



Rotary
District 7030



**SERVE TO
CHANGE LIVES**

ROTARY DISTRICT 7030 NEWSLETTER FOR INTERACTORS

EDITION 2 | DECEMBER 2021

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Rotary



Interact



**A WORD FROM DISTRICT 7030
DISTRICT INTERACT CHAIR**





Dear Interactors,

We are so pleased to have been given yet another opportunity to showcase your outstanding contributions in this second edition of the Interact Changemaker.

Through your wide range of activities, you are promoting peace, supporting education, protecting the environment, raising awareness to disease and polio, attending to the elderly, assisting the poor and disadvantaged children, and generally serving our communities where it is most needed.

We could not be more proud of you and your efforts to increase the impact of Rotary and expand its reach!

You may not realize it, but through your actions, you are serving to change lives and by extension, changing our world for the better!

In the words of Archbishop Desmond Tutu (1931-2021), Nobel Peace Prize Laureate, "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world"

We encourage you to continue to simply Do Good!

As we close out 2021, we wish you and your families a blessed and joyous Holiday season and a bright and prosperous New Year! Happy Holidays !

DIC Soraya

**DISTRICT INTERACT CHAIR
SORAYA WARNER GUSTAVE**





**TRINIDAD AND
TOBAGO**



SURINAME



ARUBA



BARBADOS

**DISTRICT 7030 INTERACT
PRESIDENTS**



PRESIDENT BEN LACLÉ

INTERACT CLUB OF INTERNATIONAL SCHOOL OF ARUBA

Interact Changemaker Anticipation



My goal is to help Aruba's community as much as I possibly can through organizing beach clean-ups, helping Aruba's residents through fundraising for charities that support the health and children of Aruba.

PRESIDENT ISABELLA INGWERSEN

INTERACT ARUBA SCHAKEL COLLEGE

Interact Changemaker Anticipation

With interact I want to reach the goal of helping out as many individuals as possible. Right now we are helping a foundation with providing toys for kids during Christmas. I hope to achieve a lot more and learn a lot.





PRESIDENT FRANCESCA DE FOUR

MODSEC INTERACT CLUB

Interact Changemaker Anticipation

My favourite project is a cultural exchange entitled, "Project Alliance."

Help in the smallest or biggest way possible.

PRESIDENT RENESSA RAMSINGH

NAPARIMA GIRLS' HIGH SCHOOL INTERACT CLUB

Interact Changemaker Anticipation

My favourite Interact activity is the video we created to thank the Covid-19 frontline workers for fearlessly risking their lives to fight the ongoing pandemic as they perfectly exemplified service above self.

Be kind and humble in your actions and use this opportunity to make a proactive contribution to the development of the world around you. Use your voice as the youths are the hope for our future.





PRESIDENT ASHVIN RAMGOOLAM

NAPARIMA COLLEGE INTERACT CLUB ONE

Interact Changemaker Anticipation

I look forward to the Book Drive Initiative.

Helping costs nothing but, is everything to the person who receives it. Ultimately, it is our passion and purpose that enables us, at Naparima College, to illustrate "Service above Self"



PRESIDENT AIDAN PERSAD

NAPARIMA COLLEGE INTERACT CLUB TWO

Interact Changemaker Anticipation

I look forward to the World Polio Day Seminar.

Perseverance, Ambition, and Passion are what make the difference in turning dreams into ideas and then into reality here in Naparima College which allows us to provide "service above self."



SURINAME



PRESIDENT ADIL BHOJWANI

INTERACT CLUB THROUGH THICK AND THIN (TTT)

Interact Changemaker Anticipation

My favorite project in 2021 was cooking and donating pancakes to healthcare workers to show our appreciation for their compassion and commitment during COVID-19.

Being part of the club these past six years has taught me that all one needs to make a difference in society or someone's life is to CARE.



BARBADOS



PRESIDENT KENYA LEIGH FRANKLIN

QUEENS COLLEGE INTERACT CLUB

Interact Changemaker Anticipation

Interact gives students a unique opportunity to learn more about the world around them, how to solve problems and allowing them to make a meaningful contribution to their community. Interact has exposed me to many global issues generation and allowed me to do my part to put service above self, and help make the world a better place.



DISTRICT 7030 INTERACT VICE PRESIDENTS' OVATION





VICE PRESIDENT SUMAYA SUKAL

INTERACT CLUB OF ST. JOSEPH'S CONVENT, SAN FERNANDO

Interact Changemaker Anticipation

The Youth Peace in Action (YPA), in which I am currently enrolled.

No work is insignificant. You cannot do everything, but you can do something. Do not let what you cannot do interfere with what you can do

VICE PRESIDENT JORDAN RAMSUMAIR

INTERACT CLUB OF PRESENTATION COLLEGE, SAN FERNANDO

"I believe we are all like pieces of a puzzle and when we work together we complete a bigger picture. Through Interact we are given the opportunity to make meaningful contributions to individuals and society at large."



A graphic featuring two spotlights at the top corners, casting yellow beams of light onto the text. The background is a vibrant blue and yellow gradient with flowing, wavy lines.

