

DISTRICT 7030
CLUB#6798
Chartered March 07, 1962

Feb 1st, 2024

ROTANEWS

R.I. OFFICERS

President
Gordon R. McInally

President Elect
Stephanie Urchick

PATRON

HE The Most Honorable Dame
Sandra Mason, FB, GCMG, DA, SC.
President of Barbados

DISTRICT OFFICERS

District Governor
Brian Glasgow

District Governor Elect
Debbie Roopchand

District Governor Nominee
Soraya Warner-Gustave

Assistant Governor
Paul Ashby

District Secretary
Annette Mark

District Treasurer
Reuben John

Council of Governors Chair
PDG Leslie Ramdhanny

District Rotary Foundation Officer
PDG Waddy Sowma

District Disaster Relief Chair
PDG David Edwards

District TRF Fundraising Chair
PDG Roger Bose

District Conference Chair
Shafia London-Williams

CLUB OFFICERS & DIRECTORS

President
Ermine Darroux-Francis

President Elect
Arlene Ross

Vice President
Elvin Sealy

Secretary
Jamella Forde

Treasurer
Peter Williams

Club Administration
Randy Marshall

Membership/Youth Service
Tamara Allman

Public Relations
Keri Mapp

Community Service
David Antrobus

International/Rotary Foundation
Neal Griffith

Immediate Past President
Tracey Knight-Lloyd

Sergeant-at-Arms
Heather Tull

Club Weekly Meetings
Thursdays at 12.30 pm
Hilton Barbados

Needham's Point, Aquatic Gap,
St. Michael

Mailing Address:
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St. Michael, Barbados



Website: <https://portal.clubrunner.ca/7241>
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The Rotary Club of Barbados welcomes visiting Rotarians and Guests.



Today, February 1st is a Fellowship Meeting, which commences at 12:30 p.m. at the Hilton Hotel.

Meeting Details – January 25th, 2024

Guests

Victoria Cox – Guest Speaker
Ted Isaac – PP Brenda Pope
Samantha Lorde – PN Jeff Evelyn
Adejoke Babington-Ashave – AG Paul Ashby
Christopher Jn. Marie – PP Carole Jn. Marie

Rotarians, Rotaractors and Interactors

PDG Lisle Chase – St. Lucia
PP Lucy Perkins – RC Bury St. Edmunds
Danielle Donowa-Spencer-Rotaract Club of Barbados

Honorary Rotarians

Housekeeping

Fines: BBD 179.00
Raffle: BBD 146.00 won by Rtn. Barbara-Trieloff-Deane

Our next scheduled meeting will be a Business Meeting on February 8th, 2024, which commences at 12:30 p.m. at The Hilton Hotel.



Summary of the RCOB Meeting Held on January 25th, 2024

The 24th Meeting was Called to Order by President Ermine, who welcomed all present. She informed that this Fellowship Meeting would be enhanced by a Guest Speaker.

The National Anthem was led in a most military fashion by VP Elvin Sealy. The Toast was Raised to the President and our Patron, Dame Sandra. The Rotary Grace was said by all.

President Ermine thanked all those who contributed to the success of the annual event held for the Children of the Child Care Board on Monday

January 22, and the restart of the NCD Clinic which was very well supported at the Wildey Gymnasium.

SAA Heather was welcomed back.

Welcome of Guests & Visiting Rotarians

She ably coordinated the welcome of Guests and Visiting Rotarians. This group included our Guest Speaker Ms Victoria Cox and PDG Lisle Chase from St. Lucia.

Club Discipline

Following lunch, SAA was invited to discipline the club. This was intended to be a “Blanket Fine” day as we were having a Guest Speaker. However, there were three transgressions which had to be specifically mentioned:

1. Those not paying attention at the Carols review meeting - asleep and/or following social media. (Evidence circulated)
2. Security Company sold to an international buyer
3. PDG Table

PHF Award

IPP Tracey was pinned with her PHF+1 award

Guest Speaker

PP Jedder introduced Ms Victoria Cox, Registered Dietitian; who would speak on “**Healthy Eating for the New Year & Beyond.**”

Ms Cox presented her talk, which she said was basic, but was very thought provoking and challenging.

Highlights

For the New Year we generally make rules which invariably we do not keep, as they are not sustainable. We do not move on a gradual journey; we tend to move from 0 to 100.

To be sustainable we need to look at the Big Picture of Health. We need to adopt a **Nutrition Balanced Program.**

Do we eat vegetables every day?

What is a balanced meal?

The 1,2,3 Strategy

- Protein
- Carbohydrate
- Vegetables of Fruits.

It is important to note the source of the inputs.

Balance is not everything - fried Chicken, fried Chips and coleslaw is not balanced

Guidelines

Use whole foods

- Try minimally processed foods - do more home cooking
- Use more plant-based meals
- Use a variety of colours of Fruit and Vegetables.

Caution

Diabetics should not be encouraged to “feast” on mangoes but encouraged to use high fibre carbohydrates.

High Fibre

Some examples are brown rice, ground provisions, whole grain bread and whole grain pasta.

Lean Protein

- Chicken and Turkey - skinless
- Fish
- Beef/Pork/Lamb - Fat removed
- Legumes
- Eggs

Vegetables

- Use every day - a variety of colours.
- Frozen vegetables are fine

Portion Control

We must be guided by our levels of consumption

Half of the plate should consist of vegetables

One quarter protein

One quarter carbohydrate

Remember the 1,2,3 Strategy

What should we be drinking?

Drink water

We must be aware of the level of sugar which is found in soft drinks and juices

We must be aware of the Nutrition Facts which are shown on labels

Be aware of sugar free offerings

Exercise is important!

