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CHANGE LIVES**

DISTRICT 7030 MONTHLY NEWSLETTER

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CARLISLE BAY, BARBADOS
PHOTO CREDIT: OPENWATERPEDIA

MEET THIS YEAR'S EDITORIAL TEAM



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SEE YOU IN A WEEK!

After the cancellation of the in-person District Conference in St. Kitts in 2020, Rotarians throughout the District wondered when we would be able to see each other in person again. On April 7, we'll meet again! While observing all Covid-19 Protocols, we'll complete our final PETS session, and be treated to a wonderful few days of presentations and celebrations. Clubs also have the option of joining into the virtual sessions.

Our featured cover photo this month is of Carlisle Bay in Barbados, where the Conference will be held. You can see the Hilton, Radisson and the Garrison in these photos, all venues for our conference and activities. See you in a week!

[For the official Agenda & details, CLICK HERE.](#)

IN THE DISTRICT: PROJECTS

RC PARAMARIBO CENTRAL | RC PARAMARIBO |
RC PARAMARIBO RESIDENCE | RC PARAMARIBO QUOTA



The Rotary Club of Paramaribo Central, the Rotary Club of Paramaribo, the Rotary Club of Paramaribo Residence and the Rotary Club of Paramaribo Quota awarded and presented the Rotary Vocational Excellence Award 2022 during a special joint meeting. The Rotary Vocational Excellence Award (RVEA) is an initiative of fellow Henri Guda of RCPC, who, in his capacity as ambassador of Suriname residing in New York, experienced the annual ceremony of selected journalists by the School of Journalism of Colombia University in New York City. He was convinced that this unique form of recognition should be imitated in Suriname. His idea was adopted by the Rotary in Suriname and granted for the first time in 1993. The Rotary Vocational Excellence Award is a prestigious and widely respected recognition of individuals who have made outstanding contributions to the prosperity and well-being of our society and have rendered the greatest service to our country.

The prestige and recognition that one receives by receiving this Award is the most important reward for the recipients of this award. The RVEA 2022 has been awarded to Mr. Udo Karg. Mr. Karg is director of SUWEB N.V. He has given an enormous boost to growth through his unwavering commitment to the agricultural sector, in particular the fishing sector. Partly due to his vision and commitment, the fishing sector has become the third largest foreign exchange earner in Suriname.



Dermatology Medical Outreach
Disease Prevention and Treatment

RC DEMERARA

On February 24, 2022, the Rotary Club of Demerara (RCD) partnered with Guyana's Ministry of Health (MOH) for a dermatology outreach at the Sophia Children and Family Centre, where RCD has been conducting weekly literacy sessions since 2020.

The medical team diagnosed and treated 23 children for 13 diseases, including scabies and psoriasis, assessed the causes of these diseases, and provided recommendations to mitigate future outbreaks. Simple prevention measures include showering with soap, sunning and ironing clothing, and using gloves when cleaning and handling garbage. RCD has since donated hygiene and sanitation items and will organize follow up outreaches.



IN THE DISTRICT: OBESITY PREVENTION

The long-term goal of Rotary District 7030's Childhood Obesity Prevention (COP) program is to have positioned itself as a "key partner" in tackling childhood obesity in the Caribbean by 2025.

Proposed targets by 2025:

- At least 70% of Rotary clubs in District 7030 are actively participating in the program and have included COP school projects in their strategic plans;
- At least 70% of all participating Rotary clubs have planned collaborations with Rotaract and Interact Clubs on COP projects;
- At least 70% of all participating primary schools in District 7030 are measuring the nutritional status of children in schools by using the Body Mass Index scale;
- At least 70% of all participating primary schools in District 7030 are providing adequate and safe drinking water to students via the implementation of available water fountains and reusable water bottles;
- At least 70% of all participating primary schools in District 7030 have eliminated consumption of sugar sweetened beverages in schools;
- (By 2021) At least 70% of all participating primary schools in District 7030 are distributing health menu sample booklets compiled through a student competition to school canteens and Parent-Teacher Associations.

