

DISTRICT 7030
CLUB#6798
Chartered March 07, 1962

Jan 25th, 2024

ROTANEWS

R.I. OFFICERS

President
Gordon R. McInally

President Elect
Stephanie Urchick

PATRON

HE The Most Honorable Dame
Sandra Mason, FB, GCMG, DA, SC.
President of Barbados

DISTRICT OFFICERS

District Governor
Brian Glasgow

District Governor Elect
Debbie Roopchand

District Governor Nominee
Soraya Warner-Gustave

Assistant Governor
Paul Ashby

District Secretary
Annette Mark

District Treasurer
Reuben John

Council of Governors Chair
PDG Leslie Ramdhanny

District Rotary Foundation Officer
PDG Waddy Sowma

District Disaster Relief Chair
PDG David Edwards

District TRF Fundraising Chair
PDG Roger Bose

District Conference Chair
Shafia London-Williams

CLUB OFFICERS & DIRECTORS

President
Ermine Darroux-Francis

President Elect
Arlene Ross

Vice President
Elvin Sealy

Secretary
Jamella Forde

Treasurer
Peter Williams

Club Administration
Randy Marshall

Membership/Youth Service
Tamara Allman

Public Relations
Keri Mapp

Community Service
David Antrobus

International/Rotary Foundation
Neal Griffith

Immediate Past President
Tracey Knight-Lloyd

Sergeant-at-Arms
Heather Tull

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: <https://portal.clubrunner.ca/7241>
Email: rotarybarbados@gmail.com

The Rotary Club of Barbados welcomes visiting Rotarians and Guests.



Today, January 25th is a Fellowship Meeting, which commences at 12:30 p.m. at the Hilton Hotel. Our guest speaker will be Ms. Victoria Cox who will speak to us on Healthy Eating.

Meeting Details – January 18th, 2024

Guests
 Ted Isaac – PP Brenda Pope
 Julie Husbands – AG Paul Ashby

Rotarians, Rotaractors and Interactors
 None

Honorary Rotarians
 None

Housekeeping
 Fines: BBD 153.50
 Raffle: BBD 122.00 won by Rtn. Ayesha Haniff

Our next scheduled meeting will be a Fellowship Meeting on, February 1st, 2024, which commences at 12:30 p.m. at The Hilton Hotel.



Guest Speaker Ms. Victoria Cox MSc AHN, RD



Victoria Cox, MSc, Registered Dietitian is a Canadian-trained Registered Dietitian who returned home to Barbados in 2016, and since has established a private practice, while also working on the multi-disciplinary team as a contracted clinician with the Barbados Diabetes Foundation. Victoria works with both adults and children and has a passion for helping others develop a healthy relationship with food, while using medical nutrition therapy as a means to promote health and prevent or manage various chronic diseases. While she works with clients for a variety of conditions, much of Victoria’s clinical focus is on Diabetes Mellitus (Types 1 & 2) and Polycystic Ovary Syndrome. Victoria enjoys focusing on the fun & practical side of nutrition; eating healthy foods that are enjoyable, affordable and satisfying, taking advantage of nutrition to fuel her love for functional-fitness workouts and running.

Summary of the RCOB Meeting Held on January 18th, 2024

- The 25th meeting of the club year was called to order at 12.32 p.m. by Vice-President Elvin since President Ermine was unavoidably delayed. It was a Fellowship meeting.
- The Anthem was sung followed with a toast by VP Elvin to Her Excellency the President of Barbados.
- The Rotary Grace was said by all present.
- Ag. Sarge Peter welcomed visiting Rotarians and guests.
- President Ermine arrived and thanked Rtn Chrispen for leading the special version of “Let’s Get Moving” the previous day, the first for the new year to start everyone off on a healthy foot.
- Lunch was then served to the members.
- Guests who came late were also introduced.
- Ag. Sarge Peter conducted a “healthy” discipline session of the club, some based on the absence of numerous members at “Let’s Get Moving”.
- Recent Rotarian Ayesha Haniff, gave her classification talk with humor and fluency; highlights as follows:
 - **Background:** Communications specialist, broadcaster, journalist, social media specialist - a life centered on talking to and talking with people.
 - **Career:** started in broadcast journalism (presenting the evening news on CBC early 2000s), then moved on to print and radio, pivoting to PR and comms where she is currently communications lead at a leading international development agency.
 - **Passion for Volunteerism:** started at Key Club at Combermere; soup kitchen in downtown Atlanta while at university; Soroptimist Club of Barbados; Mentor at BYBT – impacting young entrepreneurs’ business live; and now RCOB and excited to work on projects that will truly make a difference in the lives of Barbadians.
 - **Interests/Hobbies:** a big foodie! not just the newest restaurants or food spots, but how to marry love for food and fitness journey; won gold and silver medals at NIFCA Culinary Arts exhibition; toyed with

publishing a cookbook (still might!!); enjoys great music especially in the era of 90s R&B.

