

DISTRICT 7030
CLUB#6798
Chartered March 07, 1962



October 10th, 2024

ROTANEWS

R.I. OFFICERS

President
Stephanie Urchick

President Elect
Mário César Martins de Camargo



PATRON

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

DISTRICT OFFICERS

District Governor
Debbie Roopchand

District Governor Elect
Soraya Warner-Gustave

District Governor Nominee
Maurice Saad

Assistant Governor
Paul Ashby

District Secretary
Giselle Holder

District Treasurer
JR Ramnarine

Council of Governors Chair
PDG Brian Glasgow

District Rotary Foundation Chair
PDG Waddy Sowma

District Disaster Relief Chair
PDG David Edwards

District TRF Fundraising Chair
PDG Elwin Atmodimedjo

District Conference Chair
Safeeya Mohammed

CLUB OFFICERS & DIRECTORS

President
Arlene Ross

President Elect
Jeff Evelyn

Vice President
Ron Davis

Secretary
Jamella Forde

Treasurer
Nikita Gibson

Club Administration
Randy Marshall

Membership/Youth Service
Tamara Allman

Public Image
Keri Mapp

Community Service
Katrina Alkins

International Service
David Antrobus

Immediate Past President
Ermine Darroux-Francis

Sergeant-at-Arms
Peter Arender



Club Weekly Meetings
Thursdays at 12.30 pm
Hilton Barbados

Needham's Point, Aquatic Gap,
St. Michael

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

Website: www.rotarybarbados.org
Email: rotarybarbados@gmail.com

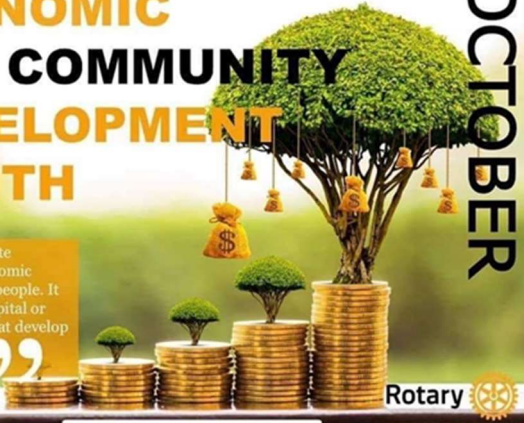
The Rotary Club of Barbados welcomes visiting Rotarians and Guests.

ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

OCTOBER

“The ultimate resource in economic development is people. It is people, not capital or raw materials that develop an economy.”
- Peter Drucker

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Today October 10th, 2024 no weekly meeting is scheduled as the Club Forum will be held on Saturday October 12th 2024 at the Training Room of the BL & P Company. The meeting commences at 9:00 a.m.

Meeting Details – October 3rd, 2024

Guests

Dr. Deanne Ford – Guest Speaker
Janine-Lee Kelly – Rtn. Savitri St. John
Susane Allison-McGee – Rtn. Ayesha Haniff
Violeta Krasniqi – PP Carole JnMarie

Rotarians, Rotaractors and Interactors

Rtn. Andre Warton – RcoB - West

Honorary Rotarians

None

Housekeeping

Fines: BBD 106.00

Raffle: BBD 74.00 won by Rtn. Ayesha Haniff

Attendance: 40%

Our next scheduled weekly meeting will be on October 17th, 2024, which will be a Business Meeting and will commence at 12:30 p.m. at the Hilton Hotel



Summary of the RCOB Meeting Held on October 3rd, 2024

The meeting was convened at 12:37 pm with the singing of the National Anthem and the Rotary Grace.

Guests and visiting Rotarians were introduced.

Lunch was then served, after which the President made announcements including with respect to Project Amai and the Polio Challenge.

Director Randy also announced that the Shoebox initiative is now open, and that the Past Presidents Bus tour and the 5th Thursday event were also open for registration.

Sarge Peter then fined the Club.

Rotarian Heather Tull introduced the day's guest speaker, Dr. Deanne Ford, who addressed the Club on the topic "Mental Health and Wellbeing". She began the address with a musical clip.



