



# CRANBERRY *Chronicles*







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## A WORD FROM YOUR SECRETARY

We had so many plans on what 2020 would be like as it was the start of a new decade with endless new beginnings and opportunities. But it clearly had other plans for us...

Some things it has reinforced as we embark on the month of September are:

- To relearn the true meaning of seeing the good in every bad opportunity;
- To take a step back from all of our responsibilities and focus on the things and people that matter the most;
- That it is okay not to be okay as this year threw us so many unexpected curveballs.

While we maybe dealing with our own personal issues, we still need to find the time to check in on our friends and family members who maybe struggling with their own issues to make sure they are okay and let them know they have your genuine support.

We can still continue to give back to those who are less fortunate, raise awareness through our partnerships and beautify our communities.

However we choose to serve or give of our time this month, we still need to keep at the forefront of our minds is to take time for ourselves and unwind may it be going to the beach or reading a book or simply just enjoying the little things in life.

So while we seek to embody **#ServiceAboveSelf** and continue to put our **#PassionInAction** this month, be very mindful to **#JustDontBurnOut**.

Yours In Rotaract,

*Shaunte Carter*

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







## A WORD FROM THE EDITOR

We've nearly made it to the end of our first Quarter!!!!

In true September fashion, as schools are planning to reopen, the real work starts for us also. Usually our busiest month, this September **opens** a great number of **opportunities** for service as well as opportunities to learn and grow.

This month is **PCOS Awareness Month** and in acknowledgement of this, our **Finance & Fundraising Committee** has joined with the **Barbados Association of Endometriosis and PCOS** to not only raise funds through a *Dollar Drive* but spread knowledge about the **#InvisibleNotImaginary** diseases that affect the female population.

September provides us more opportunities to *Break Bread* with the less fortunate as we execute our first Takeover for the 2020/2021 year. We also have a couple of chances to collaborate with **Rotary Club of Barbados** to beautify our communities in different ways.

This month is certainly not for the faint of heart and pushes the boundaries of **#ServiceAboveSelf**. The key is to work together, remember why we do what we do and **#JustDontBurnOut!** (*Yes, self care is still important and expected!*)

The month ends with some sea, sun and fun so make sure you deserve it! Let's Go!!!! Time to really show this **#PassionInAction** and **#AlwaysDoYourBest!**

Yours In Rotaract,

*Danielle C. Yanawa*

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  
BHHRRRRRTTTHHHHHDAAYYYYYY!!!!**

Join us this month for our first quarterly birthday celebration of the year!



- **SEPT 02** Rtr. Tiffani Smith
- **SEPT 12** Treas. Posha Doyle
- **SEPT 26** MCC Mario Boyce
- **SEPT 27** Rtr. Shaniece Davis
- **SEPT 29** Rtr. Ama Best

# *Cranniversaries*

**One year ago** we welcomed some amazing Service Soldiers into our Club.

Happy 1st Cranniversary to these wonderful members of our Rota-Fam!



**Dir. Melanie Goodridge**



**AD Chevon Graham**



**Rtr. Jai Gooding**

It's the start of a new year so it means it's time to pay dues.

Dues of \$125.00 for All Pinned Members are due between **Wednesday July 1st, 2020** and **Saturday October 31st, 2020**. Last year's Payment Plan has been implemented once again for your convenience, so please see the below options:

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

**Option 2:** Make 2 payments of \$62.50- the first on or before **August 31, 2020** and the other on or before **October 31, 2020**;