With help and buy-in of the local ministries of Health and Education, District 7030 aims to approach public and private schools within the district, targeting children in the age group 5-9 years.

OBJECTIVE 1: INCREASE WATER CONSUMPTION BY SCHOOL CHILDREN

Rationale: MORE WATER means LESS SUGARY DRINKS! The more that children get in the habit of drinking water when they are thirsty, the less intake of sugary drinks will occur. This means less calories and LESS likelihood of weight gain and by extension obesity.

OBJECTIVE 2: INCREASE LEVELS OF PHYSICAL ACTIVITY IN STUDENTS

Rationale: This approach will encourage broader participation by students including students who are not athletic. The element of competition and the introduction of prizes serve as a further incentive for participation.

OBJECTIVE 3: PROVIDING HEALTHIER DIETS TO STUDENTS

Rationale: Calorie dense diets high in refined carbohydrates have been associated with the increased incidence of Obesity in children

Ideally, the COP program intends to work with local and regional public health and education authorities in the Caribbean toward the following initiatives:

- Provide targeted schools with scales and measuring facilities in order to establish a Body Mass Index (BMI) baseline study in 2020 and promote annual measurement to assess output and impact of healthy weight interventions
- Develop a "playbook" with which Rotarians can act as ambassadors for the program by delivering consistent messages to children and parents about healthy lifestyles
- Install safe water drinking fountains in schools and provide Rotary branded reusable water bottles
- Promote water as the healthy alternative to sweetened beverages
- Support healthy outdoor activities using Rotaract and Interact Clubs to lead the activities where possible
- Support and mentor primary school canteens to serve healthy food in balanced appropriate quantities

IN THE DISTRICT: OBESITY PREVENTION

Here's how some of the Clubs in the District have been working to prevent obesity & spread awareness!
To find out more about the COP and the District's work, [CLICK HERE](#)

RC TOBAGO

On Sunday March 6th, 2022 the Rotary Club of Tobago and the Rotaract Club of Tobago had their first "Annual Obesity Awareness Movement" Walk and Aerobics to highlight World Obesity Day. This event took place at Canoe Bay, Tobago at 6 am and was facilitated by Spartans Elite Fitness Club, we were also joined by a team from Asylum Fitness and Red Cross. The group did a 3 mile walk that ended in a thirty minute Aerobics session. This event highlighted Child Obesity Prevention as we joined along with District 7030 to encourage a Healthier lifestyle among families in Tobago. With Covid-19 restrictions being lifted we were finally able to fellowship in person along with other fitness groups on the island while observing all protocols as we "Moved with District 7030!"



RC GEORGETOWN CENTRAL

In support of the Childhood Obesity Challenge by District 7030, the Rotary Club of Georgetown Central on Sunday, March 06, 2022, hosted a Fitness Session and Treasure Hunt for more than 20 youths of the South Sophia Community. The event which took place in the National Park, was facilitated by Rotarians and a Fitness Instructor, who engaged the children in exercise routines and taught them healthy habits to prevent Childhood Obesity. Every child received a medal, and special prizes were given to winners of the competitive aspects of the event.



RC MARAVAL



On March 4 -5, the Rotary Club of Maraval hosted virtual yoga and aerobic activities with children from the community for the Childhood Obesity Prevention Campaign. DG Sonya joined our President Adele on a local television station on World Obesity Day to discuss the campaign. On March 6, Rotarians and Rotaractors from the North West Cluster responded to Rotary Service Day's themes, Everybody Needs to Act and Rotary on the Move, with activities such as Tai Chi, Yoga, Aerobics and a walk around the Savannah. Everyone had a wonderful time and agreed to maintain a healthy lifestyle we must MOVE!

