

Rotaract
Club of Barbados



CRANBERRY *Chronicles*

ISSUE TWENTY-THREE | QUARTER TWO | RIY 2021-2022

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President's Q3 Message

Scott Chandler
President 2021-2022



We now stand at the omphalos in this Rotary Year, with the second quarter behind us. I am sure collectively we are hopeful of the new calendar year, as a new year brings new hope. **A new hope brings new opportunities and challenges for us all to shine in.**

The **new year** also **brings a new time of reflection**, and throughout this Rotary Year, I have been reflecting. So my question to you is, **have you ever reflected on your earliest days in Rotary/Rotaract?**

I asked this because I often reflect on and remember those first moments of discovering how the power of service have shaped who I am today and what led me to this organisation. **The spark that Rotaract kindled within forced me to look beyond myself and embrace humanity.** I realised that service to others was meant to be a way of life for me.

Throughout the last quarter, your Board sought to find ways to reignite flames of service within you and, rightfully, continue to do so. We saw our **Super Service Saturday's** successful planning and execution, which **exceeded all expectations** with **plans to organise at least one more** for this year are underway.

Your continued efforts and favourable response to our Rotary Foundation donation efforts aided in us almost doubling our quarterly goal. These efforts put us ever closer to honouring **one member with a Paul Harris Fellow**. They also have allowed us to surpass our total giving to the Foundation last year, so well done! **Donations to Every Rotaractor, Every Quarter, the sale of End Polio Now Pins, where proceeds were directly donated to the PolioPlus Fund, and your direct donations on #GivingTuesday to The Rotary Foundation** all contributed.

We lifted our voice alongside our fellow Rotarians and Rotaractors to show **how vaccines have positively impacted our lives**, where *fourteen diseases have been forgotten* or unheard of by our generation. And why we, too, in this current pandemic, **should trust** in them to **fight against** the ever-evolving **Coronavirus**. In our remaining time, Team LENS will continue to support the **fight against Childhood Obesity, the Coronavirus and the stigma associated with Dyslexia** through various projects currently in the pipeline.

So as we finish our term under the LENS Banner, **let us do so with all the hopefulness and determination this new year has to offer.**

**#CranberryStrong, #ServeToChangeLives
#MixUp&Blend, #LENS, #RefocusOurLENS**

From the Co-Editors

Shaunté Carter
Secretary 2021-2022



This **new year marks the beginning of new opportunities, endless possibilities, second chances and a fresh start.**

As we continue to cope as best as we can in these unprecedented times, may we not **lose sight of the things that matter most** and **let our loved ones know how much they mean to us** as life is so fragile.

Let's also **take the time to do the things we love**, all in the name of self-love and self-care, because who else can love and take care of us better than ourselves.

So to you and yours, I wish you a year filled with lots of love, joy, **peace, happiness, laughter, prosperity and success** and **may all your hopes and dreams for this year come to pass.**

I hope you enjoy this issue as much as we enjoyed creating it for your reading pleasure.

Cheers to A Happy New Year!!

I would like to express my gratitude to the following Members and Prospective Members who made this issue possible:

- Pres Scott Chandler
- Sec Shaunté Carter
- Asst Sec Maya Kellman
- CS Juanita Samrodia
- CS Dominique Charles

- Dir | Treas-Elect Zachary McCollin
- Dir Galen Hare
- AD | Dir-Elect Keisha Springer
- DPO Dario Brathwaite

- Rtr Teyonna Delice-Mayers
- Rtr Zariah Bailey

- PM Charmaine Hinds
- PM Dominic Johnson
- PM Katerina Griffith
- PM Zariah Webster (UWI Cave Hill)

Your contributions were truly appreciated!

**#CranberryStrong, #ServeToChangeLives
#MixUp&Blend, #LENS, #RefocusOurLENS**

From the Co-Editors

Maya Kellman

Assistant Secretary 2021-2022



Happy 2022 Cranberry Family!

As we close the book on one year and begin another, I would like to take this moment to wish you and your loved ones a **Happy & Healthy New Year filled with an abundance of peace, positivity and success!**

The month of January brings a New Year; a time of deep reflection and observation. On reflecting on the past two years behind us, there is no doubt that we have experienced tremendous challenges, devastating landmarks and unprecedented times. From achieving flow and traction, to adapting global operations and rethinking our approach, all while positively transforming our personal and professional lives. Our unflinching commitment and resilience allowed us to finish the year 2021 on a positive and hopeful note.

However, in anticipating the future ahead, a New Year evokes a mélange of emotions for all of us! A timely reminder of a new dawn, a new sense of hope, new purpose and- **new challenges!** We have yet another amazing opportunity to start afresh with renewed creativity, resiliency and boldness where we can reimagine possibilities; tackle new challenges.

As we dive into Quarter 3, I am confident that we are poised for a period of progress. Dutifully embracing all the exciting volunteer opportunities presented in true Cranberry style whilst aiming to **lead, empower, nurture and serve** our communities. (**#TeamLens!**)

In closing, I would like to express my greatest wish for you this New Year, and that is to tend to your garden of life with **grace, discernment, humour, patience, humility, gratitude, continuous learning and growth. May your seeds of hard work and service bloom into amazing fruits of success and reward. May all your dreams and aspirations come true *ad infinitum!***

#CranberryStrong
#ServeToChangeLives
#MixUp&Blend
#LENS
#RefocusOurLENS
#TeamLens

ABOUT OUR THEME

Each Quarter we will be highlighting a letter of our theme.

Next up is E, which stands for Empower

President Scott seeks to empower his Board, you, the members and our wider community by aiming to better ourselves, the Club and our Communities.

Leaders become great not because of their power but because of their ability to empower others. — John Maxwell

EMPOWER

by AS Maya Kellman

"Because Successful Leaders are Obsessed With Empowering Others"



'E' stands for **Empower** within the L.E.N.S Theme.

It is well established that, within the successful leader's mindset, one can have either control or growth but, you can't have both. Simply put, the strength of your organization is who you empower and not control - one of the benchmarks essential to long term continuous success! With this being said, today's article would succinctly explore the concept of empowerment and its importance to successful leadership development.

For one minute, reflect on when you served in your first substantial leadership role. Did you feel like your voice was heard? Were you able to make seemingly important decisions on your own or with the help of others? Of note, did you even make a principal difference in your role?

Regardless of your arm of service, your answers to these questions are contingent on whether you were empowered. According to the Academy of Management Executive, the term "empower" means *"to include your team on the decision making processes for each initiative, providing them with a participatory role which capitalizes on their unique talents, judgment and capabilities."*

Further, successful leadership recognizes that empowerment demonstrates excellent listening skills and the ability to prioritize your team members' thoughtful inputs.

Empowerment builds confidence among team members to execute the team's collective mission and goals. By extension, creating a healthy, positive and ultimately successful organization. It strengthens everyone in the organization, keeps the organization on the path to success, and builds one of the most critical elements on any team - trust.

Imagine reflecting on the table of tomorrow through the lens of empowerment and seeing that empowerment should be a focus of every leader's toolkit in the long run.

Empowering people is not a casual act for a leader; it must be comprehensive. It must be a continuous process with a means to review effectiveness. How do you even know the team understands your mission and goals? Successful leaders empower utilizing two main currencies- clear communication and trust but also check to make sure that empowerment is working.

Cranberry Family, let us continue to get clear on the "What" and the "Why", but give your respective teams the freedom to determine the "How" in our quest to promote and sustain successful leadership development. After all, successful leaders are obsessed with empowering others and not control!

Barbados
Rotaract
Rotary Club Partner



The Rotaract Club of Barbados
Sponsored by the Rotary Club of Barbados



CRANBERRY CORNER

February 20

rotaract

rotaractbarbados.org

New Members Alert

Meet Our Newest Members

Profession: Audit Supervisor

Specialities: Audit, Accounting & Finance

Fun Facts: I love the beach, food and sports

Why RaCOB?: I love being apart of different community service and club activities so I believed that the RaCOB would be perfect especially after attending some of the activities before becoming a prospective member.