**Option 3:** Pay \$31.25 monthly between **July 1, 2020** and **October 31, 2020**.

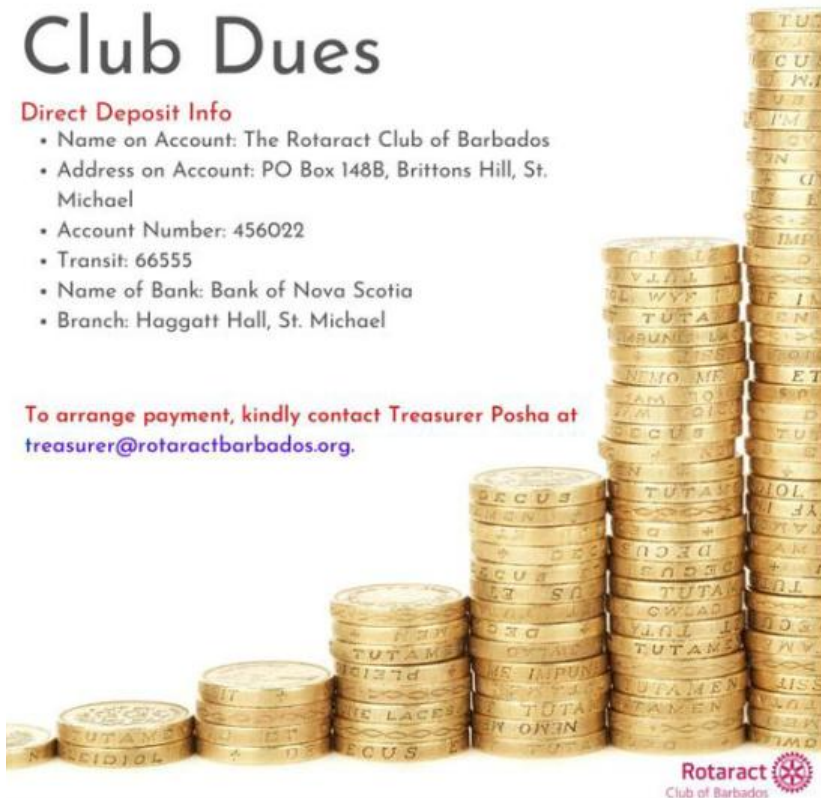
To arrange payment, kindly contact Treasurer Posha at [treasurer@rotaractbarbados.org](mailto:treasurer@rotaractbarbados.org).

