



ROTA NEWS



Rotary Opens Opportunities

R.I. Theme 2020-21

R.I. OFFICERS

President

Holger Knaack

President Elect

Shekhar Mehta

RI Membership Committee Chair

PDG David Edwards



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?

Rotary Club of Barbados



District 7030 - Club # 6798

Chartered March 07, 1962

PATRON

HE Dame Sandra Mason, GCMG, DA.

Governor General

DISTRICT OFFICERS

District Governor
Lisle Chase

District Governor Elect
Sonya Alleyne

District Governor Nominee
Leslie Ramdhanny

Assistant Governor
Peter Thompson

District Secretary
Soraya Warner Gustave

District Treasurer
Joel Crocker

Council of Governors Chair
PDG Trevor Blake

District Rotary Foundation Chair
PDG Milton Inniss

District Disaster Relief Chair
PDG David Edwards

District TRF Annual Fund Chair
Sonya Alleyne

29TH APRIL 2021

Club Officers & Directors

President

Fiona Hinds

President Elect

Robin Ford

Vice President

Ron Davis

Secretary

Ermine Darroux

Treasurer

Meryl Stoute

Club Administration

Jeff Evelyn

Membership/Youth Service

Stanley MacDonald

Public Relations

Arlene Ross

Community Service

Adrian Skeete

International/Rotary Foundation

Makonem Hurley

Immediate Past President

Peter Williams

Sergeant-at-Arms

Randy Marshall

Weekly meetings on **Thursdays** at

Hilton Barbados

(Hybrid Meetings via Zoom from Aug 6, 2020 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: ROTARY OPENS OPPORTUNITIES



Today is a Fellowship Meeting which is being held via Zoom only.

We will be having a presentation by Ms. Joyann Johnson, Programme Officer in Disaster Preparedness from Department of Emergency Management on the topic "Hurricane Preparedness." Her Biography can be seen on page 3A.

Our Zoom meeting moderators will be PDG David and Sec Ermine.

Visiting Rotarians and Rotaractors

- Rtn. David Antrobus — RC St. Maarten Mid-Isle
- IPP Kareem French — Rotaract Club of Barbados
- DRRE Mario Boyce — Rotaract Club of Barbados

Guest :

- Dr. Ermine Belle — Guest Speaker
- Heather Robinson — Guest of PP. Jedder Robinson

Housekeeping:

- Attendance - 69%

"Don't judge each day by
the harvest you reap but by
the seeds that you plant."

Robert Louis Stevenson



Rotary
Club of Barbados



Club Meeting – 22nd
April, 2021

President Fiona called the 42nd meeting of the Rotary Year to order, announcing that April 22 was celebrated as Earth Day but we recognize everyday as a Rotary Day.

Rotarian Simone offered the following prayer.

Dear Lord

We ask you to help us to come to you with a heart full of gratitude.

Remind us we are blessed to be a blessing, and that it is in pardoning that we are pardoned.

Help us all to recognize that our service is simply an act of gratitude to your endless love and mercy and that fellowship, singing, laughter and joy are echoes to your tremendous love.

We continue to pray for all those affected by Covid, illnesses, and the volcano.

All these things we pray in your name. Amen

SAA Randy recognised the visiting Rotarians & Guests, especially the Guest Speaker of the Day, Dr. Belle, who would speak on the topic "Mental Health during the Covid-19 Pandemic."

President Fiona highlighted the housekeeping announcements which were listed in the RotaNews.



She spoke of the contribution to St. Vincent by the local clubs. The delivery of water on Sunday to the parish of St. Joseph, which would be coordinated by Community Service Director Adrian (pictured left).

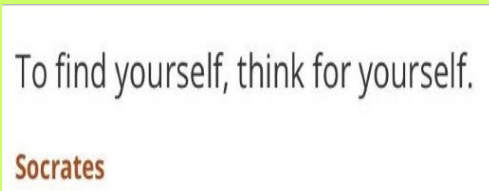
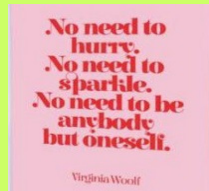


Motivational Moments :

Dr. Belle was introduced by Rotarian Savitri and the Vote of Thanks was given by PP Jedder (pictured right).

**Every Rotarian
writes their rotary
story in different
ways - Heather Tull**

Polonius' advice is summed up with the lines:
'This above all: **to thine own self be true**, And
it must follow, as the night the day, Thou canst
not then be false to any man.



The following is a summary of the presentation on "Mental Health and Considerations during the Covid-19 Pandemic."

Dr. Belle (pictured right) sought to link Mental Health with Mental Wellness. Definition by WHO:



Mental Health is simply not the absence of detectable mental disease but is a state of wellbeing in which the individual realizes his or her own abilities, can work productively and fruitfully and is able to contribute to his or her own community.

