



DISTRICT 7030 MONTHLY NEWSLETTER

17 COUNTRIES • 74 ROTARY CLUBS • 47 ROTARACT CLUBS • 1 GOAL

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In this Issue: World Polio Day | RC Princes Town Member Profile | In the District Projects | Rotaract | Look Ahead: November



PICTURE OF MARTINIQUE AT SUNRISE IN THE SEASIDE TOWN OF ROBERT
PICTURE BY ROTARIAN PATRICK "PAT CASH" CADIGNAN, ROTARY CLUB OF
SCHOELCHER MARTINIQUE

MEET THIS YEAR'S EDITORIAL TEAM



Indira Mattai

PE RC Demerara | Guyana



Sophia Cooper

PP RC Tobago | Trinidad and
Tobago



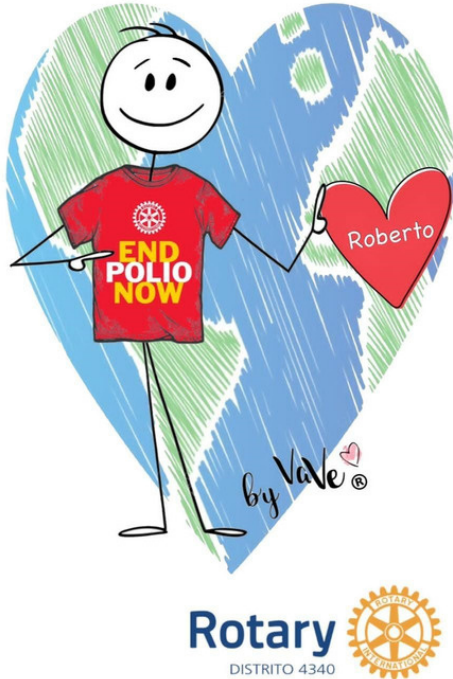
Arlene Ross

Director - Public Relations RC
Barbados | Barbados

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END POLIO NOW UPDATE



At the recently concluded Zones 33-34 Summit in Naples Florida, RI Trustee Larry Lunsford provided delegates with an update on our efforts to eradicate polio. Of note:-

- 3 billion children have received the polio vaccine
- There are 19 million people on earth who are walking, and not paralysed, because of vaccination
- We have now gone 4+ years without a case of wild polio in Afghanistan and Pakistan, and the new Taliban regime have already indicated their support for continued vaccination in Afghanistan
- Rotary's infrastructure and resources have supported other vaccination programs, including Ebola and Covid-19.

The key goals for Rotary are now: -

1. Permanently interrupt the transmission of all poliovirus in Pakistan and Afghanistan.
2. Stop transmission of circulating vaccine-derived poliovirus type 2, and prevent outbreaks in polio-free regions.
3. Certify the eradication of wild poliovirus type 1, and validate the absence of circulating vaccine-derived poliovirus type 2, by 2026

The elements of our strategy to achieve these goals are:

1. Re-establish polio eradication as a public health emergency
2. Hold governments, public agencies and global partners accountable for progress
3. Improve community engagement by addressing their needs, and including their voices
4. Balance capacity and decision making between HQ and regional / country teams

The budget to achieve this is USD5.2 billion, over the period 2022-2026, with the majority to be spent on surveillance, outbreak response, integrated health services, vaccine supply and staffing. To achieve this, we must ensure that:

- All clubs and districts increase their giving by 10%
- Each club has a Polio Plus Chair and celebrates World Polio Day
- We use social media to raise the profile of this important work and solicit donations

