



CRANBERRY *Chronicles*





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PRESIDENT'S Q₂ MESSAGE

We made it! Did you burn out?

I know it has been a busy first quarter, so I want to take this time to say **Thank you!** Thank you for all your help, support, encouragement and service this quarter. Each and every one of you truly exemplified the motto of **Service Above Self**. Not only did you put your best foot forward, but you put your **Passion** for service **into action**.

We started this quarter uncertain of how we would go forward, with the **lockdown behind us and a new way of life taking over**, the plans we had seemed to pale in comparison. We launched our **hybrid meetings** and focused on online rather than in-person activities.

This all changed in September when we started to get back to what we do best, **serve**. We **cleaned up, cleaned out, fed, raised funds and brought greater awareness to a great cause**. None of this would have been accomplished without the help of you **awesome service soldiers**.

As we look forward to this next quarter, we encourage you to continue to do **your best, always**, as we the board do ours. We will aim to continue to listen and to do projects that impact our community in a positive way by putting not only our **Passion but yours into Action**.

As we go on remember to pace yourselves and enjoy all what this quarter has in store.

Yours In Rotaract,

Rashida Prescott

President | **Rotaract Club of Barbados** | 2020-2021





A WORD FROM YOUR SECRETARY

Cranberries! We have made it through the first quarter of RI Year 2020/2021, where many **Opportunities were Opened** for us to **Always Do Our Best** while we put our **Passion In Action**.

Last month we were encouraged not to **#BurnOut** and hopefully you didn't. 2020 has been a **rough year** but in true **Cranberry style** we found a way to navigate these **uncharted waters** and come out without being **knocked over by the wave**. **#iykyk**

As we continue on this journey, **let's remember to support each other**, reach out to a friend when you miss them at meetings or events and **continue to serve passionately** however we can, whenever we can.

Let's Continue to put our **#PassionInAction!**

Yours In Rotaract,

Shaunte Carter

Secretary | **Rotaract Club of Barbados** | 2020-2021



A WORD FROM THE EDITOR

Dear Cranberries (and friends),

We made it!

Last quarter was truly an exercise in endurance and for the most part, we crushed it! I am so proud of the work this Club continues to do. I am proud of our members for continuing to step up and show out in the best ways!

Now, it's time to relax a little. Reflect on the hardships of the last quarter, celebrate the goals we surpassed and reminisce on some of the bright new memories we've made. Q1 has shown me new ways of being fluid, of accepting change and of pivoting to make the most of every opportunity.

This upcoming quarter will comprise some changes... some **opportunities** for growth and new experiences! This publication, for one, will feature a guest editor, who I'm sure will take the work we've done so far and elevate it.

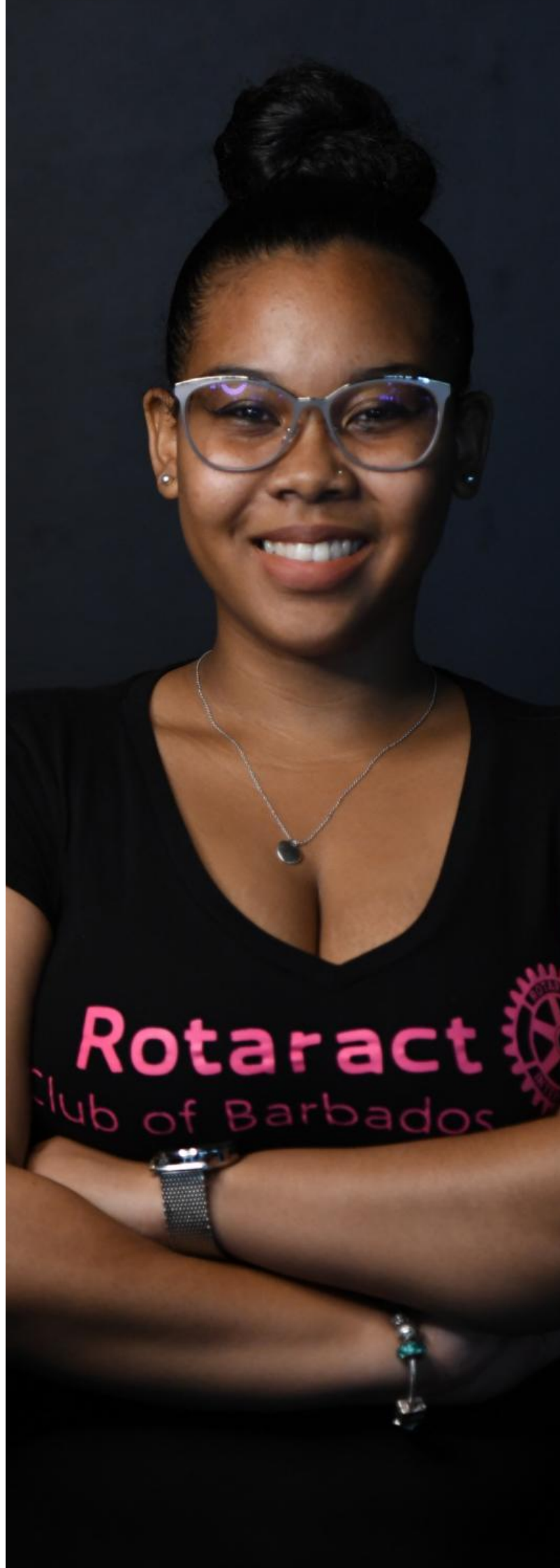
[Don't miss me too much... I'll be back before you know it]

