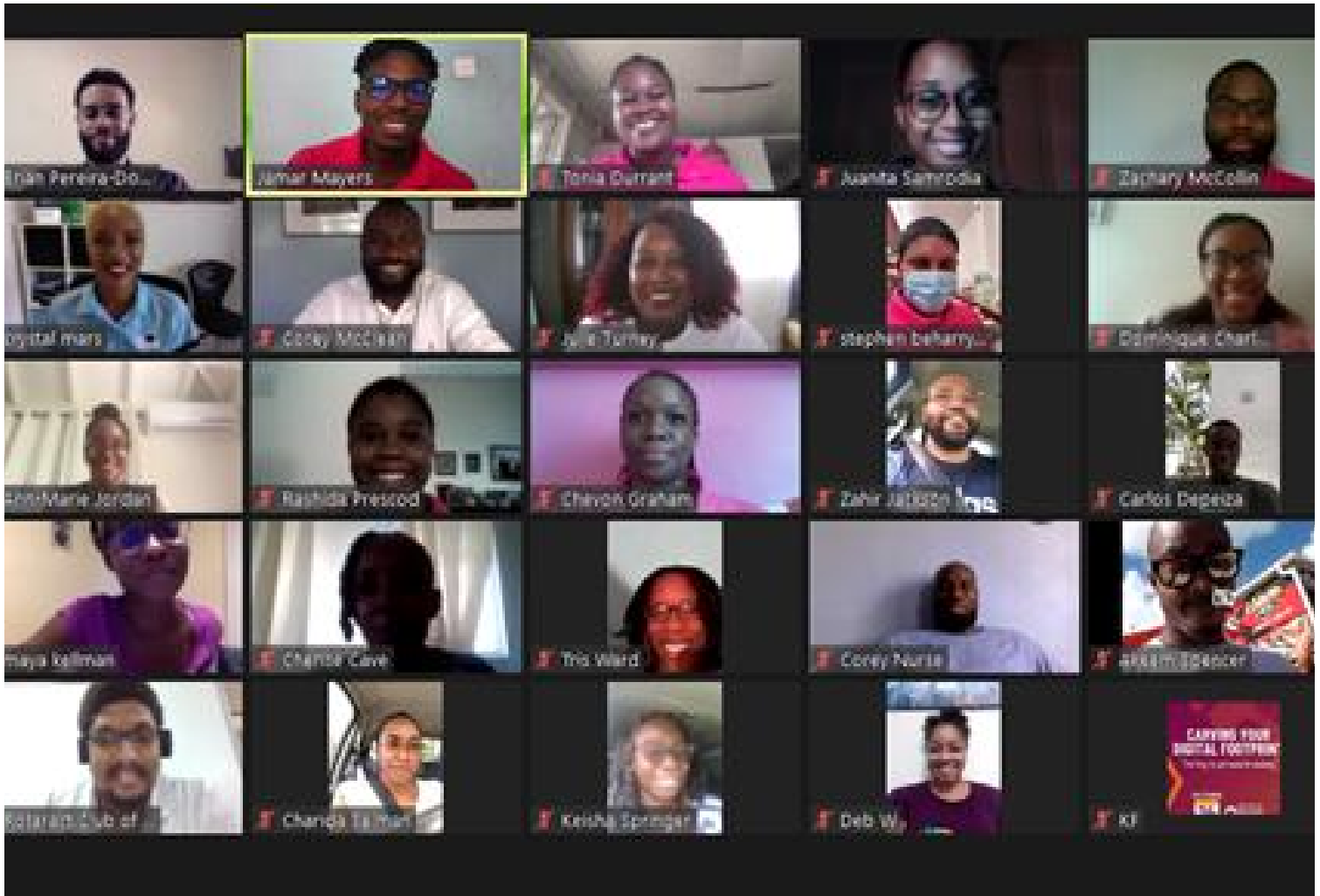
A LOOK BACK AT OCTOBER 2020



October 17, 2020: Cookies and Canvas

PASS THE MIC: CARVING YOUR DIGITAL FOOTPRINT

OCTOBER 24, 2020
PROSPECTIVE MEMBER ANN-MARIE JORDAN



"The Old World Is Dead!"