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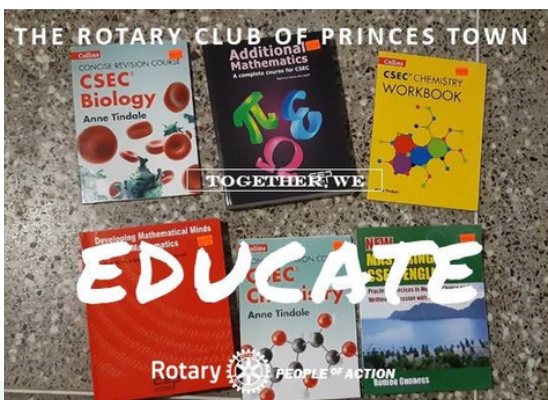
HOW MICHAEL COOPER-OCHIENGH BECAME A ROTARIAN AND THE LEGACY OF THE SAM F. OWARI



Michael Cooper-Ochiengh is a member of the Rotary Club of Princes Town

I was born in Uganda, grew up in England, lived in China and now reside in Trinidad where my wife's family hails from. My journey into Rotary started with a RC Princes Town Health Outreach in 2019. The project impact made me seek to be part of Rotary. However, I do feel like I have always been a Rotarian through RIPE Sam F. Owari, my mother's older brother. I lived with Uncle Sam for many years before joining my mother in England. Sam Owari epitomised service above self and his home was a stepping stone for so many. All were welcome and whatever little was available was shared equally. In this my third year in Rotary, and my second as Service Projects Director, I continue to be inspired by the legacy of Sam F. Owari and humbled to be part of Rotary's magnanimous impact throughout the world.

Rotary Club of Princes Town BASIC EDUCATION AND LITERACY DRIVE BASIC EDUCATION AND LITERACY - Area of Focus



The Rotary Club of Princes Town received requests for assistance with procuring school texts and supplies for students whose parents were financially challenged and could not purchase the items to ensure the students have the necessary tools to perform well in their studies. One Interactor and two other students received the school text books and stationery supplies required from their book list. Membership Director Rudranath Maraj also donated five food hampers which were given to the three students and two other deserving families in Princes Town.

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WALKING TO END POLIO NOW



On Wednesday 13th October, despite inclement weather, the Rotary Club of Maraval joined with Rotaract Maraval and RC Central POS in RI's Global Polio Eradication Initiative via an END POLIO NOW walk around the Nelson Mandela Park, Port of Spain. This walk represented the ongoing fight against polio that Rotary International has spearheaded for over 40 years and which is commemorated annually on October 24 as World Polio Day. Though T&T is polio-free, Rotary Clubs will continue to do its part to ensure the world can soon enjoy the same.

Article submitted by the Rotary Club of Maraval.

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THE GUT NERD CARIBBEAN



Rotary E-Club of Global Trekkers

Project: THE GUT NERD CARIBBEAN INITIATIVE
**that focuses on Maternal and Child Health/
Childhood Obesity Prevention under the
monthly theme of Childhood Obesity**

This is a voluntary, non-profit healthcare initiative started in July 2021 to take quality research and produce practical tools to fight obesity, Diabetes and mental health issues in the Caribbean. It focuses on improving the Gut Microbiome of every member of the family using a daily intake of roughly 30 grams of fibre from diverse sources of vegetables, fruits, legumes and nuts with an emphasis on LOCALLY GROWN to reduce our food import bill while improving our health and reinforcing our unique Caribbean cultural identity.

The Gut microbiome consists chiefly of bacteria with some viruses, fungi, and protozoa. These bacteria are found mainly in our large intestine with a smaller amount in the stomach and small intestine. By the latest estimates, there are about 100 trillion of them in the average 70kg adult body and collectively they weigh about 2.5kg, almost twice the weight of the adult brain.

Their genetic material outnumbers that of our human cells by 150 times! Quality research done over the last 10 years have shown a significant relationship between our gut microbiome and Obesity, Diabetes mellitus, Mental health issues, immune disorders, allergies, fertility and several types of cancers, notably colon cancer. Some of the mechanisms by which they do this ranges from competing against pathogenic bacteria, presentation of useful information to our immune system, maintenance of the integrity of the gut lining which reduces inflammation and precancerous growths and modulating the harvesting of nutrients and energy for storage thereby reducing obesity and impacting diabetes prevention and control.

