



ROTA NEWS



May 26, 2022

Rotary Club of Barbados



District 7030 - Club # 6798

Chartered March 07, 1962

PATRON

HE The Most Honourable Dame
Sandra Mason, FB, GCMG, DA. QC.
President of Barbados

DISTRICT OFFICERS

District Governor
Sonya Alleyne

District Governor Elect
Leslie Ramdhanny

District Governor Nominee
Brian Glasgow

Assistant Governor
Peter Thompson

District Secretary
Paul Ashby

District Treasurer
Brian Robinson

Council of Governors Chair
PDG Lisle Chase

District Rotary Foundation Chair
PDG Milton Inmiss

District Disaster Relief Chair
PDG David Edwards

District TRF Annual Fund Chair
Brian Glasgow

District Conference Chair
Neal Griffith



SERVE TO CHANGE LIVES

R.I. Theme 2021-22

R.I. OFFICERS

President
Shekhar Mehta

President Elect
Jennifer Jones



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?

Club Officers & Directors

President
Robin Ford

President Elect
Tracey Knight-Lloyd

Vice President
Algie Leacock

Secretary
Ermine Darroux

Treasurer
Peter Arender

Club Administration
Savitri St John

Membership/Youth Service
Stanley MacDonald

Public Relations
Arlene Ross

Community Service
Anton Nicholls

International/Rotary Foundation
Carole JnMarie

Immediate Past President
Fiona Hinds

Sergeant-at-Arms
Randy Marshall

Weekly meetings on **Thursdays** at
Hilton Barbados

(Meetings via Zoom from July 15, 2021 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: SERVE TO CHANGE LIVES



SERVE TO CHANGE LIVES



SUMMARY OF THE FELLOWSHIP MEETING HELD ON MAY 19TH, 2022

- The Meeting was called to order by Pres Robin at 12:30 pm, when he welcomed all visiting guests and Rotarians, including the Rotary Club of Doncaster, UK. A special mention was made of President Jackie Gladden, who was unable to join us
- Prayer was offered by Rtn Barbara
- The Rotary Minute was presented by PP Jedder
- President Robin made a special announcement on the elevation to the status of PHF+2 of District Secretary, PP Paul Ashby
- He then invited Rtn Winston Warren to introduce the Guest Speaker, Dr. J.D. Ford, who is a Counselling/Educational Psychologist and who would present on "Stress."

Summary of the Presentation by Dr. JD Ford

Dr. Ford introduced the topic by offering the song by Jimmy Cliff - "I Can See Clearly Now" to posit the fact that when in life we are not seeing clearly - **Because we are stressed**

What is Stress?

- Stress can be defined as our mental, physical, emotional, and behavioural reactions to any perceived demands or threats.

Decision to Fight or Flight

- When situations seem threatening to us, our bodies react quickly to supply protection by preparing to take action.
- This physiological reaction is known as the "fight or flight" response.

The physiological response to a stressor is known as reactivity. Physiological responses can accumulate and result in long-term wear on the body

What makes something stressful?

Situations that have strong demands; situations that are imminent; life transitions; timing (e.g., deviation from the "norm"); ambiguity; desirability and controllability

Not all stress is bad

- Distress is a continuous experience of feeling overwhelmed, oppressed, and behind in our responsibilities.
- It is the all encompassing sense of being imposed upon by difficulties with no light at the end of the tunnel.

Examples of distress include: financial difficulties, conflicts in relationships, excessive obligations, managing a chronic illness, or experiencing a trauma.

- Eustress is the other form of stress that is positive and beneficial.
- We may feel challenged, but the sources of the stress are opportunities that are meaningful to us.

Eustress helps provide us with energy and motivation to meet our responsibilities and achieve our goals.

Examples of eustress include: graduating from college, getting married or falling in love, receiving a promotion, or changing jobs

What are some of the red flags of stress

- If we keep pushing ourselves, eventually something inside of us will send "red flags," or warning signs that stress is becoming a problem

Some options for reducing stress

1. Find a support system
2. Change your attitude
3. Be realistic
4. Get organised and take charge
5. Give yourself ME time
6. Say NO

Continued next page

Today, Thursday, May 26th, 2022 is a Fellowship Meeting which commences at 12:30 p.m. and will held be via Zoom.

Our guest speaker will be Major David Clarke, Joint Coordinator of Covid-19 Vaccination Program. He will present on "The COVID-19 Vaccination Situation in Barbados"

Our scheduled attendance takers will be PP. Peter Williams and Rtn. Onika Stewart.

