

January 2017 Edition

MONTHLY NEWSLETTER



rotarydistrict7030.org

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DG ROGER'S WELCOME MESSAGE



ABC Islands join District 7030 on January 1st, 2017



What an exciting year for District 7030!!

The culmination of a process that began several years ago is now upon us. It is very rare for a District to “adopt” 3 new countries and 4 New Clubs but that’s exactly the event District 7030 is so ecstatic about as of 1st January 2017.

All 2164 Rotarians of District 7030 heartily welcomes the 205 Rotarians from the Clubs of Aruba, Bonaire, Curacao and Willemstad together with your Rotaractors and Interactors.

We eagerly look forward to the further celebration of this landmark and to your participation in our upcoming District Conference in April, which will make this, our 25th Anniversary Conference event more special.

You can expect all our camaraderie, fellowship and support as we happily welcome you all and look forward to all the positive change you are sure to bring into our District.

Sincerely,
Roger A. Bose
District Governor 2016-17



**Happy New Year
Fellow Rotarians!**





NEW ROTARY YEAR RESOLUTIONS

☒ Enroll in Rotary's Recurring Giving Program

- ☐ Build Peace
- ☐ Prevent Disease
- ☐ Provide Clean Water
- ☐ Support Maternal and Child Health
- ☐ Promote Literacy
- ☐ Grow Local Economies



Sign up at www.rotary.org and make *doing good* a resolution you can keep.

The
Rotary
Foundation



EVERY
ROTARIAN
EVERY
YEAR

TAKE ACTION: www.rotary.org/give

DG ROGER'S TRAVEL SCHEDULE

2016-2017

WEEK	DATES	ACTIVITY	ROTARY
1-Jan-17			
39	Mon 2 to Sat 7 Jan	Trinidad	
40	Sun 8 to Sun 15 Jan	Trinidad	
41	Mon 16 to Sat 21 Jan	Visit St Vincent and Montserrat clubs	
42	Sun 22 to Sat 28 Jan	Visit Suriname Clubs	
1-Feb-17			
43	Mon 30 to Wed 1 Feb	Dominica	World Peace & Understanding
44	Thur 2 to Sun 5 Feb	St Kitts RYLA	
45	Sat 11 to Thur 16 Feb	French Guiana	
46	Fri 17 to Sat 18 Feb	Trinidad	
47	Sun 19 to Fri 24 Feb	Guyana	
48	Sat 25 to Tue 28 Feb	FL TBA	23 - Rotary Birthday
1-Mar-17			
49	Sun 26 Feb to Sat 4 Mar	9th -15th ABC islands welcome bash	Literacy Month
50	Sun 5 to Sat 11 Mar		
51	Sun 12 to Sat 18 Mar	Model UN Projects	World Rotaract Week: 10-13th
52	Sun 19 to Sat 25 Mar	Martinique 10th Anniversary Sp Request	
53	Sun 26 to Sat 1 Apr		
1-Apr-17			
54	Sun 2 to Sat 8 Apr	Keep Free - Conference Prep	Magazine Month
55	Sun 9 to Sat 15 Apr		15th : deadline for Presidential Citations
56	Sun 16 to Sat 22 Apr		
57	Sun 23 to Sat 29 Apr	DISTRICT CONFERENCE	
1-May-17			
58	Sun 30 Apr to Sat 6 May		
59	Sun 7 to Sat 13 May		
60	Sun 14 to Sat 20 May		
61	Sun 21 to Sat 27 May		
1-Jun-17			
62	Sun 28 May to Sat 3 June		Rotary Fellowship Month
63	Sun 4 to Sat 10 June	INTERNATIONAL CONFERENCE	June 10-14 Rotary International Convention - Atlanta
64	Sun 11 to Sat 17 June		DG HANDOVER
65	Sun 18 to Sat 24 June		
66	Sun 25 to Sat 30 June		



LESSONS SHARED FROM OUR DISTRICT TRAINER

NERVOUSNESS IS NORMAL

By District Trainer Lara

As Rotarians most of us have to speak in public at one time or another. Either at a club meeting or forum, or at a public event in front of communities, the media, sponsors and other stakeholders. For some it is an easy task. For others, it can be far more challenging and even terrifying.