Other: RaCOB is awesome I am very happy I joined 😊

Induction Date: Saturday, October 2nd, 2021



Tamara Mayers
Club Service Committee



Blaire Deane
Professional Development Committee

Profession: I am a Personal Assistant to the C.E.O at Innotech Services Ltd

Specialities: General Management, Human Resource Management

Fun Facts: I love to travel and I also enjoy reading

Why RaCOB?: I joined the Rotaract Club of Barbados mainly because I wanted to be involved in giving back to my community as well as I saw its value in networking, personal growth and development.

Induction Date: Saturday, October 2nd, 2021

New Members Alert

Meet Our Newest Members

Profession: Rentals Agent at Sotheby's

Specialities: Hospitality

Fun Facts: I enjoy Baking - Emarie Eatery

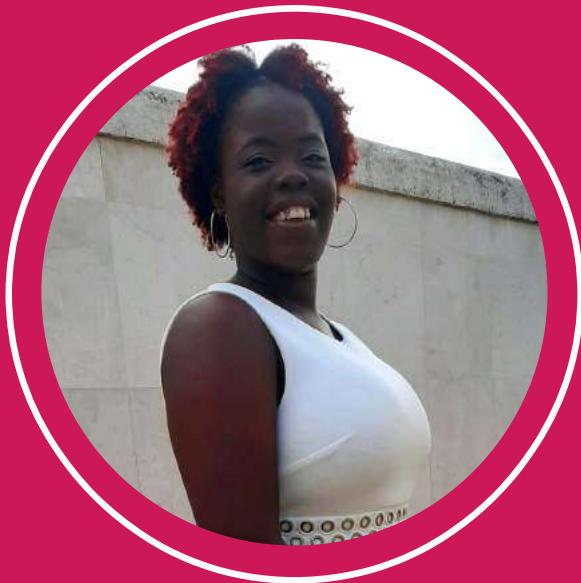
Why RaCOB?: Invited by a friend

Induction Date: Saturday, October 2nd, 2021



Leah Browne

Professional Development Committee



Ashonelle Taitt

Public Relations &
The Rotary Foundation Committees

Profession: I am an Intern Housekeeper at QP Bistro

Fun Facts: Writing (some of my work is featured on visitbarbados.org), drawing & painting occasionally

Why RaCOB?: Because it seemed like a good way to meet people and be less of an introvert

Other: I aspire to be a Health Promotion Officer

Induction Date: Tuesday, November 2nd, 2021

New Members Alert

Meet Our Newest Members

Profession: I am currently a Business Operations Support Manager at Interamericana

Specialities: Information Systems & Database Management, Software Development, Data Analytics, Project Management

Fun Facts: My hobbies are fitness, travel, music/podcasting, art and interior design, exploring culture/restaurants/social scene

Why RaCOB?: I have had the opportunity to interact with persons who have taken the time to invest in my development, and RaCOB is a great means of paying that forward and making a positive impact in society. It also provides an opportunity to develop new skills/relationships or build on existing experience and knowledge.

Other: As a very recent member, I look forward to expanding my involvement with the club in the years to come. It is refreshing to see how dedicated a group of people can be to such causes as RaCOB is involved with, and I am truly proud to be a part of this organization.

Induction Date: Tuesday, November 2nd, 2021



Shanika Babb

Professional Development Committee



Cardon Duncan

Finance & Fundraising Committee

Profession: General Contractor (Director of Maverick Construction)

Specialties: Building

Fun facts: Singing playing basketball. I'm also a musician (drums)

Why RaCOB?: To make a difference

Induction Date: Tuesday, November 2nd, 2021

All The Best!

Congratulations and all the best on your new journey!!



Our Club is glad to call you all our family, and we are grateful for each and every significant contributions made while with us.

May your new professional pursuits bring you much happiness and fulfilment. We will continue to keep you all in our memories with warm thoughts.

So until we see you again, all the best in your respective futures, knowing that you will always be members of our family.

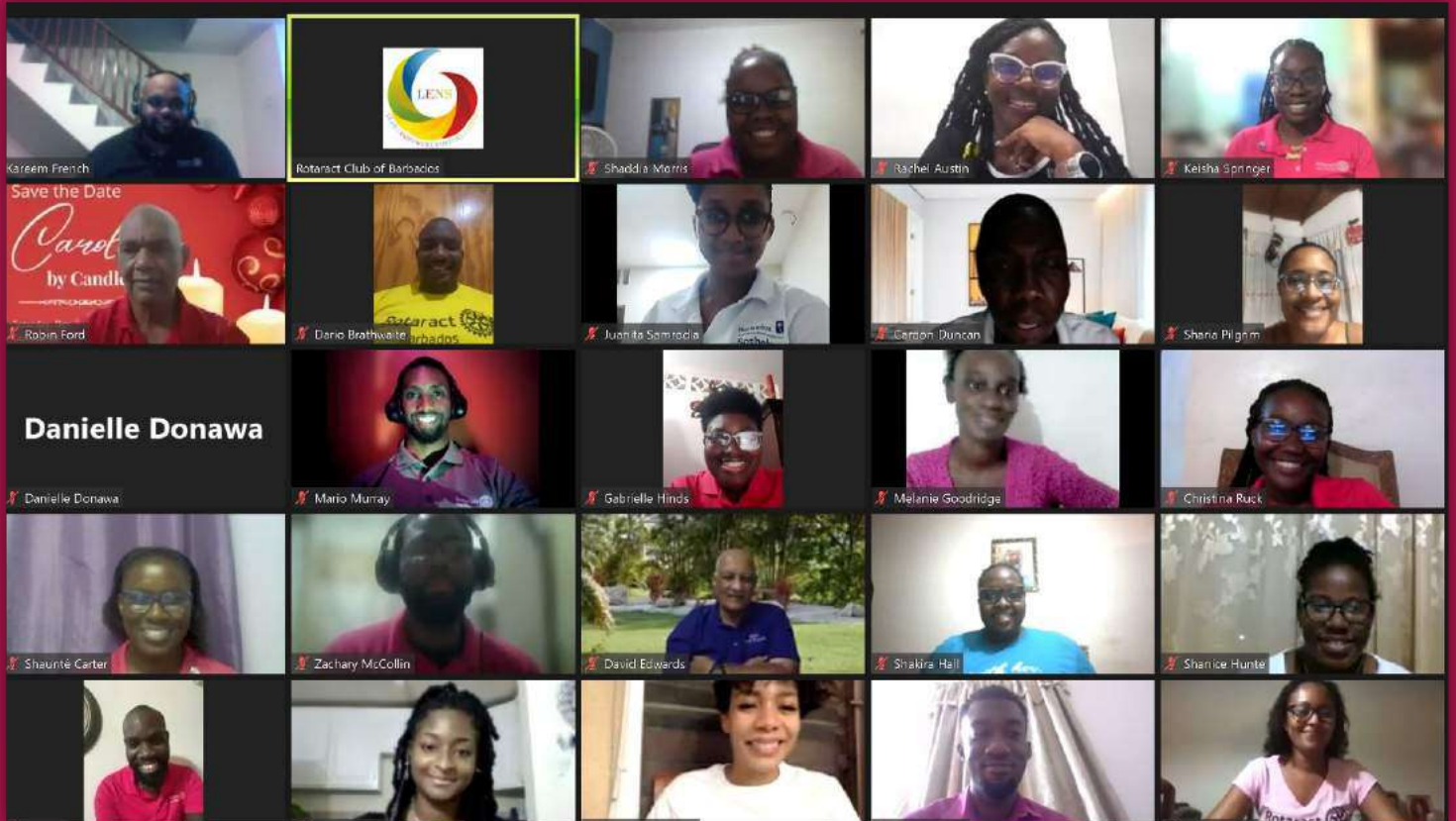
AD Cherise Vanderpool pursues Professional Certifications.

