



ROTA NEWS



Rotary Club of Barbados, Barbados

Chartered March 07, 1962

District 7030



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

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



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?

Oct 15, 2015

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

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

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

OCTOBER - Economic and Community Development Month

Today we Celebrate in our Dinner Meeting a very special occasion. We recognize the unsung heroes of our Community through our Annual Pride of Workmanship Awards Ceremony. This event was revamped under Past President Algje Leacock in his Presidential year 2001-02.

Then PSV (ZR Drivers) Sanitation Service (Dustmen) and Postal Workers were recognized. His support team then comprised of Past President William Tomlin, Past Director Roger Smith and Past Secretary Michael Browne

However our records indicate that we first formally recognized our Community Workers for the Twenty Fifth Anniversary of our Club through the efforts of PP Dr. Grenville Phillips, 1986-87. At that time twenty-five (25) persons were recognized for their Outstanding Community Service.

Today we recognize and celebrate with three (3) persons, deemed to embody the tenets of the award— Selfless Service, Volunteerism and Mentoring. The three Awardees are Winston Craigg, John Springer and Kevin Waldron.

Our Greeters are Past Treasurer Anthony Shaw & Treasurer Brian Cole

MEET OUR GREETERS & SPECIAL AWARDEES

Past Treasurer Anthony Shaw, (2011-12) joined the Club on July 10, 2008. He has served as a member of the Fund Raising and Website Maintenance/Information Committees for 2010-11.

For 2013-2015 he served on the Drug Awareness and the Assistance/ Investigations Committees. For 2015-16 he continues to serve on the Drug Awareness Committee.



Treasurer Brian Cole, joined the Club on January 02, 1985. He served as Director of Vocational Service 1988-89 and Club Service 1993-94. This is his second stint as Treasurer having held the position during the years 2001-2003 and now 2013-2016. As Treasurer he is a member of the Fund Raising Committee.

Brian has also served as District Conference Treasurer 2004-05 and 2010-11. He is a member of the Rotary Roosters. He was awarded a Paul Harris Fellowship in 2012.

PRIDE OF WORKMANSHIP AWARDEES

Winston Craigg, for outstanding and dedicated service to the Community as a Plantation Manager in the Agricultural Sector

John Springer, for outstanding and dedicated service to the Community as an Indigenous Potter and Entrepreneur

Kevin Waldron, for outstanding and dedicated service to the Service Sector as a Service Station Attendant.



HIGHLIGHTS FROM THE FELLOWSHIP MEETING OF OCTOBER 08 - GUEST SPEAKER MRS. ANGELA SIMPSON SPOKE ON THE MYTHS & FACTS OF PROSTATE CANCER WHILE ASSISTANT GOVERNOR PETER DOWNES REPORTED ON DISTRICT ACTIVITIES

President Jedder reminded the Club of the required support for the Fund Raising Event on October 17 on behalf of the School for Special Needs. The headline act will be the Illegal Eagles Tribute Band. Team Leaders were asked to follow up as appropriate.

Rotary Community Challenge #4 for October will be championed by Past Deputy Director O'Reilly Lewis.

His Project will undertake some refurbishment at the Hawthorn Methodist Church Nursery and Play Park. Details of membership involvement will follow.

Following is a Summary on the presentation by Mrs. Angela Simpson

PROSTATE CANCER (PC)MYTHS AND FACTS!

Only men can get P.C., but if a woman's father has had it she is at risk for breast cancer..Fact
Myth. P.C. Is common, but few men die of it.

Fact. It is the leading cause of cancer deaths in men in Barbados.

Myth. Found only in elderly males.

Fact. More often found in older men, but men are now being diagnosed in their forties and fifties.

Myth. If you have no symptoms then you have no cancer.

Fact. Because of the PSA testing Prostate Specific Antigen....is what it stands for. They

are being diagnosed before they have any symptoms. Urinary symptoms are: hesitancy, dribbling, frequency. These are very important symptoms that should raise a red flag, but they are often a sign of infection. However they must be checked by a doctor. Not having these symptoms does not rule out P.C.

Myth. A high PSA means you have P.C.

Fact. A high PSA can mean many things, PC being one of them, but It is not the most common cause of an elevated PSA. PROSTATITIS, which is an inflammation of the prostate accounts for about 80% of high PSAs. IN BREAST CANCER 80% of lumps found are benign, but they must be checked.

Myth. If you have a low PSA you do not have P.C.

Fact. It does not rule out P.C. Every year men with normal or low PSA are diagnosed with P.C. PSA testing is not 100% perfect, but it is the best screening test. A prostate biopsy is the only way to definitively diagnose P.C.

