



SUGAR WHEEL

NEWSLETTER OF THE ROTARY CLUB OF ST KITTS
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Executive Corner

By President-Elect Leah

It is indeed an honour to be the first female President-Elect of this Club, at a time when it is embarking on new ventures. Moreover, it is especially significant for me given that the club is 2 years older than I am!! However, prior to my installation, I will be filling in for President Tapley when he is unavailable to perform his duties. Thursday, 14 September 2006 was my first experience in that capacity. How peculiar it must have been for those persons who were originally against having women join the Club in the first place! Was it a welcomed change? Maybe it felt no different from previous chairs! Perhaps we have gotten used to seeing female secretaries at the head table, or the club already saw exemplary leadership roles in its women members, or just perhaps we are seen first as a Rotarian. Whatever the reason, I am delighted with the support received from members of the Club so far but I am very aware of the demanding and challenging responsibilities of the office.

It is up to us, the new generation of Rotarians to continue the good work of Rotary. We have to be dedicated, persistent, patient, interested and available to contribute to the workings of Rotary. Collaboration and commitment are key to our success, and this requires that each Rotarian be on the same page. We have to put more action to our words. We all have a common goal to make Rotary better and be better Rotarians. We cannot sit back and wait for it to happen. Ask yourself, what does Rotary mean to me and what would I like to see from the club? What am I willing to do to help make it happen?

To the newer members, I say make a conscious decision to become a leader in Rotary. In fact, we need to be community leaders, leading with decency, humility and integrity. Be part of bringing Rotary up to a higher level so that we can continue the work of our older members who have made Rotary a well-respected and trusted club in our society. Each of us is of great value, some may have greater responsibility, but we have no greater value. Each of us will bring our own style of leadership, management, and caring to our clubs. Go beyond what is expected, care for your community, care for those less fortunate than you, care for your Club.

"Buy local, Support local."

By Past-President Willie

Patriotic residents of our Nation must at the anniversary of Independence pause to reflect on the fiscal health of the nation. In so doing they are bound to observe the adverse effect on our balance of payments due in no small measure to our food import bill occasioned by material which could be produced locally. Brazil nuts from Brazil, I understand, but spinach, sweet potatoes, pomegranates from the USA, mangoes from Thailand, Guatemala and Peru, avocados from Israel, pigeon peas from Peru? And this list is not exhaustive!

We have to manfully aim at food security and proficiency. The United States protects its suppliers by massive food subsidies; the European Community uses its Common Agricultural Policy.

The country is blessed with protocols which are easily worked and productive with the use of appropriate technology. There is no shortage of man power. For the better part of the year reasonable returns are possible from most tropical produce. Why then this massive import of produce?

We undervalue agricultural producers; feel they should not be well paid; and as a Nation ignore their contributions. From as far back as I can remember agriculturists have been low in the ranks of nationals preferred for honours from Her Majesty or our local establishment as the following list shows: -

1. WI Howell of Nevis, ISO
2. JE Walwyn of St Kitts, MBE
3. CED Walywn of St Kitts, MBE
4. C Woods of St Kitts, OBE
5. Dr K Archibald of St Kitts, OBE

Over 35 years ago Dodderidge Huggins, AKA 'Brother Man' studied agriculture while serving in Her Majesty's Navy, returned home on demobilisation, purchased land and established as a mixed farmer. Today he still produces. Luther Clarke, whose produce is on sale daily west of the National Museum left the employ of the Dept of Agriculture and makes his contribution to the national effort. Austin Da Silva's material is available at his outlet. And there are others who manfully struggle to produce.

How can we give impetus to these efforts? I suggest: -

1. Seek out and purchase locally produced food items
2. Give preference to locally produced material
3. Try to produce some food item even on a small scale. You will find the effort rewarding.

RI President's monthly message

Rotary Youth Programs

Programs like Interact, Rotaract, and Rotary Youth Leadership Awards (RYLA) have tremendous value, not only to their participants, but to the future of Rotary. By introducing volunteer service at an early age, these clubs teach the lifelong lessons of Rotary: the satisfaction that comes from helping others and the fun of good work with good friends. Everyone benefits, including the communities, the young people, and the Rotary clubs that sponsor young people. These benefits are immediate, in terms of the work members do and the lessons they learn, and they are long-lasting, in terms of raising a new generation of potential future Rotarians.

Programs like Rotary Youth Exchange and The Rotary Foundation's Ambassadorial Scholarships open everyone's eyes. Exchange students and Ambassadorial Scholars further their educations while fostering international understanding, gaining new appreciations of their homelands, and building bridges to new and different cultures.

Club News

Care Packages Project

Frank B. Armstrong, C & C Super Foods and The Rotary Club of St Kitts collaborated their efforts and provided Pre-Independence food hampers to residents in the St Peters/Stapleton area. On Saturday 9th September, Rotarians along with staff of F. B. Armstrong met at Dolly's Shop in Stapleton to pack 30 food packages valued at approximately \$2000.00. These food hampers consisted of various items.