As we bring awareness of the immense role of gut bacteria in our health, the current tools include a WEEKLY PODCAST hosted on six platforms, a website and a Facebook page. We are creating content to assist teachers in their nutrition curriculum so it can reflect an updated view of the role of fibre and gut bacteria in our health. Additionally we will be working alongside the farmers and farmers markets to create awareness of the fibre content of Caribbean food and preferences in choice for losing weight and managing Diabetes and collaborating with Gardens in Schools projects as children learn the value of what they plant and consume in shaping their quality of life. The message is FOOD IS MEDICINE... Farms are our Pharmacies; Farmers are our Pharmacists! This is a podcast episode from THE GUT NERD CARIBBEAN that is specifically geared towards understanding glycaemic index and how that relates to the starch choices we make to lose weight and achieve better diabetes control. Go to the link to listen to the podcast <https://anchor.fm/romanie-gunness/episodes/EPISODE-8---THE-ROOT-OF-THE-MATTER-Ground-provisions-and-your-health-e17ica7>

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THE STUKA PRISIRI PROJECT

ROTARY CLUB OF PARAMARIBO QUOTA AND THE ROTARY CLUB OF PARAMARIBO RESIDENCE

The Stuka Prisiri project is a joint project of service clubs Quota International of Suriname (now Rotary Club of Paramaribo Quota) and Rotary Club of Paramaribo Residence and started in 2005. The idea came about when these organizations noticed that the rate of children from socially disadvantaged backgrounds dropping out of school early was on the rise, meaning that these youths would have fewer opportunities on the labor market later in life.

The goal is to provide participants with extra motivation and lower their chances of dropping out of school early. The project aims at positively influencing the learning process in school through extracurricular activities. The project was named Stuka Prisiri because fun in learning takes center stage in the program.



Closing Stuka Prisiri Paramaribo Schoolyear 2020 - 2021



Orientation visit Stuka Prisiri Coronie

The program focuses on youths from socially/economically weaker backgrounds between the ages of 9 and 12 years old and uses the following five pillars: -

- educational development
- personal development, including basic life skills
- well-being and health
- creative development (art and culture) and
- sports and games

To date, each project cycle of two years was carried out with participants from Paramaribo, the capital of Suriname, and close by outskirts. The Stuka Prisiri committee is currently exploring the possibilities of doing the next 2-year cycle of the Stuka Prisiri project in the rural district of Coronie.

Rotary Club of Paramaribo Quota and Rotary Club of Paramaribo Residence are now actively looking for financial donors to fund the upcoming 2-year cycle of the project. More information on the Stuka Prisiri Project can be requested by sending an email to rotaryquotasecretary@gmail.com

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ROTARY CLUB OF ANTIGUA BRINGS SOCIAL AWARENESS TO KEY ISSUES IN SOCIETY

St. John's, Antigua: As part of efforts to raise further awareness about pertinent social issues affecting our society, the Rotary Club of Antigua (RCA) engaged in two significant activities over the weekend. On Saturday, the philanthropic organization donated lunch to the ClareVue Psychiatric Hospital where staff and residents were very appreciative of the gesture. The meals were prepared by Nigel of Nigel's Catering.

Speaking on behalf of the institution, Superintendent Candine Roberts and Nurse Jeannia Simon, both expressed thanks to the Club for the donation. They also commended the Club for the work that is being done, to raise awareness about Mental Health in Antigua and Barbuda. Speaking on behalf of the institution, Superintendent Candine Roberts and Nurse Jeannia Simon, both expressed thanks to the Club for the donation.



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President of the Rotary Club of Antigua, Joanna Spencer, has explained that the Club is very passionate about the issue of Mental Health and is aware that it is a cause for concern in today's challenging times, particularly linked to various challenges associated with the ongoing COVID-19 pandemic. The country has also seen a rise in suicides, which opens an avenue for conversations on identifying issues relating to mental health and providing the necessary support system for persons who are affected.