MEMBER SPOTLIGHT # INTERACTCHANGEMAKER

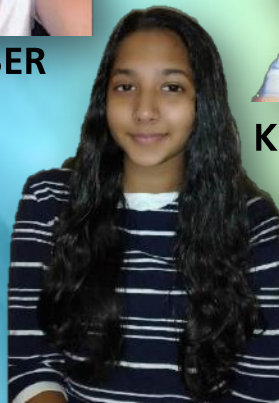
MEMBER SPOTLIGHT



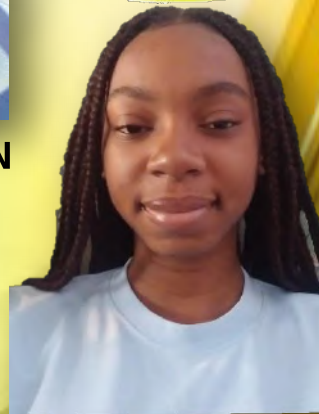
TIMIA FRASER



KRISTY DILJOHN



EMILY HUDSON



NIKEILA GRIFFITH

MODSEC INTERACT CLUB TRINIDAD AND TOBAGO

Within the past few months, numbers have increased when it comes to new members and our social media following. We have surpassed our goal of obtaining more than fifty members in our club. Currently we have sixty one hard working members. I would like to spotlight the following interactors for their hard work and determination in the club. They include Nikeila Griffith, Emily Hudson, Timia Fraser and Kristy Diljohn. These four girls have shown continuous participation and are always taking the extra mile to help out each member.



MALIQUE AUGUSTE

Over the past year, Malique became a Child Rights Ambassador through the Office of the Prime Minister. Some of the work he's done included: the production of media to spread awareness about children's rights and the creation of a website, CSEC Prep, that seeks to make education more accessible by helping students to revise from past papers



DIVAIIO RAMSAMOOJ

Throughout the year, Divaio was exposed to and given the opportunity to operate as a peer helper. He was able to learn and apply important techniques which allowed me to interact, counsel, and assist persons who were having mental health challenges that were a consequence of the pandemic.



MEMBER SPOTLIGHT

INTERACT CLUB OF NAPARIMA COLLEGE TRINIDAD AND TOBAGO



**INTERACT
CLUB
STORIES**

**CHANGING
LIVES**

INTERACT CHANGEMAKERS





Some of the notable projects organized this year... For world clean up day, our members collected garbage near the Suriname river. We organized a walk to raise awareness for polio. We donated household supplies to help families in need. Together with club CanW, we organized a game night to strengthen the bond between both clubs and landscaped the largest old age home in Suriname by planting flowers and placing benches for the seniors.



INTERACT CLUB THROUGH THICK AND THIN

World Clean Up Project, End Polio Walk, Food Drive, Club Game Night, and Landscaping at the Dementia Centrum





INTERACT CLUB THROUGH THICK AND THIN

World Clean Up Project, End Polio Walk, Food Drive, Club Game Night, and Landscaping at the Dementia Centrum



On the 13th of December 2021 the Interact club and JC4Life club of Presentation College, San Fernando, collaborated to donate over 50 hampers to families of Presentation College, San Fernando and Marabella Government Primary School.

The purpose of this Christmas hamper drive was to assist families in our community by providing food and hygienic products so they could have an enjoyable Christmas holiday. The Interact club and JC4Life club worked hand in hand with parents, the public and various companies who generously donated food items, hygienic items and monetary funds. It was truly an honour and privilege to work with everyone to ensure the success of this Christmas Hamper Drive.



**INTERACT CLUB OF PRESENTATION COLLEGE,
SAN FERNANDO**

CHRISTMAS HAMPER DRIVE



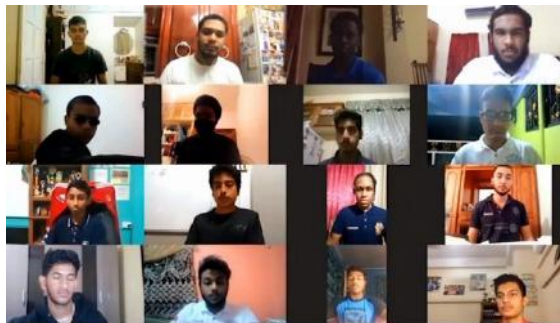
To culminate our Interact Week celebrations, our Interact Club participated in a collaborative Soup Kitchen with two other Interact Clubs in St Lucia. Representatives from all three clubs assembled at our school, the St Joseph's Convent Secondary School, to package the meals to be distributed. After packaging, the food was handed out to the destitute in the Constitution Park in Castries. This was a good opportunity for our members to give back to their community.

INTERACT CLUB OF ST JOSEPH CONVENT, SAINT LUCIA
SOUP KITCHEN





The Interact Clubs of Naparima College and Presentation College San Fernando partnered in order to spotlight the injustice and unequal treatment of women in our country. From this collaboration, bore a video showcasing our disgust and contempt at the treatment of women in society and reinforced that we, the men of tomorrow, stand with the women of T&T.