MCC/PP Kareem French, Rtr Andre Seale, Rtr Saskia Spencer and Rtr Tamara Mayers - pursues new Professional Advancements.



Club Meeting - Elections

BRING ON THE SPEECHES!
Tuesday, December 5th, 2021
Committee Secretary Dominique Charles



Cranberries gathered on the evening of December 7th, 2021 to hear the **initiatives and plans for the 2022- 2023 Rotaract year.**

For this election period, we **reintroduced the candidate speeches** and there was also question and answer segments.

A total of **seventy-six (76) Rotaractors, prospective members and Rotary members arrived on Zoom** to hear from **our candidates:** AD Keisha Springer, PM Cardon Duncan, AD Shaddia Morris, AD Christina Ruck, Rtr Dario Brathwaite, AD Gabrielle Hinds, Dir Tonia Durant, Dir Zachary McCollin, ILO Melanie Goodridge and Sec Shaunté Carter.

After the candidates fielded the questions from the audience, all eligible Rotaractors were

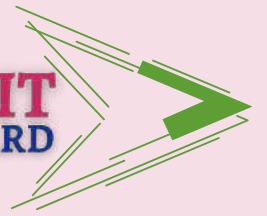
instructed to vote on Election Runner, a secure voting platform. With 100% of eligible voters submitting their vote, the following members were elected for the 2022-2023 year! (see next page).

Congratulations to all successful candidates! As a team, we will **Pay It Forward** by fostering compassion, friendship, unity, peace and growth.

The positions of Secretary and International Service Director are still available for any interested member in good standing. For more information, we encourage you to initiate a discussion with President-Elect Danielle Donawa.

*Congratulations to the
2022-2023 Team*

**PAY IT
FORWARD**



Elected Board of Directors 2022-2023



Danielle Donawa
President-Elect



Shaunté Carter
Vice President-Elect



Zachary McCollin
Treasurer-Elect



Gabrielle Hinds
*Director-Elect
Club Service*



Melanie Goodridge
President-Nominee



Christina Ruck
*Director-Elect
Community Service*



Shaddia Morris
*Director-Elect
Finance & Fundraisin*



Keisha Springer
*Director-Elect
Professional Development*



Tonia Durrant
*Director-Elect
Public Relations*

October is:

COMMUNITY ECONOMIC DEVELOPMENT

Rotary promotes community economic development to revitalise communities, promote sustainability, attract investments, build wealth, encourage entrepreneurship, provide access to financial management institutions and create jobs.

pados.org

Rotarians strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.

BLOOD CANCER DOLLAR DRIVE UPDATE



*Present: President Scott Chandler (RaCOB), President Myrna Edwards (MLLF),
Finance & Fundraising Director Zachary McCollin (RaCOB)*

After the successful Dollar Drive hosted in September, our Club received numerous donations after our official end date. Our final constantly changed, and by **November 20th, 2021, the Rotaract Club of Barbados made its official cheque presentation to The Myeloma, Lymphoma and Leukaemia Foundation of Barbados.**

Through the overwhelmingly generous donations received, we were able to donate as **our final total, \$4,000.00** to our friends at The Myeloma, Lymphoma and Leukaemia Foundation of Barbados.

President Myrna Edwards (MLLF) was **highly appreciative** of our efforts and **impressed** by the organisation of the event that The Myeloma, Lymphoma and Leukaemia Foundation of Barbados now have some **familiar faces joining their ranks** to grow and strengthen the partnership between our two organisations and the mission of the Foundation.

Funds will support The Myeloma, Lymphoma and Leukaemia Foundation of Barbados programmes and projects.

\$5 CHARITY RAFFLE

Director/Treasurer-Elect Zachary McCollin

Thursday, October 21st, 2021 marked the return of the highly successful \$5 Charity Raffle.

The **Finance & Fundraising Team** this time gave away a **staycation at South Beach Hotel** as their **GRAND PRIZE** to one lucky winner this year along with a host of **other great prizes**.

This event aimed to raise well-needed **funds for our Club**.

Thus team members came out to host a series of pop-up shops at Luther Thorne Primary School and reach out to family, friends and the broader Rotary family to facilitate the purchase of raffle tickets.

This was done with great effect as the team **distributed approximately five hundred (500) raffle tickets**.

Overall, we were elated to see the raffle supported despite the current Covid environment and its associated economic impact on Barbadians.

This was done with great effect as the team **distributed approximately five hundred (500) raffle tickets**.

Overall, we were elated to see the raffle supported despite the current Covid environment and its associated economic impact on Barbadians.

It was **an overwhelming success** that **broke our initial target of BBD \$1,000.00**, and for that, **we are grateful**.

Congrats to all of our winners once again and to Director Galen on being our Grand Prize Winner (see below).

Huge thank you to all participants, winners and sponsors!

Stay tuned to our socials to learn more about future fundraising activities!





November is:

THE ROTARY FOUNDATION

The Rotary Foundation helps Rotary members advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

Since being founded, over 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

EVERY ROTARACTOR, EVERY QUARTER

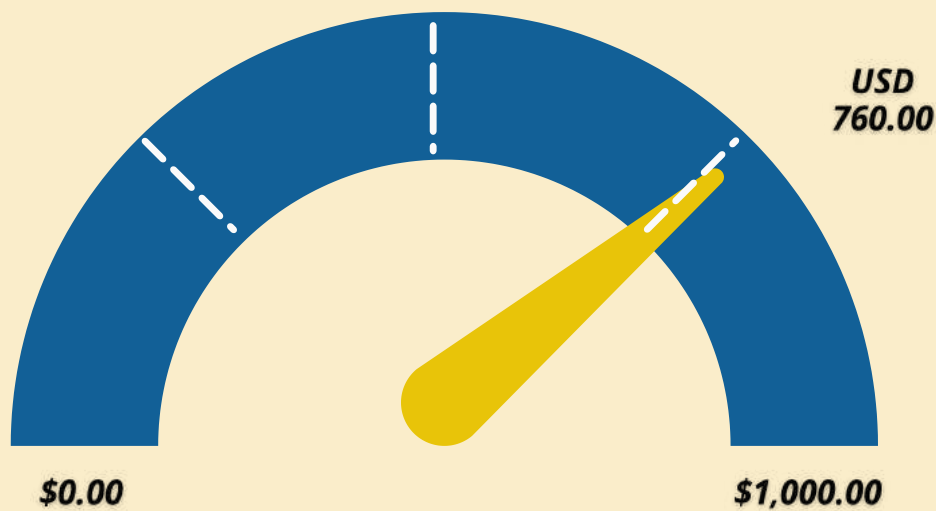
Friday October 1st 2021 to Tuesday, November 30th 2021

Our **Every Rotaractor Every Quarter** initiative seeks to solicit assistance from Club Members to **support The Rotary Foundation through quarterly contributions of \$10.00 or more** with the **ultimate goal of raising \$1,000.00 US.**

Our Club donated **\$100.00 US to Rotary's PolioPlus Fund** to recognise World Polio Day this Quarter. On **November 30th, 2021**, also internationally known as '**Giving Tuesday**', several members made direct donations to the Rotary Foundation's Annual Fund.

This Quarter, member contributions continue to be outstanding, and **we have raised \$454.00, \$204.00 more than our quarterly goal of \$250.00 US!**

After six months, members of the Club have donated \$760.00 US towards the Foundation.



A special thank you goes out to the following members and prospective members who made contributions throughout the quarter:

- Pres Scott Chandler
- Sec Shaunté Carter
- Treas Shakira Hall
- Dir Zachary McCollin

- PP Kareem French
- DPO Dario Brathwaite

- Rtr Ashonelle Taitt
- Rtr Blaire Whitney
- Rtr Cheyanne Francis
- Rtr Corey Sobers-Smith
- Rtr Janelle Jordan
- Rtr Zahir Jackson

- PM Lisa Maynard
- PM Jason Sobers
- PM Zana Rollock



Every Rotaractor
Every Quarter

We appreciate your contributions and the role you are playing to help Rotary to do good around the globe.



