DISTRICT 7030 CLUB#6798 Chartered March 07, 1962





Mar 28th, 2024

R.I. OFFICERS

President Gordon R. McInally

President Elect Stephanie Urchick



THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH? 2. IS IT FAIR TO ALL CONCERN? 3. WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS? 4. WILL IT BE BENEFICIAL TO ALL CONCERN?

PATRON

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

ROTANEWS

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

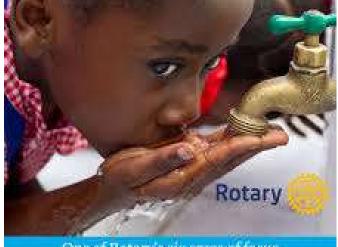
Club Weekly Meetings Thursdays at 12.30 pm Hilton Barbados

Needham's Point, Aquatic Gap, St. Michael

Mailing Address: P.O. Box 148B, Brittons Hill, St. Michael, Barbados

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

The Rotary Club of Barbados welcomes visiting Rotarians and Guests.



PROVIDING CLEAN WATER, SANITATION, AND HYGIENE

Rotary.org

Today, March 28th, 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 4th, 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



Due to the Club Forum being held on Saturday March 23rd, 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."



Congratulations



The members of RCoB congratulate Rotarians Anton and Ayesha on their engagment on March 16^{th} .





UPCOMING EVENTS

April 2^{nd} – NCD ProjectApril 4^{th} – Business Meeting
April 6^{th} - Y.E.S.April 8^{th} – NCD ProjectApril 11^{th} – Business Meeting
April 13^{th} – Y.E.S. GraduationApril 27^{th} – Children's Beach Day
May 4^{th} – President's Party
May 11^{th} – Health FairMay 25^{th} - 29^{th} – International Convention

RaCOB/Satellite Club/EarlyAct

March 31st – Kite Kulture April 27th – Spirited – Heritage Rum and Cuisine – Rotaract Club of Barbados

DISTRICT 7030 EVENTS

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



ANNOUNCEMENTS

<u>Birthdays Rotarians</u> None

Birthdays – Partners-in-Service Gillian Applewhaite – AG Paul Ashby – April 2nd

Wedding Anniversaries None

Join Date Anniversary

Rtn. Shakéela Boodhoo – 4 yrs – March 31st, 2020
Rtn. Karen Cole – 4 yrs – March 31st, 2020
Rtn. Amin Sanjay – 14 yrs – April 1st, 2010
PP John Cabral – 43 yrs – April 1st, 1981
Rtn. Waldo Clarke – 14 yrs – April 1st, 2010
PP Shawn Franklin – 14 yrs – April 1st, 2010
Rtn. Nigel Pierre – 4 yrs – April 1st, 2020
Rtn. Adrian Sealy – 32 yrs – April 1st, 1992
Rtn. Savitri St. John – 4yrs – April 2nd, 2020
Rtn. Russell Wilson – 4 yrs – April 2nd, 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



- 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.