NAPARIMA COLLEGE INTERACT CLUB

VIRTUAL LITERACY EVENING

On Saturday 30th October 2021, the Modsec Interact Club hosted an informative seminar via Google Meet that focused on the theme of “Body Positivity” and was looked at from both the male and female point of view. We focused on the female point of view and the St. Benedict’s Interact Club did a presentation on the male’s point of view. Many teens have become depressed because they don’t feel confident in their own bodies due to the unrealistic beauty standards that society has created. Our motive was to aid in creating peace of mind.

Why do girls have insecurities?

Societal pressure sometimes makes it hard for women to accept themselves for who they are. Women are under criticism if they do ‘out of the norms’ things like not having a ‘perfect body. Along with society expecting women to stick within the norm they also sometimes require absolute perfection. Perfection in body, jobs etc. Consequently, this leads to harsh self criticism and feelings of unhappiness and frustration. Women and young girls sometimes compare themselves to celebrities and influencers even though we know we shouldn’t. As such these comparison makes us feel lesser and brings down our self-esteem

SOCIETY
HAS A
DISTORTED
PERCEPTION
OF BEAUTY

Based on my research, I found that the body positivity movement focuses heavily on people accepting other peoples' bodies. However, I believe that we should begin by accepting ourselves. If we do this, the opinions of others won't affect us.

We should also be grateful and appreciate the diversity, not only of body types, but also of personalities. Quite frankly, the world would be a boring place if everyone was similar.



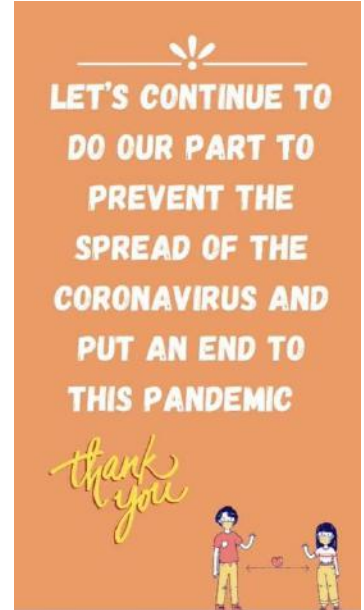
During the period November 1st - 12th 2021, we hosted a book drive in which over 150 books were collected as a mechanism to provide financial relief to our fellow students during this pandemic.



NAPARIMA COLLEGE INTERACT CLUB
BOOK DRIVE INITIATIVE



In December, the Naparima Girls' High School Interact Club opted to take a unique approach to recognize Disease Prevention and Treatment Month. Apart from raising awareness on common diseases affecting society, we took this opportunity to express our profound gratitude to all the frontline workers who fearlessly dedicate and risk their lives to fight the Covid-19 pandemic. Thus, we created a video which was posted on our Instagram page to thank these workers for their selflessness. Additionally, three doctors shared their experience as frontline workers and gave advice to the public regarding Covid-19. This was our way to acknowledge their valiant efforts in these uncertain times



NAPARIMA GIRLS' HIGH SCHOOL INTERACT CLUB

FRONT LINE WORKERS THANK YOU



This term, because of the pandemic, our school was completely online. Last term, we started a garden at our school and vegetables which we sold to get funds for our projects. This year, each member of our club grew herbs at home school we can transfer the plants to the garden. This project was enjoyable for all members because we got to choose trade gardening tips with each other. Additionally, when meeting with the Interact Club of St. Michael school they loved started a home gardening initiative themselves!



QUEENS COLLEGE INTERACT CLUB

HOME GARDENING PROJECT



This project was done during Community and Economic Development Month and was aimed at building a greater self-sufficient and self-sustaining community. It encouraged our youths to use remainders from their kitchen, such as, tomato seeds, celery, seasoning etc., in replanting more trees. This promotes growth of their own produce, a healthier diet and furthermore a flourishing community and world.



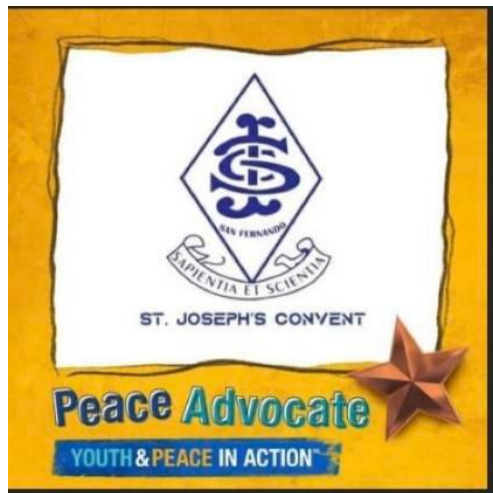
Rebirth our Earth!

- Join us for the duration of October to plant with a purpose!
- We will be planting produce such as tomatoes, seasonings, beans and chia seeds just to name a few!
- Documentation of your plant's growth is mandatory!
Meaning...send us lots of pictures!! Either weekly or monthly
- Pictures can be sent to interactclubofasjagirls.sdo@gmail.com
- Don't forget to have fun! As we make the Earth green again!