On Saturday October 24th, Professional Development hosted their Pass the Mic session entitled **"Carving Your Digital Footprint - The Key to Personal Branding"**. Though current conditions did not permit an in-person session, the zoom session kept attendees engaged from the 11:00 a.m. start time up until 1:00 p.m.

Kicking the session off was **Julie Turney, Founder and CEO of HRatHeart Consulting Inc.** As a HR Professional and experienced recruiter, Julie dropped gems from her wealth of knowledge from LinkedIn "Do's and Don'ts", **to understanding the algorithm to get the most out of job hunting.** In what felt like not enough time, Julie ran through what makes a candidate stand out through the eyes of a recruiter and how to make connections to truly make a difference in one's professional life.

Next up was **Corey McClean, Brand Architect, Owner of The Brand Lab** and to most UWI Graduates; "The man that owned SIPS Smoothie Bar". Specializing in personal branding, he opened his session with his favorite quote and personal mantra; **"Your brand is what other people say about you when you're not in the room" - Jeff Bezos.** Corey divulged that the secret to a successful personal brand truly lies in the smallest of details- from the tone of your voice to the color of shirt you choose to address your audience. **Staying authentically true to your brand means presenting it through every little detail,** so it's all other people say about you when you're not in the room.

Crystal Mars-Noel, Social Media Manager, Digital Marketer and Podcaster jumped right in to talk about her area of expertise; **social media and how to leverage the platforms to grow personally and professional**. With each word bursting with enthusiasm, **her passion for and knowledge of the subject was crystal clear** ahem, do you see what we did there? and made it that much easier to follow. From content creation and scheduling tips, to sharing the importance of engagement, Crystal shared how to use the apps beyond personal branding, but to propel a digital business forward.

Concluding was, **Digital Strategist, Brian Pereira-Donowa**, who opened with the most shocking line of the session; **"The old world is dead"**. After allowing the attendees to get over the initial shock and fleeting depression, Brian explained how **the world as we knew it would never return**. Whether fortunately or unfortunately for some, we are watching the world morph into a more digitally powered one right before our eyes. This transition means that **more opportunities lie within digital channels**, and we must make sure we present our very best self through these channels and make ourselves available for the opportunities to come.

After an active Q&A, and several attendees stayed on after the session to chat with panelists, October's Pass The Mic session came to a close. With a wealth of knowledge shared there's only one thing left to ask- Session 2 anyone?

Rotaract
Club of Barbados

PANELISTS

JULIE TURNEY COREY MCCLEAN CRYSTAL MARS-NOEL BRIAN PEREIRA-DONAWA

Thank You!



COMING UP...

**November 1 - 30, 2020:
No Sugar, November Challenge**



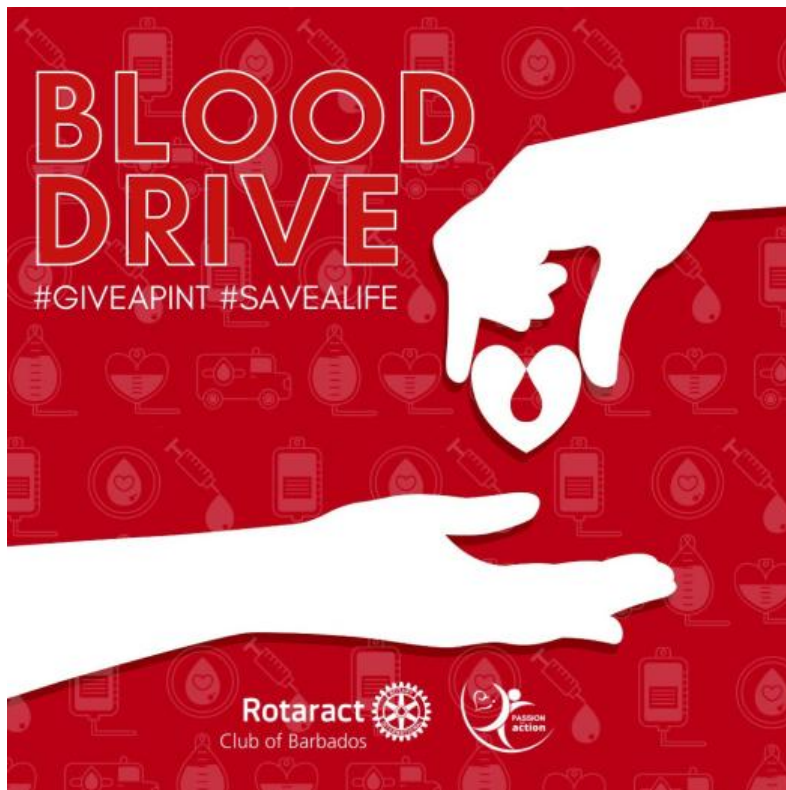
**November 1 - 30, 2020:
Committee Games -
Independence Quiz**