- **Personal:** proud mother of 19-year-old daughter Arianna Marleigh Giselle.
- A number of short updates were then given.
- **Assistance and support for abandoned newborn babies at QEH: PP Denise provided a brief update:**
 - Heartfelt thanks to all Rotarians who had generously volunteered financial and other support.
 - While supportive of the assistance, PP Andrew suggested there was need for authorities and society to examine the underlying issue(s) leading to the current unfortunate circumstances.
 - PP Brenda alluded to another possible factor beyond Rotary's control. The inability or prohibition of youngish mothers (<30-35) already with multiple children (>5 or 6) desirous of tubal ligation, but unable to obtain the service due to reluctance on the part of Family Planning/medical personnel due to current policies.
- **Children's Fun Day: PP David provided final update and requested the usual RCOB support and assistance**
 - Monday, January 22 at Sandalwood Estates - 70 children and 15 aunts are expected
 - 9:00 am: set-up (tables/chairs, games, etc)
 - 9:30 am: children arrive
 - Jumping tent, karaoke, lawn games, football, horse rides, ice-cream van, etc will be present
 - Assistance required with supervising, leading fun activities, serving lunch, serving afternoon snack (hot-dogs), etc.
 - 4:30: children depart and breakdown
 - Rotaractors will also be hand to help (popcorn, games, etc.)
- Pres. Ermine made the announcements.
- Members were reminded of the following upcoming events
 - NCD screenings are starting back from Wed January 24. Rotarians are asked to provide the usual support
 - Guest speaker will be present at next week's meeting
 - Fellowship event between the three clubs on February 25. More details will follow shortly.
- The raffle, fines and attendance were announced by Pres. Ermine
- The meeting was closed at 1:27 p.m. with a toast to R.I.

NCD Project

We started the second half of the NCD project with a bang on January 24th with 83 screenings and at least 36 referrals at the Wildey Gymnasium.



UPCOMING EVENTS
January 31st – NCD Project – Wildey Gymnasium
February 1st – Fellowship Meeting
February 21st – Let's Get Moving
February 25th – Joint Club Activity to celebrate World Rotary Day

RaCOB/Satellite Club/EarlyAct
None

DISTRICT 7030 EVENTS
District 7030 Conference - St. Vincent
April 18 – 20, 2024



CELEBRATING
119 Years
Creating Hope
in the World

25 FEB 2024

**SAVE
THE
DATE**

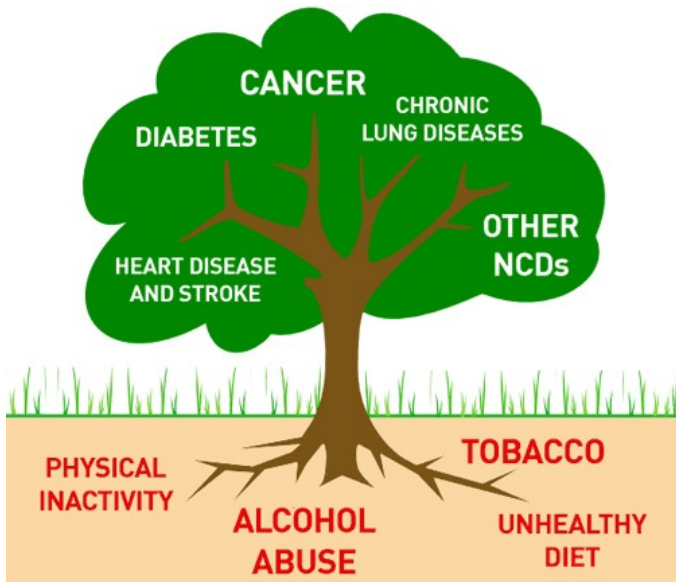
Rotary   CREATE HOPE
IN THE WORLD

COMING SOON!

Rotary Club Central will be updated with a cleaner, easier to navigate format

30 January 2024


Rotary 



 The Rotarian Minute

Did you know?

From the Rotarian year 2025/2026, there will no longer be an annual presidential theme



ANNOUNCEMENTS

Birthdays Rotarians
Rtn. Nicholas Waithe – January 27th

Birthdays – Partners-in-Service
None

Wedding Anniversaries
None

Join Date Anniversary
PP Stanley MacDonald – 38 yrs – January 25th, 1986

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.

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: PP Denise Antrobus