

DISTRICT 7030
CLUB#6798
Chartered March 07, 1962

Rotary
Club of Barbados



Dec 12th, 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



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The Rotary Club of Barbados welcomes visiting Rotarians and Guests.



Today December 12th, 2024 is a Business Meeting, which commences at 12:30pm at the Hilton Hotel. Our guest speaker today will be Dr. Kimberly King, she will speak to us on 'Longevity Design: The Future of Healthcare is Holistic'

Meeting Details – December 5th, 2024

Guests

None

Rotarians, Rotaractors and Interactors

None

Honorary Rotarians

Fines: BBD 126.00

Raffle: BBD 81.00 won by Rtn. Savitri St. John

Our next scheduled weekly meeting will on December 19th, 2024, which will be our Christmas lunch, and will commence at 12.30 p.m. at the Hilton Hotel.



Guest Speaker Dr. Kimberly King



Dr. Kimberley King is a dedicated Medical Doctor with over 10 years of experience in the field and is the Co-Founder of The Longevity Clinic. Her passion lies in Lifestyle Medicine, where she combines her medical expertise with a focus on promoting health and wellness through lifestyle changes.

As a practitioner, Dr. King is committed to delivering group and individual health and wellness programs that empower her patients to take control of their own well-being. She believes that by addressing the root causes of illness and promoting healthy habits, individuals can achieve optimal health and prevent chronic diseases.

Dr. King operates within a multidisciplinary team, collaborating with other health and wellness professionals to provide comprehensive and holistic care to her patients. Together, they work towards improving overall health and quality of life, by addressing not only the physical aspects but also the mental and emotional well-being of individuals.

Dr. King through The Longevity Clinic strives to create a comfortable and supportive environment for her patients to discuss their health concerns and achieve their goals.

Summary Minutes of the RCOB Meeting Held on December 5th, 2024

- The 19th meeting of the club year was called to order at 12.37 p.m. by President Arlene. It was a business meeting. It was also the first meeting in Disease Prevention and Treatment Month.
- The Anthem was sung followed with a toast by Pres. Arlene to Her Excellency the President of Barbados.
- The Rotary Grace was said by all present.
- Sarge Peter welcomed visiting Rotarians and guests.
- Lunch was then served to the members.
- Prior to the business segment of the meeting Sarge Peter conducted a short, humorous and wide-ranging discipline session of the club incorporating fines based on individuals' (at times nebulous) connection to Christmas!

Business Segment - Director and Other Reports

PP Robin as ticket czar reminded everyone that today's meeting was the last day to return tickets and do a tally up with him. Payments could also be made online.

PE Jeff provided the final update on Carols by Candlelight, indicating that tents, etc. were already in place at Ilaro Court and the usual Sunday morning setup starts at 7:30 am (moving drinks, popcorn stations, food and bar tables, etc. He reminded

that the gates open at 3:00 pm so Rotarian's call time to return is 2:00 pm.

Dir Katrina – Community Service

- **Shoebox** project is still open and members who had not contributed were encouraged to contact Dir Randy.
- **Senior Citizens Tea Party:** Date is December 15; Morning setup commences at 8:00 am with seniors arriving at 3:00 pm; Rotarians were encouraged to contact Rtn. Donna King-Brathwaite to volunteer to serve.
- **Pride of Workmanship (POW):** Date is Thursday January 30th; no lunch meeting that day; this year awardees will be recognized in the areas of peace building, mental health and the environment.
- **Children's Fun Day:** Still on cards for January 21; details to follow.
- **New Project:** To be launched in February to maintain hummingbird environment; details to follow.

Dir Katrina also presented on behalf of Dir **Kerri – Public Relations and Public Image** in her absence.

- **Carols by Candlelight (CbC):** working on final marketing; social media (artists drop with videos, etc)
- **Citations:** Continuing work on District and RI citation requirements

Secretary Jamella then presented for **Dir Tamara – Youth Service** in her absence.