December is:

DISEASE PREVENTION AND TREATMENT

Rotary International believes good health care is everyone's right; as such, it considers treating and preventing diseases to be essential. Efforts both great and small such as setting up temporary clinics, blood donation centres, and training facilities in underserved communities struggling with outbreaks and health care access, to designing and building infrastructures that allow doctors, patients, and governments to work together.

The Rotary Family combats diseases like Malaria, HIV/AIDS, Alzheimer's, Multiple Sclerosis, Diabetes, Polio and now COVID. Disease Prevention is important, focusing on health education and providing routine hearing, vision, and dental care.

LET'S RISE IN SUPPORT OF BREAST CANCER

With the Club's focus on Cancers this year, we have highlighted and educated our communities on some types of cancers that impact us all. We started with blood cancers and will now shine some light on Breast and Prostate Cancers.

What is Cancer?

But first, let us understand how cancers are generally formed.

Cancers are **mutations, or abnormal changes, in the genes responsible for regulating the growth of cells and keeping them healthy.** The genes are in each cell's nucleus, which acts as the "control room" of each cell. Typically, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out.

But over time, **mutations can "turn on" specific genes and "turn off" others in a cell.** That changed cell gains the ability to keep dividing without control or order, producing more cells just like it forming a tumour.

Tumours can be benign (not dangerous to health) or malignant (potentially dangerous). Benign tumours are not considered cancerous as their cells are close to normal appearance. They grow slowly and do not invade nearby tissues or spread throughout the body. Malignant tumours are cancerous, and if left unchecked, they eventually spread beyond the original tumour to other parts of the body.

Breast Cancer and What it Entails

The term **"breast cancer" refers to a malignant tumour that has developed from cells in the breast.** Usually, breast cancer begins in the cells of the lobules, which are the milk-producing glands or the ducts. These passages drain milk from the lobules to the nipple. Less commonly, breast cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast.

The **breast cancer's stage refers to how far the cancer cells have spread beyond the original tumour.** Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, which aid to filter out foreign substances in the body. If cancer cells get into the lymph nodes, they have a pathway to spread throughout the body.

A genetic abnormality generally causes breast cancer. However, **only 5-10% of cancers are due to an abnormality inherited from your parents.** Instead, **85-90% of breast cancers are genetic abnormalities due to ageing and life's "wear and tear" in general.**

Everyone can take steps to help the body stay as healthy as possible, such as eating a balanced diet, maintaining a healthy weight, eliminating smoking, limiting alcohol consumption, and exercising regularly. While these may impact your risk of getting breast cancer, they cannot eliminate the risk.

It is also vital to know that **developing breast cancer is not yours or anyone's fault.** Feeling guilty or telling yourself that breast cancer happened because of something you or anyone else did is not productive. Though women are generally diagnosed with breast cancer, there have been cases where men have also been treated for it.

Research into breast cancer continues to advance, bringing new treatments to fight against cancer; however, early detection means early protection.



MEN'S HEALTH: ALL ABOUT PROSTATE CANCER

All About the Prostate & Prostate Cancer.

The **prostate is a gland, usually the size and shape of a walnut which grows as men get older.** It sits underneath the bladder and surrounds the urethra, which carries urine out of the body. The prostate's main job is to help make semen – the fluid that carries sperm. The most common prostate problems men face are an enlarged prostate, prostatitis and prostate cancer.

Prostate cancer can **develop when cells in the prostate start to grow uncontrollably.** Some prostate cancer grows too slowly to cause problems or affect how long you live. Because of this, many men with prostate cancer will never need any treatment.

Further, some prostate cancer overgrows and is more likely to spread. This is more likely to cause problems and require treatment to stop its spread.

Prostate cancer that is contained inside the prostate (localised prostate cancer or early prostate cancer) does not usually cause any symptoms. That is why men need to know their risks.

However, some men might have urinary problems. These can be mild and happen over many years and may signify a benign prostate problem rather than prostate cancer.

The link between Breast and Prostate Cancer

Some research shows that there may be a correlation between breast and prostate cancers. Citing that a **family history of breast cancer is associated with an increased risk of prostate cancer.** Specific genetic mutations that increase the risk of breast cancer may result in an increased risk of prostate cancer in men.



There are also similar biological processes that can contribute to developing both types of cancers. However, breast and prostate cancer are among the most common cancers. They are not always associated with a family history or recognised genetic mutations.

Furthermore, **treatments for these cancers are more effective when they are initiated at an early stage.** Therefore, you are encouraged to undergo all recommended health screenings even if you have no known risk factors.

Men who have a personal history of breast cancer or a family history of breast cancer may be at a higher risk of getting prostate cancer. While the exact reasons for this link are not completely clear, both types of cancer are associated with inflammation and similar carcinogenesis processes (*cancer cell development*).

NO SUGAR NOVEMBER

Committee Secretary Juanita Samrodia

This year I decided to challenge myself to do No Sugar November. I must admit that before November 1st, I had no intention of taking the challenge as I often start challenges and fall off within one week of starting. Nevertheless, **I was inspired by Director Rachel to start.** Not only did I decide to take the challenge, but **I also opted for the most challenging level - gold.**

My first week was the hardest as I endured constant headaches and the urge to revert to my old ways of consuming sugar in my tea and, of course, all the sweets that admittedly I never once realized how much I was drinking until I started. I am the person who would happily consume three packs of ping pongs and three packs of cheers without thinking and have them eaten before the end of a workday.

The first week was also a struggle for me as I recently started a new job and the ability to focus became a challenge as my body needed sugar. It craved for sugar badly, and I wanted to seriously give in as incorporating sugar in my meals and snacks was all I knew and came on; who doesn't enjoy a good pack of teatimes or a pack of cheers to help pass the hours.

I was so determined to succeed in this journey I decided to hit up Google to find out more about removing sugar from my diet. I found it interesting that **when you remove sugar from your diet, it is like when someone is on drugs and is now in recovery.**



With this new information, I continued my journey determined more than ever, and I stocked pile on my very sweet fruits; it couldn't compare; however, it was an acceptable substitute.

The following weeks became easier as I had the perfect remedy for my sugar and the urges. Even for the one-day break, I opted not to take it and continue through.

Now that the challenge is over, I must state that **my sugar usage has decreased significantly, and my water intake has also improved** since this challenge.

Additionally, I am thankful for taking up the challenge and the slight encouragement to take it on. I think my body thanks me for doing it.

Let's End Inequality & HIV/AIDS

Rotaract 
Club of Barbados

WORLD AIDS DAY

 End Inequalities.
End AIDS.
End Pandemics.

DECEMBER 1ST

World AIDS Day takes place on **December 1 of each year**. It's an opportunity for people worldwide to **unite in the fight against HIV, show support for people living with HIV, and commemorate those who have died from an AIDS-related illness**. In 1988, **World AIDS Day was the first-ever global health day**.

Globally, there are an estimated 38 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS-related illnesses, making it one of the most destructive pandemics in modern history.

There are laws to protect people living with HIV, as we understand more about the condition. Today, scientific advances have been made in HIV treatment. Despite this, new cases are identified each year, with persons not knowing how to protect themselves and others. However, stigma and discrimination remain a reality for many people living with the condition.