## Club Dues

### 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](mailto:treasurer@rotaractbarbados.org).



### 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**



# A LOOK BACK AT AUGUST 2020



**August 4, 2020: Joint Club Meeting**



**August 8 & 22, 2020: Breaking Bread Assists**



# A LOOK BACK AT AUGUST 2020

Rotaract Club of Barbados

PASS THE MIC

## THE MASK OF CHANGE

*The Impact of COVID-19 on Small Businesses*

AUG 15

10 AM

JOIN US VIA ZOOM

**REGISTER NOW**

Rotaract Club of Barbados

PASS THE MIC

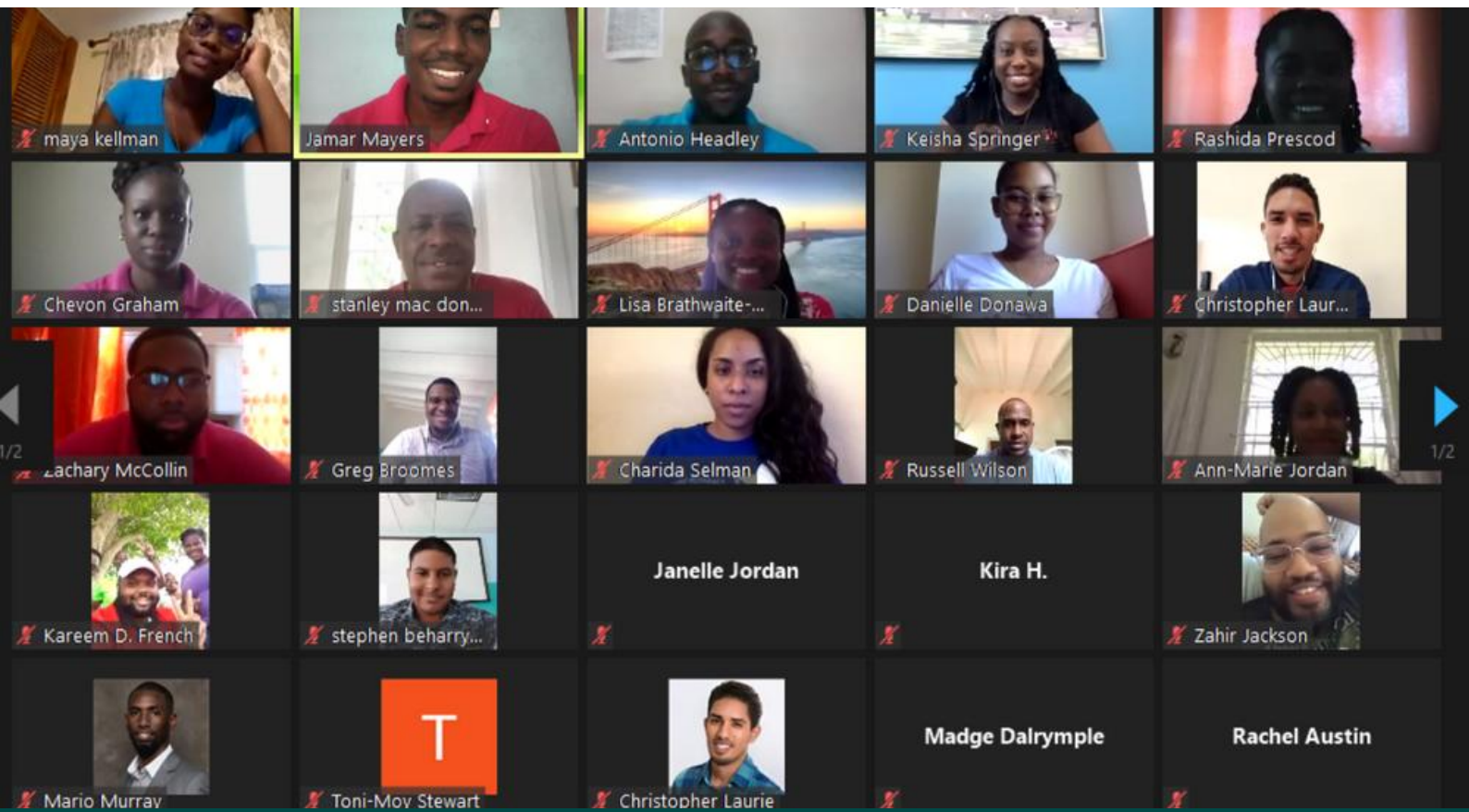
## THE MASK OF CHANGE

*The Impact of COVID-19 on Small Businesses*

### OUR PANELISTS

 <b>STANLEY MAC DONALD</b> <i>Stama Inc T/A Caribbean American Trading Ltd</i>	 <b>KEISHA SPRINGER</b> <i>Occasio Planning Services and Milestone Memories</i>	 <b>GREG BROOMES</b> <i>The Job Connect</i>	 <b>LISA BRATHWAITE-GRAHAM</b> <i>National COVID-19 Response Unit/Nurse Administrator</i>	 <b>ANTONIO HEADLEY</b> <i>Froots AD</i>
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AUG 15 10 AM JOIN US VIA ZOOM **REGISTER NOW**



## August 15, 2020: Pass The Mic - The Mask of Change

# STEP IT UP CHALLENGE

AUGUST 3 - 28, 2020

COMMITTEE SECRETARY CHARIDA SELMAN



## ON YOUR MARK, GET SET, STEP IT UP!

The **Step It Up** event challenged Rotaractors to gain 10,000 steps per day, Monday to Friday, for 4 weeks in the month of August. The club was split into teams based on the 5 Arms of Service: **International Service, Club Service, Community Service, Professional Development** and **Finance & Fundraising**, each led by a sassy captain (*cue those trash talk videos*). The prizes included the top 3 teams earning points toward the Committee Games and the winning team earning exemptions from fines at the September Club Meeting.

The entire challenge was dominated by International Service (**Team Rockit**), from the beginning to the end. It was my pleasure leading them to victory.

Finally, I would like to highlight the importance of exercise. The **World Health Organisation** recommends 150 minutes of moderate-intensity aerobic exercise per week (30 mins per day, 5 days per week) to maintain bodyweight, and improve cardiovascular health and muscular fitness. Healthy lifestyle habits of regular exercise and a healthy diet are necessary to prevent or reduce the impact of non-communicable diseases. While this **Step It Up** event was a team challenge lasting one month, the approach to personal health is a lifelong journey that requires individual motivation, and should be managed with the same conviction used to complete tasks at work, to take care of loved ones, or even to budget for that next RI convention (*wish I could go*). Remember, your health is your wealth!