Dr. Ford made the point that in life we all have problems, but that these can be overcome by making sure social and emotional health are intact, and an important part of our health overall, and has an impact on our physical health. She said that these have an important impact on your life. Positive mental health allows us to realize their full potential, cope with life stresses, carry out productive work and make a meaningful contribution to their community.

Early childhood experiences can affect emotional and social wellbeing in a lasting way. Ministries of Education across the region have realized this and are working for better early childhood education.

Without social and emotional wellbeing anxiety, mood disorders and impulse control disorders which can lead to a higher probability of risky behavior such as abuse of tobacco, risky sexual behavior, drug and alcohol use, and intimate partner and family violence can occur. It can also lead to other chronic and acute conditions such as obesity, diabetes, cardiovascular disease HIV and STDs and premature death.

Characteristics of emotional wellness is being able to be aware of and accepting one's feelings. An optimistic approach to life, enjoying life despite its occasional disappointments and frustrations.

Dr. Ford then took a deeper dive into inner wellbeing. Inner wellbeing comes from the connection and harmony between inner life and the outer world.

It is having inner peace and included a feeling of belonging, realizing a deeper meaning and a sense of purpose in the universe. The way to inner wellbeing, she said, is acceptance of the world and transcendence of our everyday life. Sometimes it means going above or letting go – the latter can be hard for most of us.

One can develop inner wellbeing by mediation, rituals, and yoga and other practices. Your principles, values, beliefs, morals help define your inner self. One should ask what these are and if your behavior matches your inner values. Cultivating even two or three of compassion, love, forgiveness, acceptance, trust, kindness empathy altruism, joy and fulfilment will help one feel better.

She said "Happiness is in your mind", and told the Club we have more control over our happiness and contentment than we realise. We must stop outsourcing our happiness by depending on others to make us happy. We must be able to stand alone in the world. We must make happiness a habit. She pointed out that loneliness was often an issue, especially for the elderly.

Dr. Ford then gave the Club 8 tips for emotional wellness:

1. Keep expectations of yourself and others realistic.
2. Develop realistic goals and set out to achieve them one day at a time.
3. Learn to accept the change in your life.
4. Release the anger and resentment.
5. Surround yourself with positive thoughts and mostly positive people.
6. Choose to be a good friend to yourself.
7. Take good care of your body.
8. If experiencing emotional difficulty talk to someone.

In closing, Dr. Ford pointed out that resilience is related to but not exactly the same thing as social and emotional wellbeing. Resilience is the capacity to deal constructively with change or challenges, allowing a person to re-establish their social and emotional wellbeing in the face of difficult events.

Difficult events will happen anyway, she told the Club. So if they are going to happen anyway, sing, dance and be happy.

She ended her address with another musical clip, and then there was a spirited and frank question and answer session.

IPP Ermine gave the vote of thanks.

Rotarian Ayesha won the raffle.

The meeting ended at 1:40 pm with a Toast to Rotary the World Over.

LAUNCH OF CLUB PROJECT

AMAI means mother.



Rotary International is a global network of more than 1.2 million neighbors, friends, and leaders who volunteer their skills and resources to solve issues and address community needs.

Rotary International has 7 areas of focus one of which is Maternal and Child Health.

AMAI is a comprehensive, 8 month program for young women up to age 24 who are pregnant or parenting. The aim of the program is to improve the physical and mental health, and life course outcomes of young mothers, their children, and their families, and help them to be self-sufficient for themselves and their families, and ultimately impact their future in a positive way.

Before I go into the components of the program let me say this; it all begins with Carols by Candlelight. Whenever you see the Rotary Club of Barbados undertaking a community project, know that each ticket that you the member of the community bought and

every dollar that you spent at Carols by Candlelight made this and other community project possible.

The main components of the program are:

- Personal Development
- Parenting
- Budgeting & Finance
- Health and Wellness
- Job Readiness
- And Vocational Training

Personal Development will cover areas such as:

- Mindset Reset
- Self-Esteem and Confidence Building, resilience and coping strategies, and much more.
- Budgeting and Finance will cover areas such as, budgeting basics, financial goal setting and saving strategies.
- Health and Wellness will look at nutrition, exercise and medical check-ups, emotional challenges from postpartum depression, techniques for reducing stress and maintaining mental health, to name a few.
- Parenting will cover, building confidence in parenting, parenting under stress, discipline, communication and nurturing, and more.
- Job Readiness will look at areas such as
- Job search strategies, preparing for interviews, and exploring educational paths and vocational training.
- Under the vocational training component Project Amai is offering participants the opportunity to choose a vocational course with the vocational training board which would give them a skill which can be converted into a means to support themselves and their children.