Here are a few tips to help you improve your public speaking, from the *Harvard Division of Continuing Education / Professional Development*:

1. Nervousness Is Normal. Practice and Prepare! All people feel some physiological reactions like pounding hearts and trembling hands. Do not associate these feelings with the sense that you will perform poorly or make a fool of yourself. Some nerves are good. The adrenaline rush that makes you sweat also makes you more alert and ready to give your best performance.

The best way to overcome anxiety is to prepare, prepare, and prepare some more. Take the time to go over your notes several times. Once you have become comfortable with the material, practice—a lot. Videotape yourself, or get a friend to critique your performance.

2. Know Your Audience. Your Speech Is About Them, Not You. Before you begin to craft your message, consider who the message is intended for. Learn as much about your listeners as you can. This will help you determine your choice of words, level of information, organization pattern, and motivational statement.

3. Organize Your Material in the Most Effective Manner to Attain Your Purpose. Create the framework for your speech. Write down the topic, general purpose, specific purpose, central idea, and main points. Make sure to grab the audience's attention in the first 30 seconds.

4. Watch for Feedback and Adapt to It. Keep the focus on the audience. Gauge their reactions, adjust your message, and stay flexible. Delivering a canned speech will guarantee that you lose the attention of or confuse even the most devoted listeners.

5. Let Your Personality Come Through. Be yourself, don't become a talking head—in any type of communication. You will establish better credibility if your

personality shines through, and your audience will trust what you have to say if they can see you as a real person.

6. Use Humor, Tell Stories, and Use Effective Language. Inject a funny anecdote in your presentation, and you will certainly grab your audience's attention. Audiences generally like a personal touch in a speech. A story can provide that.

7. Don't Read Unless You Have to. Work from an Outline. Reading from a script or slide fractures the interpersonal connection. By maintaining eye contact with the audience, you keep the focus on yourself and your message. A brief outline can serve to jog your memory and keep you on task.

8. Use Your Voice and Hands Effectively. Omit Nervous Gestures. Non-verbal communication carries most of the message. Good delivery does not call attention to itself, but instead conveys the speaker's ideas clearly and without distraction.

9. Grab Attention at the Beginning, and Close with a Dynamic End. Do you enjoy hearing a speech start with "Today I'm going to talk to you about X"? Most people don't. Instead, use a startling statistic, an interesting anecdote, or concise quotation. Conclude your speech with a summary and a strong statement that your audience is sure to remember.

10. Use Audiovisual Aids Wisely. Too many can break the direct connection to the audience, so use them sparingly. They should enhance or clarify your content, or capture and maintain your audience's attention.

Good communication is never perfect, and nobody expects you to be perfect. However, putting in the requisite time to prepare will help you deliver a better speech. You may not be able to shake your nerves entirely, but you can learn to minimize them.

Be Brilliant!
Lara Quentrall-Thomas
District Trainer
lara@regencytrinidad.com

SOURCE: <http://www.extension.harvard.edu/professional-development/blog/10-tips-improving-your-public-speaking-skills>



ROTARY FAREWELL

CELEBRATING THE LIFE OF PAST PRESIDENT LENOX PHILIPS ROTARY CLUB OF GRENADA



DG Roger with Rotarian Lenox and DS Ann-Marie

Lenox Philips loved to give service. The Rotary Club of Grenada, and Rotary International by extension, gave him the opportunity to do just that. He was a Rotarian for over 40 years. His dearest friends introduced him to the club and he made many more in the Club thereafter.

Rot. Philips was actively involved in all aspects of Rotary life. The School for Special Education and the campaign to eradicate Polio in Grenada are two projects that he championed. He also enjoyed fellowship with fellow Rotarians, Rotary-Anns, as they were then called, and friends of Rotary.



Great fellowship with DG Roger and Rotarian Lenox

He held many offices in the Club including the Presidency. The ideals of Rotary as articulated in its motto and the 4-way test were shared with all who would listen, not least of all his family. His wife Marjorie joined him in supporting the club in all its ventures and his daughter also became a member of Rotaract. He led by example.

Rotarians always kept in touch with Rot. Lenox & 'Rotary-Ann' Marjorie. Just a few days before his departure from this life, he was visited by the District Governor and Secretary. It gladden his heart no end. 'Rot. Ann' Marjorie has also joined him, moving from this world to the next. But rest assured that they loved this organization - Rotary. Its life and theirs were made all the richer.



