

DISTRICT 7030
CLUB#6798
Chartered March 07, 1962



Jan 23rd, 2025

ROTANEWS

CLUB OFFICERS & DIRECTORS

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

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 all visiting Rotarians and Guests.



Today January 23rd 2025 is a Fellowship s Meeting, which commences at 12:30pm at the Hilton Hotel.

Meeting Details – January 16th, 2025

Guests

Sherlon Clarke – Dir. Katrina Alkins
Anthony Henry – Rtn. Diana Doughlin

Rotarians, Rotaractors and Interactors

PP Lucy Perkins – RC Bury St. Edmunds UK
PP Linda Dias – RC Montserrat

Honorary Rotarians

None

Fines: BBD 186.00

Raffle: 109.00 won by PP Lucy Perkins

Our next scheduled weekly meeting will on January 30th, 2025, which will be the Pride of Workmanship & Awards dinner, and will commence at 6pm. at the Hilton Hotel.

What's the goal of Vocational Service Month?

- To promote integrity, honor, and trustworthiness in business
- To encourage high ethical standards in business and professions
- To recognize the value of all useful occupations
- To use professional skills to help others

Summary Minutes of the RCOB Meeting Held on January 16th, 2025

President Arlene was once again in the Chair following the Leadership of VP Ron who led the virtual Business Meeting the previous week.

She called the 23rd meeting of the Rotary Year to order. She invited the singing of the National Anthem which was led by PP Jedder. The Rotary Grace was said by everyone, followed by the Toast to the President of Barbados the Patron of our Club

SAA Peter introduced the Visiting Rotarians and Guests.

In Welcoming all present, President Arlene indicated that the main Fellowship activity would be BINGO managed by Rtn. Heather.

Following Lunch SAA Peter disciplined the Club, highlighting those who had transgressed and reminding them the fines were due from the previous virtual meeting; unless previously paid.

As The Raffle had been sold and Fines collected, Rotarian Heather in the “Spirit of Fellowship” sold the BINGO tickets at a nominal charge of \$0:00. All present were in agreement. The Game was “Straight Line” only.

There were many winners who received Specially imported Prizes from the Rotary International Convention in Singapore. These included Rotarian Beverley, Director Katrina x 2, PP Erskine x2, PDG David, Rotarian Barbara, PP Michael, Rotarian Davina, PP Denise and Rotarian Nigel.

Announcements

Birthdays and anniversaries – Listed in the Rota News

Reminders

January 21st – Annual Children’s Fun Day – Sandalwood Estate

January 30th – Annual Pride of Workmanship Awards Ceremony – 6:00 p.m.

Thought for the Week

“The adventure of Life is to Learn

The purpose of Life is to grow

The nature of Life is to change

The beauty of Life is to give”

The Meeting was adjourned at 13:30 with a Toast to Rotary International.




Project Amai

The Theme for this week was 'Know Your Legal and Human Rights' and Legal Aid Clinic which was conducted by Rotarian Diana Doughlin. Rtn, Diana spoke to the group, then met with each participant separately. Thank you to you Dr. Tiffany Antrobus who donated clothing for the 'Amai Closet' as well as toys and books for the nursery, and also thank you to Rtn. Dawn Greaves who also donated clothing for the 'Amai Closet'.



The Rotary Clubs of Barbados
presents



MODEL UNITED NATIONS
Saturday January 25th
UN House
9am

In Partnership with Ministry of Foreign Affairs and Foreign Trade and Barbados
Permanent Mission to the United Nations at New York

UPCOMING EVENTS

January 25th – Model United Nations
January 30th – **NO LUNCH TIME MEETING**
January 30th – **Evening Fellowship Meeting**
Pride of Workmanship Awards & Dinner
February 6th – Virtual Lunch Time Meeting

RaCOB/Satellite Club/EarlyAct

None

DISTRICT 7030 EVENTS

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



Rotary Club of Barbados

YOU ARE INVITED TO THE

PRIDE OF
Workmanship
Awards & Dinner

2025
THURSDAY **30** JANUARY
6:00 PM

Contribution: \$75.00

HILTON BARBADOS, NEEDHAMS POINT,
ST. MICHAEL

RSVP VIA CLUB RUNNER

Dress: Business Attire



MONTHLY
VIRTUAL BUSINESS
MEETINGS

 DATES:
JANUARY 9TH 2025
FEBRUARY 6TH 2025
MARCH 6TH 2025

 TIME
AT 12:30PM

ZOOM LOGIN INFO

MEETING ID: 890 9064 9358
PASSCODE: 673723

Rotary Club of Barbados

ANNOUNCEMENTS

Birthdays Rotarians

Rtn. Sanjay Amin – January 23rd
PP Robin Ford – January 23rd
Rtn. Nicholas Waithe – January 27th

Birthdays – Partners-in-Service

None

Wedding Anniversaries

None

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

Rotary District 7030 | MOVES PREVENTING CHILDHOOD OBESITY

TIP 1

Start monitoring your daily steps, and become aware of the amount of steps you walk in a given day. Aim for at least 6,000 steps a day (10,000 is better).

ASTUCE N° 1

Commencez à surveiller vos pas quotidiens et prenez conscience du nombre de pas que vous faites au cours d'une journée donnée. Essayez de faire au moins 6 000 pas par jour (10 000, c'est mieux).

go.rotarydistrict7030.org/STEP2025 #District7030MOVES

Rotary District 7030 | MOVES PREVENTING CHILDHOOD OBESITY

TIP 2

HOW TO CREATE A MOVE ROUTINE

1. Start small: Consider your fitness level and begin at the appropriate level
2. Work your way up, Once you've set your starting level, gradually increase speed, duration and frequency
3. Consider your routine and create a MOVING plan that fits your daily routines
4. Buddy up. Find a workout buddy to keep each other accountable and have fun in the process
5. Track your progress, this is a great way to see your result over time and celebrate milestones
6. Don't forget to rest. Be sure to listen to your body and take a rest when needed

ASTUCE N° 2

COMMENT CRÉER UNE ROUTINE DE MOUVEMENTS

1. Commencez petit: Tenez compte de votre niveau de forme physique et commencez par le niveau approprié.
2. Une fois que vous avez défini votre niveau de départ, augmentez progressivement la vitesse, la durée et la fréquence.
3. Analysez votre routine et créez un plan de MOUVEMENTS qui s'adapte à vos habitudes quotidiennes.
4. Faites-vous des amis. Trouvez un pote d'entraînement pour vous responsabiliser l'un l'autre et vous amuser en même temps.
5. Suivez vos progrès, c'est un excellent moyen de voir vos résultats au fil du temps et de célébrer les étapes importantes.
6. N'oubliez pas de vous reposer. Soyez à l'écoute de votre corps et faites une pause lorsque c'est nécessaire.

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Rotary District 7030 | MOVES PREVENTING CHILDHOOD OBESITY

TIP 3

Move at least 150 minutes per week. While you can move more on some days and less on others, make sure not to skip more than one day. Consistency helps to burn calories, improve metabolism, and build healthy new habits.

ASTUCE N° 3

Bougez au moins 150 minutes par semaine. Vous pouvez bouger plus certains jours et moins d'autres, mais veillez à ne pas sauter plus d'une journée. La régularité permet de brûler des calories, d'améliorer le métabolisme et de prendre de nouvelles habitudes saines.

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