



District 7030 - Club # 6798 Chartered March 07, 1962

DISTRICT OFFICERS

District Governor Waddy Sowma

District Governor Elect Dominique Venere

District Governor Nominee Trevor Blake

Assistant Governor Peter Downes

District Secretary Rino Tjin Wong Joe

District Treasurer Agnes Mowensi Sokow

Council of Governors Chair Roger Bose

District Grants Chair Milton Inniss

November 23, 2017

Club Officers & Directors

President Paul Ashby

President Elect Shawn Franklin

Vice President Algernon Leacock

Secretary Neal Griffith

Treasurer Joel Brathwaite

Club Service Director **Crisy Laurent**

Vocational Service Director Tracey Knight-Lloyd

Community Service Director Malcolm Vaughn

International Service Director Adrian Skeete

Youth Service Director

Immediate Past President Lisa Cummins

Chrispen Hackett

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 FOUR WAY TEST

Of the things we think, say or do:

- 1. Is it the **TRUTH**?
- 2. Is it **FAIR** to all concerned?
- Will it build **GOODWILL** and **BETTER** 3. **FRIENDSHIPS**?
- Will it be **BENEFICIAL** to all concerned? 4.



R.I Theme 2017-18

R.I. OFFICERS

President Ian Riseley

President Elect Barry Rassin

Zone 33-34 Executive **Committee Member** PDG David Edwards

THE ROTARY CLUB OF BARBADOS WELCOMES ALL VISITING ROTARIANS AND GUESTS Mar 07 - Club Charter Date - 1962 - Club # 6798 RI THEME: ROTARY MAKING A DIFFERENCE NOVEMBER - ROTARY FOUNDATION MONTH NOVEMBER - SUB THEME -Ethics and Corporate Governance Month

RECAP OF OUR NOVEMBER 16, 2017 MEETING

Last Thursday was a Fellowship Day and our guest speaker Professor Clive Landis, Deputy Principal, UWI Cave Hill Campus, spoke to us on the issues surrounding mosquito-borne diseases.

PROFESSOR CLIVE LANDIS (Pictured Right) gave a most informative Lecture on mosquito-borne diseases ranging from Dengue to Chikungunya to Zika—for further Information on Zika prevention and eradication please see www.uwi.edu/zika



Professor Landis also discussed with

the Club the importance of eating healthy and the importance of ensuring that portion sizes are controlled and that care is taken when eating processed foods. An easy pointer to healthy foods in his view were those foods which are brightly coloured—reds, greens, yellow (including spices such as turmeric) add healthy variety to every meal.

EXCHANGE OF BANNERS

We also welcomed Rtn. Chris Parr who visited us from the Rotary Club of Plano, Texas. Of note Rtn. Chris informed us that every Rotarian in this Club has the distinct honour of being a Paul Harris Fellow.

Below Rtn. Chis Parr exchanging Banners with Acting President Algernon Leacock



RECAP OF ANNUAL YOUTH FORUM Held on Saturday November 18, 2017

On Saturday, November 18 2017 Rotary Club of Barbados facilitated the annual youth forum for our junior clubs— comprising Rotaractors and Interactors.

The speakers were all engaging and spoke on the following topics:

Dawn Franklin presented on Emotional Intelligence explaining how to deal with one's emotions



during certain types of situation and sometimes how to read the persons with whom you are engaging.

Shawna Morgan presented on Dressing for Success.

PP Stanley and PP Brenda presented on Rotary the time capsule.

PP Alex on Parliamentary Procedures.

We again extend our thanks to all those who attended and look forward to working with our junior clubs.



MEETING DETAILS— November 16, 2017 SAA Chrispen Hackett Attendance - 52% Fines - \$210.00 Raffle - NIL Raffle Winner - N/A

OUR FOCUS TODAY IS ON THE HEART!

1. Today we will focus on our Cardiac Sports Program. Our invited guests Regal Development Solutions will educate us on Sudden Cardiac Arrest (SCA) symptoms and prevention methods.

The objectives of the project are to:

1. Educate the public on SCA, and heart related diseases

2. Diagnose the diseases associated with SCA in our

young sportsmen and women

3. Provide the tools needed to save the lives of those in our community.

The meeting will see objectives one and three met, by our partners, Regal Development Solutions, in making an experts presentation on Sudden Cardiac Arrest, its symptoms, and how to prevent cardiac challenges by keeping your heart healthy.

The RCoB will presenting our first Automatic External Defibrillator (AED) machine to the President, Barbados Football Association.



2. We also remember the importance of the Heartbeat International Foundation, a global charity of primarily Rotarians which provides access to pacemakers for disadvantaged women, men and children. Tuesday Nov. 28 has been dedicated as **Giving Tuesday** and we are encouraging our members to donate generously to this cause so that we too can assist with the provision of pacemakers in Barbados.