Always Do Your Best,

*Charida Selman*



# GIVE A PINT; SAVE A LIFE

AUGUST 4 - 31, 2020

VICE PRESIDENT DANIELLE DONAWA



*"We make a living by what we get. We make a life by what we give" - Sir Winston Churchill*

I started off this year not knowing what I wished to spearhead for this year's VP Initiative. I began to reflect on our motto "**Service Above Self**" in search of inspiration and suddenly, as inspiration is wont to do, it hit me. There is nothing more selfless than (*literally*) giving of yourself to assist others, and donating blood allows us to do just that. We can each save lives by giving a small piece of ourselves and this year I am proud to collaborate with the **Rotary Club of Barbados** to support the QEH Blood Collecting Centre in seeking to bolster the Blood Bank's supplies.

**THANK YOU TO ALL OF THOSE WHO DONATED THIS TIME AROUND!**

**Join us again in November 2020 to #GiveAPint and #SaveALife (or three)**

# ROTA-NEWS ALERT!



In a monumental announcement on August 25, 2020 the **World Health Organisation (WHO)** certified that the continent of Africa is now free of the wild poliovirus! (<https://www.afro.who.int/news/africa-eradicates-wild-poliovirus>)

The announcement confirms that, with the support of many worldwide partners, including our beloved **Rotary International**, five of the six WHO regions are now Polio free! #EndPolioNow #RotaryInternational #PeopleOfAction

Read more here: <http://polioeradication.org/news-post/africa-kicks-out-wild-polio/>



# COMING UP...



**Breaking Bread TAKEOVER**

The goal is to help out the homeless by preparing and serving breakfast for their consumption. The Rotaract Club of Barbados partners with the organisation "Breaking Bread" to assist with this initiative on a fortnightly basis, with a full takeover once quarterly.

Date: Saturday 5th September 2020  
Time: 6:00 a.m. - 7:30 a.m.  
Location: Queen's Park, Constitution Rd, Bridgetown



**September 5, 2020:**  
**Breaking Break Takeover # 5 -**  
6:00 AM, Queens Park

**September 5, 2020:**  
**PCOS Self-Management: A Regional Discussion with the Barbados Association of Endometriosis and PCOS- 6:00 PM,**  
Zoom



**PCOS SELF-MANAGEMENT:**  
**A REGIONAL DISCUSSION**

**DATE: SEPTEMBER 5TH 2020**  
**PLATFORM: ZOOM**  
**TIME: 6 PM**

[HTTPS://US02WEB.ZOOM.US/MEETING/REGISTER/TZMOCOCUPJSVH9XVWVHEWSAE6\\_AMBPWX EHPUC](https://us02web.zoom.us/join/91234567890)

**PRESENTED BY:**

- Barbados Association of Endometriosis & P.C.O.S.
- St. Lucia Endometriosis, PCOS and Adenomyosis Support Group

**SUPPORTED BY:**

- Rotaract Club of Barbados

**DR PETRA CROOKENDALE**  
Consultant Internist Barbados

**CHARLOTTE BYRNE**  
Fertility Specialist St Lucia

**SHOYÉA-GAYE GRANT-MASSICOTTE**  
Clinical Psychologist Dominica

**DR LAURA LOVELL**  
Diabetes Specialist Barbados

**KIMMETTE ROBERTSON**  
PCOS Cyster St. Vincent & the Grenadines

# COMING UP...



**Join our Service Soliders Every Saturday in September as we join with the Barbados Association of Endometriosis and PCOS to raise awareness for this #InvisibleNotImaginary disease**

