



ROTA NEWS



Rotary Opens Opportunities

R.I. Theme 2020-21

R.I. OFFICERS

President

Holger Knaack

President Elect

Shekhar Mehta

RI Membership Committee Chair

PDG David Edwards



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?

Rotary Club of Barbados



District 7030 - Club # 6798

Chartered March 07, 1962

PATRON

HE Dame Sandra Mason, GCMG, DA.

Governor General

DISTRICT OFFICERS

District Governor
Lisle Chase

District Governor Elect
Sonya Alleyne

District Governor Nominee
Leslie Ramdhanny

Assistant Governor
Peter Thompson

District Secretary
Soraya Warner Gustave

District Treasurer
Joel Crocker

Council of Governors Chair
PDG Trevor Blake

District Rotary Foundation Chair
PDG Milton Inniss

District Disaster Relief Chair
PDG David Edwards

District TRF Annual Fund Chair
Sonya Alleyne

19TH NOVEMBER 2020

Club Officers & Directors

President

Fiona Hinds

President Elect

Robin Ford

Vice President

Ron Davis

Secretary

Ermine Darroux

Treasurer

Meryl Stoute

Club Administration

Jeff Evelyn

Membership/Youth Service

Stanley MacDonald

Public Relations

Arlene Ross

Community Service

Adrian Skeete

International/Rotary Foundation

Makonem Hurley

Immediate Past President

Peter Williams

Sergeant-at-Arms

Randy Marshall

Weekly meetings on **Thursdays** at

Hilton Barbados

(Hybrid Meetings via Zoom from Aug 6, 2020 to present)

Needham's Point, Aquatic Gap,

St. Michael

at 12:30 p.m.

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

THE ROTARY CLUB OF BARBADOS WELCOMES ALL VISITING
ROTARIANS AND GUESTS

Mar 07 - Club Charter Date - 1962 - Club # 6798

RI THEME: ROTARY OPENS OPPORTUNITIES



Today our club meeting is in recognition of Paul Harris Fellows Day.

We are also having the official launch of Virtual Carols By Candlelight, by PE Robin.

Our Greeter for today is [To Be Inserted]

Our Zoom meeting Moderator will be PDG David.

OUR GUESTS — Meeting Held On 12TH November 2020

- Roberta Straker — Guest of IPP Peter Williams
- Michael Mercer — Guest of Rtn. Neal Griffith
- Kerri-Ann Best — Guest of Rtn. Tony Williams
- Nyasha Browne — Guest of Rtn. Nigel Pierre
- Ward Trotman — Guest of Rtn. Nigel Pierre
- Randal Durham — Guest of PP. Stanley MacDonald
- Lindon Lovell — Guest of Rtn. Simone Pasmore
- Teresa Nicholls — Guest of Rtn. Anton Nicholls
- Davina Layne — Guest of Rtn. Anton Nicholls

Visiting Rotarians

- Christopher Hoyte — Rotary Club of Barbados-West
- David Antrobus — Rotary Club of St. Maarten-Mid Isle

Housekeeping:

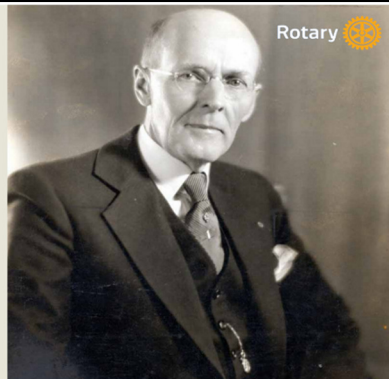
Attendance — 59%.

Fines Collected — \$113.00 BBD

Raffle Proceeds — \$ 97.50 BBD (Winner: PP Elvin Sealy)

"We ambassadors of good will must acquire the habit of speaking kindly of our neighbors whether they be neighbors at home or those across the seas."

Paul Harris
founder of Rotary
1935 International Convention



Club Meeting—12th November 2020

President Fiona called the meeting to Order at 12.30pm and welcomed our Guest speaker who would be formally introduced later in the meeting.