Myth. If your PSA is low you do not have to have the exam that men seem to dread the DRE. DIGITAL Rectal Exam! It is the only way for your doctor to feel an abnormality like a nodule in the prostate. It is the first step to catching P.C. in the early stages.

Continued next page

**MEETING DETAILS - Thursday October 08, 2015
SAA - PP Vic Fernandes**

- Attendance - 46%
- Raffle - \$107.00
- Winner - Chair Joel Brathwaite
- Fines - \$170.00

HIGHLIGHTS FROM THE FELLOWSHIP MEETING OF OCTOBER 08 - GUEST SPEAKER MRS. ANGELA SIMPSON SPOKE ON THE MYTHS & FACTS OF PROSTATE CANCER WHILE ASSISTANT GOVERNOR PETER DOWNES REPORTED ON DISTRICT ACTIVITIES, CONT'D

Myth. Vasectomies cause P.C.

Fact. No evidence has been found to support this claim.

Myth. Treatment for P.C. causes impotence and incontinence. A big worry for men.

Fact. Erectile dysfunction and urinary incontinence are possibilities for some men following surgery and radiation therapy. However, it is not true that all men experience these complications. Medication for E.D. and incontinence are easily treated with drugs and pills such as Viagra, Cialis and many others. An often asked question is can I pass my cancer onto my wife or partner. The answer is No, it is a non-communicable disease.

All men are recommended to be screened by age fifty unless you are in the high risk bracket because your father, grandfather, uncle had it or if you are a Black citizen man. Black men are at a much higher risk for this disease than any other race. We have not yet been able to find the reason. High risk should start screening by age 40. Survival rates are getting better all the time because of early detection and treatment. In the five year survival rate if your cancer was confined to the prostate and nearby tissue there is a 100% survival rate. The percentage for survival drops as it has spread to other parts of the body.

Once you are diagnosed find someone who has been through this already and talk to them. Hearing their experience and seeing them hail and hearty will give you the courage to go forward and fight this. Talk about it. A BURDEN SHARED IS A BURDEN LIGHTENED. A cancer diagnoses does not mean the end, it might be a new beginning.

Remember that the most important thing is detecting it early. EARLY DETECTION IS YOUR BEST PROTECTION.

I told them how I lost my brother 13 years my junior at age 53. I want to make sure that every man is screened and is given the chance to live a long and full life.



Summary of the Presentation by Assistant Governor, Peter Downes

Administration:

1. He spoke of the need to enhance attendance in the second quarter as generally speaking attendance was particularly poor in all three clubs for the first quarter. This is understandable due to travel and vacation.
2. A reminder to update the status of goals on Rotary Club Central Projects.
3. Reminded the Club of the District Governor's desire to have a project focused on

Dyslexia.

4. Announced that the sum of EC\$20,000.00 was donated on behalf of the three Clubs to the Dominica Relief Project. In addition, moving forward, there would be a focus on a long term project and the outfitting of 17 schools with water storage facilities was identified. The cost would be in the vicinity of US\$10,000.00 per school for a total of US\$170,000.00. It is hoped that a global grant can be received for 50% of the amount and the balance raised from the zone. It is expected that the District would indeed contribute in excess of what would be considered the average for the districts in the zone.

Finally he requested a copy of the Club Bulletin each week in order to be kept up to date with what is happening in our Club.

Famous Dyslexics from Hans Christian Andersen to Anderson Cooper and their achievements- Chair Tracey K-L

It is often thought that those diagnosed with dyslexia are held back by their disability. The reality, however, is that there are many notoriously famous people both in the past and the world today who have overcome this disability in order to accomplish great things in their lives. From Hans Christian Andersen to Anderson Cooper, the list is endless. Just take a look at a few of these famous dyslexics and what they have accomplished.

Tommy Hilfiger is an iconic fashion designer. Tommy Hilfiger created an all American brand of clothing that remains popular among men and women of all ages since its debut in the 1980s.

Billy Bob Thornton is an American actor, screenwriter, director and musician. He has struggles with ADD and dyslexia.

Keira Knightley The film star was diagnosed with dyslexia when she was just six years old. Though some may see dyslexia as being detrimental for an aspiring actress, Knightley used it as a springboard for her career.

Vince Vaughn had trouble both reading and paying attention. The school insisted that he be given on medication for Attention Deficit Hyperactivity Disorder, but Vince's father refused to even consider it as an option. Not only was Vince suffering from ADHD, but he also had dyslexia and found it difficult to keep up. He was put into special classes for kids with learning disabilities.