INTERACT CLUB OF ASJA GIRLS' COLLEGE

REBIRTH OUR EARTH



Our club has done many activities which include;

- Tutoring which encourages learning outside of class hours.
- Hosting a finance workshop (The importance of Budgeting and Money Management) with Mrs. Charan (Republic Bank Ltd) and inviting other Interact Clubs' Executive members.
- Inviting entrepreneurs to share advice for upcoming entrepreneurs.
- Hosting a game night for World Polio Day which provided polio awareness as well as further awareness with purple ribbons.
- Winning the first of two notions of the Interact Debate and placing second overall.
- Attending a joint meeting hosted by Interact Club of Mumbai Jewels with several other Interact Clubs.
- Participating in the Youth and Peace in Action (YPA) event via the YPA online platform.



In commemoration of Economic and Community Development Month, the Interact Club of Presentation College, San Fernando embarked on an enhancement and beautification project, right here at home, on our school's compound. We kicked off the project on Saturday 23rd October, 2021.

We began by power-washing the steps, railings, benches and ground conducted a thorough cleaning of the area. We removed the flaking paint and repainted the railings, benches and walls. Additionally, we began planting the area with fruit plants.

There is still some minor work to be done which we look forward to completing as we conclude this project



INTERACT CLUB OF PRESENTATION COLLEGE, SAN FERNANDO

SCHOOL ENHANCEMENT AND BEAUTIFICATION





For the latter half of September, Basic Education and Literacy Month our club organized several books and stationery items to donate to the children of our school. With efforts made by the students of the club and RIK Bookstore Ltd., we were able to donate various items to the Science, Math, and VAPA department of our school.

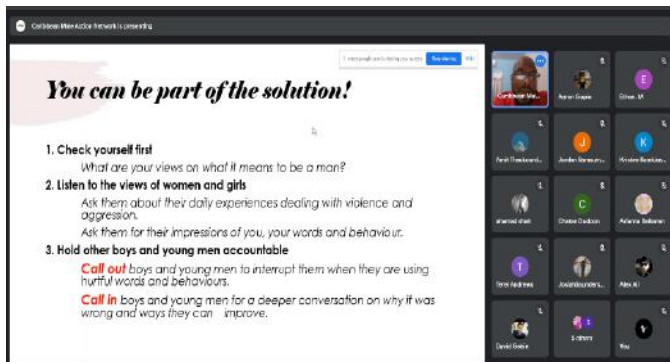




Our interact club hosted two virtual events in celebration of the International Day of the Girl Child (October 11th), guided by the words of Our Rotary President Shekar Mahta "one element that we can incorporate into our service initiatives is empowering girls." One of the events focused on the challenges girls face in our community and the importance of girl empowerment. We had guest speakers Adeola Young and Crystal Brizan, national Representatives of CAFRATT. We also had Sherna Alexander Benjamin, a representative from the Organization of Abused and Battered Individuals (OABI). For the second meeting, we focused on the role of males in girl empowerment. We had a representative from The Caribbean Male and Action Network (CARIMAN)



Sherna Alexander Benjamin Speaking on the challenges girls and women face, as well as her organizations' objectives



Discussion with CariMAN representative and our male attendees



ST. BENEDICT'S COLLEGE INTERACT CLUB

CHAMPION FOR EQUALITY



In celebration of
Economic and
Community

Development Month of
the club decided to have
a seed drive, our goal
was to supply families
with the means to start
their very own home
garden. With this in
mind, we packaged
numerous seeds, such as
tomatoes, okras, string
beans, body, etc., on and
soil/fertilizer packets to
get them started. These
packets were distributed
among students of our
school and staff
members.



ST. BENEDICT'S COLLEGE INTERACT CLUB

SEED DRIVE



In our goal for youth development, our club decided to have an Entrepreneurship Evening to share with the attendees the opportunities that lie beyond the school/academic life. We had representatives from the Ministry of Agriculture and Youth Business T&T, they spoke about the opportunities as well as the tools you would need to start up your very own business. This was a wonderful event, and we would say it was a much-needed one as youths today have a passion for starting their own business.



ST. BENEDICT'S COLLEGE INTERACT CLUB

ENTREPRENEUR EVENING



For our first community service project for the Rotary year 2021-2022 which took place on the 3rd November, we were offered the opportunity by Rapidfire Kidz Foundation to clean up their playground in Plamiste Park. The park has been closed for months due to the pandemic and we were happy to assist in its reopening to accommodate the children and families of the community. Several Interactors, parents, and our club advisor came out to volunteer in this project. After completing this project, looking at the results filled us with joy as we exercised our motto Service Above Self.