Next week June 2nd 2022, - Our scheduled Greeters will be Rtn. Meryl Stoute and PP. Tony Williams.



RCOB Members, Face-to-Face meetings are back at the Hilton Hotel. This is the final meeting for the remainder of this Rotary year.

June 23rd, 2022 is The Last Lap! Mark your calendars and come out for in-person fellowship with your fellow Rotarians.

****Remember you will need to reserve your attendance in advance in order to attend the in-person meetings.**

Meeting Details — May 19, 2022

Guests:

- Dr. Deanne Ford—Guest speaker
- Reuben Brathwaite - Guest of Rtn. Winston
- Rachael Power — Guest of Dir. Anton
- Ronald Pope - Guest of Dr. Ford
- Sonia Cadogan — Guest of Dr. Ford
- Fr. Kirt Prospere — Guest of Dr. Ford

Rotarians & Rotaractors

- PP John Spalton — RC of Doncaster, UK
- PP Adrian Hattrell — RC of Doncaster, UK
- PP Colin Jaynes — RC of Doncaster, UK

Honorary Rotarians

- None

Housekeeping:

- Attendance - 67%

Guest Speaker, Dr. JD Ford, Counselling/Educational Psychologist; presenting on "Stress." CONT'D

Dr Ford suggested two songs which could be reflected on as we go through our Normal activities:

Shadow—Ease The Tension

RPB—I Am Alive

She was also very specific in pointing out that "We do not all suffer from the same stressors"

Q&A

The audience engaged Dr. Ford in a series of questions which included:

- Demands on returning to work having worked from home for over a year. Persons were reminded to dress appropriately
- The use of prayer. Visualization—Taking time to be calm.
- Avoiding the news and the negative influences of the media
- Stress is normal—It is part of life. We need to engage coping mechanisms.

The Vote of thanks was presented by Rtn Nicholas Waithe.

The full Power Point presentation will be available on Club Runner

Other Business

- President Robin announced the guest speaker, Major David Clarke, Joint Co-coordinator of the National COVID-19 Vaccination Campaign
- SAA Randy was invited to discipline the club. He presented a trivia quiz on Stress
- PP Colin brought greetings from the Rotary Club of Doncaster. He indicated that he was now able to understand why everyone was paying attention to the guest speaker. He offered an invitation for a reciprocal meeting.
- The meeting was ended by Pres Robin with a Toast to Rotary International.

GUEST SPEAKER BRIEF BIOGRAPHY — MAJOR DAVID CLARKE - JOINT CO-COORDINATOR OF THE NATIONAL COVID-19 VACCINATION CAMPAIGN



Maj. Joseph Willoughby David Lloyd George Clarke GA, CVO, ADC was born in Barbados 29th January 1962. He was employed by The Duke of Edinburgh's Award International Foundation from 1988 to 2020 serving in various posts as the Caribbean Consultant, International Field Officer and finally Regional Director (Americas) from 2000 to 2020. He started his current post as Co-Coordinator of the Vaccine Programme in Barbados in January 2021.

Maj. Clarke was appointed a Lieutenant of the Royal Victorian order (LVO) on 14th October 2003 by Her Majesty Queen Elizabeth 11 and promoted to a Commander (CVO) in the Queen's birthday honours on 17th June 2017. He was awarded the Queen's Diamond Jubilee medal 2012, the Governor General's Medal (Gold Grade) 2016 and the Caribbean Cadet Medal in 2019. In the Barbados Independence honour 2021 he was awarded the Gold Award of Achievement (GA). Maj Clarke is also a Paul Harris Fellow.

ROTARY MINUTE

ROTARY'S IMPACT ON LOCAL ECONOMIES

Rotary members train people to become resources for their community, offering networking activities, advice on new business development, and mathematics and financial management training.






Rotarians make amazing things happen, like:

Breaking the cycle of poverty for women: Most of the women living in rural Guatemala do not have the collateral to get loans from regulated financial institutions. The Rotary Club of Guatemala de la Ermita helped 400 local women complete financial literacy courses so they could pool their money and fund their own microlending program. I would refer to that as a Local Credit Union or village Sue-Sue.

Skills development, business training: In Esmeraldas, Ecuador, Rotary members helped grant more than 250 microloans and train more than 270 community members in sewing, baking, plumbing, microcredit, business management, and leadership.

