



# ROTA NEWS



## Rotary Club of Barbados

District 7030

Chartered March 07, 1962



Dec 10, 2015



Be a gift to the world

R.I Theme 2015-16

### R.I. OFFICERS

#### President

K.R. "Ravi" Ravindran

#### President Elect

John F. Germ

**Rotary Foundation  
Assistant Regional Rotary  
Foundation Coordinator-  
Zone 34**

PDG David Edwards

### DISTRICT OFFICERS

#### District Governor

Milton Inniss

#### District Governor Elect

Roger Bose

#### District Governor Nominee

Waddy Sowma

#### Assistant Governor

PP Peter Downes

#### District Grants & Distr. Foundation Annual Giving

PDG David Edwards, Chair

#### Council of Legislation & Distr. Programs Committee Chair

PDG Tony Watkins

#### District Treasurer

PP Lionel Moe

#### Assist. District Confer. Chair

PP Elvin Sealy

### Club Officers & Directors

#### President

Jedder Robinson

#### President Elect

Lisa Cummins

#### Vice President

Carl "Tony" Williams

#### Secretary

Robert "Bobby" Morris

#### Treasurer

Brian Cole

#### Club Service Director

Paul Ashby

#### Vocational Service Director

Winston Warren

#### Community Service Director

Annie Bertrand

#### International Service Director

Dr. Tracy Archer

#### Youth Service Director

Neal Griffith

#### Immediate Past President

William "Alex" Mc Donald

#### Sergeant-At-Arms

Heather Tull



### 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 p.m.

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

[www.clubrunner.ca/barbados](http://www.clubrunner.ca/barbados)

**THE ROTARY CLUB OF BARBADOS  
WELCOMES ALL VISITING ROTARIANS AND GUESTS**

**DECEMBER : Disease Prevention and Treatment Month**

*Today we will have a Business Meeting with Past President Algie presenting on "What Rotary Means To Me, Past Chair Nicholas Waithe will give an update on Rotary Challenge #5 - "Faces Speak," President Elect Lisa will give the final push on Carols by Candlelight and there will be the elections of five (5 ) Directors.*

*Our Greeters are Past Director Scott Oran and Past Chair Robin Ford.*

**MEET OUR GREETERS**

**Past Director Scott Oran** joined the Rotary Club of Barbados on July 10, 1989. His Classification is - Aluminium Industry - Manufacturing. He was introduced by fellow manufacturer, PP George Hadchity (President 1984-85).



Scott served as Director Club Service for 2006-07, Chairman - Club Liaison 2004-2006 and Vocational Service Subcommittee 2012-13.

He also served on a number of committees including Public Relations 2004-2006, Fellowship 2007-2010, Fund Raising 2006-07 and 2009-10, RYLA/MUNA 2011-12, Vocational Service 2013-14 and for 2014-15 served on the Fund Raising, Environment and Vocational Services Committees. For 2015-16 he continues on the Vocational Services Committee.

For his contribution to the community, Scott was awarded a Paul Harris Fellowship in 2001 and +1 Sapphire in 2014.

*For more on Scott look at the RotaNews for October 08—What Rotary Means To Me*



**Past Chair Robin Ford** has been in Rotary for over twenty years, and has a perfect 100 percent attendance record for the club since he joined on June 30, 1994. His Classification is Business Services—Computers. He was introduced by Past President Andrew Bynoe.

For 2014-15 Robin served as a member of the Environment, International Service and Safety & CPR committees. Robin continues to serve on the Safety & CPR Committee. He has been a long serving member on the Drug Awareness Programme for Secondary schools and facilitates the visits by the students, to both the local HMP Prison and the Psychiatric Hospital.

Robin has a deep interest in preserving the environment and ensuring that we make Barbados a greener place to live.

**MEET OUR SPEAKER - WHAT ROTARY MEANS TO ME**

**Past President Algie Leacock** joined the club on September 02, 1984. He served as President for the year 2001-02.



In his year we saw the re-birth of a re-vamped Pride of Workmanship Award program. In that year the Club became involved in the repairs at the Roman Catholic School and training of Montessori Teachers.

He comes from a family which can boast of four (4) Rotary Club Presidents. His brother RCOB -South, his sister in the USA and his late father: this Club. His mother is an Honorary Rotarian of our Club. He was awarded a Paul Harris Fellowship in 2008.