World AIDS Day is important because it reminds the public and government that HIV has not gone away and there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

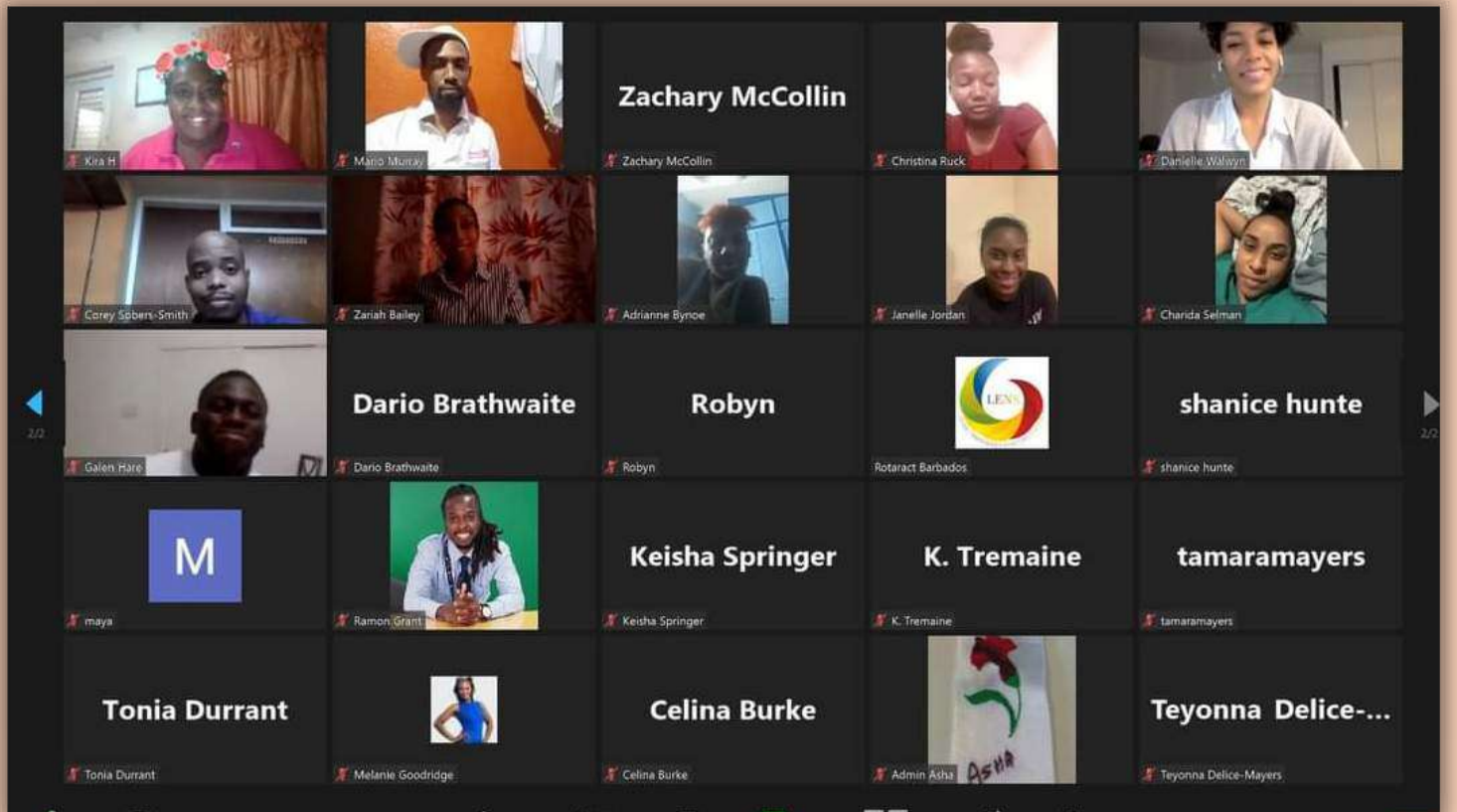
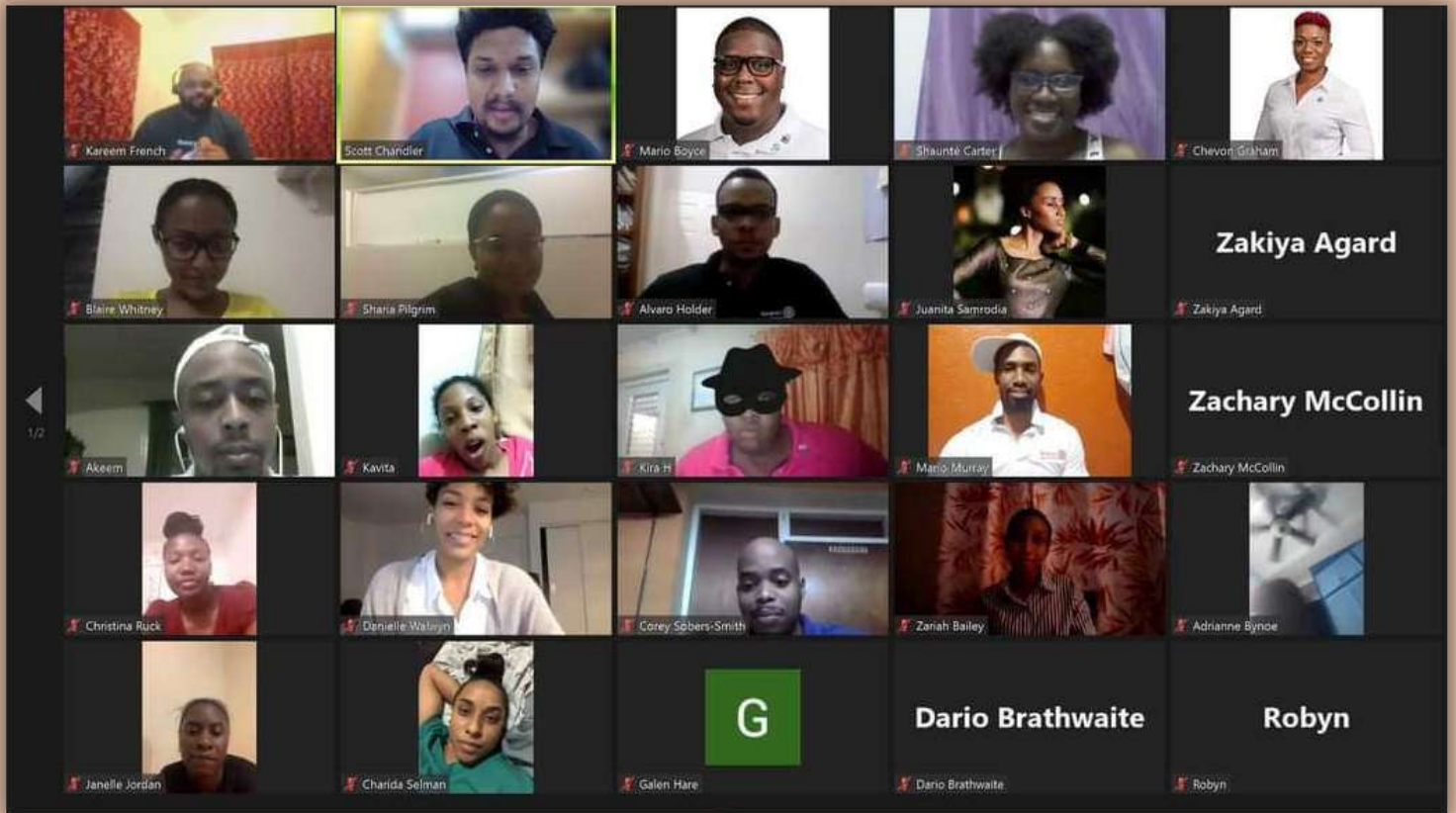
HIV stands for **Human Immunodeficiency Virus**. It weakens a person's immune system by destroying important cells that fight disease and infection. There is currently **no effective cure for HIV**. However, **with proper medical care, HIV can be controlled**.

MORE ON QUARTER TWO

What a great start this year has been off to so far, let's take a look at some more of our activities.

