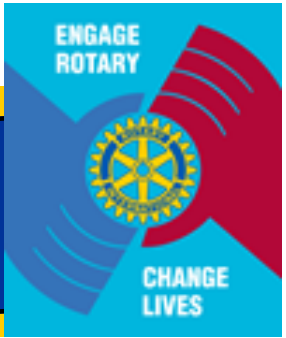




Sa Ka Fete



Volume 1, Issue 1

September 2013

Rotary Club of Dominica
We meet Wednesdays
at 12:30 PM
Fort Young Hotel
Roseau
www.rotary-dominica.org

Follow us on:

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Birthday Corner:



Meet the New Rotary President

Robert Tonge is an entrepreneur focused on establishing profitable companies that in turn benefit the community.

His focus is on training and mentoring the Internal Customer to provide our external customers with consistent excellent customer service, which will result in loyal customers.



Robert Tonge is the CEO for the Tonge Group of Companies

- First Domestic Insurance – Dominica
- First Domestic Insurance – Antigua
- Perky's Pizza Dominica
- Tonge Refrigeration
- Insurance Brokers

Mr. Tonge has served as the Managing Director of First Domestic Insurance Company from inception in 1993 to 2010. This company is the largest general insurance company in Dominica. First Domestic also operates an insurance company in Antigua. He now serves as the CEO.

Mr. Tonge is the founder of Fastcash Ltd. and serves as director. Fastcash Ltd. is a provider of short term loans to employed clients. The companies operates in six (6) Caribbean Islands (St. Kitts, Antigua, Dominica, St. Lucia, St. Vincent and Grenada).

Positions :

- Vice President of the Dominica Employers Federation.
- CEO of PhoneTec – management firm providing management for the Lime Store in Dominica.
- Mr. Tonge also serves as a Director for other related entities of the Tonge Group of Companies.

*“Friendship was the foundation rock on which Rotary was built and tolerance is the element which holds it together.”
My Road to Rotary*

September is New Generation Month

Every year, thousands of talented and dedicated young people, ages 12-30, have an incredible experience in a New Generation program. As Rotaractors and Interactors, they serve in communities at home and abroad.

New Generations Month is the perfect time to promote the club's youth activities, we will increase their impact and encourage continued collaboration among youth, young adults and the club.



**Interact Club of the Saint Martin
Secondary School**

In Rotary club of Dominica, we will observe New Generation Month with the following activities:

- Rotary Desk at the Dominica State College
- Plan for a Rotaract Club at the Dominica State College
- Interact Clubs at the Wesley High School and the Goodwill Secondary School

Retention vs. Engagement

RI Membership Minute April 13

The difference between retention and engagement is simple: Membership retention refers to keeping members from year to year, while engagement concerns keeping those members involved and excited about your club every day. While both are important elements of any membership development plan, engagement can help you retain members who are active participants.

Engaged members have a strong bond with their clubs. They feel connected, valued, and committed to Rotary's work and to achieving their club's objectives. You can help your members feel engaged by:

- 1) Publishing a list of members on your Facebook or club website to highlight their Rotary anniversary
- 2) Publicly thanking members who work on a project
- 3) Writing a personal note to a member to wish him/her a happy birthday or happy anniversary
- 4) Asking seasoned members to serve as mentors to new Rotarians
- 5) Inviting members to join (or chair) a committee
- 6) Encouraging members to involve their family and friends in service projects
- 7) Creating weekly programs that are of interest to your members
- 8) Asking members to help choose the next community service project.



Rotary Donates Diabetes Foot Care Equipment



The Ministry of Health's Diabetes Foot Care Program now has additional instruments to help manage and prevent diabetes, thanks to a donation worth EC\$5,480.00 from the Rotary Club of Dominica.

At a brief ceremony at the Ministry of Health's conference room on Wednesday, 28th August, Rotary Club president Robert Tonge presented the items to permanent secretary in the Ministry of Health, Helen Royer.

The donation includes; 10 tuning forks, 20 artery forceps, 20 scalpels of various sizes, 20 foot dressers, 21 scissors, 20 nippers (nail cutters) and 20 blades.