Currently PP Algie serves on the Attendance, Fund Raising and Guest Speaker and Classification Committees.

**HIGHLIGHTS FROM THE FELLOWSHIP MEETING OF DECEMBER 03, WHERE THERE WAS A PRESENTATION BY RTN. DR. BEVERLEY AGARD—OUR HEALTH MATTERS, AN UPDATE ON ROTARY CHALLENGE #5, AND AN UPDATE ON CAROLS BY CANDLELIGHT**

*Following is a summary of the presentations.*

*Rotarian Dr. Beverley Agard speaking on "Our Health Matters."*

**Healthy living: Living up to your full potential**

**Health-** "Is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity" *World Health Organization*

**CURRENT STATE OF AFFAIRS**

**Eat This**



**Not This**



**Do This**



**Don't Do This**



**69.2% of adults are overweight or obese**  
**80% of adults do not get adequate daily exercise**  
**43% of adults suffer adverse health effects from stress**  
**More than 50% of doctor visits are for stress related ailments**

**Consequences of an unhealthy lifestyle**

- Early onset of age-related illnesses
- Hypertension
- Diabetes
- Elevated Cholesterol
- Heart Disease
- Obesity

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**MEETING DETAILS - Thursday December 03, 2015**  
**SAA - PD Heather M. Tull**

- Attendance - 67.21%
- Raffle - \$88.25
- Winner - Past Chair Nicholas Waithe
- Fines - \$205.00



**HIGHLIGHTS FROM THE FELLOWSHIP MEETING OF DECEMBER 03, WHERE THERE WAS A PRESENTATION BY RTN. DR. BEVERLEY AGARD—OUR HEALTH MATTERS, AN UPDATE ON ROTARY CHALLENGE #5, AND AN UPDATE ON CAROLS BY CANDLELIGHT, CONT'D**

### What works to achieve your goals

- Lifestyle modifications
- Make gradual, slow changes to your habits
- Set achievable, measurable goals
- Make yourself accountable for your progress
- Get support from others

### Bodies are Made to Move, Not Sit



Exercise  
Sleep  
Have a positive mental attitude  
Remember Baby Steps  
Make time to Chill out!

### Rotary Community Challenge #5 for November Past Chair, Nicholas Waithe.

*Faces Speak is a social media campaign seeking to raise awareness about the issues surrounding homelessness and in so doing raise funds to support charities that focus on making a difference in this regard. The campaign will be delivered in a three part video series: Just 1 - Homeless for 24, Just 1 Crew and All of Us. Throughout the series we will see a Rotarian homeless for 24 hours, real life experiences from indigent Barbadians, and lastly the call to action that will show how we as a Community can make a difference.*

### Carols By Candlelight—December 13, 2015

President Elect & Fundraising Chair Lisa in her update offered that plans were on stream for the December 13th event.

She implored members to **"Go out and sell all their tickets."**

### LOOKING BACK AT CAROLS BY CANDLELIGHT

**Gifts to the Child Care Board - December 15, 1995—Nation Publishing**



From Left: Trevor Fields, director of Community Services at the Rotary Club of Barbados; Nina Clarke, chairperson of the Resource Development Committee, Child Care Board; Stanley MacDonald, president of the Rotary Club of Barbados; John Miller, president-elect and chairman of the Carols By Candlelight function and John Cabral past president sift through one barrel of toys at Barbados Hardware donated by the children who attended the recent function at Ilaro Court.

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### LOOKING BACK AT CAROLS BY CANDLELIGHT

Having been elected in December 1993 to serve as President of the RCOB for the year 1995-96 I immediately set about planning the agenda for my year. My aim was to be innovative and institute new ideas into our Club's activities. I found it useful to draw ideas from other Districts and Clubs globally. Some time during 1994 I learned of "Carols by Candlelight" in Trinidad from Michael Callender- Past President of The Rotary Club of Port of Spain. The event was held under the patronage of The President of The Republic of Trinidad & Tobago. I immediately fell in love with the idea and upon receiving the basic blueprint from our Trinidadian counterparts set about forming a small committee to plan and initiate for Barbados.