In September, the Club launched a social media campaign, where a number of posters featuring encouraging messages were posted to further sensitize the public about the issue. The Club also joined Clubs across the world under the umbrella of Rotary International, to commemorate World Polio Day under the theme "Delivering on a Promise".

On Sunday, the Club, in partnership with the Rotaract Club and the Rotary Club of Antigua Sundown, hosted a Scavenger Hunt, which attracted the participants of a number of groups. This activity was also created to further bring attention to Mental Health and Suicide Awareness. We express thanks to all of our corporate partners for their unwavering support in this regard. The proceeds from this activity will be donated to persons who wish to seek support for mental health issues but cannot afford these services. The Club is accessible via email- rotaryanu@gmail.com.



IN THE DISTRICT: PROJECTS

Here's how some Clubs have been Serving to Change lives!

Childhood Obesity and Prevention Program Disease Prevention and Treatment

In regard to the Childhood Obesity Prevention Program (COPP), the Rotary Club of Paramaribo organized a 10 Km bike tour in Paramaribo. Rotarians, also from the other clubs, joined with their kids, approximately 40 people. Everybody had their own bike and water bottle. It was a huge success, and the kids told the committee that the 10 km bike ride was too easy. Everyone received a healthy fruit snack afterwards. Fellowship and engaging Rotarians and children in a healthy lifestyle. The next bike tour is scheduled for the beginning of December with more kilometers! We are looking forward to it!!

RC PARAMARIBO



Bike tour for 'Childhood Obesity Prevention' program by Rotary Club of Paramaribo
17th October 2021

Day of Service The Environment

Rotary Day of Service! More than 80 Rotarian of Rotary Club Curacao and Rotary of Willemstad, Roteractors and Interactors of Curacao joined forces on September 18 to clean-up the neighborhood of Muizenberg. It was a joint project, with a lot of fellowship under the Rotary Family where the focus was the environment; cleaning the neighborhood and bringing awareness to the residents. By the end of the day the Rotary Family and the residents of Muizenberg were satisfied with the result.

ROTARY CLUB OF CURACAO



Educational Focus Groups
Basic Education & Literacy

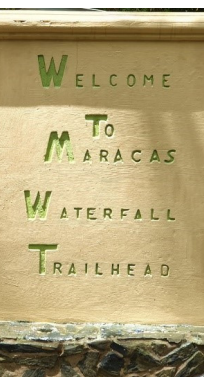
RC PARAMARIBO QUOTA



Schools in Suriname are restarting but having new school and gym uniforms is not self-evident for every child. Therefore, Rotary Club of Paramaribo Quota for many years now, enables kids from two children's homes, "Hoop voor Kinderen" and "Stichting Mijnzorg" to start school in "the new". School clothing was purchased for 68 children between the ages of 4 and 18. These youths can thus continue developing themselves and are off to a fresh start to make this school year a successful one. Stay tuned and like our FB page for more news about our club and projects! #RotaryDistrict7030 #ServeToChangeLives #RotaryQuota

RC MARACAS ST.JOSEPH

Maracas Waterfall Picnic Area Beautification The Environment



The Rotary Club of Maracas/St Joseph in collaboration with the Digicel Foundation partnered with other stakeholders to upgrade the picnic area at the Maracas Waterfall as part of Digicel Foundation's Better Together Community Initiative. Even after months of delays due to COVID-19 restrictions and inclement weather, the team persisted which ultimately made this project a huge success. The funding provided by Digicel covered the costs of upgrades to the picnic area which includes reconstructing of the picnic sheds, power washing and painting the tables and benches. Additional upgrades to the visitors' booth, Waterfall Road and minor landscaping were also included

IN THE DISTRICT: PROJECTS

Here's how some Clubs have been Serving to Change lives!

