

Rotary
District 7030



Be a gift
to the world

Perspectives

MONTHLY NEWSLETTER

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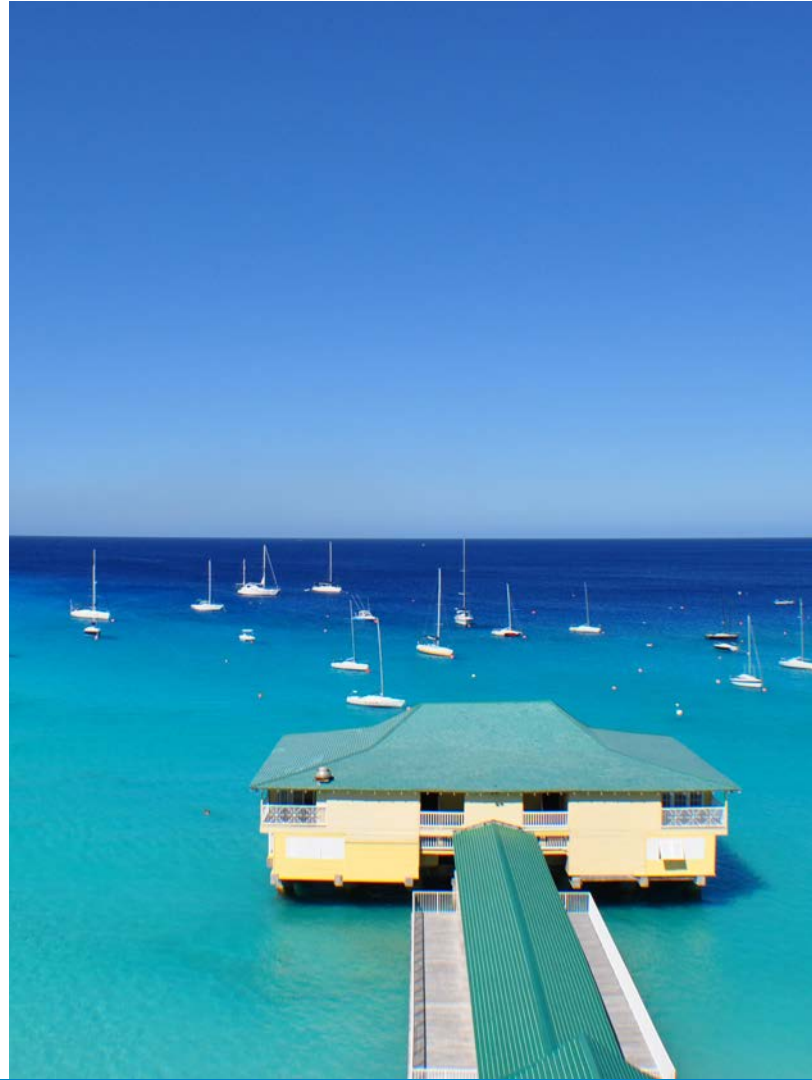
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The District Conference will be held in Barbados **April 20 -23, 2016**

Here are ten things you should know as you prepare to attend:

1. Registration for conference using website **www.7030conference2016.com**
2. Get links to hotels from the conference website
3. Access this website through District website
4. Conference Hotel – Radisson Aquatica
5. Other hotels – Hilton Barbados, Accra Beach Resort and Spa, Courtyard by Marriott, Coral Mist, Blue Orchid
6. Early registration ends **December 31, 2015**
7. **Early registration fee US\$300 per Rotarian** and **US\$500 per Rotarian and Guest**, thereafter, **US\$350 and US\$600** respectively
8. Conference location – Lloyd Erskine Sandiford Centre
9. P.E.T.S. is being held in a UNESCO World Heritage Site
10. One of the events will be held at Harrison's Cave. Can you guess which one?





Harrison's Cave - Barbados



Are You Prepared For An Earthquake

With the increased seismic activity in our District in the last few months we should all increase our awareness and preparation for this type of disaster. Here are some tips for preparing for an earthquake and some steps that could be taken during and after an earthquake has occurred.

Earthquakes Preparing for an Earthquake

- Fasten shelves securely to walls. Store breakable items in low, closed cabinets with latches.
- Hang heavy pictures, mirrors, etc., away from beds, sitting areas, bathrooms.
- Reinforce or brace overhead lighting fixtures.
- Store flammable products securely on bottom shelves of fireproof, closed cabinets with latches.
- Choose a safe place in every room, e.g., under a sturdy table or interior wall, where nothing can fall on you. Tell your family in advance, to go there if there is an earthquake.

