

DISTRICT 7030
CLUB#6798
Chartered March 07, 1962



Dec 19th, 2024

ROTANEWS

CLUB OFFICERS & DIRECTORS

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Public Image
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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

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

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District Governor Elect
Soraya Warner-Gustave

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District Disaster Relief Chair
PDG David Edwards

District TRF Fundraising Chair
PDG Elwin Atmodimedjo

District Conference Chair
Safeeya Mohammed



THE FOUR-WAY TEST
OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO ALL CONCERN?



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

The Rotary Club of Barbados welcomes visiting Rotarians and Guests.



Today December 19th, 2024 is a Fellowship Meeting, which commences at 12:30pm at the Hilton Hotel. This is our Christmas lunch, did you book your spot?

Meeting Details – December 12th, 2024

Guests

Dr. Kimberly King – Guest Speaker
Ms. Kathy Ann Allman – Guest Speaker

Rotarians, Rotaractors and Interactors

DG Teresa Whitmore – DG for Ontario Canada

Honorary Rotarians

Raffle: BBD 88.00 won by PP Carole Jn. Marie

Our next scheduled weekly meeting will on January 9th, 2025, which will be a Business Meeting, and will commence at 12.30 p.m. at the Hilton Hotel.



WE ARE ROTARIANS

WE BRIDGE CONTINENTS

WE BUILD COMMUNITIES

WE SERVE ABOVE SELF

WE CURE DISEASE

WE BUILD MINDS

WE BUILD PEACE

WE BRING HOPE

WE SAVE LIVES

Rotary



PN

Summary Minutes of the RCOB Meeting Held on December 12th, 2024

The 20th meeting of the Rotary Year commenced at 12:35 pm with the singing of the National Anthem led by PP Erskine.

Sarge Peter introduced visiting Rotarians and visitors – DG Teresa Whitmore from Ontario Canada and Dr. Kimberly King, a lifestyle medical practitioner and Ms. Kathy Ann Allman a nutrition and health coach, both of the Longevity Clinic, our guest speakers.

After lunch DG Teresa was pinned with our district pin by PDG Tony.

The guest speakers were then introduced, and they proceeded to give us their joint presentation on lifestyle and how it impacts us.

Dr. King informed the Club that 80% of local deaths are as a result of NCD's, which are preventable. She led with an anecdote about her cherished grandfather, whose uncontrolled diabetes led to diabetic coma and death, and said his death fueled her passion for healthcare and fitness.

Ms. Allman then gave her own story of how celiac disease, exacerbated by her love of turnovers, was severely negatively impacting her health. Her diagnosis led her to a "real food" diet with no processed food.

Dr. King provided the Club with some statistics – over 90% of Barbadians do not eat the recommended amount of fruits and vegetables. Over half of women and 1/3 of children are overweight or obese. 70% of Barbadians do not get enough exercise. 25% of Barbadians have diets that are 50% or more processed food. Sitting around without exercising is also problematic. Activities such as gardening, cooking, sweeping, dancing, walking etc. all help with mobility.

Binge drinking, the Club was told, is more than 4 drinks for women or 5 for men in a 2-hour period. Alcohol is a group 1 carcinogen on the same level with asbestos.

The speakers then explained the importance of sleep and that screen time impacts sleep as it stops melatonin production. Sleep processes waste and consolidates information from the day before.

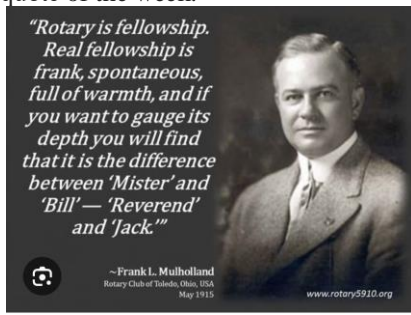
Stress although a natural part of life can have a negative impact if it is chronic and sustained. It can cause the production of cortisol which itself increased insulin resistance and thus weight gain and diabetes.

Dr. King stressed that certain behaviors will set one up for NCD's – genetics will then determine which NCD one falls victim to.

The team then took some questions from the Club. The explained their clinic is designed to help with behavioral change rather than leaving people to their own devices. The clinic is not involved with diagnosis and treatment, but with prevention. A changed mindset is important. PDG David told them a bit about the Club's NCD project from last year.

Rtn. Dawn Greaves gave the vote of thanks.

President's quote of the week.



Pres. Arlene closed the meeting at 1.46pm with a toast to RI.

Charles. F. Broome EarlyAct Club

On Wednesday December 11th the members of Charles F Broome's EarlyAct made a donation to the less fortunate members of their community. At the beginning of the term, the children decided on their version of a Christmas shoebox project and received donations from their parents as well as the president of CFB's PTA; we supported by donating some items as well as donating the boxes. The presentation was

made to Principal Paula Toppin by the EarlyAct executive as well as Rtn Ayesha, PP Denise and Rtn. Michael.

The members of EarlyAct CFB continue to be fully engaged and we look forward to continuing to support the development of their club.

Special thanks to Dir Tamara and Dir. Randy for their support on this initiative and to the EarlyAct committee for their continued support.



Project Amai

Friday was the 10th session of Project Amai, the last session for 2024, the theme was 'I am Her, She is Me'. Thank you Rtn. Heather for the ham cutters and sorrell for breakfast. Yoga Instructor Natasha opened the session with a Loving-Kindness mediation <https://youtu.be/MAvJGeORJ00>, then they engaged with a writing prompt. We had two presenters Carol Prescod and Christal Batson. These two accomplished professional women who started their journey as teen mothers, told us their stories of how they reached where they are now. Christal Batson has gifted all those ladies present with a CXC course and will personally pay for their courses. A Christmas lunch was served with all the trimmings. Next the children were given a christmas gift from the collection at Carols by Candlelight. The ladies were presented with a christmas hamper, thanks go out to the St. Dominics Church for this gift. The Amai participants were given a token gift thanks for these go out to Dir. Tamara and her team.



Sorting of gifts from Carols By Candlelight

Rtns Shakeela, Adrian and Kim were at the School House sorting the gifts for the under privileged children of Babados. These gifts will be delivered to the Childrens Homes and various organisation.



Helping Hands EarlyAct Club

The Helping Hands EarlyAct Club of the Wills Primary School had a busy week last week. On Tuesday the children were carol singing at Turtle Beach and Love & Care old people's home. On Saturday they were singing carols at Lanterns Mall.



UPCOMING EVENTS

December 19th – Christmas Lunch, bring a guest
December 28th - Shoe Box Distribution
December 2nd - Y.E.S Closing Ceremony
December 26th - **NO MEETING**
January 2nd, 2025 - **NO MEETING**
January 9th – Business Meeting – **ON LINE**

RaCOB/Satellite Club/EarlyAct

December 15th – Christmas in de Park

DISTRICT 7030 EVENTS

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

ANNOUNCEMENTS

Birthdays Rotarians

PP Andrew Bynoe – December 19th

PP Stanley MacDonald – December 19th

Dir. Tamara Allman December 22nd

Birthdays – Partners-in-Service

Suzanne – PP Ron Davis – December 22nd

Beverley – PP Tony Williams – December 22nd

Grace – PP Grenville Phillips – December 25th

Wedding Anniversaries

PP CQ & Dr. Marion Williams – 55 yrs –

December 20th, 1969

Join Date Anniversary

Rtn. Barbara Trieloff-Deane – 5 yrs –

December 19th, 2019

Rtn. Kim Tudor – 14 yrs – December 24th, 2010

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