DG Roger, Rotarian Lenox and his Partner-in-Service Marjorie and DS Secretary make a beautiful picture!

To Rotary the world over! This world and the next!

DISTRICT PROJECT UPDATES

THE MAYARO HOMEWORK CENTRE ROTARY CLUB OF SAN FERNANDO



The Rotary Club of San Fernando was invited to enter into a Contract with (the then) BGTT to manage an after school Homework Centre in Mayaro for students from the Mayaro RC Primary School. The school was chosen as it was listed as the lowest performing school in the District by the Ministry of Education. This South Eastern Educational District is considered a “frontline” community for BG as they carry out operations off the east coast of Trinidad, near this community.



The overall Homework Centre’s objective is as follows:

To bring about positive changes in students’ performance and approach to learning and thus adequately prepare them for the rigors of secondary school by:

- Providing them with a secure, stable environment within which to complete homework and obtain individual and small group tutorial support.
- Providing psycho-social assistance that may impact on their education.



Elements of the Programme include:

- Remedial education, supervision of homework, provision of tutorials and specific support.
- Auditory, visual and dental screening of children (arranged by the Rotary Club of San Fernando).
- Counseling support
- Training and technical development of Tutors
- Involvement of PTA and parents who will provide meals, support and encouragement to the students
- Exposure of students to field trips and other experiences that would provide references for creative writing and holistic simulation





V.O.S.H INTERNATIONAL

(Volunteer Optometric Services to Humanity of North Carolina)

ROTARY CLUB OF PENAL

The Rotary Club of Penal in collaboration with the Volunteer Optometric Services to Humanity of North Carolina (VOSH International) conducted a FREE EYE CLINIC from Tuesday 10th January 2017 to Friday 13th January 2017.

The Clinic was held at four different locations in the rural communities of South Trinidad – Lengua, Barrackpore, Penal and Siparia. It encompassed the testing, diagnostics, referrals and distribution of free eye glasses and medication to those without the means to afford.

A twelve (12) member volunteer team from North Carolina, Philadelphia, Minnesota and Australia screened over 1200 persons during the four days of clinic. 752 adults and 178 children benefitted by receiving glasses and medication at a total value of TT\$1,581,000.00.

The Rotary Club of Penal is very pleased to have the VOSH team work together with us to help solve the problem vision loss in our communities.



V.O.S.H INTERNATIONAL ROTARY CLUB OF PENAL



V.O.S.H INTERNATIONAL ROTARY CLUB OF PENAL



V.O.S.H INTERNATIONAL ROTARY CLUB OF PENAL





UPDATES ON UPCOMING DISTRICT EVENTS

RYLA 2017

St. Kitts and Nevis Set to Host 2017 Rotary Youth Leadership Awards Conference

The Rotary Club of St. Kitts and the Rotary Club of Liamuiga are set to host the Rotary Youth Leadership Awards (RYLA) Conference from February 3rd to 5th, 2017. This prestigious event is scheduled to take place at the Bird Rock Beach Hotel in St. Kitts, with various activities throughout both islands of St. Kitts and Nevis, under the theme “**CONNECT. ENGAGE. CHANGE.**”



RYLA is an intensive training programme that brings together youth and young adults, ages 14-30, to further develop character and leadership skills while exposing them to Rotary's values of service, high ethical standards and peace. This year's Conference will offer the opportunity to build self-confidence, gain exposure to a variety of issues and people, meet active community leaders, and learn valuable information and career skills for over 100 young people from 17 countries across Rotary District 7030.

“RYLA 2017 participants can expect a curriculum that includes a range of insightful, thought-provoking and motivating topics, to be delivered in a mix of interactive and experiential plenary and group sessions,” notes Rotarians Leah and Marcus, RYLA 2017 Co-Chairs. “The Conference will also include community service projects on the island of Nevis, various social activities and Rotary Foundation Centennial recognition event.”