During an Earthquake

- Drop, cover and hold on! Move only a few steps to a nearby safe place.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
- Do not use elevators and expect fire alarms and sprinklers to go on if they exist.
- Stay away from glass, windows, outside doors and walls,

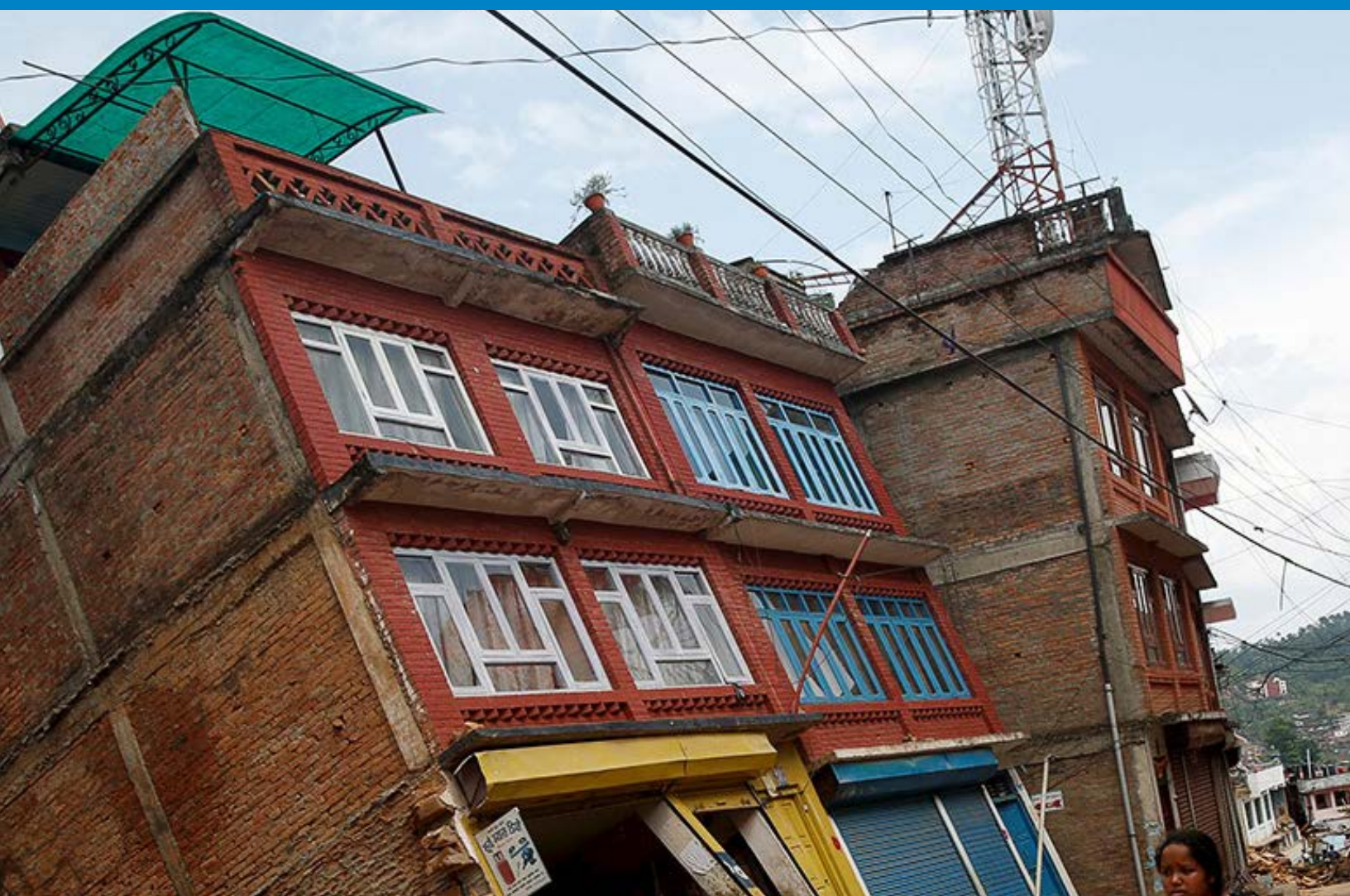
and anything that might fall.