Well done on your journey so far but we're just getting started... Are you ready for the next adventure?

Yours In Rotaract,

Danielle C. Jonawa

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
BIIIIIRRRRTTTHHHHHDAAYYYYYY!!!!**

- **OCT 04** AD Shakeila Marshall
- **OCT 04** Rtr. Zachary McCollin
- **OCT 05** Dir. Jamar Mayers
- **OCT 05** Rtr. Curtis Forde
- **OCT 07** CS Maya Kellman
- **OCT 09** Rtr. Sharia Pilgrim
- **OCT 18** Rtr. Ramon Grant
- **OCT 21** Rtr. Akeem Spencer
- **OCT 22** Rtr. Haylee Shaw
- **OCT 22** Rtr. Natoya Ward
- **OCT 24** CS Shaddia Morris
- **OCT 25** Rtr. Dave Boyce

Cranberry Chronicles

OCTOBER 10, 2017

- Dir. Shakira Hall
- Rtr. Haylee Shaw
- Rtr. Stephon Rayside
- Rtr. Tonya King
- Rtr. Shakera Daniel

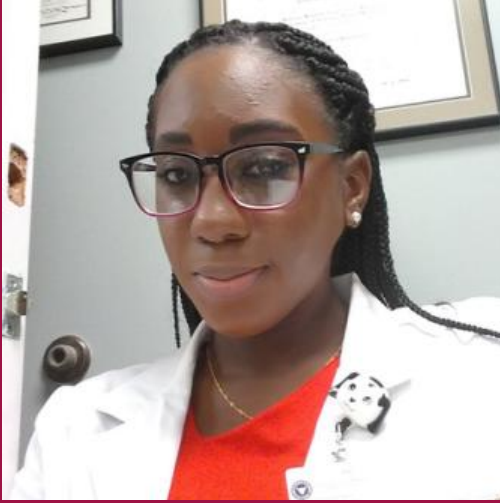
OCTOBER 28, 2019

- Dir. Jamar Mayers
- Dir. Kavita Singh
- AD Trey Cumberbatch
- CS Cherise Vanderpool
- Rtr. Asha Phillander
- Rtr. Zakiya Agardl



Cranberry Corner

Welcome to the brand new members of the Cran-Fam! Let's get to know them a little!



Adrienne Bynoe

Committee- Finance and Fundraising

Adrienne is a Medical Doctor, currently lecturing at American University of Barbados, School of Medicine, with dreams of specialising in pediatrics. She enjoys baking and "watching a good series."

When asked why she joined RaCOB, Adrienne said "I joined RaCoB because I realised I had a bit of free time after completing my medical degree and the organization and its goals/activities of giving back and helping others etc best matched my personal goals and passions"

Christina Ruck

Committee- Community Service

Christina recently graduated with a BSc. in Microbiology and is seeking to pursue a degree in Marketing. Christina says "I have always had a love for volunteering and giving back to the community as well as nature and the calmness it brings. I am also a member of the Variety Children's Charity, Circle K International CaveHill and a Digital Ambassador for the Ministry of Innovation, Science and Smart Technology."