RYLA 2017 Conference Committee

- Co-Chairs: Leah Crag-Chaderton and Dr Marcus L Natta
- Secretary: Nichole Liburd
- Treasurer: Kristal Gardner
- Accommodations Chair: Marsha Clayton
- Activities Chair: Chad Allen
- Logistics Chair: Robert ‘Bobby’ Morris
- Programme Chair: Trevor Blake
- Recruitment Chair: Leah Sahely
- Sponsorship Chair: Natalie John

R.L.I.&
80th Anniversary Celebrations

Rotary Club of Curaçao



*80 Year Anniversary
Celebration Weekend
Rotary Club of Curaçao*



RLI SUNSHINE DIVISION COURSE

KURA HULANDA VILLAGE & SPA, CURAÇAO

MARCH 10-11, 2017

Register now at:

<http://www.rlitraining.org/course-information/course-schedule/>

Cost per course: \$100

Special room rate at Kura Hulanda Village & Spa starting at \$90 p/n incl. taxes
For reservations call +5999 434 7700 or e-mail reservations.kh@ghlhoteles.com

CELEBRATION WEEKEND

Champagne lunch THURSDAY MARCH 9

Club Visit by District Governor 2030 Mr. Roger Bose
Official Opening of upgraded Zeelandia Room

RLI Level 1 and 3 FRIDAY MARCH 10

RLI 8:30 - 17:00
Happy Hour 18:00

RLI Level 2 and Graduate SATURDAY MARCH 11
8:00 - 16:00

80 Year Celebration Party SATURDAY MARCH 11

18:00 - 02:00 at Landhuis Santa Barbara

Surprise act: Party Band from USA

Party ticket locals: \$100 / International visitors: \$80

For more information please call +5999 9 747 2674
or e-mail rotaryclubcuracao@gmail.com

Rotary
Club of Curaçao





OUR DISTRICT CONFERENCE

In 2017, District 7030 will be celebrating its 25th Anniversary and its annual conference will be the pinnacle of recognition and celebration of this most significant milestone. A yearly staple on the District calendar, the conference brings together members of the Rotary family in the Caribbean and 2017 marks an even more special occasion where for the first time both Rotarians and Rotaractors will be simultaneously participating and sharing in a singular event. Equally centered on educating members on leadership and development, as well as, on sharing new information, experiences and knowledge, the conference also facilitates the opportunity for members from different parts of the District to form lasting and mutually beneficial partnerships and relationships towards better humanitarian projects and activities.

The Conference is broken into four distinct categories:

- Leadership Training – geared to train incoming officers
- General Assembly – open to all Rotarians to learn about new developments in Rotary and new projects
- Daily Excursions – offered to Rotarians, families and guests and allows one to explore a country
- Evening Socials – open to all and designed to promote great food, fun and fellowship

Set to be one of largest District Conferences in the last 25 years, 2017 is looking to host approximately eight hundred (800) registrants over the four-day event from 26th April to 29th April. These attendees will be made up of both Rotarians and/or Rotaractors from around the Caribbean representing an array of cultures, professions and backgrounds. Additionally, many other Rotarians, families and guests resident in Trinidad & Tobago will be attending the several daily and evening social events scheduled during the week. Several of these guests include Heads of State; Diplomats; prominent individuals from the public and private sectors, as well as, other non-governmental organizations; and, several media representatives.

For more information on the 2017 District 7030 Conference, please visit the conference website: www.districtconference7030.com



DISTRICT 7030 CONFERENCE 2017 ANNOUNCEMENT

**CALLING ALL
ROTARIANS
OF
DISTRICT 7030**

**ONLINE
REGISTRATION
IS
OPEN!**

**ARE YOU
REGISTERED?**

We are pleased to inform you that Online Registration for the District 7030 Conference 2017 is now open. The first ever joint Rotary/Rotaract Conference in commemoration of 25 years as District 7030.

APRIL 26TH - 30TH, 2017
\$350 USD
Come and Enjoy:
PETS Leadership Training,
General Assembly
Evening Socials
Community Service Project
DEADLINE - DECEMBER 31ST

N.B.
PETS Leadership 26th & 27th for Incoming Presidents, Secretaries and District Team ONLY. Conference starts on 27th for all other Registrants.

As a special incentive for the 25th anniversary of the District 7030, we will be choosing a registrant at random from the first fifty (50) registrants who will receive a full refund on their registration fees...You are therefore encouraged to register early to qualify!

Visit: <http://www.districtconference7030.com> to register today

Conference Venue: **Hyatt**

For more information on the **District 7030 Conference 2017** please visit the conference website: districtconference7030.com or contact the conference team at secretariat@districtconference7030.com

SEND IN AN ARTICLE

If you wish to highlight the work of your club, or any Rotary related project or program, please send an article with photos to District Secretary AnnMarie Rogers on soulmate49@hotmail.com