**Date:** September 5, 2020

**Location:** Sky Mall, Haggatt Hall, St. Michael

**Time:** 10:00 AM - 3:00 PM

**Date:** September 19, 2020

**Location:** Brighton Farmers Market, Brighton Plantation, St. George

**Time:** 6:00 AM - 10:00 AM

**Date:** September 12, 2020

**Location:** TBA

**Time:** 10:00 A.M. - 3:00 P.M.

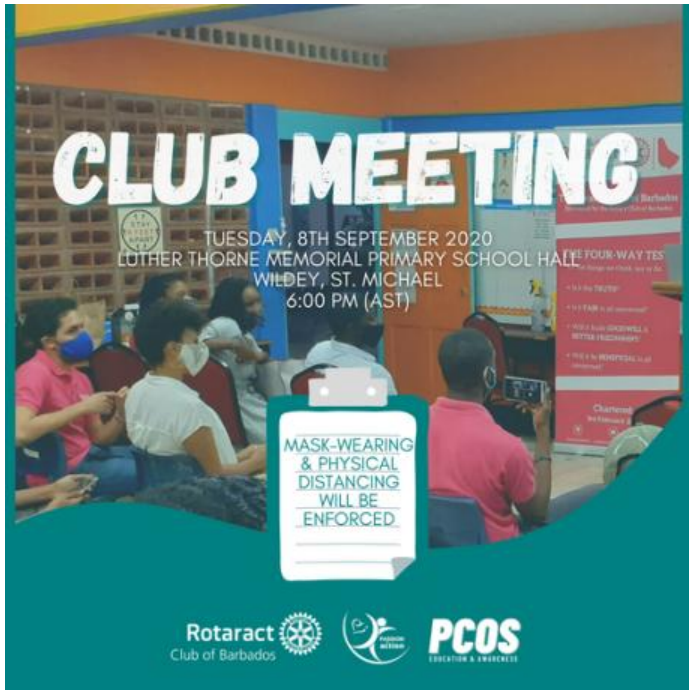
**Date:** September 26, 2020

**Location:** Emerald City Supermarket, Six Roads, St. Philip

**Time:** 10:00 AM - 3:00 PM

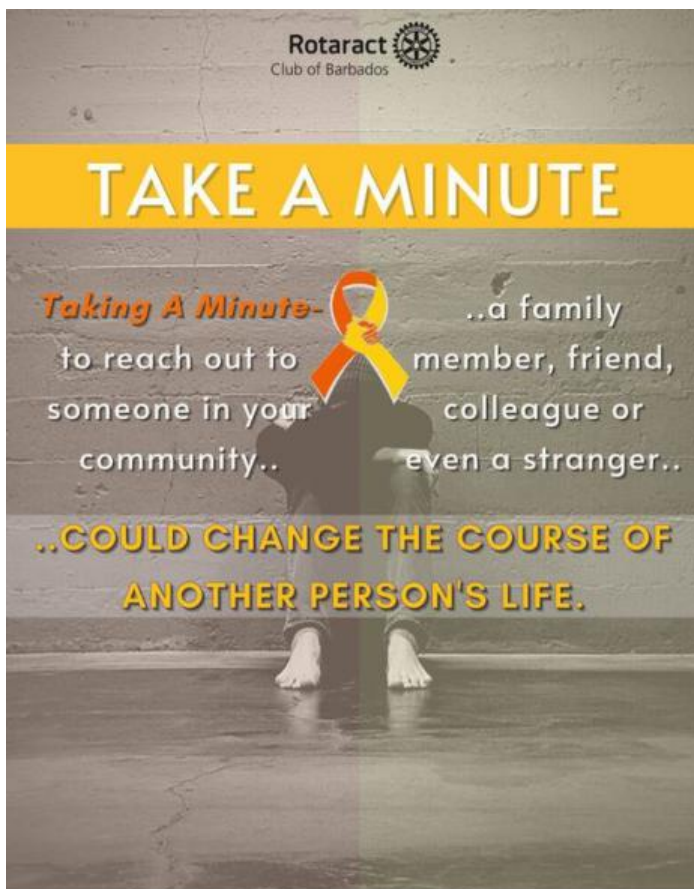
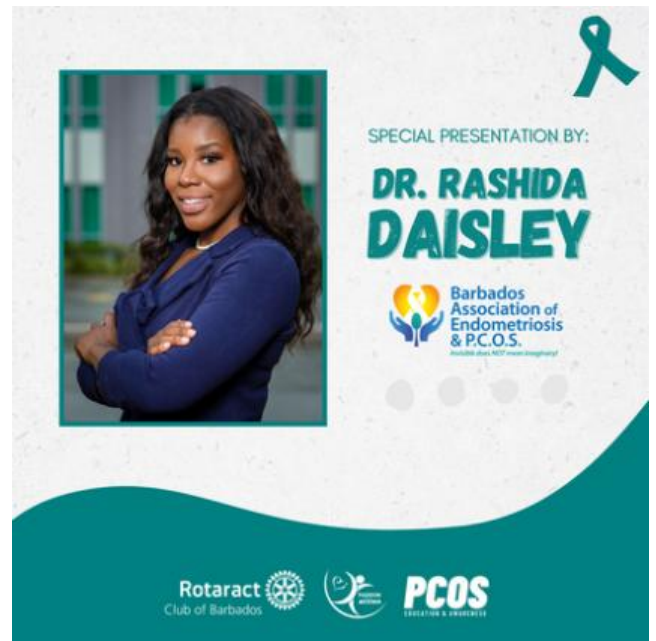