She joined RaCOB because of her positive experiences while collaborating with her previous Club, Rotaract Club of UWI Cavehill, the "diversity in careers, nationality and knowledge from the members" and our various community service projects, especially "Breaking Bread". She says "I believe the club is an awesome opportunity to network while having fun."



Tonia Durrant

Committee- Public Relations

Tonia is a Quality Assurance Specialist with experience in Quality Management Systems, Document/Policy Authoring, HR and is currently pursuing a MSc. in Human Resource Management. Tonia is (literally) a Christmas baby, loves the colour purple (*Not the book/movie, the actual colour*) and used to dance ballet and play rugby.

She joined RaCOB "to help increase my professional network, give back to the community and have fun!"





CLUB DUES

It's the start of the second quarter, so it means it's the deadline to pay dues.

Balances for All Pinned Members are due between
Thursday October 1st, 2020 and Saturday October 31st, 2020.

Payment Plan Balances are as follows:

Option 1: Pay your \$125.00 in full on or before October 31, 2020;

Option 2: Final Installment of of \$62.50 on or before October 31, 2020;

Option 3: Final Installment of \$31.25 due October 31, 2020.

To arrange payment, kindly contact Treasurer Posha at treasurer@rotaractbarbados.org.

Club Dues

All Outstanding Dues for Pinned Members are to be paid by Saturday October 31st, 2020.***

Balances to be Paid:

- Option 1: Pay your \$125.00 in full
- Option 2: Pay final installment of \$62.50
- Option 3: Pay final installment of \$31.25

Direct Deposit Info

- Name on Account: The Rotaract Club of Barbados
- Address on Account: PO Box 148B, Brittons Hill, St. Michael
- Account Number: 456022
- Transit: 66555
- Name of Bank: Bank of Nova Scotia
- Branch: Haggatt Hall, St. Michael

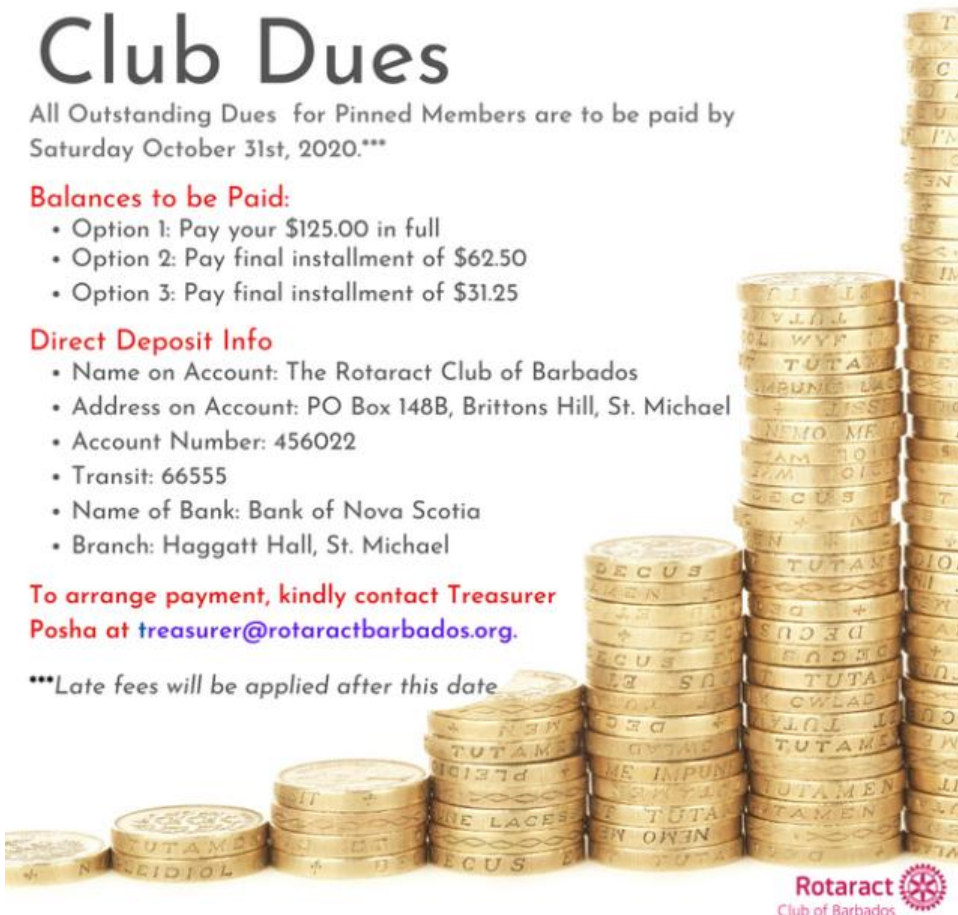
To arrange payment, kindly contact Treasurer Posha at treasurer@rotaractbarbados.org.