RC PARAMARIBO CENTRAL

Obesitas program
Health



ROTARY PARAMARIBO CENTRAL ORGANIZED PUBLIC LECTURE: PLANT WHAT YOU EAT & EAT WHAT YOU PLANT. World Food Day was celebrated on October 16 this year. The theme for 2021 was "Our actions are our future – Better production, better nutrition, a better environment and a better life". In 2020, Rotary Suriname introduced Childhood Obesity Prevention as a long-term project. This was in response to the appeal of then District Governor, Mr. Lisle Chase, on behalf of District 7030's future leadership of Clubs, to include the prevention of childhood obesity (COP) in their annual programs.



The current District Governor, Ms. Sonya Alleyne, supports this initiative and has called on clubs to build on last year's Rotary experience to continue and expand COP actions and activities within their annual plans. Rotary Club Paramaribo Central (RCPC) has already conducted several COP projects, including a webinar to promote community and backyard gardening titled "Van Grond tot Mond". Building on the results of this webinar, Rotary Suriname continues the theme by putting the lessons from the webinar into practice by organizing this public lecture, which was free to all interested. The emphasis of the lecture will be on the availability and safety of healthy food. It was organized on October 18 with the title plant what you eat and eat what you plant, The event was both physical and virtual via Zoom. The speakers where: - 1. Mrs Claus Martin Eckelmann, FAO representative; 2. Odette Miranda, Rotarian RCPC 3. Jeiel Grant, farmer and 4. Cindy Jane Wesenhagen, dietician

ROTARY CLUB OF PRINCES TOWN

Chokhifest Scholarship Fundraiser
Basic Education and Literacy



On Saturday September 25th, 2021 over eight hundred men, women and children came out to the Pointe-a-Pierre Golf Club Ballroom at the picturesque Pointe-a-Pierre Golf Course between the hours of 2 pm to 7 pm for our Annual Chokhifest Scholarship Fundraiser. This year over 1,000 tickets, donated by Ace Printery, were sold this year as patrons were treated to 10 different types of chokha, coconut chutney, kuchela, murtani and home-made pepper sauces. Hot sada roti and fry bakes were prepared on-site with ingredients provided by our generous sponsors. The Club also received a generous donation from Republic Bank Ltd towards our Chokhifest expenses.

RC PRINCES TOWN INDUCTS FOUR NEW MEMBERS



It was indeed a momentous occasion on Wednesday October 13th 2021 when the Rotary Club of Princes Town welcomed four new members to join our Club. The new inductees bring a wealth of experience in banking and risk management, business development, culinary arts and education. Our four new inductees are: Kellon Craig - a Business Development Manager with Nestle T&T Rajiv Dookie - Manager, Consumer Collections Management Unit at First Citizens Bank, San Juan Justin Girdharrie - Managing Director of Lunch Kit Catering and Restaurant Mark Ainsley John - Teacher at Tableland Secondary School / National Scout Commissioner of Trinidad and Tobago

IN THE DISTRICT: PROJECTS

Here's how some Clubs have been Serving to Change lives!

ROTARY CLUB OF PORTSMOUTH

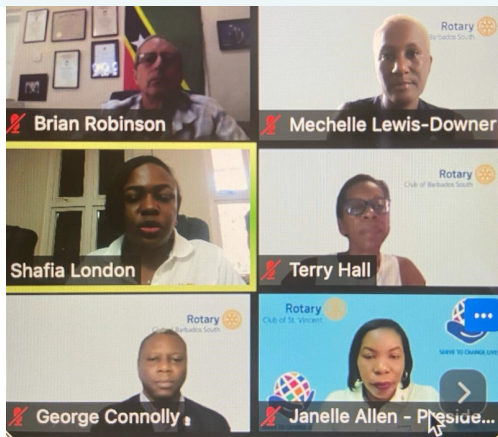
*Tree Planting in Celebration of World River's Day
Economic and Community Development*



The members of the Rotary Club of Portsmouth RPC eagerly celebrated World River's Day 2021 with a tree planting initiative at the Indian River in Dominica. This day is celebrated by more than 100 countries and millions of people worldwide annually on the 4th Sunday of September. Dominica encouraged the planting of trees near rivers, as such, trees were planted at one of the most picturesque rivers in Dominica. Gratitude is extended to Free Up Farm who donated Mahogany trees. The RPC encourages all to continue to plant hope through trees to enhance the environment in our respective countries.