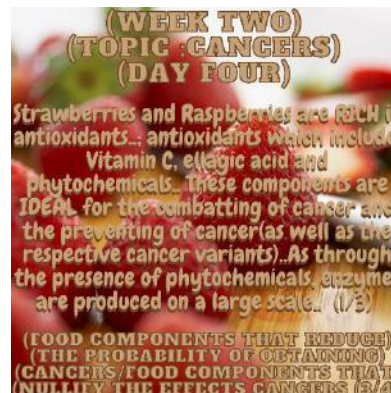
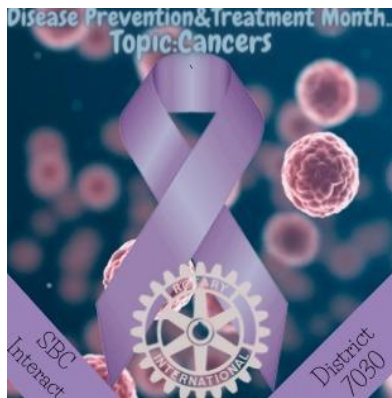




In celebration of Interact Week, our club connected with the Interact Club of Chamblee High School Atlanta GA. Both clubs shared there projects, the activities that we do, and had fun and engaging conversations and played games. Our club members enjoyed the experience of meeting new people of different norms and being able to connect and form new relationships.



In recognition of Disease Prevention and Treatment month, our club will be having an educational post on our social media pages and sharing among the school population, information about the common diseases that affect us, healthy food substitutes, and natural remedies you can use to reduce your chances of getting or preventing a disease. In addition to this, we will also be distributing sanitary products to families in our hamper distributions, such as hand sanitizers, detergents, and face masks.



ST. BENEDICT'S COLLEGE INTERACT CLUB

DISEASE PREVENTION TIPS





OUR STORY

**A CLOSER LOOK AT INTERACT
CLUBS IN DISTRICT 7030**

NAPARIMA GIRLS' HIGH SCHOOL INTERACT CLUB



On November 1st, 2021, members of the NGHS Interact club participated in the final round of the 2021 Interact Debate Tournament hosted by The Rotary Club of San Fernando which was judged by specially invited guests and held via the Zoom platform. This debate forum enabled our team to delve into research and develop a global consciousness for pertinent issues which exist in our society. There was added pressure as

this was the second time the NGHS Interactors were participating in such a competition and therefore, they were fixated on defending their title as the reigning champions. Irrefutably, our team left the judges astonished through the use of relevant statistics and case studies, accompanied by their forceful tone and assertive body language which resulted in NGHS securing the first place title for the second year in a row.

ST. JOSEPH'S CONVENT, SAN FERNANDO'S INTERACT CLUB



Interact Debate - Our interact team of 2021 consisted of 7 members: Alexei Ottley, Sumaya Sukal, Priya Sookram, Chante Marie Samlal, Amelia Guyah, Karis Thompson and Renatta Ramlogan. We placed second overall.

ST. BENEDICT'S COLLEGE INTERACT CLUB



Our club participated in the annual Interact Debate held by our sponsor club, the Rotary Club of San Fernando. We were thrilled to participate in the debate, and compete against other schools. We learned a lot and were grateful for the opportunity.



ST. JOSEPH'S CONVENT, SAN FERNANDO'S INTERACT CLUB



St. Joseph's Convent, San Fernando's Interact club celebrated World Polio Awareness day on the 24th of October, 2021 under the direction of the current President Alexei Ottley.



MODSEC INTERACT CLUB

Our club took part in the our brother club's Polio Awareness Seminar. Ajay Kissoon, a member of the club, gave a welcome and educated interactors about polio as stated below:

"Welcome Interactors, Rotaractors and specially invited guests to the Naprima Boys polio day webinar. Polio is a disabling and life threatening disease caused by the poliovirus. The purpose of this webinar is to raise awareness on polio vaccination and eradication. World Polio Day is celebrated annually on October 24th and was established by Rotary to commemorate the birth of Jonas Salk who led the fist team to develop the poliomyelitis vaccine. It is imperative to raise awareness on the matter as persons need to be aware of the poliovirus vaccine in order to stop further infection thus saving millions of lives. Although cases have decreased by 99% since 1988 there are still cases being reported. Us raising awareness will prove Rene Louvat's quote where it is said," Polioplus will show how a lot of people working together can achieve a wonderful goal."

Additionally, we educated and tested facts about Polio on our Instagram page.

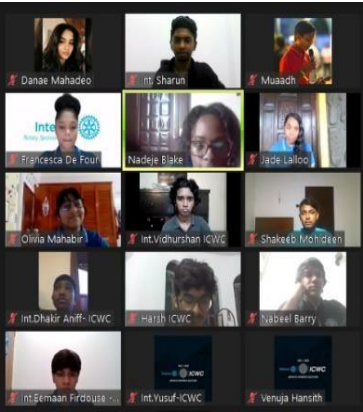


INTERACT CLUB THROUGH THICK AND THIN



Halloween Bakesale. A fun photo of the Interact TTT members in their Halloween costumes after they sold out at their Halloween Bakesale!

MODSEC INTERACT CLUB

[illegible]

This event is a club favorite since we got to learn about a different culture and got to meet people from a different country. Afterwards, a letter of exchange was made to state the relationship made between the both clubs.

ST. JOSEPH'S CONVENT, SAN FERNANDO'S INTERACT CLUB



This is a photograph from June, 2019 where some of the SJC Interact members volunteered to read to a group of young children in commemoration of Reading Month.