There are many services and opportunities available in Barbados but they are of course not all in one place in one program.

Through project Amai, the Rotary Club of Barbados is collaborating with other community partners to make all the relevant services and opportunities available under one umbrella.

We are collaborating with community partners such as:

- The Neonatal Intensive Care Unit of the Queen Elizabeth Hospital,
- Ross University School of Medicine,
- The Barbados Family Planning Association
- PAREDOS
- The Child Care Board
- Gems in The Rough and
- The Edna Nichols Centre

In addition to Rotary members who are giving of their time and professional expertise, several professionals will also be volunteering their professional services.

Doctors, nurses, therapists, social workers, psychologists, coaches and other professional who will facilitate the 8 month program.

I would like to express a special thank you to Eric Hassell & Son Ltd and if any members of Corporate Barbados, would like assist they can feel free to send an email to projectamaibarbados@gmail.com

I said at the beginning that Project Amai is a comprehensive program, it therefore has a few phases or moving parts.

Phase 1 - is the Personal Development workshops which will take place here at this location every Friday from 10am to 3pm.

Phase 2 - is Vocational Training which will begin in January 2025

Phase 3 - would be the donation of baby starter kits, which are designed to give babies of mothers up to age 24, their start in life.

Phase 4 - will be the donation of life saving equipment to the Neonatal Intensive Care Unit of the QEH and clinical equipment to the Barbados Family Planning Association (BFPA).

MAGIC IN THE COMMUNITY



As part of our “Back to School” initiative we donated a cheque for \$1,000 to the Prison Fellowship towards the purchase of uniforms and books for the Children of incarcerated persons. President Arlene presented the cheque to Mr. Neil Dowden, Executive Director of Prison Fellowship Barbados

UPCOMING EVENTS

October 10th – **NO MEETING**

October 12th – Club Forum

October 17th – Business Meeting

October 19th – Coach Tour of Projects

October 24th – World Polio Day

October 31st – 5th Thursday Event – Did You Know?

November 14th – NOMINATIONS- 2025-26

November 29th – Last Day of Shoe Box Collection

RaCOB/Satellite Club/EarlyAct

Sustainable Living Project Phase 2 – Oct 19- St. George Secondary School – 8:00 am-2:00 pm

DISTRICT 7030 EVENTS

April 23rd – 26th, 2025 - District Conference, Trinidad & Tobago

ROTARY INTERNATIONAL EVENTS

June 21st – 25th, 2025 – Convention, Calgary, Canada

ANNOUNCEMENTS

Birthdays Rotarians

PP Elvin Sealy – October 11th

Birthdays – Partners-in-Service

None

Wedding Anniversaries

PP John & Jeanette Cabral – 36 yrs – October 15th, 1988

Rtn. Adrian & Harriette Skeete – 19 yrs – October 15th, 2005

Join Date Anniversary

Rtn. Anton Nicholls – 5 yrs – October 10th, 2019

PP Erskine Thompson – 24 yrs – October 12th, 2000



Rotary
Club of Barbados

CHRISTMAS SHOEBOX PROJECT

Bring joy to those in need by donating to the annual Christmas Shoebox Project.

This year, we are asking each Rotarian to donate \$50 to this worthy cause by Friday 29 November 2024. Funds will go towards purchasing two (2) outfits for each child; one (1) casual and one (1) semi-formal.

Donations should be given to Dir. Randy.

FIFTH THURSDAY EVENT

What: 5th Thursdays Fellowship Event

Date: Thursday, October 31

Place: Rustic Chef Club Rockley

Time: 6:00pm to 8:30pm

Price: \$65

DID YOU KNOW?

Who was the FIRST DG from Barbados?

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.

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 (ag.): PP Michael W. Browne