PP Elvin was invited to lead us in the singing of the National Anthem.

SAA Randy was invited to discipline the club and to welcome our guests.

He assessed the normal statutory fines.

PP Algie formally introduced our Guest speaker Ms. Kerri-Ann Best and read her bio which was in last week's bulletin.

Ms. Best is a Clinical Dietitian who works with the Queen Elizabeth Hospital.

Her presentation was on Food Consumption Patterns and Nutrition Intervention in Overweight and Obese School Age Children (6 – 12) years: 2015 – 2019.

She outlined the Criteria for Overweight and Obesity in Pediatrics.

The QEH experience of food consumption patterns in school aged children.

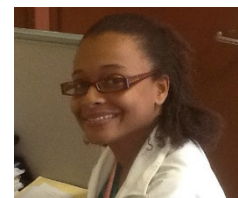
Nutrition Interventions in Pediatric overweight and Obese population.

Based on a WHO Global School Survey of 26 schools in Barbados

- ♦ 31.5% of children are Overweight
- ♦ 14.4% are Obese
- ♦ Based on a Body mass Index

Causes of Overweight and Obesity

- ♦ Increased energy/calorie consumption
- ♦ A lot of food is available
- ♦ Takeout food
- ♦ Delivery food
- ♦ People eat out more often
- ♦ Fast food chains
- ♦ More sugar sweetened beverages



Club Meeting—12th November 2020 Continued

Decreased Physical activity

- ◆ On smart phones
- ◆ More car travel
- ◆ Less PE

Increased risk in Children

- ◆ High blood pressure, Type 2 diabetes, Asthma, Sleep apnea, Joint problems

Nutritional Assessment

- ◆ Consumption of dry cereal, french fries, breadfruit chips, high sugar fruit drinks
- ◆ Vegetable consumption is seldom.
- ◆ Dairy is mixed with flavoured drinks

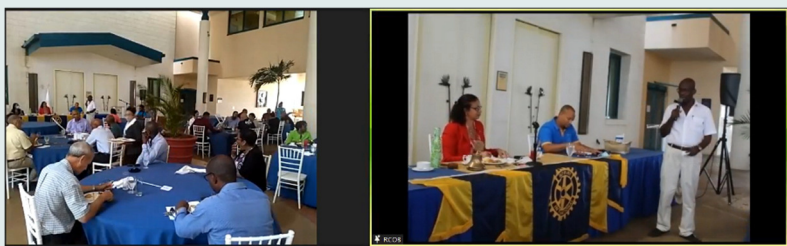
Nutritional Interventions

- ◆ Portion control
- ◆ Reduce high fat and calorie dense foods
- ◆ Less soft drinks
- ◆ Balanced meals – half vegetables, quarter starch and a quarter lean cut proteins.

Encouraging physical activity is particularly important in weight management.

Many of the issues evident in children impact their health in adulthood.

Rtn Joe Johnson gave the Vote of Thanks (below right photo).



PP Stanley – Updated the club on a very successful RYLA at Naniki which had 41 participants, from the Rotaract and Interact Clubs.



PP Stanley as he presents his report

Club Meeting—12th November 2020 Continued

PE Robin updated the club on the Virtual Carols by Candlelight.



PE Robin

Announced that all recordings are finished and that the arrangements for the event are 75% there.

Club Announcements were read:

- 1) November 19th Paul Harris special recognition day
- 2) Also will be the official launching of Virtual Carols by Candlelight
- 3) Independence month — for that meeting former Ambassador and banker John Beale will be the guest speaker.

At 1.30pm President Fiona – raised the toast to Rotary and brought the meeting to an end.

VIRTUAL CAROLS BY CANDLELIGHT

WHERE THE JOY OF CHRISTMAS COMES TO LIFE!

MONDAY DEC 14TH, 2020 AT 6PM & 9PM

GLOBE DRIVE-IN. ONLY \$55 PER CAR

CHILDREN'S GIFTS WILL BE COLLECTED AT GATE!

