



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 Inniss

District Disaster Relief Chair PDG David Edwards

District TRF Annual Fund Chair Brian Glasgow

District Conference Chair Neal Griffith

April 28, 2022

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



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?

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





Today, Thursday, April 28th, 2022 there is no scheduled meeting as it is National Heroes Day (Bank Holiday.

Our next scheduled meeting will be a business meeting to be held on 5th May, 2022 via Zoom only.

Our scheduled greeters will be Rtn. Dr. Carol Belgrave & Rtn. Russell Wilson.



RCOB members, face-to-face meetings are back at the Hilton Hotel on select dates for the remainder of the Rotary year.

Mark your calendars and come out to enjoy some inperson fellowship.

- May 12th
- June 23rd

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

Meeting Details — April 21, 2022

Guests:

- Shane Thompson Guest of Rtn. Nikita
- Ingrid Gall Guest of PP. Stanley

Rotarians & Rotaractors

- Keira Gooding Interactor Nadja Gooding Interactor •
- Keon Denny— Interactor

(All visiting from the St. Michael's School)

Honorary Rotarians

Rtn. Roy Smith

Housekeeping:

- Attendance 45% •
- The raffle was won by Hon Rtn. Roy Smith the • raffle raised BDS \$94.00
- Fines totaled BDS \$131.55

SUMMARY OF THE RCOB WEEKLY MEETING HELD ON **APRIL 21ST, 2022**

- Pres. Robin opened and welcomed everyone to the 40th reg-• ular meeting of the year at 12:30pm. This meeting was an in-person meeting only.
 - The National Anthem was sung by all present.
 - A Toast was given to the President and Barbados by Pres. Robin.
 - Rtn. Joe gave the opening prayer.
 - Acting SAA Treasurer Peter introduced the day's visiting Interactors and Guests.
 - Treasurer Peter gave the Rotary Minute.
 - Pres. Robin presented Rtn. Neal with his PHF +4 Congratulations Neal.
 - Pres Robin delivered the customary Birthday and Anniversary announcements.
 - The guest speaker today was introduced by Rtn. Jeff, our very own Rtn. Davina.
 - Rtn. Davina (shown right) gave us a very informative and thoughtprovoking presentation on Emotional Intelligence and Leadership. Rtn. Davina started off by sharing with us the definitions of Emotional Intelligence:



- Emotional intelligence is making emotions work for you, instead of against you. (Justin Bariso)
- Emotional intelligence is the capacity to blend think-٠ ing and feeling to make optimal decisions. It's being smarter with feelings. (Six Seconds).

She covered the domains of emotional intelligence:

- Self-awareness
- Self-management
- Social awareness
- Relationship management

She also shared that there were many things not in our control but one thing we could control was ourselves and ended by encouraging those in the room that in our quest to have better relationships with others we should work to improve our emotional intelligence through:

- Practicing self-awareness and self-regulation
- Improving our social skills ٠
- Practicing empathy ٠
- Being motivational

SUMMARY OF THE WEEKLY MEETING HELD ON APRIL 21, 2022 (CONTINUED)

- There was a short question and answer segment
- Rtn. Steve gave the Vote Of Thanks.
- St. Michaels School Interact President Nadja Gooding gave us a brief summary of their activities.
- Due to National Heroes Day, there will be no meeting on April 28th. Our next meeting will be on May 5th, this will be a business meeting.
- On Saturday April 23rd there will be a beach clean-up at Walkers Beach, volunteers are asked to meet at Barclays Park at 6am. Please bring your own water. There will be fellowship after with breakfast and games.
- The President's party is scheduled for May 28th at the home of President Robin. You must be fully vaccinated to attend.
- There will be no charge but you are asked to BYOB. The registration will be sent by Google.
- PE Tracey asked us to Save The Date July 9th for the inperson installation of her and her board for the year 2022 -23. More details to follow.
- Acting SAA Treasurer Peter fined the club.
- Pres. Robin gave the Toast To Rotary International and







ROTARY MINUTE



Governance & Finances

At the meeting held on April 21st, Treasurer Peter gave a brief presentation on the topic of Governance and Finances to those in attendance.





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 PP. Oliver Jordan

- 1. *I cannot live without*: Music
- 2. My superpower is: TBA
- 3. *I am best at*: Multitasking
- 4. *I love a:* CouCou & Red Herring
- 5. *My alternate career would be*: A Jazz club owner
- 6. Most people don't know that: I have a grandson on the way
- 7. Best vacation ever: Would be a European Cruise
- 8. *Favorite Addiction*: Flying Fish
- 9. Bucket list item #: Australia
- 10. Best Rotary moment: My First International Convention
- ** Fellow Rotarians, We Need your Fun Facts, so please submit these to Rtn. Heather Tull**

UPCOMING EVENTS

- May 5 Business Meeting
- May 12 About Rotary International (Fellowship Meeting)
- May 19 Fellowship Meeting & Classification Talk
- May 26 Fellowship Meeting (Guest Speaker)

DISTRICT 7030 EVENTS:

- ClubRunner's Rotary Changeover Training Series
 2022 5th to 21st May (See the full schedule @
 <u>https://site.clubrunner.ca/page/changeover-training</u>
- My Rotary Reporting: Rotaract Training 2022 –9th May @ 8:00 p.m.

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

Announcements

Wedding Anniversary

None this week

- Birthday Rotarians
- None this week

Birthday – Partners-in-Service

- Hélène Watkins PDG. Tony Watkins **30th April**
- Grace Durant PP. Orville Durant 1st May

Join Date Anniversary

- PP. Ron Davis (19 Yrs); **30th April**
- PP. Steve Brathwaite (31 Yrs); PP. Sir Trevor Carmichael (44 Yrs); PP. Orville Durant (39 Yrs); Rtn. Peter Hermant (28 Yrs); PP. Grenville Phillips (46 Yrs) — **1st May**

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.



VACCINES WORK. THE FIGHT TO END POLIO IS PROOF.

WORLD IMMUNIZATION WEEK 24-30 APRIL 2022

endpolio.org I #endpolio

Rotary 🛞 📴



Rotary 🎎

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