- **EarlyAct:**
 - **Charles F Broomes:** has undertaken their own Shoebox project for Christmas.
 - **Will's Primary:** their "Sip and Paint" fundraiser was successful.
- **Interact:**
 - **Lodge:** Pinning was last week; planned a series of sno-cones selling events as fund-raiser.
 - **Codrington:** will be participating in CbC; also doing decorations for their assigned RCS Christmas trees in Bridgetown.
- **Rotaract**
 - **Barbados:** Upcoming "*Tie-Dye for a Cause*"; the colours used will symbolize support for various cancer areas.

Pres Arlene presented on behalf of **Dir David – International Service** in his absence.

- **Annual Polio Fund:** everyone encouraged to contribute
 - RCOB at 50% of Annual Fund target
 - Sustaining member count has increased by 2 to 14
 - RCOB above Polio Fund target by USD\$2453
- **Polio:** continues to increase worldwide
- **District Conference:** Trinidad & Tobago - April 23-36, 2025;
- **International Convention:** Will be in Calgary, Canada - June 21-25, 2025
- **Model United Nations (MUN):** the resource group has met and agreed on the 2025 topic; this will occur as normal in the second school term.

Pres Arlene indicated that DG Debbie landed that morning and will be paying courtesy call on the President, followed by

visits to projects from the 3 clubs over the next 2-3 days, including RCOB's Project Amai at 11:00 am on Friday, December 6. There will also be a cocktail reception at Marriott on Friday December 6 at 6:30 pm at a cost of \$50. The annual Christmas Lunch is December 19. Thought for the Week "The Rotary Way is to Light a candle; I light one, you light one, 1.2 million Rotarians light one; together we light up the world."

- The raffle, fines and attendance were announced by Pres. Arlene
- Following announcements, the meeting was closed at 1:40 p.m. with a toast to R.I.

DG Debbie Roopchand's visit: December 5- 9

December 5th – 9th District Governor DG Debbie paid an official visit to Barbados. DG Debbie paid a visit to Project Amai, and joined us at Carols by Candlelight, as well as visiting RCoS and RCoW projects. RCoW organised a cocktail party which all clubs attended.



Project Amai

Friday was the 9th session of Project Amai, the theme was 'Trust and Childhood Truama'. Sgt Harris gave a presentation on Trust concluding with a game of trust. Dr. Deanne Ford gave the presentation on Childhood Truama. DG paid a visit and spoke with all of the participants.



UPCOMING EVENTS

December 13th – Project Amai – End of Year session
December 14th – Y.E.S Programme
December 15th – Senior Citizens Tea Party
December 19th – Christmas Lunch, bring a guest
December 20th – Shoe Box Distribution
December 21st – Y.E.S Closing Ceremony
December 26th – **NO MEETING**
January 2nd, 2025 – **NO MEETING**

RaCOB/Satellite Club/EarlyAct

December 15th – Christmas in de Park

DISTRICT 7030 EVENTS

April 23rd – 26th, 2025 – District Conference, Trinidad



ANNOUNCEMENTS

Birthdays Rotarians

Rtn. Danielle Donawa-Spencer – December 12th
Rtn. Jason Martin – December 12th
Hon Rtn. Jeff Massay – December 12th
PP Peter Williams – December 13th
PP Lionel Moe – December 14th
Rtn. Shane Thompson – December 14th
PP Tony Williams – December 15th
PP Denise Antrobus – December 17th

Birthdays – Partners-in-Service

Amy – PP Norman Barrow – December 16th

Wedding Anniversaries

AG Paul Ashby & Gillian Applewhaite 28 yrs –
December 14th 1996
IPP Ermine & Kervin Francis - 5 yrs – Dec 14th, 2019
Hon. Rtn. Jeff & Terry Massay – 46 yrs – Dec 16th, 1978

Join Date Anniversary

None

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: PP Denise Antrobus