# COMING UP...



**September 8, 2020: Club Meeting** - 6:00 PM, Luther Thorne Memorial Primary School & Zoom

For our September Meeting, the President of the Barbados Association of Endometriosis and P.C.O.S (BAEP), Dr. Rashida Daisley will be sharing on *What is PCOS and the BAEP*. The Finance committee will also be hosting a raffle to aid in the donations towards the BAEP.



**September 10, 2020: Take a Minute for World Suicide Prevention Day** - All Day

Members are encouraged to wear yellow and/or orange and stay tuned to our social media pages as we Take A Minute.

 World Suicide Prevention Day  
Working Together to Prevent Suicide  
September 10, 2020  
For more information visit [www.iasp.info/wspd2020](http://www.iasp.info/wspd2020)

# COMING UP...

## RCOB COLLABS

**September 5, 2020:**

**Rotary Club of Barbados**

**Garden Beautification Project –**

7:45 PM, Schoolhouse for Special Needs, Reservoir Road, St. Michael



**September 19, 2020:**

**World Cleanup Day- 6:00 AM,**  
Morgan Lewis Beach

**Car Pool Points:**

**Guild of Students, UWI Cave Hill  
Campus, St. Michael- 5:30 AM**

**Conrad Hunte Pavilion, St.  
Andrew- 5:50 AM**





# COMING UP...



**September 26, 2020:**  
**Ready, Set, Grow-** 10:00  
AM, Google Suite

**September 27, 2020:**  
**Beach, Please! 3.0-** 2:00 PM, TBA



# COMING UP...



Rotaract  
Club of Barbados

## Committee Meetings

S E P T E M B E R

INTERNATIONAL SERVICE	PROFESSIONAL DEVELOPMENT	PUBLIC RELATIONS	
03	09	13	
S E P T E M B E R			
COMMUNITY SERVICE	CLUB SERVICE	THE SECRETARIAT	FINANCE & FUNDRAISING
16	17	24	30

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

**Date:** September 3rd  
**Committee:** International Service

**Date:** September 17th  
**Committee:** Club Service

**Date:** September 9th  
**Committee:** Professional Development

**Date:** September 24th  
**Committee:** Secretariat

**Date:** September 13th  
**Committee:** Public Relations

**Date:** September 30th  
**Committee:** Finance & Fundraising

**Date:** September 16th  
**Committee:** Community Service

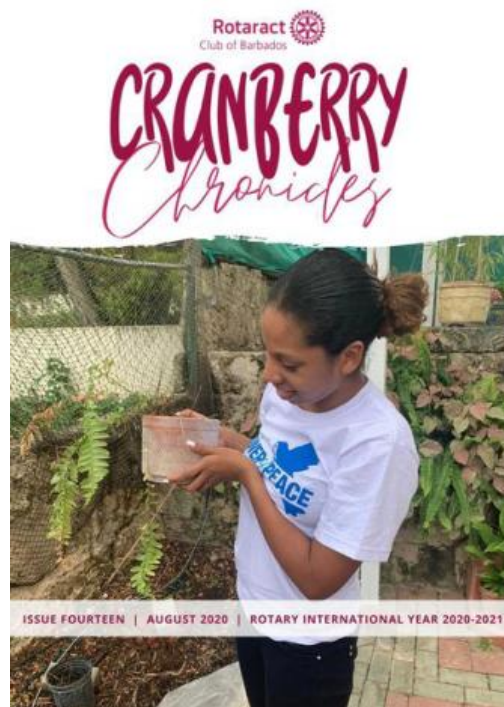




*Thank you for Reading*

Look out for our next issue on October 1, 2020

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



## **CONTACT US**

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