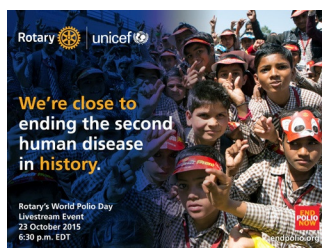
Steven Spielberg When people think of successful filmmakers in Hollywood, Steven Spielberg is typically at the top of the list. Most people, even his loyal fans, would never guess that the famous director has struggled with dyslexia throughout his entire life. What is even more amazing is the fact that his learning disorder went undiagnosed for years.

Jay Leno With Jay Leno." His face is universally recognized, and his controversial private life is constantly appearing in supermarket tabloids and on entertainment news. Yet unbeknownst by most, Leno has struggled with the learning disorder, dyslexia, since childhood.

Whoopi Goldberg is an American actress, comedienne, political activist, singer, song writer, and talk show host. Her first film role was as Celie in "The Color Purple" in 1985, and her career has only blossomed since. She has been nominated and won several awards and has done numerous films in her career. She can currently be seen as a co-host on the popular television show, "The View".

Henry Winkler is best known as an actor for his role as Arthur Fonzerelli in the television show "Happy Days". He has had his hand in everything from acting, writing, producing, and has even become the spokesman for the Dyslexia Foundation. He has shown his support of the Dyslexia Foundation through the writing and reading/book tours of his children's book series about Hank Zipzer, the fourth grade dyslexic boy who became "the worlds greatest underachiever". As you can see, there are a variety of famous dyslexics who have become famous in a variety of genres. There are so many more that could not be listed, however the list is almost endless. None of these famous names let their disability hold them back. Instead, they rose above their insecurities and became some of the most notable names in literary, musical, and film history.

ROTARY AROUND THE WORLD CORNER - IS DIRECTOR DR. TRACY MILES TO END POLIO



Join Rotary International General Secretary John Hewko and Rotary staff members as they bike in El Tour de Tucson to raise funds for the fight to end polio. On 21 November, Rotary General Secretary John Hewko and a team of staffers will join Rotary members to bike up to 104 miles in El Tour de Tucson to raise funds for polio eradication. The event is one of the top cycling events in the U.S., attract-

ing more than 9,000 cyclists each year. John and the Rotary team aim to raise \$3.4 million, which will be tripled by the Bill & Melinda Gates Foundation for a total of more than \$10 million, for the fight to end polio. Make a contribution to help Rotary create a polio-free world.

Join us on 23 October for our third annual World Polio Day event. We'll be streaming live from New York City, so tune in at 6:30 p.m. Eastern Time to watch a global status update on the fight to end polio and take part in the conversation. Guests will include Global Polio Eradication Initiative partners, celebrity ambassadors, polio survivors, and others.

UP-COMING EVENTS

Mar 07 - Club Charter Date - 1962

OCTOBER - Economic and Community Development Month

Rotary Community Challenge #4 for October will be championed by Past Deputy Director O'Reilly Lewis.



Oct 17 - School House Fundraising Event- Concord Experience - Illegal Eagles Tribute Band
Ticket Prices are as follows: General Admission -100.00, Seating \$150.00
VIP \$225.00 All inclusive

Oct 22 - Discussion on the Economy

RYLA - November 5-7 - GRENADA

Nov 12 - NOMINATION DAY

GREETERS

Oct 22 - PP Elvin R. Sealy & PE Lisa R. Cummins

Oct 29 - PD Dr. Adrian Sealy & PP Ron Davis

OUR GUESTS

VISITORS

Angela Simpson - Guest Speaker
Natasha Hill - Dir. Winston Warren
Nellie Graeme - Chair Joel Brathwaite

ROTARIANS

PP Edmond Bradshaw- RCoB - South
AG Peter Downes - RCoB - West
Rtn. Marcel Murrell - RCoB - South

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.



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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

None this week

Birthday - Rotarians

Past Secretary Jomo Hope

Oct 15

Past President Algie Leacock

Oct 20

Birthday - Partners in Service

Christian Babouder - Comm Serv Dir Annie

Oct 17

Jennifer Williams - Past Director Peter

Oct 19

Join Date Anniversary

SAA & Past Director Heather M. Tull 8 yrs Oct 18, 2007

INTERNATIONAL SERVICE

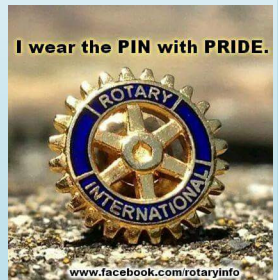


Bridgetown, Barbados.



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: **20th -23rd April 2016,**



Rotary International Convention: **28th May -1st 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*