



ROTA NEWS



December 09, 2021

Rotary Club of Barbados



District 7030 - Club # 6798

Chartered March 07, 1962

PATRON

HE The Most Honourable Dame
Sandra Mason, FB, GCMG, DA. QC.
President of Barbados

DISTRICT OFFICERS

District Governor
Sonya Alleyne

District Governor Elect
Leslie Ramdhanny

District Governor Nominee
Brian Glasgow

Assistant Governor
Peter Thompson

District Secretary
Paul Ashby

District Treasurer
Brian Robinson

Council of Governors Chair
PDG Lisle Chase

District Rotary Foundation Chair
PDG Milton Inmiss

District Disaster Relief Chair
PDG David Edwards

District TRF Annual Fund Chair
Brian Glasgow

District Conference Chair
Neal Griffith



SERVE TO CHANGE LIVES

R.I. Theme 2021-22

R.I. OFFICERS

President
Shekhar Mehta

President Elect
Jennifer Jones



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?

Club Officers & Directors

President
Robin Ford

President Elect
Tracey Knight-Lloyd

Vice President
Algie Leacock

Secretary
Ermine Darroux

Treasurer
Peter Arender

Club Administration
Savitri St John

Membership/Youth Service
Stanley MacDonald

Public Relations
Arlene Ross

Community Service
Anton Nicholls

International/Rotary Foundation
Carole JnMarie

Immediate Past President
Fiona Hinds

Sergeant-at-Arms
Randy Marshall

Weekly meetings on **Thursdays** at
Hilton Barbados

(Meetings via Zoom from July 15, 2021 to present)

Needham's Point, Aquatic Gap,
St. Michael
at 12:30 p.m.

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

THE ROTARY CLUB OF BARBADOS WELCOMES ALL VISITING ROTARIANS AND GUESTS

Mar 07 - Club Charter Date - 1962 - Club # 6798

RI THEME: SERVE TO CHANGE LIVES



SUMMARY OF THE FELLOWSHIP MEETING WITH GUEST SPEAKER ON - DECEMBER 02, 2021

The 21st Meeting of the Rotary Year was called to order at 12:30 pm by Pres. Robin. He congratulated Barbados on becoming a Republic as this was the first meeting since that change.

Rtn Joe gave the prayer

Sergeant-at-arms Randy then introduced our guests Rotary Foundation Minute—PP Jedder (see page 4b)

Rtn Jeff welcomed our Guest Speaker Sonia Cadogan

Sonia is a registered Counselling Psychologist, Certified Life Coach, Founder and CEO of Transformation Healing Centre, and member of Barbados Society of Psychology. Sonia obtained both her Bachelors of Science degree in Psychology and Masters of Science degree in Counselling Psychology from the University of the West Indies Cave Hill Campus, Barbados.

As a compassionate psychologist, Sonia is avid in being impactful in improving individual's mental health and well-being. As coach, her passion is to empower and motivate others to explore and transform through key pillars of life and resiliency to enhance livelihood, discover life potential and possibilities. Sonia's has over six years' experience in counselling, crisis support and psychosocial intervention

Some of her most valued experiences include her time spent at the Psychiatric Hospital, and lecturing Chaplains in Ghana on crisis counselling modules. Other areas of her professional experiences are linked to social services and humanitarian efforts, NGO's and pro bono initiatives.

Set apart from these avenues, Sonia devotes time to serve God and be proactive in church ministry. She offers counselling services, contributes to spiritual edification of members and plays a key role in several evangelical missions.

Self-care is paramount for her, she enjoys spending family time, connecting with others, some brisk walk exercises and sightseeing amongst other activities. A personal mantra she echoes is ***try to be a rainbow in someone's cloud.***

Summary of Presentation

Guest Speaker: Sonia Cadogan: Demystifying Counselling

- Gave overview of the emergence of counselling in early 1900s in response to the great recession and post-recession
- Counselling is a learning-oriented and collaborative process in which a professional counselor is competent in relevant psychological skills and knowledge to assist individuals to address an array of concerns and problem areas
- The Wellness model was reviewed – “8 Dimensions of Wellness”
- Rights in receiving counselling - autonomy, information, privacy & confidentiality, ethical breach of confidentiality and goal initiatives
- Case presentation was reviewed from a taxi driver during the second wave of Covid 19 ***Continued next page***

Today, Thursday, December 09, 2021 is a Business Meeting. We will have Elections to choose five (5) Directors and the Board will give their Monthly updates.

The Meeting which commences at 12:30 p.m. will ONLY be presented via Zoom.