COMING UP...

November 2 - 28, 2020: Blood Drive

Weekdays: 8:00 AM to 3:15 PM

Saturdays: 8:00 AM to 11:30 AM



Remember

- Volunteers must be 18-70 years old.
- Volunteers must weigh at least 110 lbs and be in good health.
- All tattoos and/or piercings must be **at least one (1) year old** at the time of donation.
- Volunteers must not be pregnant or nursing.
- Volunteers must not have had major dental work within 3 days of their donation.
- **Have a meal within an hour of donating.**
- **Wear a mask.**

GIVE A PINT; SAVE A LIFE.

A single donation of blood could save up to 3 lives.

This is the second month of our year-long Cranberry Blood Drive.

Interested persons are encouraged to contact the National Blood Collecting Centre at **429-4307 or 836-7993** to make their appointments to donate blood during the month of November!

Kindly feel free to "post a pic" before, during or after your donation to mark the occasion on Facebook and Instagram, tagg us **@rotaractbarbados** and use the hashtags **#GiveAPint #SaveALife**.

All Covid-19 Protocols will be in effect and kindly let the Centre know you are **donating** with the Rotaract Club of Barbados.

COMING UP...

November 3, 2020:
Club Meeting
6:00 PM, Zoom

Zoom Link:
<http://bit.ly/ClubMeetingNov>



November 7 & 21, 2020:
Breaking Bread Assists
6:00 AM, Queens Park

COMING UP...

November 7, 2020: RYLA Barbados 2020 - General Sessions & Breakout Groups

REGISTER NOW!
BREAKOUT GROUPS

BREAKOUT GROUP #1

- Gone digital! Now what?**
Learn about adapting to new leadership digital techniques
- OR**
- Change: Own it!**
Learn techniques to implement and monitor change management techniques

BREAKOUT GROUP #2

- Pandemic Finance**
Learn about hosting effective fundraisers during this time
- OR**
- Careers: The New Normal**
Learn about emerging careers considering new protocols

Rotary Club of Barbados

Still not convinced if RYLA is for you?

RYLA is a premier youth leadership development program.

It is designed to promote proactivity, personal and professional development through a range of inspirational speakers, team building exercises and leadership training.

Please note that the overnight package is fully subscribed.

Daytime Package Details

Time: 9:00 AM to 5:00 PM

Cost: \$80.00

Package Includes: RYLA Tee, Writing Material and Meals

Registration Link:

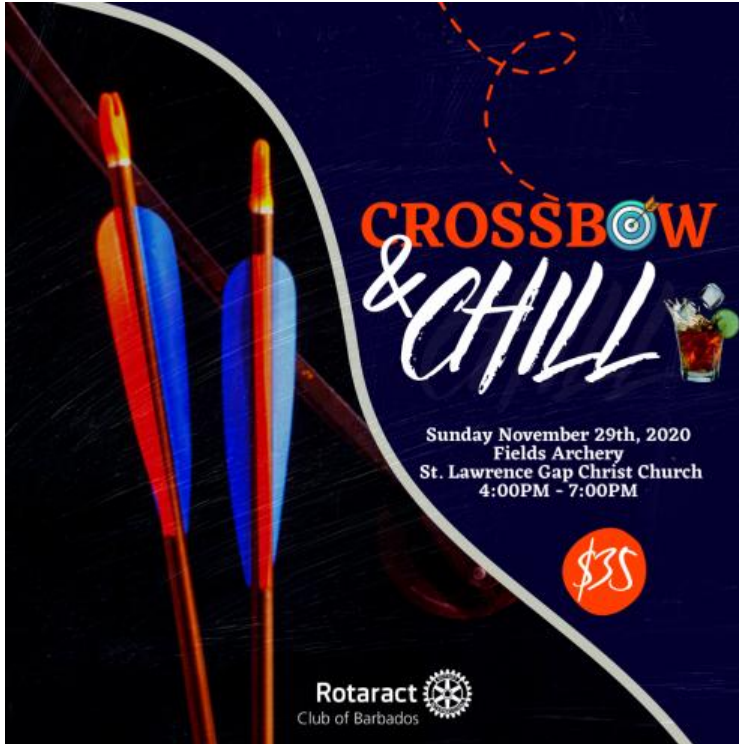
<https://forms.gle/2FiYWWUqFBdgee8dA>

REGISTER NOW!
PRESENTERS

- TRACEY KNIGHT-LLOYD**
Presenting on: Leadership: 2020 and beyond!
- RAPHAEL SAUL**
Presenting on: The Culture of Champions
- JANELLE CHASE-MAYERS**
Presenting on: Mental Health for Future Leaders

Rotary Club of Barbados

COMING UP...



November 29, 2020:

Crossbow & Chill

4:00 PM, Field's Archery

Contribution: \$35



COMING UP...



Committee Meetings

N O V E M B E R

MEMBERSHIP
COMMITTEE

PROFESSIONAL
DEVELOPMENT

CLUB
SERVICE

06

11

19

N O V E M B E R

FINANCE &
FUNDRAISING

INTERNATIONAL
SERVICE

20

21

NO COMMITTEE MEETINGS ARE SCHEDULED FOR THE FOLLOWING:

- COMMUNITY SERVICE
- PUBLIC RELATIONS
- THE SECRETARIAT

Stay tuned to your respective committee chats for the times and locations.

Date: November 6th

Committee: Membership

Date: November 11th

Committee: Professional Development

Date: November 19th

Committee: Club Service

Date: November 20th

Committee: Finance & Fundraising

Date: November 21st

Committee: International Service

There will be *No November Meetings* for the below Committees:

Community Service

Public Relations

Secretariat

SAVE THE DATE...



Carols by Candlelight has gone VIRTUAL!!!

As the year ends, the time draws near to the season of giving, and one staple to this season of giving is **Carols by Candlelight** which is **hosted by our Sponsor Club, the Rotary Club of Barbados.**

There will be two (2) special screenings on **Monday, December 14th, and Tuesday, December 15th, 2020.** These screenings will be **held at the Globe Drive-In**, with two shows each day at **6:00 pm & 9:00 pm.**

As such, Cranberries our assistance is needed.
We are seeking four (4) teams of six (6), to assist, one for each showtime.

If you want to be part of a team, kindly sign-up below.

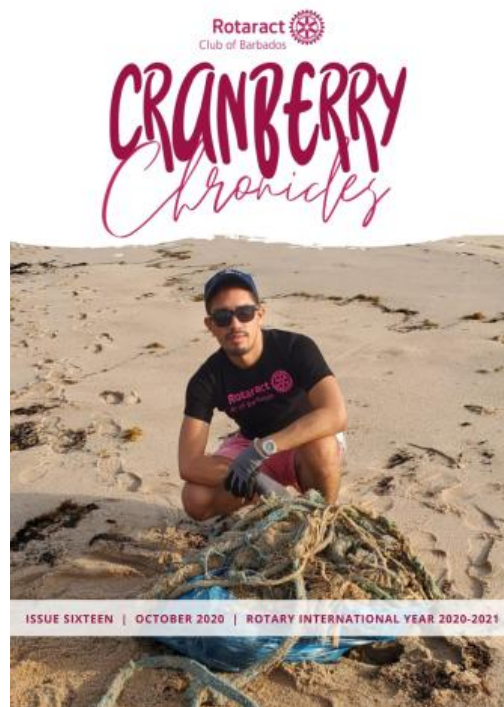
Registration Link: <https://bit.ly/RCOBEvents>



Thank you for Reading

Look out for our next issue on December 1, 2020

Did you miss last month's 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](#)