Q2 CLUB FORUM

Tuesday, October 5th, 2021



FINDING COMFORT IN PUBLIC SPEAKING

Saturday, October 23rd 2021

Assistant Director/Director-Elect Keisha Springer

On October 23rd, 2021, the **Professional Development Committee** hosted the highly anticipated session dubbed **Finding Comfort in Public Speaking**. Primarily **focused on the Dos and Don'ts of speaking in a public forum**, this session aimed to provide **valuable tips and tricks** to persons who weren't comfortable speaking publicly. Due to Governmental restrictions on COVID-19, an in-person session was not allowed, and therefore, the session was held via the **Zoom platform attracting over 70+ attendees** from 3:00 pm start.

This **session was tailored into a free-flowing discussion between two well-known Barbados Toast Masters members**. To add a bit of razzle-dazzle to the session, during the discussion, polls were posed to the virtual audience, asking questions such as: "Do you use your hands to express yourself when speaking?" and "What is your level of understanding of public speaking?" In true ProDev form, the session was not only filled with interactive discussions but also a **special practical segment** was added to give persons an opportunity to **speak publicly using 'table topics.'**

The **two panellists featured were ILO Melanie Goodridge and Melissa Savoury-Gittens from Toastmasters Club**. They both shared their perspectives of **what to do and what not to do when speaking in a public forum, whether in person or via a digital platform**. The virtual audience was also allowed to ask Melanie and Melissa any burning questions regarding the topic. Most questions were advice-driven.

The **takeaway and favourite part of the session, as mentioned by attendees, was the practical table topic session**. Attendees were divided into two breakout rooms with the two panellists and given random topics they had to present in a given time frame.



For some persons, this would have been their first time speaking publicly, and for some, they got the opportunity to use the new information they gained from the session. Of course, **giveaways were involved, and the top 3 persons from each breakout room did not leave empty-handed.**

In conclusion, everyone echoed how **informative the session was, and some even said we needed a Part II.**

Important takeaways from the session:

- *Try always to stay calm when speaking publicly. Pretend as if you are talking to yourself.*
- *Practice makes perfect. Use a mirror.*
- *Try not to use your hands much as it can be a distraction*
- *If reading from a script, look up and engage your audience at times.*
- *Always know your audience beforehand.*

Please check out our Club's YouTube Channel if you've missed the session.

<https://youtu.be/XbC1zKWXjPw>

BOARD ROLES & RESPONSIBILITIES!

Tuesday, November 2nd, 2021

This session was the launchpad for our 2022/2023 Election Process.

With the sitting Board's assistance, President Scott gave us a comprehensive presentation on the roles and responsibilities of the executive and directors, both from a general perspective and a personal one, as the sitting Board shared their experiences thus far in their respective roles.

We virtually pinned three new members.

Eight members were also acknowledged for their recent education and professional accomplishments.

Updates were also given on the Club's past and upcoming events, which succeeded our usual interactive and fun icebreaker from the Club Service Committee.

New Members:

- CS Ashonelle Taitt,
- Rtr. Cardon Duncan
- Rtr Shanika Babb

Educational Accomplishments:

University of the West Indies Cave Hill Campus Post-Graduates

- President-Elect Danielle Donawa
- AS Maya Kellman
- CS Tiffani Smith

University of the West Indies Cave Hill Campus Graduates

- Rtr. Charissa Mottley
- Rtr. Teyonna Delice-Mayers
- Rtr. Zariah Bailey

Professional Accomplishments

Professional Certification - Insurance

- Rtr. Jamar Mayers

Professional Designation - ACCA

- Rtr. Tamara Mayers



Inductees



Ashonelle Taitt
Public Relations



Cardon Duncan
Finance & Fundraising



Shanika Babb
Professional Development



Conquering UWI!

Celebrating members who graduated from the University of the West Indies this past month!



CS Danielle Donawa



AS Maya Kellman



CS Tiffani Smith



Rtr. Charissa Mottley



Rtr. Teyonna Delice-Mayers



Rtr. Zariah Bailey

Completing Designations!

Celebrating members who completed Post-Graduate Professional Certificates and Diplomas this past month!



Rtr. Jamar Mayers



Tamara Mayers
Senior Accountant III
Barbados, Audit Department

Rtr. Tamara Mayers

STAMP YUH PASSPORT

Saturday, November 13th, 2021

Director Galen Hare

STAMP YUH PASSPORT



GUYANESE + BAJAN EXPERIENCE

Experience differing countries one "flight" at a time

On Saturday, November 13th 2021, Rotaractors travelled across the Caribbean Sea (virtually, of course) to New Amsterdam Guyana for **Stamp Yuh Passport - New Amsterdam Edition**.

The International Service Committees of the Rotaract Club of New Amsterdam and Rotaract Club of Barbados came together to host an event for both clubs' members. This event allowed members to **learn more about the culture of each other's Clubs with interesting segments**. A zoom session was created where members could join and watch/participate in the proceedings.

The event began with **brief introductions from each Club**, giving members a brief background of the Clubs and their founding story. The **games then began** right after! The **first was What's the Word**, a game where each Club presented colloquial words/phrases used in their everyday life. After each Club was able to expand their vocabulary, the festivities continued with a **cultural presentation from each Club**.

The **Rotaract Club of Barbados** took participants on a **virtual tour of the country**. Participants were able to place themselves in the shoes of a Jamaican tourist visiting the country and **exploring the many interesting landmarks and cultural amenities**.

Some notable points were the **origins of rum being from Barbados, and the tasty delicacies served here**.

The **Rotaract Club of New Amsterdam's** cultural presentation was led by the narrative powerhouse Orletta John. Orletta led participants on a **myriad of Guyanese stories**. Each had a different lesson to learn. After her presentation, several members expressed that they would need to have her lead them on a country tour; this was how enticing her storytelling was. Participants learned **all about the country through her vivid and informative narrative**, giving life to the event.

After each club's cultural presentation, it was time for the quiz. Each club hosted its **own quiz based on the presentations given** before. Members were able to **test their newfound knowledge on the quizzes** and see how **they matched up against other members**. *AD Kavita Singh showed her smarts by winning the quiz from New Amsterdam.*

The **quiz segued into the event's closure**, where a vote of thanks was given to the wonderful Rotaract Club of New Amsterdam.

We hope to work with them in the future so keep your ears attuned and reach out to Orletta for your tour!

JOINT ROTARACT TREE PLANTING PROJECT

Sunday, November 14th 2021

DPO Dario Brathwaite

The **Joint Rotaract Tree Planting Project** was implemented amongst the **local Rotaract clubs** to **improve the quality of life for current and future generations.**

We all know that trees produce oxygen and are vital for our survival, and the plan to plant 50 trees would indeed go a long way in benefitting the next generation.

This initiative was launched on **November 14th at George Lamming School.** I attended this launch and two sessions at **Charles F. Broome** and the **Barbados Trailway in Dash Valley St. George.**

It was an enriching experience as I genuinely believe that, as **Rotaractors, we need to serve the present needs of our community and the needs of the future.**

There was representation from each club, and even small children were involved in the planting process and were very excited to play a part.

I would encourage every Rotaractor who has yet to participate in such initiatives to go forward because you will be sure to have fun during the process. **Children and future generations will enjoy all the trees have to offer.**

Happy 2022 to All!



Rotaract & Rotary Clubs of Barbados



Rotaract Club of UWI Cave Hill



Rotaract Club of South Barbados with Principal of George Lamming



Rotaract Club of Barbados West with DG Sonya Alleyne

SUPER SERVICE SATURDAY

Saturday, December 4th 2021

A day fueled by one goal, **Super Service Saturday** was planned and executed with **YOU**, our members, as our goal in mind.

With **six (6) projects** to complete in a mere **ten (10) hours**, many of you, *with the assistance of fellow Rotaractors, Rotarians and Interactors*, completed each of the set tasks effortlessly. Even with the **early 6:30 am start time**, some of you went above and beyond the call of duty in completing more than one project.