QUEENS COLLEGE INTERACT CLUB - BARBADOS



Our Interact week for 2021 was extremely eventful. We had Past District Governor David Edwards speak to us about International and all the opportunities available for Interactors. Then, we met with the Interact Club of St. Michael's our plans for the year and how we could collaborate. The following day, we had a

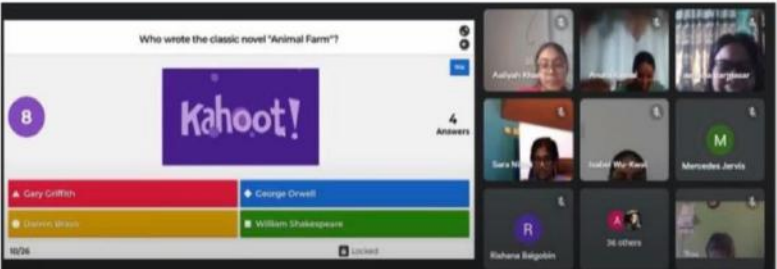
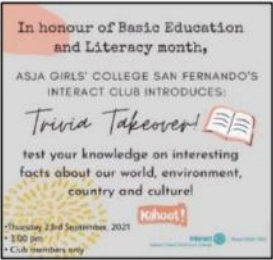
game night where we played Pictionary, Interact Themed. To finish off the week we had a Rotaract 101 session where we learned more about how we could community after we graduate.

Usually at Christmas, our club visits the geriatric hospital and children's ward to sing Christmas carols. This year, due were unable to do that. So, we thought making Christmas cards would be a great way to spread Christmas cheer. sponsor Rotary Club distributed over 250 handmade Christmas cards, with hampers to less fortunate families across allowed us to be creative and have fun by making something which will benefit others.

CHRISTMAS CARD PROJECT



ASJA GIRLS' COLLEGE, SAN FERNANDO INTERACT CLUB



To honour Basic Education and Literacy Month, the club hosted an event called Trivia Takeover. The event took place during the club's meeting on Thursday 23rd September, 2021. It involved friendly competition based on literacy between members and the winners were named interactor of the week. This project assisted in bringing to light the importance of education and literacy in our

societies as we edified our members through the use of interactive games and presentations. Additionally, this encouraged increased interaction of our members and allowed development of teamwork skills and confidence levels which enhanced the overall performance of the club in further projects.

BREAST CANCER AWARENESS

The Queen's College Interact Club recognized Breast Cancer Awareness Month in 2021 with art pieces created by students in the Queen's College Art Club. In addition, an online assembly for the student population was conducted, which included a heartfelt poem and a dance. The assembly's objective was to educate and inform students about Breast Cancer and its effects. Furthermore, the students draped the Queen's College compound's trees with pink fabric to demonstrate that we, the Queen's College Interactors, empathize and sympathize with those affected by Breast Cancer.

SANTA'S INTERACTORS



On December 20th, 2021, the Queen's College Interact Club

took it upon themselves to be "Santa's Interactors" to spread joy to the elderly folks of The Association of Uncle Eddie's Home. The students of the club orchestrated a hamper distribution with the aid of Rotary and Rotaract, catering for each senior citizen. Furthermore, in order to lift the Christmas spirit, the Interactors sang Christmas carols maximizing the elders' optimism radar as they sang along. "Santa's Interactors" proved to be successful in their mission to spread the Christmas cheer and reminded the elderly that their patriotism is not forgotten.



The SJC Interact Club was the only club Caribbean club represented at the Rotary Interact Global Youth Summit held November 21, 2020. We presented a video of our club and its activities. Early in 2021, we received an invitation from the Sri Lankan Interact Club, via our Instagram page for a cultural exchange activity.

Challenged by the difference in time zone (presently 9 hours 30 minutes) and school the materialization of the activity seemed impossible. However, like true champions we pressed forward and May 1, 2021 the cultural exchange activity became a virtual reality.



We shared our National Anthem, cooking our national dishes, games, cultural dance, country's monuments and heritage spots.

Language is no barrier when sharing and having fun.



TRUE CHAMPIONS

ST. JOSEPH'S CONVENT SAINT LUCIA



UPCOMING EVENTS



INTERACT CLUB	JANUARY Vocational Service	FEBRUARY Peace and Conflict Prevention	MARCH Water, Sanitation, and Hygiene
THROUGH THICK AND THIN	Thank A Health Care Worker with Rotaract Genesis and Rotary Club Paramaribo Central	Recycling Bins Project with Rotaract Genesis	Triple T's 26th Anniversary Celebration
ST. JOSEPH'S CONVENT, SAN FERNANDO	Interact Club Mini Career Fair	Interact Club Workshop on Meditation and Conflict Management	Interact Sanitation Drive
ST. JOSEPH'S CONVENT, SAINT LUCIA	Tree Planting Activity (w/ Rotaract St Lucia) Polio Awareness Fundraiser	Beach Clean Up	Soup Kitchen
ASJA GIRLS' COLLEGE	4-way test Sign Installation Educate the public about Rotary and their cause via social media posts Fun quizzes	Walkathon to educate about and reduce the occurrence of violence Art competition based on conflict resolution Informative session on violence prevention	Sanitary products drive Cleaning of drains Informative session on the need for purified water Hydroponics project