About this time our main Community Service activity and revenue earner "Bajan Night" was starting to become a bit tired. Just about this time Rotarian Trevor Fields who had worked in Trinidad for many years had relocated to Barbados and he was instrumental in sharing advice on his Trinidad experience.

A small team of John Miller, Norman Barrow and yours truly decided on Ilaro Court as the ideal location and the first meeting was with then Prime Minister - The Hon Owen S Arthur. Mention must be made of Lionel "The Squire" Moe who as a seasoned Permanent Secretary advised on the necessary protocols.

After overcoming some initial challenges associated with this kind of initiative the first Carols was held on Sunday December 3rd 1995. We netted a profit of \$12,000 from that first event. Carols has grown to be the calendar event for Barbados and has become our main annual Community activity.

Regards

Stanley P Mac Donald, Past President, RCOB 1995-96.

### SENIOR CITIZENS PARTY—DECEMBER 06, 2015

*The new Rotarians showing how it is done!*



## UP-COMING EVENTS

Mar 07 - Club Charter Date - 1962

### DECEMBER : Disease Prevention and Treatment Month

Community Challenge #6 - Past Treasurer Anthony Shaw -  
*Repairs to the roof of a house occupied by two needy senior citizens at Silver Sands Christ Church.*

Dec 10 - Elections - Business Meeting

Dec 13 - Carols By Candlelight

Dec 15- Early registration discount ends for [Rotary International Convention](#)

Dec 17 - Christmas Lunch, with Partners –in-Service

### JANUARY : Vocational Service Month

## GREETERS

Dec 17 - Rtn. Andrew Nevin & Past Director Shawn Franklin

Dec 24 - No meeting

Dec 31 - IPP Alex McDonald & PP Richard Blanchette

Jan 07 - Rtn. Orlando Newton & Youth Service Director, Neal

## OUR GUESTS

### VISITORS

Margaret Evans - Rotarian Russel Evans

Mike Wheeler - PDG David Edwards

Adia Lewis - Past Deputy Director O'Reilly Lewis

Damien Pinder - Past Chair Nicholas Waithe

Kirk King - Past Chair Nicholas Waithe

### ROTARIANS

Ariel King - Rotary Club of Walberton, Washington DC, USA  
Russel Evans - Rotary Club of Thornaby & Yarn, North Yorkshire, England

## DISTRICT PROJECT - AUTISM

World Autism Awareness Day, April 2, 2016 in the World

## DISTRICT PROJECT - DYSLEXIA

a general term for disorders that involve difficulty in learning to read or interpret words, letters, and other symbols, but that do not affect general intelligence.

## 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.

## Announcements

### Wedding Anniversary

*PEE & CIsD Paul & Gillian Applewaithe* 19 yrs Dec 14, 1996

*Past Chair Ron & Kaye Williams* 25 yrs Dec 15, 1990

*Hon Rtn Dr. Jeff & Terry Massay* 37 yrs Dec 16, 1978

### Birthday - Rotarians

Past Treasurer Ivan Browne

Hon Rotarian, Dr. Jeff Massay

Past Director Peter Williams

Past President Lionel Moe

Past President Tony Williams

Dec 12

Dec 12

Dec 13

Dec 14

Dec 15

### Birthday - Partners in Service

Amy Barrow - Past President Norman

Celia Harding - Hon Rotarian David Harding

Dec 16

Dec 16

### Join Date Anniversary

*None this week*

## INTERNATIONAL SERVICE

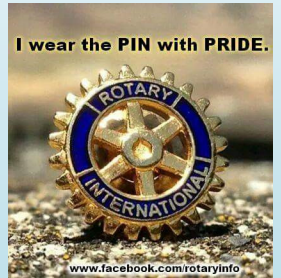


*Welcome to ROTARY  
AROUND THE  
WORLD Corner.*

The aim is to keep you abreast of our upcoming District Conference and Rotary International Convention.  
District Conference:

20<sup>th</sup>-23<sup>rd</sup> April 2016, Bridgetown, Barbados.

Rotary International Convention: 28<sup>th</sup> May -1<sup>st</sup> June 2016, Seoul Korea.  
Look out for additional information monthly!!!!Connect with Korea –  
Touch the World



## 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: Michael Wilson Browne