Mentoring Program

A meeting was convened at the Basseterre High School on Thursday, September 21, 2006 to discuss the way forward on this very important aspect of service. Director Kamal, PP Percy & Secretary Charles met with Ms Claudine Saunders & Mrs Armstrong, Guidance Counsellor and Mr Leon Bullen from ECCB who has again graciously consented to be a mentor. The meeting agreed that they would meet all the parents, teachers and students on Thursday 5th October for a briefing session. Following the initial meeting, a social event will be organized for mentors and mentees.

It's not too late for you to join the program. Contact Director Kamal and ask him how you can get started mentoring. **Together we can make a difference!**

Breakfast at the Cardin Home

On Saturday 16th September, 2006 members of Rotary teamed up with the Rotaract Club to serve breakfast to the residents of the Cardin Home. Rotarians in attendance included PP Percy and Secretary Charles.

Rotaract Club of St Kitts Plans

International Service Committee (1st Quarter)

Project 1. **Web Page Design**

Goal: To increase public awareness

Project 2. **Twinning of Clubs**

Goal: Formulate relationships, emphasise international avenue of Rotaract service and friendship

Community Service Projects

Project 1. **Hurricane Preparedness Workshop I**

Project 2. **National Heroes Breakfast at the Cardin Home**

Professional Development

Project 1. **The Art of Public Speaking**

Goal: To emphasize the importance of public speaking

Project 2. **Etiquette**

Goal: To heighten the awareness of proper etiquette techniques to members

Project 3. **Wine Tasting**

Goal: To introduce members to different varieties of wines there origin and selection

Headlights – Rotary News

- ✓ William T Sergeant, retired chair of International Polio Plus Committee, received the Fries Prize for Improving Health, for his “inspirational and extraordinary contributions to a healthy world. Ten days earlier, Sergeant was honoured with a commemorative plaque for “his longstanding commitment in helping to create a polio-free world by the UNICEF Executive Board.
- ✓ RI launches new electronic publication, Rotary International Interactive.
- ✓ Dong Kurn Lee, a Rotary Foundation trustee and a member of the Rotary Club of Seoul Hangang, Seoul, Korea, is the selection of the Nominating Committee for President of Rotary International in 2008-09.
- ✓ Rotary-UN Day is 4 November.

For details visit Rotary International’s newsroom:
<http://www.rotary.org/newsroom/index.html>

Rotary Information

The Rotary Emblem

Within the first few months of the first Rotary Club being formed an emblem was adopted. It was suggested by Montague Bear, an engraver, that the emblem should be a wheel. He produced a drawing of a thirteen-spoked cartwheel and this was accepted as a suitable symbol for the Club. It is the basis of the official wheel emblem used today.

Club Calendar of Events

September 9 – Pre-Independence Care Packages Project
 September 30 – Fellowship Function at Damion’s

Assignments

<u>Greeters for September</u>	<u>Greeters for October</u>
Avonel and Robin	Pat and Claude

Speakers

September 21 – Guest Speaker – Patricia Daley (Special Education)
 September 28 – no meeting
 October 5 – Business Meeting (no guests)

Attending Rotaractor in September (Teresa Hamilton)

**September is
 New Generations Month**

Etiquette Corner

The 10 Commandments of Everyday Etiquette:

1. Focus on others. It’s not about you.
2. Think before you act.
3. Think before you speak.
4. Wait your turn.
5. Listen when others speak.
6. Pick up after yourself.
7. Assist those in need.
8. Respect people who are different from you.
9. Be patient and kind.
10. Smile.

Joke of the Month

A man asked his wife what she'd like for her birthday. "I'd love to be eight again." she replied. On the morning of her birthday, he arose early, made her a nice big bowl of Coco Pops, and then took her off to the local theme park. What a day! He put her on every ride in the park: the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, every thing there was. Five hours later she staggered out of the theme park. Her head was reeling and her stomach felt upside down. Right away, they journeyed to a McDonald's where her loving husband ordered her a Happy Meal with extra fries and a refreshing chocolate shake. Then it was off to the movies: the latest Star Wars epic, a hot dog, popcorn, all the Coke she could drink, and her favourite lolly and M&M's. What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his precious wife with a big smile and lovingly asked, Well, Dear, what was it like being eight again?" Her eyes slowly opened and her expression suddenly changed. "I meant my dress size!!!!!!!"

The moral of the story: Even when a man is listening, he's gonna get it wrong.

Health Check

Top 10 Picks for Fibre

1. Baked beans (1/2 c/125 mL)
2. Lentils (1/2 c/125 mL cooked)
3. Wheat bran (1/4 c/50 mL)
4. Bran flake cereal (3/4 c/30 g)
5. Oat bran cereal (1 c/250 mL cooked)
6. Two slices whole wheat bread
7. Raisins (1/4 c/50 mL)
8. Orange or 1/2 grapefruit
9. 1 pear or apple
10. Peas (1/2 c/125 mL)

Thought of the Month

“Consider the postage stamp; its usefulness consists in the ability to stick to one thing until it gets there”. Josh Billings