INTERACT CLUB	JANUARY Vocational Service	FEBRUARY Peace and Conflict Prevention	MARCH Water, Sanitation, and Hygiene
ST BENEDICT'S COLLEGE	Installation of the Four-Way Test Monument Study Buddy	Peace Project RYLA	Hygiene Campaign Club Members Treat
NAPARIMA COLLEGE	Fundraiser- Printed Jerseys with Interact Logo BBQ fundraiser	Create Member Peace Video	Annual Sport's Day Walkathon Walk with a bag filled with 20 L of water in solidarity with underprivileged
MODSEC	Food exchange with the Interact Club of Wesley College in Sri Lanka	 Rotary Youth Leadership Awards	
NAPARIMA GIRLS' HIGH SCHOOL	Members taught different trades Peace Challenge	Create a pamphlet guide for achieving peace and conflict resolution	Peace Challenge Continues
Queens College	Peace Pole Project Gardening Project	Beach Clean Up Little Library Project	Service Learning Workshop



EXPAND YOUR INTERACT KNOWLEDGE

- ROTARY & YOUNG LEADERS
- HEALTHY LIFESTYLE

- **SUCCESSFUL CLUB**
- **INTERACT CLUB ADVISORS**

- DISTRICT INTERACT RYLA
- REMINDERS

RUNNING A SUCCESSFUL CLUB

Interact clubs should meet at least twice a month. To encourage good attendance, select a convenient time and location for members.

Lead Club Meetings

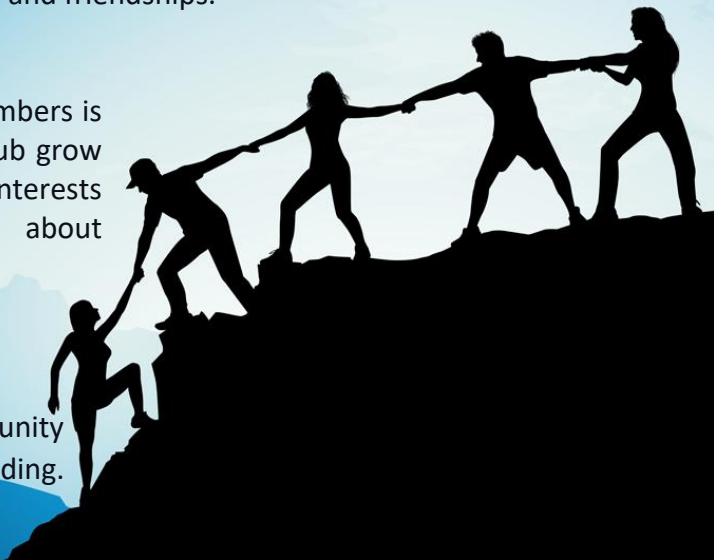
Interact meetings should be fun and productive. Some clubs incorporate team-building activities, icebreakers, or brainstorming sessions during their meetings to keep club members involved while building trust and friendships.

Keep Club Membership Strong

Your ability to sustain and recruit members is key to the club's success. Help the club grow by recruiting members with special interests and abilities and are enthusiastic about Interact's social and service aspects.

Plan Service Projects

Interact clubs must carry out service projects that help the school or community and promotes international understanding.





MAINTAINING A HEALTHY LIFESTYLE

Living a healthy lifestyle can prevent chronic diseases and long-term illnesses. If you are looking to maintain a healthy lifestyle, small changes are the best way to get started. We share six ways to keep you in good health.

1. Eat a healthy balanced diet
2. Drink water and stay hydrated, and limit sugared beverages
3. Stay physically active
4. Get adequate rest daily
5. Reduce sitting and screen time
6. Promote positivity and manage your emotions

Many times, persons rely on comfort food such as salty, fatty and sugary foods to help relieve stress. However, maintaining a healthy lifestyle makes you feel good about yourself, and taking care of your health is essential for your self-confidence and self-image.

INTERACT ADVISORS

Interact Advisors are adults who support the day-to-day operations of Interact clubs. In addition, they function as the primary Club Liaison to Rotary International and ensure that everyone who works with the clubs follows the Rotary policies to safeguard the Interactors.

In order to guide Interactors in service and develop young leaders' skills, each Interact club must have at least one advisor. Advisors can be Rotarians in the sponsor Rotary club, teachers, parents, community volunteers or Rotaractors.

School-based Interact clubs must have a Faculty Advisor who ensures that club members meet the school's extracurricular and academic requirements. Patience, organizational skills, and a desire to work with young people are essential qualities of an effective Faculty Advisor.

Interact 



ROTARY'S PROGRAMMES FOR YOUNG LEADERS

Interact is just one of the ways that Rotary invests in developing the next generation of leaders. Programmes help younger leaders build leadership skills, expand education, and earn service value. Some of the programmes are:

ROTARY YOUTH LEADERSHIP AWARDS

Rotary Youth Leadership Awards (RYLA) is an intensive leadership experience organized by Rotary clubs and districts where Interactors develop their leadership skills while having fun and making connections.