***Late fees will be applied after this date

IMPORTANT NOTE:

After October 31, 2019 Club dues are payable as follows:

- November 1-29, 2020: \$130.00
- December 1-31, 2020: \$135.00
- January 2-31, 2021: \$140.00
- February 1-29, 2021: \$145.00
- March 2021 and after: \$150.00



BREAKING BREAD TAKEOVER #1

SEPTEMBER 5, 2020
ROTARACTOR ALVARO HOLDER



There's supposed to be no 'I' in team, but given the number of 'I's' that volunteered for the last edition of the Breaking Bread Takeover, that notion can certainly be challenged.

On Saturday Sept. 5, 2020 the Rotaract Club of Barbados hosted its 5th Takeover of the **'Breaking Bread, Making Bread'** initiative, just outside of the Daphne Joseph Hackett Theatre in Queens Park. By 6 a.m., all teams were in place and rearing to go. At approximately 6:05 a.m. there was the customary prayer of thanksgiving which was directly followed by the serving of food and distribution of clothing and books. When the dust was settled, we were able to provide hearty meals for **over 100 persons**, many of whom also took advantage of the clothes and books on hand.

Some may say that it was a resounding success but that would be a gross understatement. In fact, it was actually beyond anything I could have imagined. Months in advance persons were queuing up to be on the **Breaking Bread** train, and following the official announcement, the number of interested persons grew so much that we were overbooked! I had never experienced anything like it. Who knew that this event would garner such an overwhelming response? Who knew that seeing such elation and content on the faces of those in need would be so heartening?

The entire club has earned commendation, not only for the donations and support, but for the overall execution of the project. From the setup and serving of food, to the distribution of clothing and books, all team members were fantastic. Also outstanding was the cook team, led by Director Mario Murray, whose attention to detail in the kitchen is bar none. *Special mention also goes to those who were on hand to sort the clothing beforehand to simplify the distribution process on the day.* All in all, it was a true reflection of **service of above self**. It is clear that we have undoubtedly **'levelled up'** and continue to display our **'passion in action'**!

PCOS DOLLAR DRIVE

SEPTEMBER 05, 12, 19, 26 2020

MCC MARIO BOYCE & DIRECTOR SHAKIRA HALL

As **September** is **Polycystic Ovarian Syndrome (PCOS) Awareness** month, the Finance and Fundraising Committee sought to highlight and partner with one of our chosen beneficiaries **The Barbados Association Endometriosis and PCOS (BAEP)**.

To this end, we conducted the **PCOS Dollar Drive** across several locations on each Saturday in September. This drive had **two main goals** to **raise funds in aid of our beneficiary** but also to **bring awareness of PCOS** to the Barbadian public.

Each Saturday throughout September our **Service Soldiers** volunteered alongside the **BAEP ambassadors** to highlight this common condition that causes a lot of women to suffer silently... but no more!

Through the valiant and brave efforts of the ambassadors to lend their voices and tell their stories we were able to educate the public about PCOS and encourage them to give donations, as this disease can affect any of the females in their lives. In return they proudly donned their **teal-colored ribbons** to continue showing their support.

We were overjoyed at the amazing amount of support not only from our Cranberries, but also from the amazing PCOS ambassadors and the public to the **Dollar Drive** initiative which led to the overwhelming success of the drive which shattered its original goals.



A LOOK BACK AT SEPTEMBER 2020



September 5, 2020: RCOB Garden Beautification Project

A LOOK BACK AT SEPTEMBER 2020



September 8, 2020: Club Meeting x BAEP Special Guest

WORLD SUICIDE PREVENTION DAY

SEPTEMBER 10, 2020

Rotaract Club of Barbados

TAKE A MINUTE

Taking A Minute...a family member, friend, colleague or even a stranger..

to reach out to someone in your community..