- If you are in bed, stay there, protect your head with a pillow.
- Use a doorway for shelter only if it is near to you and is a load bearing doorway.
- If you are outdoors, move into the open, away from buildings, streetlights, and utility wires.
- If you are in a vehicle, stop as quickly and safely as possible, then remain in your vehicle. Avoid stopping near buildings, trees, utility wires or overpasses.

After the Earthquake

- Proceed with extreme caution, looking for road and bridge damage and debris in the road. Do not drive over downed wires or debris.
- If you are trapped, do not use a match or lighter, use a flashlight if you have one. Do not move about or kick up dust. Cover your mouth with clothing or a handkerchief. Make noise by tapping on pipes, walls, etc., but only shout as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Extracted from the November 2015 newsletter of the Disaster Network for Assistance – Rotarian Action Group



Disease Prevention And Treatment - Family Health Days

We are all aware that Rotary's top priority for decades has been the eradication of polio, disease prevention and treatment, one of Rotary's key areas of focus, takes on many forms. The forms of Rotary work in this are range from supporting studies to helping immunize people to improving drinking water and the sanitation infrastructure.

Rotarians around the globe are engaged in setting up health camps and training facilities in developing countries and in communities struggling with HIV/AIDS and malaria. They also design and build the infrastructure for doctors, nurses, governments, and partners to reach the one in six people in the world who can't afford to pay for health care.



Here is an excerpt written by Arnold R. Grahl, adapted from a story in the October 2013 issue of The Rotarian which highlights how family health days helped 250,000 in Africa

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In 1994, Marion Bunch lost her son to AIDS. It was early on in the U.S. AIDS epidemic, and the stigma surrounding the disease kept her from

talking about her son's illness with anyone but family members.

"I never thought I'd do anything about it until one day, three years after his death, I felt a tap on the shoulder, and a voice in my ear said, 'Mom, get up and get going; you haven't done anything, and it's been three years,'" she recalls.

Within a year, Bunch, a member of the Rotary Club of Dunwoody, Georgia, USA, proposed an idea to her club, and through Rotary began connecting community and professional leaders who shared a passion for disease prevention. This was the start of Rotarians for Family Health and AIDS Prevention (RFHA), a Rotarian Action Group.

In May, the group held its third annual Family Health Days in Africa. Rotarians from 365 clubs fanned out across Uganda, Nigeria, and South Africa to help medical professionals and government workers provide free health services to 250,000 people. The event included polio and measles immunizations, dental and eye clinics, and family counseling and screening for HIV, diabetes, hypertension, breast cancer, and cervical cancer.

"The reach of this is so phenomenal because of the presence of Rotarians all across these countries who felt emotionally connected by working together as one force on one project," Bunch says.

In South Africa, 225 Rotary clubs participated at 160 sites; in Uganda, 65 clubs supported 120 sites; and across Lagos and Ogun states in southern Nigeria, 62 clubs supported 70 sites. Two Rotary Foundation Global Grants provided funding to send vocational training teams to Uganda and to pay for bed nets that will help prevent malaria in Nigeria.

"The heartbeat of the health care system must be prevention of disease and the promotion of health rather than [trying] to cure disease, to fix it after," says Dr. Aaron Motsoaledi, South Africa's minister of health.

Chris Pretorius, a member of the Rotary Club of Pretoria Sunrise, South Africa, was amazed by the turnout for the event. *"One of the members of the health department said they had never been able to get so many children here on a day like this,"* he says. *"That in itself is success."*

The campaign illustrates how Rotary teams up with other organizations to expand its impact. Since 2011, RFHA has partnered with the Coca-Cola Africa Foundation, which contributed \$450,000 for this year's three-country event. Other partners were South Africa's Department of Health, the South African Broadcasting Corporation, the U.S. Centers for Disease Control and Prevention, USAID, Delta Airlines, and Nampak.

"We are proud to have partnered with RFHA and the Department of Health in promoting access to health screening services," says Therese Gearhart, president of Coca-Cola South Africa. *"At Coca-Cola, we invest in these initiatives because, together with our partners, we have a common vision of a South Africa that comprises healthy, strong, and thriving communities."*

Leaders of the Rotarian Action Group hope to reach more African countries through the event each year.

"Rotary is the catalyst organization in this event because of the power and [political] neutrality of our brand and the respect we receive worldwide for our ability to mobilize communities into

action," Bunch says. "This event represents the power of public/private partnerships. No one organization can do a massive event like this alone. Each partner has a defined role and set of responsibilities, and that's why it works."



Have you made note of Rotary International's updated monthly themes?