As Diabetes progresses, the complications associated with the disease increases and so sensitivity of the patient's feet decreases. Often times the

patient is not even aware that they have an affectation in the foot.

The donation includes; 10 tuning forks, 20 artery forceps, 20 scalpels of various sizes, 20 foot dressers, 21 scissors, 20 nippers (nail cutters) and 20 blades.

"We are very thankful for these instruments because what they do, they help to keep the feet clean, they help to increase the sensitivity of the feet and so the risk of getting the Diabetic foot is decreased and so we are very pleased," Dr Charlotte Jeremy of the Primary Health Care Department said.

Rotary Club president, Robert Tonge, noted that the Club is "really proud" to make the donation and assist in Diabetes care and prevention on the island.

"We look forward to working closely with the government, the Ministry of Health, to see how we can further take this, as the Prime Minister would say, to the next level to help reduce the amputees that has been happening and I hope the equipment is used in the best possible way," Mr Tonge said.

Permanent secretary in the Ministry of Health, Helen Royer thanked the Club for the donation and noted that Diabetes has been an issue that the Ministry has been working very hard to combat.

"We are very elated that we are getting this equipment that will help us in the prevention of persons getting more complications," she said.

The instruments will also be linked to the Chronic Foot Care Program, according to the health promotion coordinator, Anthelia James. It uses the Chronic Care Model (CCM) which is an organizational approach to caring for people with chronic disease in a primary care setting

Dominica is piloting the CCM in six of its seven health districts namely St Joseph, Marigot, Castle Bruce, Grand Bay, La Plaine and Portsmouth. Five of these health districts concentrate on diabetes except St Joseph which focuses on hypertension.



Dominica Vibes News

FOUR-WAY TEST

If you seek the *truth*, do your best to always be *fair*, desire building *goodwill & better friendships*, and want to meet others who ensure their daily actions are *beneficial* to all concerned, you have passed the "Four-Way Test".

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Grayson Stedman Jr.

Service Projects Chair

Armour Johnson

The Lost Chapter of Genesis??

Adam was walking around the garden of Eden feeling very lonely, so God asked him, "What is wrong with you?" Adam said he didn't have anyone to talk to. God said that he was going to make Adam a companion and that it would be a woman.

He said, "This person will gather food for you, cook for you, and when you discover clothing, she'll wash it for you. She will always agree with every decision you make. She will bear your children and never ask you to get up in the middle of the night to take care of them. She will not nag you, and will always be the first to admit she was wrong when you've had a disagreement. She will never have a headache, and will freely give you love and passion whenever you want it."

Adam asked God, "What will a woman like this cost?"

God replied, "A woman that special will cost an arm and a leg."

Then Adam asked, "What can I get for a rib?"

The rest is history.

JOINT SERVICE CLUBS SPORTS DAY

A merging of service, athleticism and fun was on display from 9am at the Lindo Park in Goodwill, on Sunday August 4th, 2013 as seven of Dominica service clubs competed against each other, in the first ever Joint Service Clubs Sports Day.

The clubs who participated were the Rotary Club of Dominica, Rotary Club of Portsmouth, Rotaract Club of Roseau, Kiwanis Club of Roseau, Kiwanis Club of Waitikubuli, Lions Club of Dominica and Leo Club of Dominica.

The objective of the Joint Sports Day was to build camaraderie amongst the clubs. Members were given the opportunity to know each other better, while engaging in friendly competition.

Club members showed off their skills as well as seek to do their clubs proud in a variety of games. The games ranged from fun, light spirited competitions such as soda drinking, bun eating, sac racing, basket-making, race-in-heels for men, to the more mainstream football, basketball, cricket, dominoes and the like.

Since the clubs are non-profit organizations, corporate sponsors provided support in a number of areas. The day lived up to its expectations of an entertaining, family day, which not only promoted a spirit of unity, but highlighted the virtue of service. Congratulations to the Rotaract club on winning the first Joint Service Clubs Sports Day. They had a very large, very well coordinated team. Kudos on such strong team work.