..COULD CHANGE THE COURSE OF ANOTHER PERSON'S LIFE.

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

Rotaract Club of Barbados

TAKE A MINUTE

Over **800,000** people die by suicide annually, representing **one person every forty seconds**

- Suicide is the **15th leading cause of death globally**, accounting for 1.4% of all deaths
- The global suicide rate is **11.4 per 100,000 population**

15.0/100,000 males 8.0/100,000 females

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

Rotaract Club of Barbados

TAKE A MINUTE

DID YOU KNOW?

- Suicide is the result of a **convergence of risk factors**; including but not limited to genetic, psychological, social and cultural factors, sometimes combined with experiences of trauma and loss
- **Depression** is the most common psychiatric disorder in people who die by suicide
- **50%** of individuals in high income countries who die by suicide have major depressive disorder at their time of death

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

Rotaract Club of Barbados

TAKE A MINUTE

DID YOU KNOW?

Relatives and close friends of people who die by suicide are a **high risk group** for suicide due to:

- The psychological trauma of a suicide loss
- Potential shared familial and environmental risk
- Suicide contagion through the process of social modelling, and
- The burden of stigma associated with this loss

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

Rotaract Club of Barbados

TAKE A MINUTE

..to consider how you can help

The importance of community

- We are all part of a community, linked to family, friends, work colleagues, neighbours or teams.
- Sometimes we become isolated and disconnected from our communities
- We have the responsibility to support and empower those who become vulnerable in our communities

Reaching out to those in the community

- If you are worried about someone in your community reach out and ask, **"are you okay?"**
- By simply checking in with them and offering non-judgmental support, you can make a difference

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

Rotaract Club of Barbados

TAKE A MINUTE

..to consider how you can help

Empowering our community

- Encourage those in distress to tell their own story in their way and at their pace
- By engaging in active listening and reaching out to those who are vulnerable in the community together we can build resilient and strong communities

Let's talk about it, even if it will just take a minute

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

Rotaract Club of Barbados

TAKE A MINUTE

On this **World Suicide Prevention Day** and everyday, **TAKE A MINUTE** to reach out to someone...

...a complete stranger, close family member or friend; **THIS CAN SAVE A LIFE**

World Suicide Prevention Day
Working Together to Prevent Suicide
September 10, 2020

For more information visit www.iasp.info/wspd2020

A LOOK BACK AT SEPTEMBER 2020



September 12 & 26, 2020: Breaking Bread Assists



September 19, 2020: World Clean-up Day



BEACH, PLEASE!

SEPTEMBER 27, 2020
 DIRECTOR JOELEITA AGARD



The third annual beach event “**Beach,Please!**” was held on Sunday September 27 2020.

It was **extra special** as it was one of the Club’s first in person fellowship events for the Quarter and since the COVID-19 pandemic struck. We were joined by our sister club, the **Rotaract Club of UWI Cave Hill**.



This year, the event was held at Brandon’s Beach and the attendees enjoyed a delicious afternoon Barbeque, followed by beach activities. Thanks to overcast skies and some early morning rainfall, the weather was perfect.

Activities included a very competitive **sandcastle building competition**, a **jam doughnut challenge**, and a “**Beach,Please!**” favourite, **the Dizzy Relay**.

This year a challenge was thrown out to our Club Presidents, Past President and President-Elect for a **Presidents’ dizzy race** (Congrats to President Rashida).