IN THE DISTRICT: OBESITY PREVENTION



RC GRENADA

In observance of World Obesity Day, the Rotary Club of Grenada hosted a fun walk and run. The event was held on March 06 and promoted healthy exercises and diets to end the obesity crisis. The Club's President, Alphonsus Daniel expressed his gratitude to all participants and highlighted Rotary's commitment to focus on disease prevention and treatment. Rotarians were on hand to advocate for obesity awareness and prevention by sharing experience and best practices.



RC PARAMARIBO



On March 3rd, we had our kick-off of the project with senior citizens – Ageing with Joy (BIGI-SMA). In 3 retirement homes dance lessons are provided to the residents, once a week, for a 3-month period. It is very heartwarming to see the enthusiasm during these weekly sessions with the residents. The homes also received water-dispensers, and the participants received their own drinking-cup. With the donation of the water-dispensers, clean-water and health-awareness are stimulated, and the use of their own cup helps to reduce plastic-use. RCP is looking into the possibility to continue these classes for a longer period.



RC PARAMARIBO RESIDENCE



Rotary Club of Paramaribo Residence has taken the initiative to guide and support children with overweight issues and their parents in the Obesity Prevention Challenge for a period of 6 weeks. In this joint journey towards a healthy and sustainable lifestyle, professional consultation is provided by dietician and a team of exercise coaches, adapted to each individual participant. The process is divided into several phases. The kick-off took place with health awareness conducted by the medical specialists of RCPR. The first activity was a bootcamp on the 5th of March where also starting measurements of weight, BMI, blood pressure took place. An evaluation will follow after 6 weeks. Rotarians will also participate in the weekly exercise activities to motivate this special focus group.

MATERNAL AND CHILD HEALTH MONTH

Maternal & Child Health is an Area of Focus (AOF) and April's Theme focuses on this. Globally, Rotary expands access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future. An estimated 5.9 million children under the age of five die each year because of malnutrition, inadequate health care, and poor sanitation — all of which can be prevented. Rotary provides education, immunizations, birth kits, and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease. [To see how Rotary supports Mothers & Children, click here.](#)

IN THE DISTRICT: MEMBERSHIP



RC PRINCES TOWN

On March 8 2022, in commemoration of International Women's Day, our Club was privileged to have as our guest speaker, Senator Jayanti Lutchmedial for the induction of three new female members to our Club. The new Rotarians were formally inducted by President Rishi Ramlogan:

- Clydette Nandramsingh – Field Sales Coordinator at Nestle Trinidad Ltd
- Miranda Ramjattan – District Health Visitor stationed at Williamsville Health Center
- Shuntelle Thomas – Clerk 1 at the Princes Town District Health Facility Membership

Director Rudranath Maraj, Past President Zobida Ragbirsingh and Senator Jayanti Lutchmedial assisted with the pinning and presentation of the new member kits to the newest Rotarians in the Club.



OUR TRAVELING DG: VISIT TO TOBAGO



DG Sonya's latest District (and maybe busiest!) visit was to Tobago from March 16th to 21st to meet with the four Clubs on the island (Interact, Rotaract and the two Rotary Clubs). Suffice it to say, she had a packed itinerary and learned about the various Community Service Projects such as house renovations & repairs, reforestation activities, a school playground, upcycling of tyres, refurbishment of the Scarborough Methodist School Library, and the installation of Rotary branded benches. She also held a workshop with the Interact Club and we're sure she inspired this future group of leaders!

DG was also able to meet the Secretary of Health, as well as the Chief Secretary and Presiding Officers of the Tobago Legislature and was treated to a tour inside the 200 year old Assembly Legislature building.

DG also visited additional historic sites such as Fort King George, and, arguably most importantly, was lucky enough to sample local cuisine such as curry crab and dumplings!