Q&A

The benefits of pure coconut water.

Not to be diluted with alcohol

The ability of “poor” Barbadians to eat healthily.

The cost of living is high. However, persons are to be mindful of the nutrition value of foods such as tuna and sardines. Purchases will be matched to disposable income.

The impact of alcohol on our body - white vs brown

The less alcohol the better

Pesticides on fruit

It is recommended that fruit be washed.

For the full presentation please click on the link below:

<https://clubrunner.blob.core.windows.net/00000007241/en-ca/files/homepage/victoria-cox-presentation/V.-Cox--Jan-25th-2024.pdf>

Vote of Thanks

PP Carole E Jn. Marie

Reiterated the 1,2,3 Strategy and the need to adhere to portion sizes.

Announcements

Upcoming Events

Director Neal

MUN 2024 starts this coming Saturday. Joint Club event of Rotary and Rotaract.

Will last for 8 weeks

Discussion Theme - the UN 2019 Resolution on the Rights of the Child

SAA Heather - Next Thursday - Post Lunch Soca Contest (singing for your supper)

President Ermine

NCD Clinic on Wednesday January 31, 2024, again at the Wildey Gymnasium

Closure

The Meeting was closed at 13:38 by President Ermine with a Toast to Rotary International.

Childrens Home Funday

Once again we entertained the kids and aunts from the Nightingale and Farris Children’s homes on Errol Barrow Bank Holiday at the lovely Sandalwood Estate. The kids were enthusiastic from the start as some of them made sure to introduce themselves on arrival by name. The Rotaractors had a number of organised activities which the kids enjoyed along with horse rides provided by President Nominee Jeff and his partner in service Vicki. Probably the most popular event was the karaoke by DJ Jeff ably assisted by our lead Karaoke singer from Farris who had many Rotarians up to sing. The kids as always orderly and displayed that in full as they lined up to receive their ice lolly from the Frosteez truck. Many thanks to the 9 Rotarians, Chair Janelle from the Rise Up Satellite Club, President Melanie and the many Rotaractors (who outnumbered the Rotarians present) whose support made this event successful. We look forward to your support for the next event we do for these children in early May - date will be announced shortly, which will correspond with the US observance of Children’s Day.



NCD Project

We started the second half of the NCD project with a bang on January 24th with 83 screenings and at least 36 referrals at the Wildey Gymnasium.



Model United Nations



The 2024 Model United Nations (MUN) Assembly for secondary schools got off to a great start on Saturday January 27th at the UN House, Marine Gardens. Hosted by the three Rotary clubs in Barbados, 35 students from several secondary schools are participating in this year’s MUN Assembly.

MUN exposes students to topical international issues being addressed by the international community, creates awareness of the substantive considerations attached to those issues as well as the respective country positions taken based on unique national interests by different countries in the General Assembly of the UN. Now in its 10th official year, the topic of focus this year is ‘UN Convention on the Rights of Children’. In her welcome remarks, President RCOB Ermine Darroux encouraged student delegates to approach the experience with an open mind and remarked “the skills you acquire and the experiences you gain here will undoubtedly serve as a foundation for your future endeavors and will help to create hope in a world that reflects the values of peace, justice, and unity for all children.”

Youth Elevation Scheme (Y.E.S.) – Cohort 6

Dates: February 3 to April 13, 2024 from 10:00 am to 1:00 pm Theme: Creating peaceful communities. The program is a collaboration between the Rotary Club of Barbados, the Rotaract Club of Barbados and the Barbados Police Service Juvenile Liaison Scheme and involves a mix of educational, recreational, and creative activities.

Please click on the link below to see the full program outline. <https://clubrunner.blob.core.windows.net/00000007241/en-ca/files/homepage/youth-elevation-scheme-cohort-6/Youth-Elevation-Scheme--Cohort-6.pdf>



UPCOMING EVENTS

February 3rd – First Session of Y.E.S.
February 8th – Business Meeting
February 15th – Fellowship Meeting
February 21st – Let's Get Moving
February 25th – Joint Club Activity to celebrate
World Rotary Day

RaCOB/Satellite Club/EarlyAct

None

DISTRICT 7030 EVENTS

District 7030 Conference - St. Vincent
April 18 – 20, 2024

ANNOUNCEMENTS

Birthdays Rotarians

Rtn. Kimberly Lewis – February 1st
SAA Heather Tull – February 3rd
Rtn. Waldo Clarke – February 6th

Birthdays – Partners-in-Service

Dr. Marion Williams – PP CQ Williams – February 6th

Wedding Anniversaries

None

Join Date Anniversary

Rtn. Steve Cozier – 39 yrs – February 1st, 1985

Rotary Club of Barbados
Join us in the fight against NCDs
LET'S GET MOVING!
Do not miss this opportunity to get your kids, grandkids and their friends moving
Wednesday 21 February 2024 | 5:00 p.m.
The Garrison Savannah
FAMILY **STAY MOVING MONTHLY**
Bring your water to stay hydrated



CELEBRATING
119 Years
Creating Hope
in the World
25 FEB 2024
SAVE THE DATE
Rotary **CREATE HOPE IN THE WORLD**

ROTARY GRACE

O Lord and giver of all things good
We thank Thee for our daily food
May Rotary friends and Rotary ways
Help us to serve Thee all our days.

OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and in particular to encourage and foster:

FIRST: The development of acquaintance as an opportunity of service;

SECOND: High ethical standards in business and professions, the recognition and the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business and community life; and

FOURTH: The advancement of the international understanding, goodwill and peace through a world of fellowship of business and professional persons united in the ideal of service.



Bulletin Editor: PP Denise Antrobus