The Attendance will be taken by Rtns Waldo Clarke & Jason Martin

Next week those on duty will be Rtns Brian Cole & Keri Mapp

ELECTIONS—DECEMBER 09, 2021

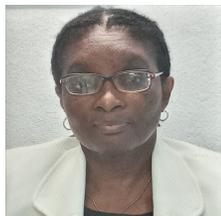
BY-LAWS—THE ROTARY CLUB OF BARBADOS
 Article 3 Election of Directors and Officers and Appointment of Sergeant-at-Arms Section 1 – At a regular meeting one month prior to the meeting for election of officers, the presiding officer shall ask for nominations by members of the club for president, vice-president, secretary, treasurer, and five (5) directors.

Article 5 Meetings Section 1 – Annual Meeting. An annual meeting of this club shall be held not later than 31st December in each year, at which time the election of officers and directors to serve for the ensuing year shall take place.

Following the Nomination Meeting of November 11, there are multiple candidates for the Position Directors (7).

Directors- (5 required)

- Rtn. Keri Mapp
- Dir. Savitri St.John
- Dir. Anton Nicholls
- Rtn. Dr. Beverley Agard
- Rtn. Barbara Trieloff-Deane
- PP Oliver Jordan
- Dir. PP Carole Jn Marie



SUMMARY OF THE FELLOWSHIP MEETING WITH GUEST SPEAKER ON - DECEMBER 02, 2021, CONT'D

- **What can you expect during counseling?** Self-awareness, support & encouragement, smart goals and interventions, problem solving methods, empowerment, resilience, and results
- **Benefits of therapy:** greater self-confidence, increased self-esteem, effective communication skills, less anxiety just to name a few
- **Barriers to counselling were reviewed** – personal pride, biases, denial, unacceptance just to name a few
- How do you know when you need counseling? Hopelessness, lack of productivity, appetite changes, conflict and agility with relationships, excessive drinking or over medicating, prolonged grief
- Stress chart was shared: Thriving, Surviving, Struggling and In Crisis

3 questions to ask yourself

- Am I struggling or in a crisis state?
- Do I have a family member that is currently struggling or in a crisis state?
- Do I know any professionals?

Q&A session.

Presentation will be shared with the club

Rotarian Barbara gave the Vote of Thanks

Announcements

PE Tracey gave an update for Carols by Candlelight. So far 70% of our tickets have been sold. Rotarians were encouraged to continue to push ticket sales

Rtn. Shakéela gave an update on the Shoebox Project – This year we will again be bringing Christmas cheer to Farris Children Home with our annual Shoebox project where Rotarians sponsor a child for the item on their list. The Children's Home Committee will be communicating details to the club in the upcoming days and look forward to our usual kind support

Sergeant-at-Arms disciplined the club with a fun Bajan Q&A
Pres Robin—Rotary Club RI Director Peter Kyle – Save the Date January 4. Hopeful for a cocktail reception
 Continue to support by donating to the Polio Fund and International fund – a short video was shared
 The Meeting was closed with a Toast to RI at 1:31 pm

UPCOMING EVENTS

Rotary Club of Barbados will be bringing some Christmas cheer to the Children's Homes again this year with our annual Shoebox Project.

Forwarded is the Christmas list received from the Child Care Board for the children at Farris, as well as the Special Needs children at Nightengale. If you are interested in sponsoring a child for items on the list, please contact Shakéela Boodhoo with the name of the child.

The Children's Home Committee would like to deliver the gifts to the Children's Homes by Wednesday December 22nd. Wrapped gifts can be delivered to Payce Digital, Haggatt Hall, to the attention of Keri Mapp until Friday December 17th. After this date, please get in touch with any member of the Children's Home Committee to organise (Rtn. Shakéela, PP Shawn, Rtn. Neal, Rtn. Keri, PP Denise Antrobus, Rtn. Dr. Adrian Sealy or Rtn Nigel).

Rotarian Shakéela

UPCOMING EVENTS

Bringing the Joy of Christmas!!!
The countdown is on to the most anticipated Christmas event in Barbados!!! CAROLS BY CANDLELIGHT
This weekend - December 11 & 12

Rotary Club of Barbados

Virtual Carols by Candlelight

Where the Joy of Christmas Comes to Light

Globe Drive-In
 Saturday December 11th
 Sunday December 12th

6PM | \$65
 per car

 MICHAEL "MIKEY" MERCER	 MAHALIA CUMMINS	 DANCING AFRICA	 DAVID ZIGE WALCOTT	 IAN "IWEB" WEBSTER	 ISHIKA "MR. SHAK" MCNIEL	 JJ POULTER	 JOHN YARDE
 ANNA GREENIDGE	 MARISA LINDSAY	 ALAN SHEPPARD	 NATALIE "NATAHLEE" BURKE	 NEESHA WOODZ	 POWERHOUSE STUDIOS	 SADERA FORDE	 MC BELLE HOLDER

PLUS A SURPRISE GUEST ARTISTE!