MONTH	THEME
AUGUST	Membership and New Club Development Month
SEPTEMBER	Basic Education and Literacy Month
OCTOBER	Economic and Community Development Month
NOVEMBER	Rotary Foundation Month
DECEMBER	Disease Prevention and Treatment Month
JANUARY	Vocational Service Month
FEBRUARY	Peace and Conflict Prevention/Resolution Month
MARCH	Water and Sanitation Month
APRIL	Maternal and Child Health Month
MAY	Youth Services Month
JUNE	Rotary Fellowships Month



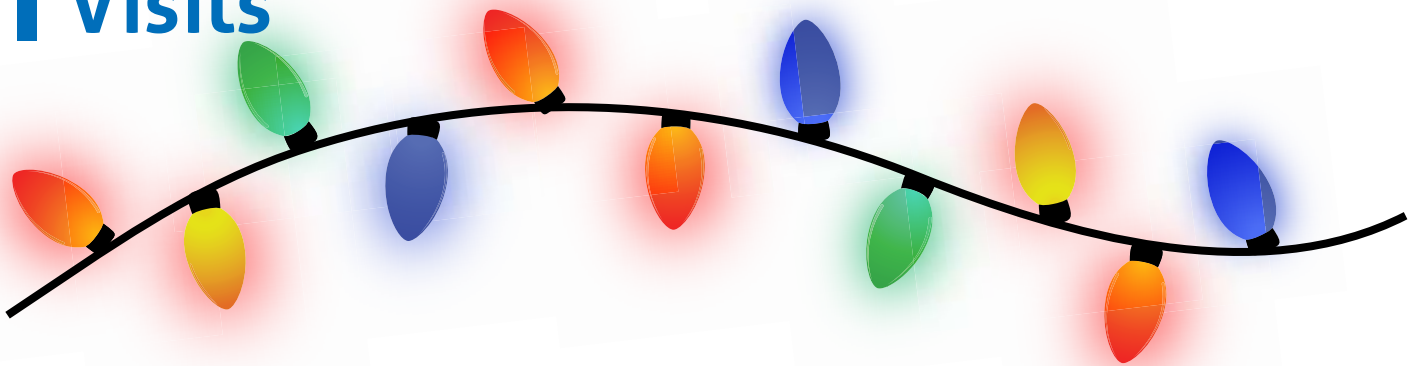
Grenada November 5-7, 2015
Positioning Tomorrow's Leaders Today