She reminded that we have all been impacted by the COVID 19 pandemic which came uninvited in March 2020. However we were fortunate as it was detected in other countries which gave us time to prepare. Notwithstanding the expected arrival many were faced with stress and anxiety, We were in a crisis. The PSAs worked—Wearing a mask, Sanitising—Social Distancing. The virus was found to be highly contagious and affected the elderly and those with NCDs.

No matter how young or how old, this virus has impacted our lives in some way and will continue to do so long after we achieve herd immunity and gain control over it by maintaining protocols and through vaccination.

Many new feelings were provoked by the Pandemic

- Anxiety, fear, panic, frustration, anger, worry, disappointment
- Hopelessness, helplessness, loneliness, isolation, grief
- loss, despair, depression.

Club Meeting – 22nd April, 2021 Continued

Regular mental conditions brought on by stress:

- anxiety - Depression - Psychoses - Post-traumatic Stress Disorder -Precipitating of underlying mental conditions - adjustment disorders -Burn-out

We are challenged to avoid negative messages.

Some Outcomes:

- Social distancing (causing isolation), Physical distancing (causing persons not to be able to touch, shake hands, hug, kiss and embrace when greeting each other.
- Changes in home life secondary to curfews causing confinement, lockdowns
- Anxiety resulting from decreased work hours, layoffs, job loss resulting in difficulty in providing for self and family
- Having education curtailed and having to adapt to virtual schooling
- Stress of having co-morbidities and pre-existing conditions
- Persistent worry as a front line or essential workers

The impact on home life results in Domestic Violence and Financial shortfalls because of job loss or reduced hours. However, we must understand that there is Life after COVID-19:

- Interact with those around you. It will help to relieve stress (yours and theirs).
- Enjoy your hobbies and develop new ones
- Do things around the house that you may have neglected to do previously.
- Do not neglect your physical health (maintain a healthy diet, exercise programme and get a good night's rest (sleep)).
- Connect with your spiritual self.
- Look after your needs first and then your wants.
- Don't be embarrassed to ask for help if you are in need.

Questions:

- Do you think there will be a long term impact on the mental health of our young people ---some studies have said COVID-19 will now be an illness of the young given the vaccine age limits. Thoughts?
- How do you deal with the children who are stuck to their computers for school and with shutdowns limited outlet for socializing

The presentation was sent to the Club via Email.

Biography of our Guest Speaker Ms. Joyann Johnson

Ms. Johnson holds a Bachelor in Sociology and law from UWI Cave Hill and a Masters in Sustainability in Planning and Environmental Policy from Cardiff University.

Ms. Johnson is a Disaster Risk Management practitioner with over six (6) years' working experience in the disaster risk management sector; five (5) years' experience in project management.

Ms. Johnson currently works as a Programme Officer with the Department of Emergency Management for the past seven years. Her portfolio includes climate change, sustainable development, renewable energy and food security.

Ms. Johnson has also worked with the implementation of several Disaster Risk Management projects such as the Strengthening Resilience and Coping Capacities in the Caribbean through Integrated Early Warning System project funded by the European Commission Humanitarian Aid and Civil Protection (ECHO).



The Rotary Water Drive was successfully held on Sunday 25th April, 2021. Several communities in the parish of St. Joseph which have been suffering from acute water shortages for an extended period of time were assisted with the delivery of the precious resource.

Through the kind sponsorship of Stansfeld Scott & Co. Limited, 250 cases of Highland Springs Bottled Water were distributed by Rotarians on the day to the grateful residents of the areas affected. Here are some photos of the day's proceedings.



REGISTER TODAY 2021 VIRTUAL CONVENTION



UPCOMING EVENTS

- May 6th—Business Meeting
- May 13th— About Rotary International
- May 20th—Fellowship & Classification Talk
- May 27th—Fellowship meeting with a Guest speaker (TBA)

****All In-Person Meetings at the Hilton have been temporary suspended as we adhere to the Covid-19 protocols outlined by the Government of Barbados.**

Also please look out for more information concerning any other pending events which will have to rescheduled next month.

Announcements

Wedding Anniversary

- None this week

Birthday - Rotarians

- PP Shawn Franklin — 5th May

Birthday - Partners-in-Service

- Hélène Watkins (PHF) — PDG Tony Watkins — Apr 30
- Grace Durant — PP Orville Durant — May 01

Join Date Anniversary

- PP Ron Davis — 18 yrs — Apr 30
- PP Steve Brathwaite — 30 yrs — May 01
- PP Sir Trevor Carmichael — 43yrs — May 01
- PP Orville Durant — 38yrs — May 01
- Rtn. Peter Hermant — 27yrs — May 01
- PP Dr. Grenville Phillips — 45yrs — May 01
- IPP Peter Williams — 16yrs — May 05

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.



School House for Special Needs Clean Up

Rotarians were asked and did turn out to aid in the clean up campaign at the School House for Special Needs children on Friday 23rd April, 2021.

Whilst it was a working day for many, for those who were able to attend, the effort to clean up the surroundings from the recent ash fall from the La Soufrière in St. Vincent went a long way to getting the premises into a state of readiness for the eventual return to class by students when the time comes.



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