BOX OFFICES:
 Any member of the Rotary Club of Barbados
 Emerald City, St. Philip | Carlton A1, Black Rock
 A&B Music Supplies, Wildey | Party Occasions, Sheraton



Christmas Fellowship

Dear Rotarians ...We are looking at having a Christmas Dine Around...where we can still celebrate with each other safelyWe are thinking of making reservations at a few restaurants in the Gap for Friday, December 17th at 7pm.

Different groups of 10 to 20 Rotarians will meet at different restaurants and enjoy dinner together. We'll ask Rotarians to register by email, and choose their restaurants when registering.

Each group will be responsible for their own bill.

If you'd like to participate please respond "YES" in this chat so we can see whether we should proceed.

Time is of the essence - to do this before Christmas we must make reservations early next week.

Dir. Savitri
(Taken from the Fun and Fellowship Group Chat)

Today's Member Fun Facts are compliments of the Fellowship Committee. Our hope is that you will enjoy learning more about your fellow club colleagues weekly.

10 Fun Facts about Rotarian Kim Tudor

FUN

FACTS



1. I cannot live without **The grace of God**
2. My superpower is: **Kindness**
3. I wish I could: **Swim and play golf, love both but suck at them**
4. I love a: **Ham cutter with just baked ham**
5. My alternate career would be: **Air Traffic Control Officer**
6. Most people do not know that: **I can not sing**
7. Best vacation ever: **Japan and Thailand**
8. Favourite addic-

tion: **Decadent Chocolate Caramel Cake**

9. I love: **To sing loudly while driving**
10. Heart warming Rotary moment: **Taking the children from the children's home to the beach. It was the first trip to the sea for many of them**

UPCOMING EVENTS

- **Dec 9th — Elections for the BoD — 2022-23**

DISTRICT 7030 EVENTS:

- **District Conference 2022 — Barbados — Apr 06-09**
- ****More Information on upcoming events will be published as soon as the details are available.**

Announcements

Wedding Anniversary

- Ferida Fernandes & PP Vic — 26 yrs — Dec 09, 1995
- Gillian Applewhaite & PP Paul Ashby — 25 yrs — Dec 14, 1996
- Kevin Francis & Sec Ermine — 2 yrs — Dec 14, 2019
- Terry Massay & Hon Rtn Dr Jeff - 43 yrs — Dec 16, 1978

Birthday — Rotarians

- Rtn. Jason Martin - Dec 12
- Hon Rtn. Dr Jeff Massay — Dec 12
- PP Peter Williams — Dec 13
- PP Lionel Moe — Dec 14
- PP Tony Williams — Dec 15

Birthday — Partners-in-Service

- Amy Barrow — PP Norman Stanley Barrow — Dec 16

Join Date Anniversary

- **None this week**

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.

The Rotary Foundation Minute

Rotary shares an interest in protecting our common legacy: The Environment.

We are committed to supporting activities that strengthen the conservation and protection of natural resources, advance ecological sustainability, and foster harmony between communities and the environment. We empower communities to access grants and other resources, embrace local solutions, and spur innovation in an effort to address the causes and reduce the effects of climate change and environmental degradation.

HOW ROTARY WILL HELP PROTECT OUR PLANET

The Rotary Foundation will enable our members and their community allies to take action in these ways:

- Protecting and restoring land, coastal, marine, and freshwater resources
- Enhancing the capacity of communities to support natural resource management and conservation
- Supporting sustainable agriculture, fishing, and aquaculture practices
- Addressing the cause of climate change by reducing the emission of greenhouse gases
- Strengthening ecosystems and communities affected by climate change
- Supporting education initiatives that promote behaviour that protects the environment
- Advocating for sustainable consumption to build an economy that uses resources more efficiently
- Addressing environmental justice issues and public health concerns

Meeting Details — December 02, 2021

Guests:

- Ms Sonia Cadogan — Guest Speaker—RCoB
- Mr. Ronald Pope — Guest of Ms Sonia Cadogan
- Ms Donna Barrow — Guest of PE Tracey

Housekeeping:

- Attendance - 61.0%

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 Michael W. Browne