



ROTA NEWS



28th October 2021



SERVE TO CHANGE LIVES

R.I. Theme 2021-22

R.I. OFFICERS

President

Shekhar Mehta

President Elect

Jennifer Jones

Rotary Club of Barbados



District 7030 - Club # 6798

Chartered March 07, 1962

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Governor General

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



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



Today, October 28, 2021, is an Evening Fellowship Meeting. This will be the second in our Lecture Series. Today Mr. Clyde W. Ford will present on *"The Challenge of Digital Technology in a world seeking Equity & Inclusion."*

The Meeting which commences at 6:00 p.m. will ONLY be presented by Zoom.

Today our Attendance Takers will be Rtn. Dr. Carol Belgrave & Rtn. Meryl Stoute.

**Next week our Attendance Takers will be Rtn. Dr. Albert Best & Rtn. Onika Stewart.*

OUR GUEST SPEAKER

Mr. Clyde W. Ford is an award-winning author of thirteen works of fiction and nonfiction.

He has appeared with his books on the Oprah Show, NPR, C-SPAN/BookTV, and many other television and radio programs.

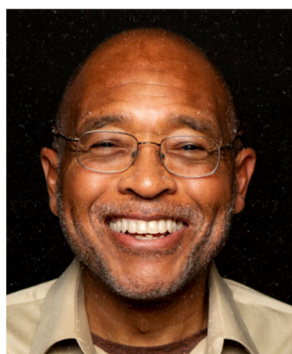
He is also a former software engineer, and the owner of a software consulting firm.

Think Black, his 2019 memoir about his father, the first Black software engineer in America, garnered him the 2020 Nautilus Book Award in Social Justice and was named a finalist for the 2020 Hurston-Wright Award in nonfiction (the highest award given an African American author).

Clyde is the Director of the Martin Luther King, Jr. Publishing Project at HarperCollins Publishers.

His opinion columns have appeared in the *Seattle Times*, the *Los Angeles Times*, and the *History News Network*.

He is a former staff opinion columnist for the online news magazine, *Crosscut*, and a speaking fellow for Humanities Washington, an NEH affiliate.



REVIEW OF THE FELLOWSHIP MEETING—OCTOBER 21, 2021

Pres. Robin called the 15th regular meeting to order

- PP Peter gave the opening prayer.
- Acting SAA, PP Michael welcomed our guest speaker Ronald Pope, visiting Rotarians and other guests (Please see page 4b).
- The Rotary Minute was given by Rtn. Davina (Please see page 3a).

Pres. Robin informed of the Rotary and Rotaract Clubs in Barbados in association with the National Immunization Unit and A1 Supermarkets hosting a pop-up Vaccination Site this Sunday, October 24 from 10am to 4pm at Emerald City Supermarket. Twelve volunteers are required. They are to be fully vaccinated and have no comorbidities.

In the evening, The Rotary and Rotaract Clubs in Barbados will be hosting a World Polio Day Virtual Event this Sunday from 7pm.

Other Events include: Joint Press Release, Radio appearance and Social Media Presence.

All clubs will be sharing similar messages on all social media platforms

Rotaract Club of Barbados President Scott Chandler informed of the social media outreach *"What has Rotary Done for Polio."* There will be one flyer a day for the next three days leading up to the event. As a Fundraiser for Polio, the Rotaractors will be selling 'End Polio' pins at a cost of \$5, please contact Pres. Scott for your pin.

Rtn Keri introduced our guest speaker Ronald Pope.

Summary of Presentation

'What is Psychotherapy – What is Counselling'

- In psychotherapy trained psychologists apply scientifically validated procedures to help people develop healthier, more effective habits.
- Psychotherapy is a collaborative treatment based on the relationship between an individual and a psychologist.
- It provides a supportive environment that allows you to talk openly with someone who's objective, neutral and nonjudgmental.
- You and your psychologist will work together to identify and change the thoughts and behavior patterns that are keeping you from feeling your best.

How Does Psychotherapy work?

- Successful treatment is the result of three factors working together: (1) Evidence based treatment that is appropriate for your specific problem; (2) The psychologist's clinical experience; (3) Your characteristics, value, culture and preferences. When people begin psychotherapy, they often feel that their distress is never going to end. By the time they're done, they would not only have solved the problem that brought them in, but they would have learnt new skills so they can better cope with whatever challenges arise in their future.

There are four types of counselling.

1. Individual Counselling is a personal opportunity to receive support and experience growth during challenging times in life.
2. Couples counselling can range from basic concerns of stagnation to serious expressions of aggressive behavior.
3. Family Counselling is often sought due to a life change, or stress negatively affecting one or all areas of family closeness, family structure or communication style.
4. Group Counselling allows one to find out that they are not alone in their type of life challenge. It revolves around a common topic like anger management, self-esteem, divorce or substance abuse.

The Mental Health Counselors

- They give general therapy. Assist people in day-to-day life management.
- Session can be more cost effective for clients.
- Emphasis is on “talk therapy”.
- May be involved in conducting research but mainly applies research ideas according to client’s needs.

The Psychologist

- Deals with disorders-specific therapy. Typically administers a wide range of tests, IQ tests of neurological functioning etc. May administer tests to clients they do not see on a regular basis: Personality tests.
- More likely to work with individuals with serious mental illnesses and behavioural problems.
- Frequently involved in conducting research (psychologists are always looking for more accurate knowledge on behaviour.
- Psychotherapy/Counselling helps people understand that they can take action to improve their situation and their lives.
- This leads to changes that enhance healthy behaviour, whether it’s improving relationships, expressing emotions better, doing better at work or school, or even thinking more positively.