ROTARY CLUB OF BARBADOS SOUTH

*Back-to-School Assistance Project
Supporting Education*



The Rotary Club of Barbados South recently received grants from the Barbados Art Collective and the Institute of Chartered Accountants of Barbados. Cognizant of the devastating impact on families by the La Soufriere volcano, the club decided to channel the funds to assist students in St Vincent and the Grenadines impacted directly. Working through the Area Governor, Rotary Clubs of St Vincent and St Vincent South, the Ministry of Education, and an added contribution from Jax Enterprises (St Vincent), 145 grade 6 students from the red zone each received EC\$200 in back-to-school vouchers during a virtual hand-over ceremony in September.

RC OF NEW AMSTERDAM

*Good Samaritan Home Enhancement Project
Economic & Community Development*



The Good Samaritan Home is a senior citizen residence in New Amsterdam. Rotarians clean and Repainted the building which was looking very shabby. Electrical and plumbing repairs along with pest control services were executed.

On Sunday the 24th of October -World Polio Day- Rotarians, Partners in Service and Friends of Rotary embarked on an End Polio Awareness drive starting from Tacama Turn, Greater New Amsterdam to Bramfield, Corentyne. The activity culminated with a Fundraiser breakfast to raise cash for the Polio Fund.



IN THE DISTRICT: PROJECTS

Here's how some Clubs have been Serving to Change lives!

RC PARAMARIBO RESIDENCE

Clean City Project

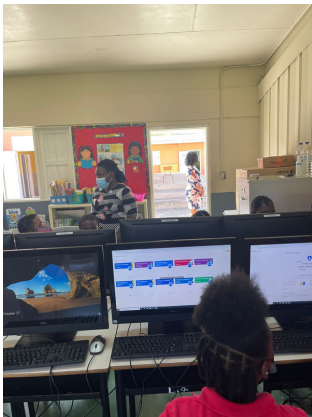


In the context of World Clean up Day, the Ministry of Spatial Planning and Environment has initiated awareness sessions and a clean up campaign in neighbourhoods of Paramaribo to stimulate and promote a clean environment among youth while in their school vacation period.

The Ministry is supported in funding by various organizations and volunteers in Suriname. The Rotary Club of Paramaribo Residence has supported this project with financial management and funding. On the 24th and 25th of September, 80 students participated in the activity and each received a voucher to buy school supplies at the conclusion of the cleaning campaign.

ROTARY CLUB OF ANTIGUA

*Donation of 20 large screen all-in-one Dell Computers
Education and Literacy*



The Rotary Club of Antigua handed over 20 large screen all-in-one Dell Computers to the Cedar Grove Primary School. The presentation was made by Past President Cordel Josiah MBE, Coordinator of Computer for the World Project.

The presentation was made to the School to compliments the Lexia Reading Programme, which is sponsored by the Mill Reef Fund to assist students with their reading skills. The presentation was made to Carol Benjamin Cice Principal of the School in the presence of the 6th grade students.



Assistant Governor Evangeline Allen and Rotary Club of Antigua's President Joanna Spencer, also addressed to Ceremony. The Vice Principal was elated and thanked the Rotary Club of Antigua and the Mill Reef Fund, for this generous and timely donation.

DISTRICT ROTARACT REPRESENTATIVE

Bon Día! Bonjour! Hallo! Hello!
Welcome to the 2nd Quarter!