Sustainable farming: In West Cameroon, soil erosion and loss of soil fertility have significantly reduced farmers' harvests. Rotary members gave farmers the skills they needed to improve soil fertility, control soil erosion, and market their produce. The results: increased crop yields and profits.

- \$ 9.2 mil: The amount The Rotary Foundation has spent to grow local economies and reduce poverty last year
- 795 mil people — or 1 in 9 people in the world — do not have enough to eat
- 60 % of the world's hungry people are women and girls
- 70 % of the world's poorest people live in rural areas

		
Interact clubs	Rotary Youth Leadership Awards	Rotary Youth Exchange
Interact clubs bring together young people ages 12-18 to develop leadership skills and learn about the world through service projects and activities.	RYLA is a leadership development program for young people who want to learn new skills, build their confidence, and have fun. Events range from one-day seminars to weeklong camps.	Rotary Youth Exchange builds peace one young person at a time. Students learn a new language, discover another culture, and truly become global citizens. Exchanges for students ages 15-19 are sponsored by Rotary clubs in more than 100 countries.
Learn more >	Learn more >	Learn more >

YOUTH EXCHANGE OFFICERS PRECONVENTION

3-4 JUNE

rotary youth exchange

Rotary HOUSTON 2022

Today's Member Fun Facts are compliments of the Fellowship Committee. Our hope is that you will enjoy learning more about your fellow club colleagues weekly.

Fun Facts about Rtn. Michael Mercer



1. *I cannot live without:* Air
2. *My superpower is:* Not giving up
3. *I am best at:* listening
4. *I love a:* Ham cutter
5. *My alternate career would be:* Criminal Profiling
6. *Most people don't know that:* I'm afraid of crowds .
7. *Best vacation ever:* Sports camp as a child
8. *Favourite addiction:* Watching Criminal Minds
9. *Bucket list item #1:* Going to Japan
10. *Best Rotary moment to date:* Being Pinned

UPCOMING EVENTS

- May 28th — President's Party @ Pres. Robin's & PIS Dr Ford's Home; 7p.m. until midnight
- June 23rd - The Last Lap! Mark your calendars and come out for in-person fellowship with your fellow Rotarians.

DISTRICT 7030 EVENTS:

- 2022 Council On Legislation Updates - The Impact On Clubs In District 7030-30th May @ 7:00 p.m.
<https://us02web.zoom.us/j/844123456789>

**More Information on upcoming events will be published as soon as the details are available.

ANNOUNCEMENTS

Wedding Anniversary

- None this week.

Birthday – Rotarians

- Rtn. Davina Layne — 30 May
- PP. Brenda Pope — 31 May

Birthday – Partners-in-Service

- Averil Byer — PP. Elvin Sealy — 27 May

Join Date Anniversary

- Rtn. Scott Oran — 33 yrs — 1st June
- PP. Carole JnMarie — 26 yrs — 1st June

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.

Rotary INTERNATIONAL COUNCIL ON LEGISLATION
The Impact on Clubs in D7030

MAY 30, 2022 | 7PM
 Facilitator
 PDG LARA QUENTRALL-THOMAS

TO CHANG
DISCOVER NEW HORIZONS

ROTARY INTERNATIONAL CONVENTION
 Houston, Texas, USA | 4-8 June 2022
 #Rotary22

Rotary HOUSTON 2022

BARBADOS 2022 JUN 23 TO 26
 D7030 ROTARACT PETS AND CONFERENCE

YOUR ALL-INCLUSIVE CONFERENCE RATES

TRIPLE OCCUPANCY \$549 USD per person	DOUBLE OCCUPANCY \$649 USD per person	SINGLE OCCUPANCY \$949 USD per person
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All rates based on a 4 night stay and include daily breakfast, lunch and dinner, airport transfers, taxes, government room rate levy, island tour, conference merchandise and activities, and opportunities for community outreach.

DIVI RESORTS.
 DIVI SOUTHWINDS BEACH RESORT

Rotaract District 7030

@district7030rotaract | d7030rotaractconference2022@gmail.com | conference2022.rotaract7030.org

Rotary Club of Barbados

SAVE THE DATE

Make Rotary Magic

INSTALLATION OF OFFICERS CEREMONY

09 JUL 2022

TIME: 6:30 PM
 ATTIRE: ELEGANT

A formal invitation with further details to follow

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