G Whatever Rotary may mean to us, to the world it will be known by the results it achieves.

- Paul P. Harris Founder of Rotary International

THE VISIT OF WADDY SOWMA, DISTRICT GOVERNOR TO THE BARBADOS CLUBS - November 26th - December 1st

The joint club event is a cocktail reception scheduled for Tuesday, November 28 at 6:30 pm at Apes Hill Golf Club. The cost is \$100. Partner's in Service are invited. **Please confirm numbers by Today November 23rd**

<u>Full Itinerary</u>

Sunday, November 26th- Meet and Greet at the airport.-(Arriving from Grenada) - Presidents, PDGs, AG to attend.

Monday, November 27th- Morning- 11.00 am - Courtesy Call on the Governor General - Presidents and AG to attend..

Afternoon - Courtesy Call on the Prime Minister - (No official word as yet) - Presidents and AG to attend. Evening- -6.00 pm - DG and AG to attend Feeding the Needy at Hero Square-Rotary South and Rotary West. **Tuesday, November 28th** – Morning - Meet with the Board of the Rotary Club of Barbados South and visit project(s).

Afternoon – Meet with the Board of Rotary Club of Barbados West and visit project(s).

Evening- 6.30 to 9.30 pm- Cocktail Reception at Apes Hill

Wednesday, November 29th – Morning- Meet with the Board of the Rotary Club of Barbados and visit project(s)

Evening - Possible dinner with the PDGs.

Thursday, November 30th – Social Activities - Visit of the Tunnels at the Garrison (if open) and/or boat cruise.

Friday, December 1st – Paul M. Ashby

DG departs for T & T

SHOE BOX CHRISTMAS LIST FOR THE CHILDREN AT THE CHILDRNE'S HOMES—A GIFT FROM US TO THEM

Once again we plan to treat the children at the Sterling Children's Home and Farr's Chirldren's home to Christmas gifts.

The children have given to us a wish list and every year we do our best to try to meet their requests (within reason of course).

Further information will be posted on ClubRunner and Rtn. Fiona Hinds can be contacted to discuss the list.

Mar 07 - Club Charter Date - 1962	<u>Announcements</u>
NOVEMBER—ROTARY FOUNDATION MONTH	Wedding Anniversary None this week
Greeters for November	Birthday - Rotarians
Nov. 23 Rtn. Geoffrey Hart and PP Brenda Pope	Sec. Neal Griffith Nov 27
	Distriction Destruction Constant
	Birthday - Partners in Service Erica Wheeler - Rtn. Mark Wheeler Nov. 29
UPCOMING EVENTS Nov. 23 Presentation by Regal Development	Join Date Anniversary PP Carl Tony Williams 14 Years Nov. 29, 2003
Solutions Nov. 27 DG Visit Nov. 28 Joint Club event to welcome DG at Apes Hill Golf Club. Commencement time	"Those of you who have been mem- bers of our Club
6:30 and cost \$100.00 Dec. 03 Senior Citizens Christmas Party Dec. 10 Carols By Candlelight Dec. 21 Christmas luncheon	for a while may re- member that the Barbados National Youth Orches-
	tra was a major CLASSICAL MUSIC ORCHESTRA BONDS WITH CARIBBEAN STEL PAN AS THE ORCHESTRA PANS TRIBURCHESS
OUR GUESTS Rotarians	beneficiary of our sponsorship dur- wree, Trinty Carke.
Rtn. Chris Parr—Rotary Club of Plano, Texas PP Irving Burrowes—RCoB South	ing PP "C.Q." Wil- liams' year as President, 2003-
<u>Visitors:</u> Professor Clive Landis - Guest Speaker - RCoB Jason Martin—Dir. Malcolm Vaughn	04" COURS AND
Carols By Candlelight. wiere the joy of chines mas codes of light.	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
IN SUPPORT OF LOCAL CHARITIES	of service;
ADMITS I ADULT ADMITS I ADULT UNDER 12 DIADEA CHLURER UNDER 12 DOX OFFICES: BOX OFFICES: BOX OFFICES: A& B MUSIC SUPPLIES - SHERATON LIUPLIUM - MILL HOUSE ST. THOMAS LIUPLIUM - MILL HOUSE ST. THOMAS	SECOND: High ethical standards in business and professions, the recognition and the worthiness of all useful occu pations, and the dignifying of each Rotarian's occupa tion as an opportunity to serve society;
Facebook	THIRD: The application of the ideal of service in each Rotari an's personal, business and community life; and
ROTARY GRACE O Lord and giver of all things good	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.
We thank Thee for our daily food May Rotary friends and Rotary ways Help us to serve Thee all our days.	Bulletin Editor: PP Michael W. Browne