Entrance by Ticket Only!

 Blood	 RBP	 Alan Sheppard	 Joel Brooks	 Bit Bit
 G-Syndicate	 Paula Hinds	 Sundown Superhero	 Homer Parranderos Parang Band (T & T)	 Tamara Marshall
 Louise Woodyne Dance Academy	 The Groove	 Iza Vybe & Trumpetboy Entertainment	 Phoenix Steel	 Millennial Soundz

Purchase your Tickets EARLY from Members of the Rotary Club of Barbados, Emerald City Supermarket, Six Roads, Carlton & A-One Supermarket, Black Rock, Party Occasions, Sheraton Mall and A&B Music Supplies, Webster Park, Wildey. No Glass Bottles Allowed!

Special Thank You to our Sponsors:

The origins of Paul Harris

Fellow recognition

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of US\$1,000 to The Rotary Foundation.



Rotary established the recognition in 1957 to encourage and show appreciation for substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the precursor to Ambassadorial Scholarships. The first Paul Harris Fellows included past RI Director Allison G. Brush, who served during the 1937-38 Rotary year, and long-time RI Treasurer Rufus F. Chapin, both for donations made in 1946.

Early Paul Harris Fellows received a certificate of recognition. In 1969, the Foundation unveiled the first Paul Harris Fellow medallion at the Rotary Convention in Honolulu, Hawaii, USA. Today, Paul Harris Fellows receive a certificate and pin. They are also eligible to buy a Paul Harris Fellow medallion.

For more history of the Paul Harris Fellowship go to:
<https://www.rotary.org/en/history-paul-harris-fellow-recognition>

UPCOMING EVENTS

- ◆ Independence Special on nation building on 26th November — Guest Speaker will be Mr. John Beale, former Banker & Diplomat. His topic will be "Issues Facing Barbados in a Global Context".

Announcements

Wedding Anniversary

- None this week

Birthday - Rotarians

- Rtn. Karen Cole — Nov 21st
- PP. Carole JnMarie—Nov 22nd
- Rtn. Makonem Hurley— Nov 24th

Birthday - Partners-in-Service

- None this week

Join Date Anniversary

- None this week

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.



How Rotary is alleviating the effects of isolation during COVID-19 (By: Joseph Derr)

Social distancing, self-quarantines, and lockdowns, all of which have been necessary to reduce the spread of COVID-19, help keep us safe but also isolate us, creating feelings of loneliness and anxiety.

Rotary clubs are rising to the challenge to mitigate these negative effects, both in their clubs and beyond. Along the way, members are discovering new ways to serve.

The science of connection

Why do we suffer psychologically when we're isolated physically? For Sylvia Whitlock, a semi-retired marriage and family therapist and member of the Rotary Club of Claremont, California, USA, the answer is simple: "Isolation is a stress-producing state, as one of our human needs is for connections."



Sylvia Whitlock

The ability to connect is inherent in us, says Mary Berge, a clinical psychologist and member of the Rotary Club of Johnstown, Pennsylvania, USA. "Oxytocin, released when you hug someone, is also released through bonding socially," she says. As oxytocin is released, these social bonds are strengthened.

Tools for coping

The very pandemic that has separated us from each other may also be teaching us how to become closer. Whitlock is convinced that online club meetings counter the negative effects of isolation. These virtual get-togethers let us see friendly faces and check on each other.

Members have also found opportunities to build relationships beyond their clubs by supporting lonely and isolated people in the communities they serve, particularly the vulnerable elderly population.

The pandemic has disrupted the lives of young people, too. Many Rotary Youth Exchange students who were supposed to be exploring new cultures found themselves homebound in 2020. And when schools closed because of the pandemic, Interact clubs couldn't meet as usual.

For the Full Article visit:

<https://www.rotary.org/en/how-rotary-is-alleviating-effects-of-isolation-during-covid-19>

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: Rtn. Carlos Depeiza