MENTAL HEALTH MATTERS.

There was a very interesting and informative question and answer segment.

The Vote of Thanks was given by PP Michael
Acting SAA PP Michael disciplined the club.

In closing, Pres. Robin finished with the quote “Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of your life!”

- Did you know that THE ROTARY FOUNDATION is Rotary International’s only charity?
- Did you know that the number one per capita club in the world in 2015-16 was in Maracay in Venezuela at US\$16,179.99? i.e. US\$1,011.25 per person. This Club has 16 members.
- Did you know that 50% of the combined giving to the Annual Fund comes back to your District Designated Fund 3 years after it was given? Off this 50% can be set aside for District Grants?
- Did you know that giving to Polio Plus attracts Paul Harris Recognition points?

THE ROTARY FOUNDATION MINUTE

POST MEETING EVENT- COVID - Vaccine- Emerald City



Celebrating World Polio Day—The Events by Secretary Ermine

Rotary and Rotaract Clubs in Barbados joined forces to celebrate World Polio Day with several activities. The joint planning committee led by PP Peter Williams organised various events including:

- A press release outlining the work of Rotary relating to the history of polio globally and Barbados, fight to eradicate this disease, support for the science of vaccinations as well as the assistance provided by Rotarians in the community.
- Radio and television appearances by various Rotarians to promote the work of Rotary in Polio eradication through vaccinations and to encourage Barbadians to get vaccinated.
- Social Media Campaign – all clubs posted World Polio Day materials on their various social media pages. Rotarians were encouraged to share through their own personal platforms.
- On Sunday Oct 24th, 2021 the Clubs partnered with A-One Supermarket to assist The National Immunization Unit with a Covid-19 Vaccination drive at their Emerald City location. Several Rotarians and Rotractors from all the clubs turned up to lend a hand including our very own Dr Beverley Agard. We were informed that over 200 persons received their COVID-19 vaccines.
- A joint virtual meeting was held on the evening of World Polio Day to view the World Polio Day Event together. Live messages were delivered by District Governor Sonya Alleyne, President Robin Ford – Rotary Club of Barbados, President Rene Butcher – Rotary Club of Barbados-West, President George Connolly – Rotary Club of Barbados-South and District Rotaract Representative Mario Boyce - Barbados Rotaract Clubs.

All events were well received and recorded as a great success. We extend thanks to all members of the joint Committee.

UPCOMING EVENTS

RCOB Dance-Off

NOV/26/2021

DANCEHALL	BAJAN SOCA	BALLROOM	JERUSALEMA
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PLACE:
CYBERSPACE VIA ZOOM AT 8.00PM

RCOB Dance-Off Rules

DANCE-OFF: 26TH NOVEMBER 2021 AT 8PM

CHALLENGE: PERSONS CAN REGISTER TO COMPETE IN THE FOLLOWING CATEGORIES:

- 1.Dancehall
- 2.Bajan soca
- 3.Ballroom
- 4.Jerusalem line dance

The videos must be no longer than 2 minutes and submitted by November 23rd and will be judged by a panel of peers

Persons with exceptional dance skills can enter in more than one category

All duos must include a Rotarian and teams must have at least 50% Rotarian participation

FUN FACT

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.
10 Fun Facts about Community Service PP Paul Ashby



1. I cannot live without: Cashew Nuts or Chocolate
2. My superpower is: I am the "eye" in any storm.
3. I am best at: 4 a.m.
4. I love a: good food from a rum shop
5. My alternate career would be: Meteorologist
6. Most people do not know that: I won a body building competition and I am 100m joint record holder of the UWI Inter-campus Games
7. Best vacation ever: Mediterranean Cruise
8. Favourite addiction: Golf
9. Bucket List item #1: Attend a PGA Major Event and/or Formula One Race Weekend
10. Best Rotary Moment: Delivering gifts to Children's homes at Christmas and seeing the joy and excitement on the faces of the children. Seeing the growth in the children in Peace building project over a very short period of time.

Rotary
Club of Barbados



Save the Date

Carols by Candlelight

December 11th & 12th, 2021
The Globe Drive-In
Showtime 6pm



UPCOMING EVENTS

- Nov 01-07 – World Interact Week 2021
- Nov 11 – Nominations for the BoD 2022-23
- Nov 18 – RCoB Evening Lecture Series @ 6 P.M. by: Steve Farber -- "Extreme Leadership"
- Nov 26 – Fellowship Event —Virtual Dance Off

District 7030 Events:

- District Conference 2022 — Barbados — April 06-09
- ****More Information on upcoming events will be published as soon as the details are available.**

Announcements

Wedding Anniversary

- None this week

Birthday - Rotarians

- Rotarian Joe Johnson—Oct 29

Birthday - Partners-in-Service

- None this week

Join Date Anniversary

- PP Norman S. Barrow - 39 years - Nov 01, 1982
- PP Andrew A. Bynoe - 36 years - Nov 01, 1985

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.

Meeting Details — October 21, 2021

Guests

Mr. Ronald Pope – Guest Speaker

(of) President Robin

Carole Anne Blenman
Julia Beckles
Sonia Greenidge
Neomie Tavernier

(of) Other Rotarians

Rachel Power – Dir Anton
Heather Robinson – PP Jedder
Donna Barrow – PE Tracey
Shane Thompson – Rtn Nikita Gibson
Dr. Margaret Blanchette – PP Richard

Visiting Rotarians & Rotaractors

Scott Chandler – President, Rotaract Club of Barbados
Errollyn Hurley – Rotaract Club of Barbados
Janelle Jordan – Rotaract Club of Barbados

Attendance – 72%

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 Michael W. Browne