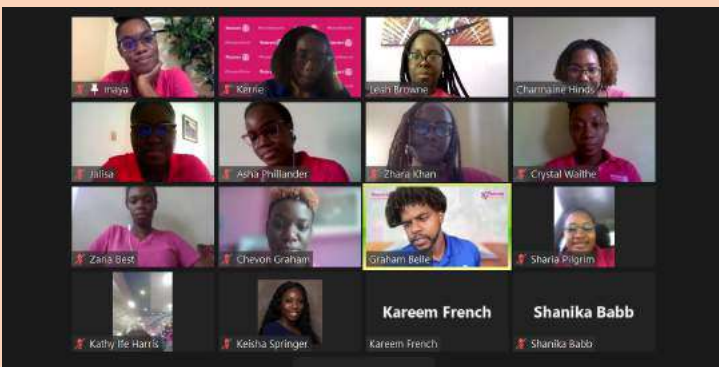
The variety in the projects allowed each of you to participate in an activity that spoke to you, be it assisting the **less fortunate members of our society to ensure we protect our environment for future generations**.

The reach these projects had on both our communities and us was immeasurable as these **random yet simple acts of service changed the hearts of those we touched**.

Further, due to the impressive and overwhelming responses, be rest assured that **we will conduct such an undertaking again**, as we have already had requests for us to take on such a project again.

So stay tuned to our chats and socials for the details.

Thanks must go out to all the organisations we would have collaborated with on the day without them, the day would not have been the same.



SUPER SERVICE SATURDAY

Members Testimonials



"Overall, I would have to describe **my experience as heartwarming and genuinely humbling**. Heartwarming because the team I worked with was very welcoming, I only knew one person, but I didn't feel uncomfortable for a second. **Everyone worked together to execute a successful event** which was an absolute pleasure for me to take part in.

Humbling, although we all know that there are others out there who are **less fortunate, being hands-on and being present to help** and see **how grateful they are for whatever little they can get makes you feel more than thankful for all blessings no matter how big or small**. I've always had a desire to want to help others, and I'm grateful for the opportunity and the experience with the team because it showed me that with the Club, I would be able to fulfil my aspiration."

~ PM Katerina Griffith: Team 1 - Breaking Bread Takeover

"It is always a pleasure to be part of any Rotaract Service Event, and this one was no exception. I was part of the team that performed the **beach clean-up at the Drill Hall Beach**, and I was **very impressed with the clean-up's planning, organisation, and execution**. The **vibes were excellent**, and we had quite a bit of fun which made the event even more fulfilling. I **feel very strongly about the upkeep of our beaches**, and I was glad that the Club picked this initiative to **highlight this issue, raise awareness and be the voice of reason leading from the front**.

All in all, it was **a great event, a solid 10/10**, and I am definitely **looking forward to the next one!**"

~ PM Dominic Johnson: Team 2 - Drill Hall Beach Clean-Up



"I always **enjoy beach clean-ups because it allows me to play an active role in preserving our environment**, and the **beach clean-up at Long Beach for our Super Service Saturday** was no exception. Though the **amount of garbage found on the beach was overwhelming**, I was happy to tackle that challenge with my fellow Rotaractors. I loved seeing a **visible difference in the beach's appearance** and would encourage more Rotaractors to come out and help keep our beaches clean."

~ Rtr Teyonna Delice-Mayers: Team 3: Long Beach Clean-Up

SUPER SERVICE SATURDAY

Member Testimonials



"It was a **fantastic experience** attending the **Classroom Restoration Project**. The volunteers set out to **repaint two of St. George Secondary School's classrooms**, and this task was accomplished. The group leader Omar and my fellow volunteers were **welcoming and fantastic to work with and passionate about the job at hand**. The initiative was a success, and we trust the students will appreciate this gesture when they return to school.

I am thankful for the opportunity to participate and give back to my community and **will definitely recommend the Club to friends and family!**"

~ PM Zariah Webster (UWI Cave Hill):
Team 4 - Classroom Restoration

"It was a **pleasure teaming up with the Rotaract Club of South Barbados and the fantastic Rotaract Club of Barbados team for this Super Service Saturday initiative**. The Rotaract Reading Room was **an enjoyable and interactive session**. It was indeed a **delightful experience engaging with the children** and seeing their **eagerness to read and participate in the sing-along and dance sessions**."

~ PM Charmaine Hinds: Team 5 - Rotaract Reading Room



"My volunteer experience doing the **tree planting with the Barbados Trailway** was **very educational and rewarding**; I also had fun. I got to plant fruit trees along a section of the trail which hopefully, **in 5-10 years, I will be able to come back to the course and pick fruits from those trees!**

I was happy to be a volunteer because people from young to old will enjoy the trail, and it is an **integral part of Barbados' history as this trail was once the train line that ran from Bridgetown to the country.**"

~ Rtr Zariah Bailey: Team 6 - Joint Tree Planting

O' CHRISTMAS TREE: THE SPLASH EDITION

Saturday, December 11th, 2021

Committee Secretary Juanita Samrodia



Entering the last month of the year for the Rotaract Club of Barbados, our annual gathering around the beloved Christmas tree to celebrate another year is a staple. 2021 was no different, whilst it was marred with the uncertainty of what the year had to offer for the upsurge in cases, lockdowns, ashfalls, press briefings, and the list goes on. December began with the big question mark – what would the month present us with? Thankfully, mother nature was good to us, COVID cases declined, and the month offered the opportunity for the **annual Christmas social** titled **“O’ Christmas Tree – The Splash Edition”**.



The event was held at **Springfield Villa in St Philip on December 11th, 2021**. The **dress code was poolside chic** and everyone who attended **sturt their stuff**. The **location was the perfect spot** to host this themed event as it had a **gorgeous pool**, and the **additional accents around the villa** complimented the space and this year’s theme. The festive flair was further enhanced by our very own AD/DE Keisha, who added some **festive décor** which enhanced not only the space but **brought the Christmas spirit alive**. No gathering is not complete without **good food**, and this year the **food did not disappoint**; the food was catered by our very own Rtr. Blaire, and it was **hands-down delicious**.



The festivities are never **complete without the gathering together to sing Christmas Carols**, and this year it was led by the MCC Kareem. Those in attendance gathered around and sang. As one could imagine, there were a few challenges pulling together the choir at such short notice, but it is safe to say that this choir has been officially nominated as the **choir of the Rota-Year**.

The year was indeed a year filled with challenges, and **the ability to gather and just fellowship, have a great laugh, and see each other in a socially distanced way was the best part of the entire event**.

Happy 2022 to all!

CAROLS BY CANDLELIGHT

Saturday, December 11th &
Sunday, December 12th, 2021

A huge thank you, to all of those who volunteered and served in true Cranberry style, in making our Rotary Club's event the success it was!!

Rotary
Club of Barbados

Carols by Candlelight

Where the Joy of
Christmas Comes to Light

Rotaract Service Soldiers
Saturday December 11, 2021

Asama Joseph	Deandra Headley	Patricee Savoury-Fergusson
Charissa Mottley	Katerina Griffith	Shanice Hunte
Christianne Spooner	Kavita Singh	Shanna Jones
Crystal Waithe	Marisa Joseph	Tiffani Smith
Danielle Donawa	Omar Worrell	Zariah Bailey

Rotaract
Club of Barbados

UWI Cave Hill
Rotaract
Club

*Thank
you!*

Rotary
Club of Barbados

Carols by Candlelight

Where the Joy of
Christmas Comes to Light

Rotaract Service Soldiers
Sunday December 12, 2021

Alvaro Holder	Janelle Jordan	Mario Boyce	Shakira Hall
Ashli Ifilli	Kadesha Hart	Melanie Goodridge	Shanna Jones
Chevon Graham	Kareem French	Rachel Austin	Shaunté Carter
Cheyenne Frantis	Keisha Springer	Rhyna Bellas	Shelly-Ann Sealey
Crystal Waithe	Kemar Gilkes	Scott Chandler	
Dario Brathwaite	Krystal Applewhaite	Shaddia Morris	

Rotaract
Club of Barbados

UWI Cave Hill
Rotaract
Club

*Thank
you!*



BIRTHDAYS & CRANNIVERSARIES

As Cranberries, we love to celebrate each other, so let's make a toast to those who got one year older and to those who joined our family this quarter and are celebrating a milestone.