***THANK YOU FOR MAKING
RYLA GRENADA A SUCCESS!
JE VOUS REMERCIE POUR
UN SUCCES 2015 RYLA***



**Be a gift
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DG Official Visits



December

S M T W T F S

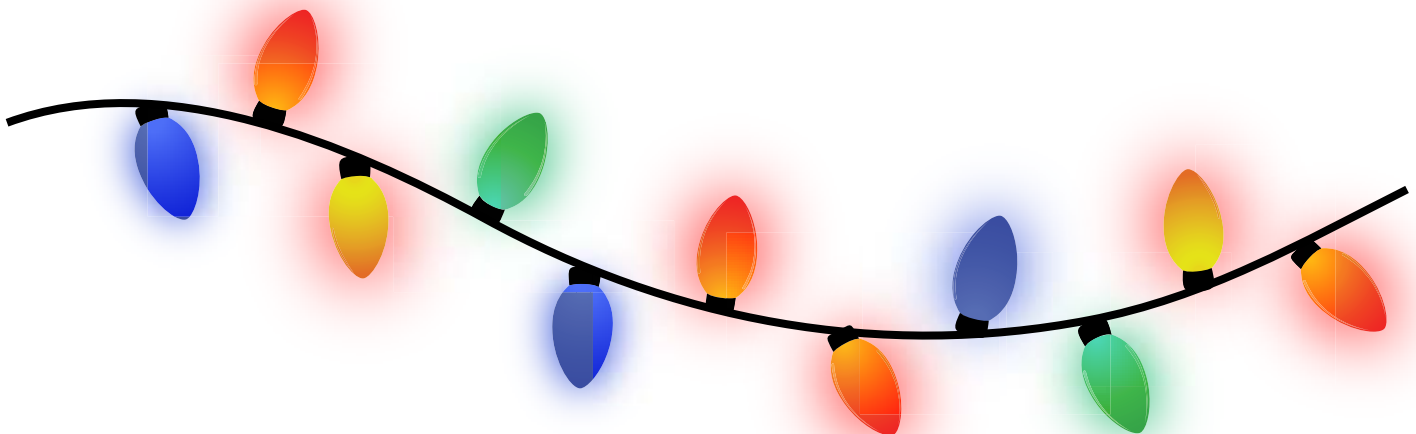
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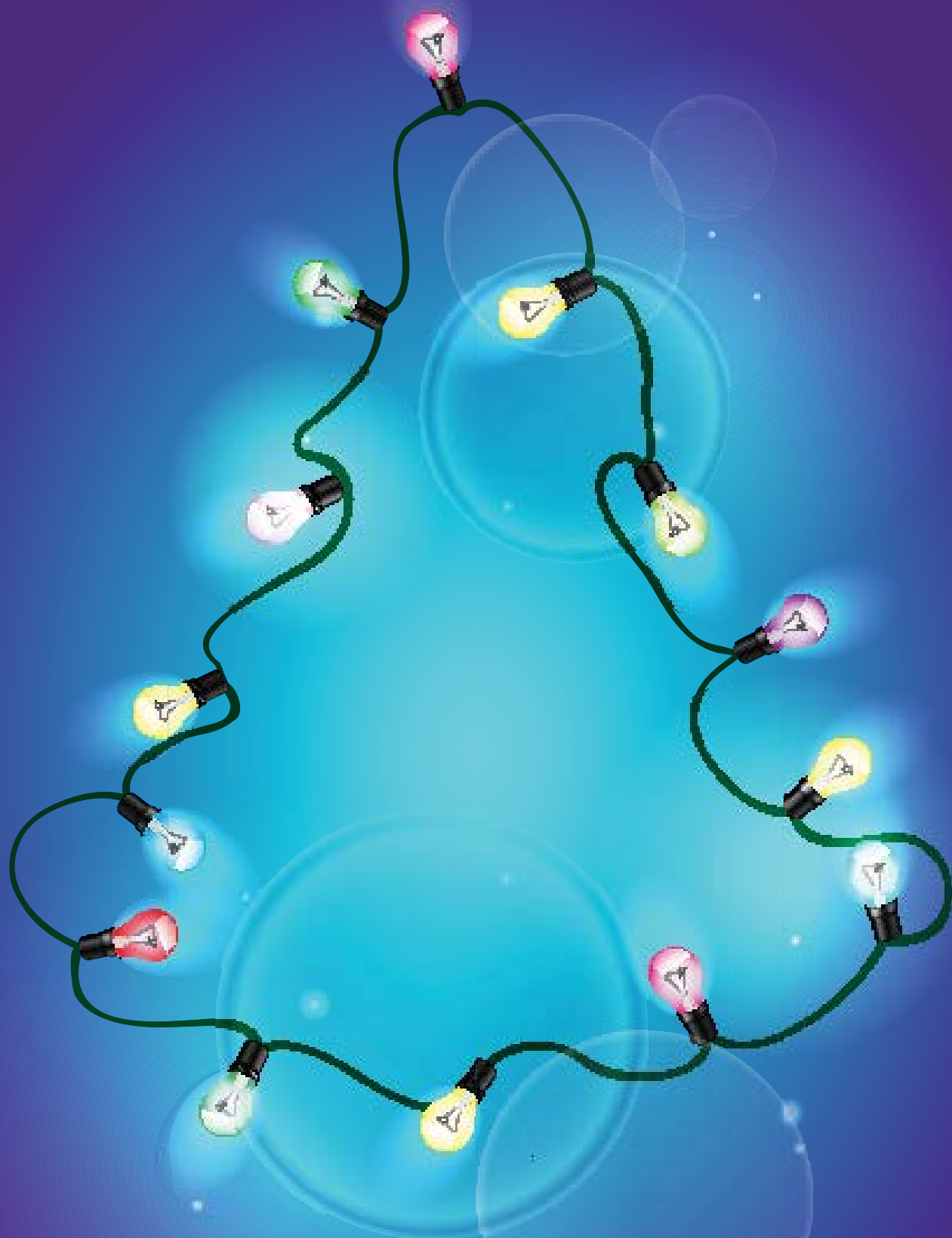
DECEMBER 2015

1st - 4th - Trinidad East

6th - 13th - Guadeloupe

14th - 16th - St. Lucia





MERRY CHRISTMAS!



We want to hear from you

As an international organisation part of Rotary's success comes from the ability of Clubs to join together to strengthen efforts and share ideas.

We are anxious to share what clubs are doing in our District. Send us articles on your club projects.