



ROTA NEWS

September 1, 2011

Rotary Club of Barbados, Barbados

Chartered March 07, 1962

District 7030



The Rotary Club of Barbados

R.I. Officers

President

Kalyan Banerjee

President Elect

Sakuji Tanaka

District Officers

District Governor

Lara Quentrall-Thomas

District Governor Elect

Stephen Ramroop

Assistant Governor (B'dos)

Grenville Phillips

District Rotary Foundation Chair

David Edwards

District Disaster Relief

W. Anthony Watkins



Reach Within to Embrace Humanity

R.I. Theme 2011-2012

Club Officers

President

Brenda Pope

President Elect

Anthony Williams

Vice President

Elvin Sealy

Secretary

Jomo Hope

Treasurer

Anthony Shaw

Club Service Director

Jedder Robinson

Vocational Service Director

Heather Tull

Community Service Director

Wilbert Kirton

International Service Director

Carol Belgrave

New Generations Director

Waldo Clarke

Immediate Past President

Erskine Thompson

Sergeant-At-Arms

Stanley MacDonald

The Four Way Test

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Weekly meetings on **Thursdays** at

Hilton Barbados

Needham's Point, Aquatic Gap,
St. Michael at 12 noon

P.O. Box 148B, Brittons Hill,
St. Michael, Barbados

www.clubrunner.ca/barbados

National Disabilities Unit Day at the Beach

On August 24th, 2011, the National Disabilities Unit (NDU) held their “Beach Day” for residents of the St. Andrew, St. Thomas and St. Lucy Geriatric homes. There were over one hundred persons in attendance and this event is expected to become a monthly activity.



Hilda Hurley, resident of the Gordon Cummings District Hospital who hadn't had a sea bath for 15 years



Director Carol speaking to Ms. Hurley



Participants enjoying the relaxing atmosphere

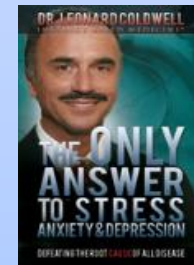
Managing Stress



PP Elvin presenting a token of our appreciation to Ms. Ruth Chase

Special thanks to Ms. Ruth Chase, a highly trained Mental Health Nurse who was the guest speaker at last week's meeting for her informative presentation on “Managing Stress”.

Ms. Chase noted that stress is one of the main causes of illness today, she highlighted the symptoms, causes and effects of stress and gave insightful tips on to manage and prevent stress in our lives.



For more information on “Managing Stress”, Ms. Chase recommended the book entitled “The only answer to Stress Anxiety & Depression” by Dr. Leonard Coldwell.

Rotarians can visit: www.drleonardcoldwell.com

Meeting Details

At our Fellowship Meeting held on Thursday, August 25th, 2011.

Sgt-at-Arms: **Jedder Robinson**

- Fines \$161.00
- Raffles \$62.00
- Attendance 48%

September – New Generations Month



District 7030 New Generations Club Members

Fellow Rotarians September is here and this month we celebrate “**New Generations Month**”.

What does “New Generations” mean?

New Generations refers to the youngest generation in the family of Rotary. Many are participants in Rotary’s youth and young adult programmes: Interact, Rotaract, Rotary Youth Leadership Awards (RYLA), and Rotary Youth Exchange. Others are service minded young people involved in the Rotary club and district activities.

Past RI President Luis Vicente Giay coined the term *New Generations*, when he shared his belief that the future of Rotary relied on involving young people in the organization’s programs and activities. At the 1996 RI Convention in Calgary, Alberta, Canada, he said:

“Our vision for the future, now more than ever, is the difference between success and failure. The New Generations are our investment in the future. Let us begin to build that future today”

Rotary clubs should be committed to involving youth and young adults in their vocational, committee and international service projects, and to providing programs and resources that support them.

Taken from: RI Brochure “An Introduction to New Generations Service”

CLUB RUNNER WEBSITE

Important Notice

Fellow Rotarians,

There are a few rules to observe when updating your profile on the new Club Runner website. These are important to maintaining the consistency and integrity of the database. Please note the following:

- Dates: these should be entered in the format **mmm dd yyyy**, e.g. Jan 01 2011
- City: This is a required field so it is necessary to input something here or the profile will not update: **DO NOT LEAVE IT BLANK**. Should you not need to use it as part of a long address (do not use it for the Parish), please enter a space by pressing the spacebar once.
- State/Province: Enter your Parish here
- Phone numbers: The first box in the field is a dropdown list of countries which will assign the appropriate area code. Please select your country (which will presumably be "Barbados") from the list. Input your 7-digit telephone number in the second box in the field, in the following format: **nnn-nnnn**. The third box is reserved for extension numbers, where applicable. Please select the country (area code) for each number entered.

NOTICE

Fellow Rotarians are reminded to kindly send us pictures and stories of your projects and activities so that we can publish them in the weekly newsletter.

Send your information to e-mail address:
ktudor@nisebarbados.org

MEETING SCHEDULE	ANNOUNCEMENTS
<p>Today, September 1st, 2011 Fellowship Meeting – RI Foundation Update</p> <p>Monday, September 5th, 2011 3rd Board Meeting – Review of Leadership Plan</p> <p>Thursday, September 8th, 2011 Business Meeting</p>	<p>Club Anniversary Michael Browne September 01 Randall Goddard September 01</p> <p>Wedding Anniversary No Wedding Anniversaries for this period</p> <p>Birthdays Kaye Williams (Ronald) September 01 Lewis O'Reilly September 03 Andrew Mallalieu September 04 Lisa Lewis (O'Reilly) September 07</p>

TODAY'S GREETERS	VISITING ROTARIANS	GUESTS	
<p>September 1st William Tomlin Erskine Thompson</p>	<p>August 25th Rtn. Sonya Alleyne Rotary Club of Barbados South</p>	<p>August 25th</p>	
<p>NEXT WEEK'S GREETERS</p> <p>September 9th Marie Theodore Dwight Sutherland</p>		<p>Guest Ruth Chase Donna Clarke Cynthia Blackman Kimberley Hunte Jennifer Johnson Andy Dixon Kim Sealy Julie Dash Paulette Jones</p>	<p>Rotarian Waldo Clarke Waldo Clarke Kim Tudor Kim Tudor Joseph Johnson Sophie Richter PP Elvin Sealy PP Vic Fernandes Pres. Brenda Pope</p>

Important Links to Remember

<http://www.clubrunner.ca/barbados>
<http://www.rotarydistrict7030.org>
<http://www.rotary.org/>

QUOTATION

"No act of kindness, no matter how small, is ever wasted."

Aesop

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.



Bulletin Editor
Kim Tudor