Cheers to many more!!

Birthdays

October



Dir Zachary McCollin - October 4th
Rtr Shakeila Marshall - October 4th
PM Laisha Edwards - October 4th
Rtr Jamar Mayers - October 5th
AS Maya Kellman - October 7th
Rtr Sharia Pilgrim - October 9th
PM Rashad Bostic - October 16th
Rtr Teyonna Delice-Mayers - October 17th
Rtr Ramon Grant - October 18th
Rtr Akeem Spencer - October 21st
Rtr Haylee Shaw - October 22nd
AD Shaddia Morris - October 24th
Rtr Dave Boyce - October 25th

Birthdays

November



PM Antoine Hinds - November 2nd
Rtr Crystal Waithe - November 4th
Rtr Celina Burke - November 5th
PM Marisa Joseph - November 10th
PP Kareem French - November 11th
Rtr Natasha Best - November 11th
PM Ann-Marie Jordan - November 12th
AD Keisha Springer - November 17th
PM Rhea Simmons - November 19th
Rtr Charissa Mottley - November 21st
Pres Scott Chandler - November 24th
Rtr Trey Cumberbatch - November 29th

Birthdays

December



Rtr Jai Gooding - December 1st
Rtr Shanice Hunte - December 4th
Rtr Kiana Chewitt - December 8th
PM Rhyna Bellas - December 11th
PE Danielle Donawa - December 12th
Rtr Daren Forde - December 13th
Rtr Tamara Mayers - December 16th
CS Juanita Samrodia - December 21st
Rtr Stephon Rayside - December 14th
AT Adrianne Bynoe - December 22nd
Dir Tonia Durrant - December 25th
Rtr Christopher Laurie - December 25th
PP Rashida Prescod - December 27th
PM Clairmar Pinder - December 28th
Rtr Blaire Deane - December 30th

Cranniversaries

1st Cranniversary



Rtr Charissa Mottley - October 2nd
Rtr Teyonna Delice-Mayers - October 2nd
Rtr Shanice Hunte - October 2nd

Rtr Zariah Bailey - November 6th

Rtr Corey Sobers-Smith - December 8th

2nd Cranniversary

AD Cherise Vanderpool - October 28th
AD Kavita Singh - October 28th
Rtr Jamar Mayers - October 28th
Rtr Trey Cumberbatch - October 28th
Rtr Asha Phillander - October 28th
Rtr Zakiya Agard - October 28th

Rtr Hadiya Marshall - November 3rd



3rd Cranniversary



Rtr Kekana Goddard - November 6th
Rtr Shaniece Davis - November 6th

Cranniversaries



4th Cranniversary

Treas Shakira Hall - October 10th
Rtr Haylee Shaw - October 10th
Rtr Stephon Rayside - October 10th
Rtr Tonya King - October 10th
Rtr Shakera Daniel - October 10th

5th Cranniversary

DRR Mario Boyce - November 8th



6th Cranniversary

PP Kareem French - December 1st
VP Mario Murray - December 1st
PP K. Trémaine Gilkes - December 1st





Q3

CALENDAR OF EVENTS

Q3 Calendar of Events

January 2022

- 11 | New Year & Review Club Meeting
- 15** | **YES Project - RCOB** (Weekly)
- 19 | *Barbados General Elections*
- 29 | Breaking Bread Assist

February 2022

- 03 | 6th Charter Anniversary
- 05 | New Member Induction
- 08 | Club Meeting - Leadership 101
- 12 | Better Health, Better Wealth Health Fair
- 19 | Portrait Day - Headshots
- 26 | Breaking Bread Assist
- 26 | Charter Cocktail Celebration

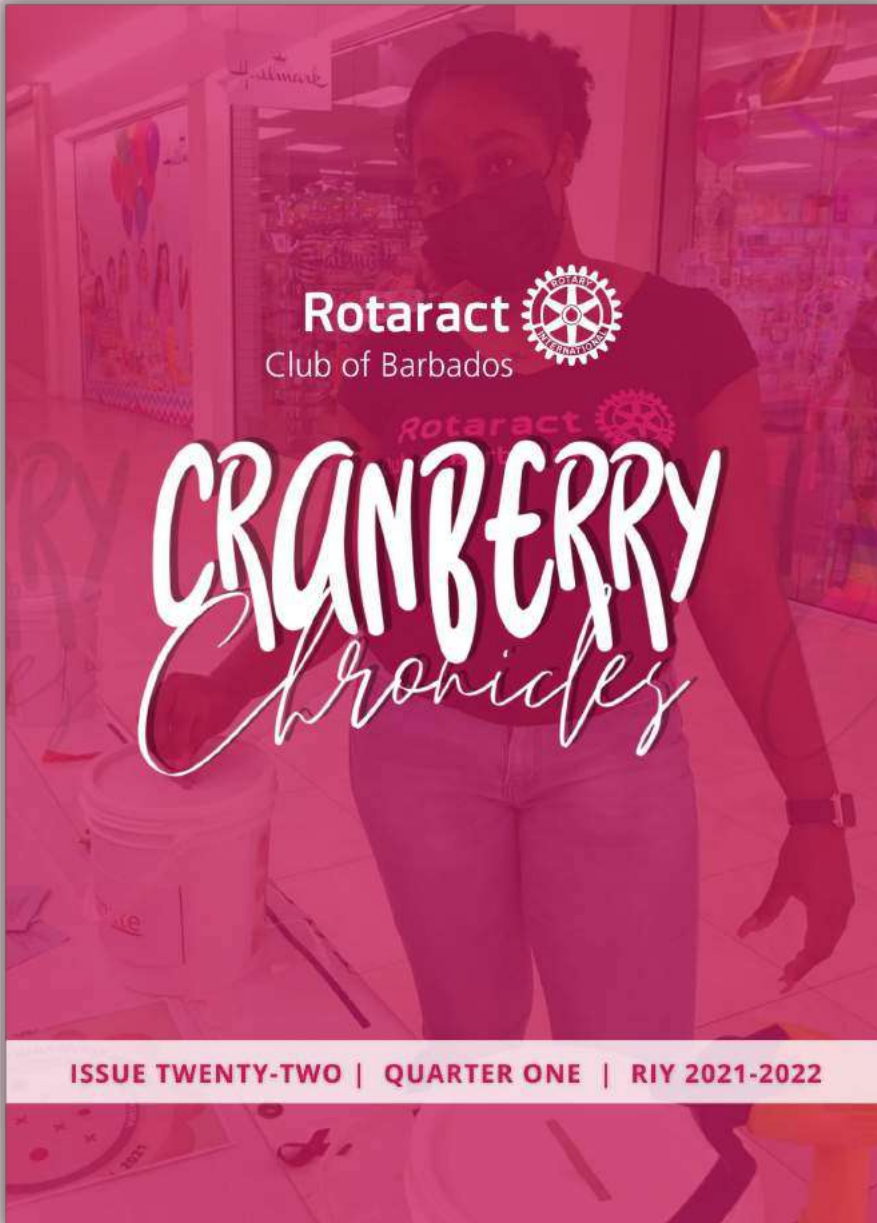
March 2022

- 01 | Club Meeting - Employee ICE Part II
- 05 | Breaking Bread Takeover
- 13** | **World Rotaract Week Starts**
- 19 | Island Safari
- 20** | **World Rotaract Week Ends**
- 26 | Breaking Bread Assist
- 26 | Water Tank Project



Thank you for Reading!

See you in April 2022 for our next issue!



Did you miss our last issue? Click the cover to catch up!

CONTACT US

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