ROTARACT



RCT BARBADOS

In celebration of World Rotaract Week 2022, a set of newly built drainable pit latrines were officially presented to the students at the St. Stephen's Musalaba Nursery and Primary School in Uganda. This was possible thanks to the efforts of the Rotaract Club of Naguru (D9211), in partnership with the Rotaract Club of Barbados (D7030) and the Rotary Club of Kampala Naguru (D9211). The construction of these latrines was impactful as they replaced the existing non-drainable facilities that posed health issues in the area. While this partnership has been completed, the Rotaract Club of Barbados pledges to contribute financially to the annual supply of cleaning products, toilet paper and maintenance costs of the facility.



UKRAINE

Ukrainian describes leaving Kyiv, using Rotary network to help others

By Iryna Bushmina, District 2232 (Ukraine) Rotaract Representative

I left Kyiv in the first hours of the war. My sister, her husband, her 3-month-old baby and a cat were in the car. When we reached the border, men were already not allowed to leave the country, so I went on with my sister and a little nephew. We were five days in the car, six days until we got to Vienna. We stayed for the night in different countries three times. These were not hotels but homes of Rotary and Rotaract families. I used to just say that Rotary International is a big family, now I really believe it. And I am convinced that this is a family that will stand by you. These are no longer beautiful words to me, this is reality. I was still in the car when I got the idea to mobilize Rotaract Europe. I realized that I was not the only one who needed help and support. My sister was driving, and I had my hands free. I started writing to all chats I knew where there were Rotaractors about the situation in Ukraine. A lot of Rotaractors instantly responded. People immediately created groups with different directions and helped me to lead them. These were not perfectly thought-out projects, but they were projects that started working from the first day.

Rotaract responded very quickly, and I realized that we needed to start very rapidly with the small projects to help Rotarians and Rotaractors of Ukraine find accommodations in other countries. Now, the project has grown, and we are helping many Ukrainians find a new home for the first time. We have lined up more than 2,000 host families to take in refugees.

The requests we are processing vary from assistance with relocating, to finding accommodations, to providing other humanitarian support. Right now, there is a big request for help for the defense forces for helmets, thermal imagers, body armor, and the like. Some cities ask for simple things – food and water. And that's what hurts the most. Especially when we all realize that the Russian army is blocking us from bringing humanitarian aid to civilians and they are dying from hunger and dehydration. There are more than 100 people in my international team alone and around 50 people in the Ukrainian team. I don't know exactly how many Rotaract members are involved in helping Ukraine. Each country has its own projects. Some clubs also organize assistance separately. Some are more involved, some less, but even the smallest contribution is valuable and could save lives. We work in four directions: Distribute truthful information about the situation in Ukraine, Find accommodation and hosts for Ukrainians in flight, Send humanitarian aid, and Securing financial support for those that need it.

Not all of the people write or express their gratitude. But to be honest, I don't expect this. After what these people have gone through – the fear, stress, spending three to four days at the border – we do not need them to say, "thank you." We just need to make sure these people are safe and that they get what they need to survive and help others. Now is the time for understanding. Of course, when some of the people do write their appreciation, it is a pleasure.

*In response to the deepening humanitarian crisis caused by the war in Ukraine, **The Rotary Foundation has created an official channel for donors around the world to contribute funds to support the relief efforts underway by Rotary districts and has designated its Disaster Response Fund as the main avenue for contributions.***

UPCOMING EVENTS



Rotary District 7030: P.E.T.S. & Conference 2022 Barbados

April 7 - 9

[Event Website](#)

Rotary International Convention, Houston

June 4 - 8

[Event Website](#)

Rotary Youth Leadership Awards

February 4th, 5th & 6th 2022 for Interactors

[Event Website](#)

CLUB CHARTER ANNIVERSARIES

APRIL 15

RC Lamentin (37 years old)

APRIL 17

RC Pointe-à-Pitre Jarry (35 years old)

APRIL 25

RC Felicity / Charlieville (15 years old)

APRIL 26

RC Bonaire (40 years old)

