

**DISTRICT 7030**  
**CLUB#6798**  
Chartered March 07, 1962

**Mar 28th, 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

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**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](mailto:rotarybarbados@gmail.com)

The Rotary Club of Barbados welcomes visiting Rotarians and Guests.

Due to the Club Forum being held on Saturday March 23<sup>rd</sup>, there are no Summary Minutes.

Quip from our Club forum meeting - *let the birds fly and let the fish swim* - a good starting point for reflection on so many aspects of rotary and life.



The NCD Team are pleased to announce that RCoB have now completed over 1,000 screenings for NCD's in the communities of Barbados. WAY TO GO RCoB!.



Why wear your Rotary pin?

Reasons for wearing a pin varied: for publicity of Rotary, for pride, for acceptance and recognition, for the start of easy conversation with other Rotarians wherever you go. Wearing a Rotary Fellowship pin shows a Rotarian's vocation, hobby or recreational interest.

When you wear your Rotary pin people you know and work with will see that you are proud to be a Rotarian. When you wear your pin, they may even ask you about Rotary. You might tell them that Rotary is a group of people who pool their resources and use their talents to serve their communities.

Past RI President Bob Barth (1993-94, from the Rotary Club of Aarau, Switzerland) felt that a Rotary pin says this about the wearer: "You can rely on me, I am dependable, I am reliable, I give more than I take, and I am available."



One of Rotary's six areas of focus  
**PROVIDING CLEAN WATER, SANITATION, AND HYGIENE**  
Rotary.org

Today, March 28<sup>th</sup>, is a Fellowship Meeting, which commences at 12:30 p.m. at the Hilton Hotel.

Our next scheduled meeting will be a Fellowship Meeting on April 4<sup>th</sup>, 2024, which commences at 12:30 p.m. at the Hilton Hotel.



**Thought for the Day**

People with water-borne diseases occupy more than 50% of hospital beds across the world. Does the answer lie in building more hospitals? Really, what is needed is to give them clean water.

**Manoj Bhargava**, Indian American philanthropist





**Congratulations**



The members of RCoB congratulate Rotarians Anton and Ayesha on their engagement on March 16<sup>th</sup>.



**UPCOMING EVENTS**

- April 2<sup>nd</sup> – NCD Project
- April 4<sup>th</sup> – Business Meeting
- April 6<sup>th</sup> - Y.E.S.
- April 8<sup>th</sup> – NCD Project
- April 11<sup>th</sup> – Business Meeting
- April 13<sup>th</sup> – Y.E.S. Graduation
- April 27<sup>th</sup> – Children’s Beach Day
- May 4<sup>th</sup> – President’s Party
- May 11<sup>th</sup> – Health Fair
- May 25<sup>th</sup>-29<sup>th</sup> – International Convention

**RaCOB/Satellite Club/Early Act**

- March 31<sup>st</sup> – Kite Kulture
- April 27<sup>th</sup> – Spirited – Heritage Rum and Cuisine – Rotaract Club of Barbados

**DISTRICT 7030 EVENTS**

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

## ANNOUNCEMENTS

### Birthdays Rotarians

None

### Birthdays – Partners-in-Service

Gillian Applewhaite – AG Paul Ashby – April 2<sup>nd</sup>

### Wedding Anniversaries

None

### Join Date Anniversary

Rtn. Shakéela Boodhoo – 4 yrs – March 31<sup>st</sup>, 2020

Rtn. Karen Cole – 4 yrs – March 31<sup>st</sup>, 2020

Rtn. Amin Sanjay – 14 yrs – April 1<sup>st</sup>, 2010

PP John Cabral – 43 yrs – April 1<sup>st</sup>, 1981

Rtn. Waldo Clarke – 14 yrs – April 1<sup>st</sup>, 2010

PP Shawn Franklin – 14 yrs – April 1<sup>st</sup>, 2010

Rtn. Nigel Pierre – 4 yrs – April 1<sup>st</sup>, 2020

Rtn. Adrian Sealy – 32 yrs – April 1<sup>st</sup>, 1992

Rtn. Savitri St. John – 4yrs – April 2<sup>nd</sup>, 2020

Rtn. Russell Wilson – 4 yrs – April 2<sup>nd</sup>, 2020

## 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

**DAILY FITNESS TIPS**

"DID YOU KNOW? WALKING JUST 30 MINUTES A DAY CAN IMPROVE YOUR HEART HEALTH"

Rotary Club of Barbados

A poster with a green background. At the top, there is a lightbulb icon in a circle. Below it, the text "DAILY FITNESS TIPS" is written. The main text is in large, white, bold letters. At the bottom, the Rotary logo and "Club of Barbados" are visible. The background image shows a person walking on a path.

**WEEKLY HEALTH TIPS**

**MAINTAIN A BALANCED DIET:**

- AIM TO INCLUDE A VARIETY OF FRUITS, VEGETABLES, WHOLE GRAINS, LEAN PROTEINS, AND HEALTHY FATS IN YOUR DIET.
- LIMIT INTAKE OF PROCESSED FOODS, SUGARY SNACKS, AND BEVERAGES HIGH IN ADDED SUGARS.

Rotary Club of Barbados

A poster with a green background. At the top, there is a lightbulb icon in a circle. Below it, the text "WEEKLY HEALTH TIPS" is written. The main text is in white, bold letters. Below that, there are two bullet points. At the bottom, the Rotary logo and "Club of Barbados" are visible. The background image shows a bowl of fruit and a medical syringe.

**Create Hope  
Health is the New Wealth**

**QUIZ**

How many servings of fruits and vegetables are recommended per day for adults to help reduce the risk of NCDs?

2-3 servings      5-7 servings

10-12 servings

Rotary Club of Barbados

A poster with a dark blue background. At the top, the text "Create Hope Health is the New Wealth" is written in yellow. Below that, the word "QUIZ" is written in large, yellow, bold letters. Below the quiz title, there is a question in white text. Below the question, there are three yellow buttons with the answers "2-3 servings", "5-7 servings", and "10-12 servings". At the bottom, the Rotary logo and "Club of Barbados" are visible. The background image shows a grid of dots.