ROTARY NEW GENERATIONS SERVICE EXCHANGE

The Rotary New Generations Service Exchange is a short term, customizable program which provides university students and young employees between the ages of 18 and 30, with the opportunity to meet people from other countries and to experience new cultures and career opportunities through the lens of a different culture, planting the seeds for a lifetime of international understanding.



**ASK YOUR SPONSOR CLUB ABOUT HOW TO GET INVOLVED
IN ROTARY YOUTH PROGRAMMES!**

Rotary
District 7030



RYLA

Rotary Youth Leadership Awards

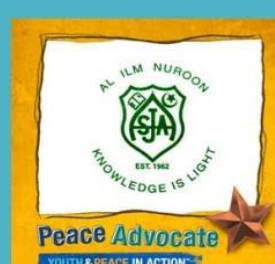
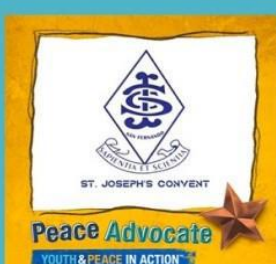
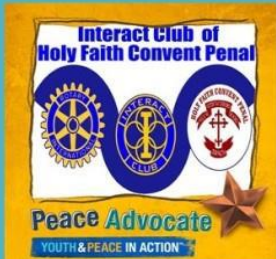
FOR INTERACTORS 4-6 FEBRUARY, 2022

Rotary Youth Leadership Awards, better known as RYLA, is a leadership experience developed by Rotary clubs and districts. Each RYLA has a particular focus — building confidence, developing skills, providing professional development, or encouraging personal growth — and all of them give young people an opportunity to develop leadership skills and make new friends.

The District 7030 RYLA for Interact will be held on February 4 to 6, 2022, and the theme will be 'Confidence in my Future' for this virtual event. The contribution for the participating Clubs can be facilitated through the Sponsor Rotary Club, US\$150 for registering 1-20 Interactors, while US\$200 for registering 21-30 participants.

Interactors will be allowed to create their vision & mission board, to persuade, envision and inspire themselves.

Contact your sponsor Rotary Club to get involved and registered.



YOUTH PEACE ACTIONSM

CONGRATULATIONS DISTRICT 7030 INTERACT CLUBS



ROTARY
DISTRICT 7030
INTERACT
CHANGEMAKER
CITATION
2021-22



APPLY BY:
12 APRIL
2022



rotarydistrict7030.org



District7030Interact



**SERVE TO
CHANGE LIVES**



The District program offers 4 categories of CITATIONS and will be point-based

1. Interact Changemaker – District Governor Citation
2. Interact Changemaker – Gold Citation
3. Interact Changemaker – Silver Citation
4. Interact Changemaker– Bronze Citation



SERVE TO
CHANGE LIVES



RI ZONE 34 INTERACT AWARD 2021-22

Interactors do amazing
things DAILY.



Get
recognition
and awarded
for your
AMAZINGNESS

APPLICATION
DEADLINE **31 MARCH 2022**



SUBMISSION GUIDELINES 2022

A Rotary District 7030 quarterly publication that will allow Interactors to share their stories, practice leadership, and create change in their communities.

Send via E-mail by 15th March to:

interact@rotarydistrict7030.org

SUBMIT AND GET POINTS FOR END OF YEAR CITATION

1. Club Stories –Projects

Maximum 100 words

Must include min 1 photo; max 4 photos

2. Quarterly Club Schedule

Send planned events/projects. Include name, type of activity and planned date so other clubs can support.

3. President profile

Include Name, Club, Country, favorite project (past or future), words of inspiration (20-30 words max)

4. Any fun Interact article or photo

Share with the District 7030 family

Examples: Club history, call for partnerships, spotlight for new or outstanding members, project ideas, exchanges etc.



**SERVE TO
CHANGE LIVES**



STAY

in

THE

KNOW



JOIN THE DISTRICT 7030 INTERACT FACEBOOK GROUP

<https://www.facebook.com/groups/District7030Interact>

VISIT THE DISTRICT 7030 INTERACT WEBPAGE TO LEARN MORE AND ACCESS INFORMATIONAL RESOURCES

<https://rotarydistrict7030.org/sitepage/district-7030-interact>



VIEW FUN ENGAGING INTERACT VIDEOS

<https://youtube.com/user/InteractOfficial>

CHECK US OUT ON INSTAGRAM [@INTERACTDISTRICT7030](https://www.instagram.com/interactdistrict7030)



Instagram



SEND AN E-MAIL INTERACT@ROTARYDISTRICT7030.ORG



#InteractChangeMaker

#District7030Interact

Interact

District 7030



WE ARE NOW ON



Instagram

Follow and tag us

@interactdistrict7030

A photograph of a man with dreadlocks and glasses, wearing a blue t-shirt, smiling and holding a pair of glasses in his right hand. He is standing in a field of yellow wildflowers. In the background, several other people are working in the field, some bending over and others standing. The scene is outdoors with trees in the distance.

**TOGETHER, WE SEE A WORLD
WHERE PEOPLE UNITE AND TAKE ACTION
TO CREATE LASTING
CHANGE ACROSS THE GLOBE,
IN OUR COMMUNITIES, AND IN OURSELVES.**