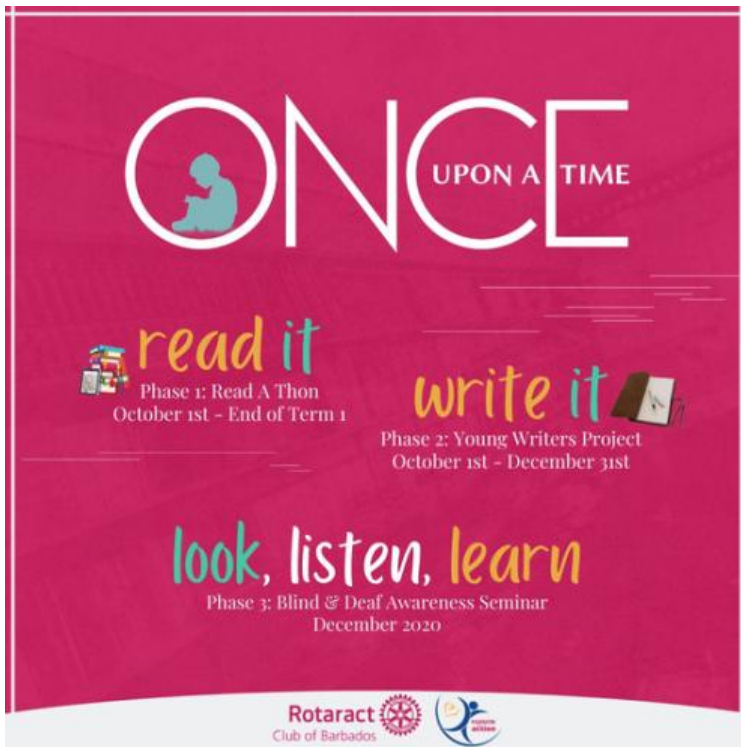
The winning team was the joint team of the **Community Service** and **Professional Development** Committees who were presented with vouchers, gift certificates and miniature wines.

The evening was capped off by the **celebration of Q1 birthdays** with a birthday cake and the singing of, what we now realise was the wrong version, of the “Happy Birthday” song.

The Club Service Committee thanks everyone for attending and for making the event a success!



COMING UP...



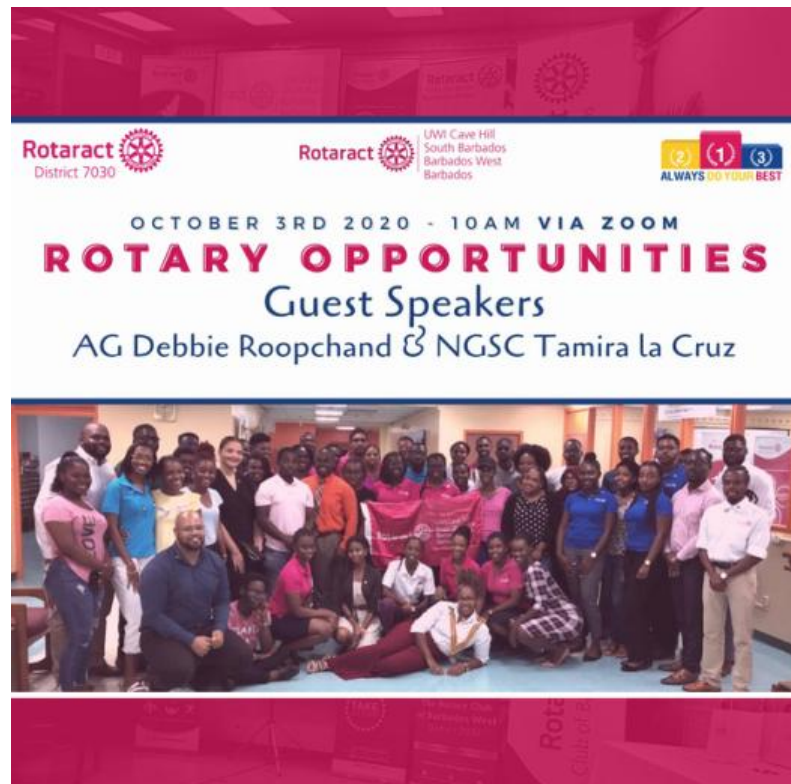
October 1, 2020:

**Once Upon A Time -
Phase (1)- Read-A-Thon**

Phase (2)- "Young Writers Project"

**October 3, 2020:
Rotary Opportunities -
10:00 AM, Zoom**

**Zoom Registration Link:
<http://bit.ly/RotaOpp>**



COMING UP...

October 6, 2020:
Annual Club Forum – 6:00 PM,
(Pinned & Active Members Only)