I am amazed and inspired at the amount of innovation that we as Rotaractors have called on and exhibited throughout this time, and I wish to thank you all for what you have done and will continue to do while facing the challenges that the Covid-19 pandemic has thrown on our tables.

Let us continue to learn as we continue our service journey and develop plans that aid in the betterment of all of us.

October is Economic and Community Development Month. Coincidentally we also celebrate World Polio Day on October 24th and ask all members of the Rotary family to celebrate one of the greatest embodiments of Economic and Community Development in our world. I wish to take this time to implore clubs who are executing fundraisers during this quarter to donate towards the Rotary Foundation and let us continue the work of eradicating polio and furthering economic and community development.



Mario Boyce, District Rotaract Representative

SUBMISSION GUIDELINES & MONTHLY THEMES

CLUB CHARTER ANNIVERSARIES

NOVEMBER 1

Georgetown Central (38 years old)

NOVEMBER 3

Paramaribo Central (45 years old)

NOVEMBER 22

Pointe-a-Pitre (49 years old)

NOVEMBER 24

Cayenne (46 years old)

THERE ARE 74 CLUBS. HOW MANY OF THEM CAN YOU FIND WITHOUT LOOKING AT A LIST

O V A G B M F P S T O D O J A
R C Y M M E R A B L B E N U Y
P I R I G A Q R Y R I M I N B
F M I A G R N U R E R E T M D
W A N T I G U A I P A R N O D
B X X G Z P B Q G A M A E N X
H T U O M S T R O P A R M T T
H M P X Y B I R G B R A A S Y
K F H E B I A V U C A T L E H
U U K Y W C O R E B P F J R P
J Y D O Z W A W H N D Y I R X
R X H F U T G O Y M D J C A B
N C N O T R E V I R R O C T S
N E G N I J O L I A M U I G A
Y F I I U K H U O C U U W Q M

DISTRICT 7030

MONTHLY THEMES

Rotary   **SERVE TO
CHANGE LIVES**

MONTH	OLD THEME	NEW THEME
JULY	CHANGEOVER	TRANSITION
AUGUST	MEMBERSHIP & EXTENSION	MEMBERSHIP & EXTENSION
SEPTEMBER	NEW GENERATIONS	BASIC EDUCATION AND LITERACY
OCTOBER	VOCATIONAL SERVICE	ECONOMIC AND COMMUNITY DEVELOPMENT
NOVEMBER	THE ROTARY FOUNDATION	THE ROTARY FOUNDATION
DECEMBER	FAMILY OF ROTARY	DISEASE PREVENTION AND TREATMENT
JANUARY	ROTARY AWARENESS	VOCATIONAL SERVICE
FEBRUARY	WORLD UNDERSTANDING	PEACE AND CONFLICT PREVENTION/RESOLUTION
MARCH	LITERACY	WATER AND SANITATION
APRIL	THE ROTARIAN MAGAZINE	MATERNAL AND CHILD HEALTH
MAY	EDUCATION	YOUTH SERVICE
JUNE	ROTARY FELLOWSHIPS	ROTARY FELLOWSHIPS

November's Theme is the Rotary Foundation. To learn about this Area of Focus and read about Project Strategies developed by RI, [Click here!](#)

DISTRICT 7030

NEWSLETTER SUBMISSION GUIDELINES:

- Length of articles: no more than 100 words.
- Submissions should relate to the Monthly Theme or one of the Areas of Focus.
- Ensure that Rotary branding follows RI Voice & Visual Identity Guidelines (found in RI Brand Center).
- Articles should be accompanied with at least 3 photos.
- Photos should be of good reproduction quality.
- Photos should represent People of Action rather than "Grip and Grins" or just static group photos.
- Where possible, include short video clips of your projects (no longer than 2 mins in duration).
- Do not include photos of children especially when you do not have their parent's permission to publish.
- In circumstances where you take images of assisting individuals, please ensure you have permission for publishing.
- Submission of all content should be completed by the 20th of each month for consideration for the upcoming issue.