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: October 10th & 24th, 2020

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

Location: Queen's Park, Bridgetown

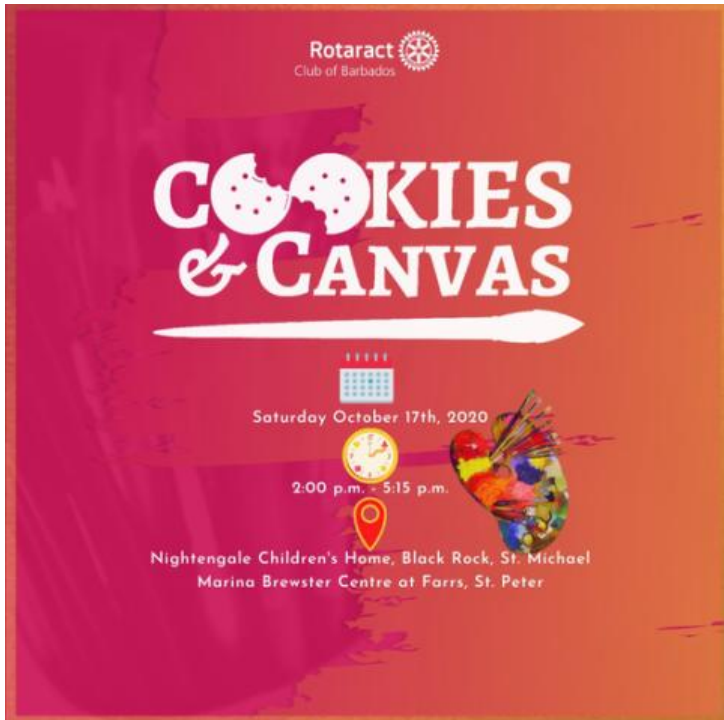


October Assists



October 10 & 24, 2020:
Breaking Bread Assists-
6:00 AM, Queens Park

COMING UP...



October 17, 2020:

Cookies and Canvas - 2:00 PM,
Nightengale Children's Home and
Marina Brewster Centre at Farris

October 24, 2020:

Pass The Mic: Carving Your Digital Footprint *"The key to personal branding"* - 10:00 AM, Zoom

Zoom Registration Link:

<https://bit.ly/PTMQ2>



COMING UP...



October 31, 2020:

Add A little Spice to Your Life -

8:00 AM to 12:30 PM,

Luther Thorne Memorial Primary

School and Gordon Cummins

District Hospital,

October 31, 2020:

Foundation Grants - 2:00

PM, Zoom

D7030 Website

Registration Link:

<https://rotarydistrict7030.org/event/d7030--a-rotaract-introduction-to-district-and-global-foundation-grants/>

Direct Zoom Link:

<https://us02web.zoom.us/j/7030--a-rotaract-introduction-to-district-and-global-foundation-grants/>



COMING UP...



Committee Meetings

OCTOBER

MEMBERSHIP COMMITTEE	THE SECRETARIAT	PROFESSIONAL DEVELOPMENT
02	09	14

OCTOBER

CLUB SERVICE	COMMUNITY SERVICE
15	21

NO COMMITTEE MEETINGS ARE SCHEDULED FOR THE FOLLOWING:

- FINANCE & FUNDRAISING
- INTERNATIONAL SERVICE
- PUBLIC RELATIONS

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

Date: October 2nd
Committee: Membership

Date: October 15th
Committee: Club Service

Date: October 9th
Committee: Secretariat

Date: October 21st
Committee: Community Service

Date: October 14th
Committee: Professional Development

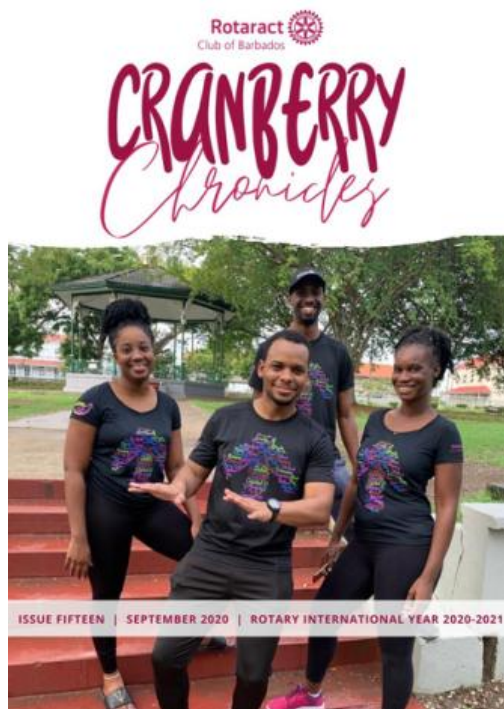
There will be *No October Meetings* for the below Committees:
International Service
Finance & Fundraising
Public Relations



Thank you for Reading

Look out for our next issue on November 1, 2020

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



CONTACT US

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