



## Battling Covid-19

Governor's Message

Message from IFG Melinda Clarke

Editor's Note

Kiwanis ECSCC Crown of the Year 2020

Making Camp Kiwanis Trails Accessible

Therapy Dolls and Toys for Kids

Supporting Teaching and Learning

On the Move for Children

Key Club Celebrates new members

Five and Fabulous

Memorial Scholarship Donation

Mothers Day

Fort Montagu cheer it up for Cancer Patients

Sister Sister Tea Time Partnership

Goal Setting

Toasty Toes Partnership

## Governor's Message

**Thank you for your solidarity and support during our Kiwanistic year 2019 - 2020**

We would like to thank you all personally for your determination, courage solidarity, and support, which made it possible to see us through a tough year. Every time we needed you, you answered the call in large numbers, whether it was to join us in our growth activities, during Covid-19, the Black lives movement, etc. These gestures of support and solidarity warmed the hearts of all, in particular the children of the world. Each one of us sent a very clear message that Kiwanis is unstoppable and this is all due to your perseverance and determination; an integral part of our values, which we can all be proud of, "Serving the children of the world"

Thank you for the work and time you put in to make our year really special. You've helped so much, from picking out the perfect actions, and putting together a theme that built leaders. You have been absolutely wonderful and indispensable to the success of this Kiwanistic year. Your drive and encouragement and above all, your friendship have seen us through this stressful, yet most



exciting year.

Truly, we have made the right choice in having you as members supporting EC&C and myself.

Again, Mary and I appreciate and thank each one of you for all the time, efforts, courage, and support you have given to Kiwanis to ensure that 2019 – 2020 will be perfect, special and unforgettable. Thank you for being true professionals, and inspirational.

We were a great team, and 2019 – 2020 will have a successful outcome, thanks to the result of all your hard work and dedication. And lastly it was a pleasure and a privilege working with you.

Cheers! We love you all and appreciate your friendship.

Governor EC&C 2019 – 2020  
Robert (Bob) Spellen &  
First Lady Mary Spellen

*Building Leaders to Lead...*

**#KidsNeedKiwanis**



# Message from IPG Melford Clarke



Greetings to the members of the Eastern Canada and Caribbean District. Our administrative year will come to an end on 30<sup>th</sup> September, 2020 and most of us have developed great Kiwanis experiences along the way. Our encounter with a hurricane, the COVID

19 pandemic, life style changes and less face to face interactions such as no International or District conventions, Kiwanis meetings, fundraisers or projects were just some of the situations facing Kiwanians. On the other hand, we were able to utilize virtual communications to celebrate some of our accomplishments with Kiwanis International, the District, and the Division.

As this new norm will be with us for a while, I encourage you to be creative in continuing the business of helping others. Congratulations to 2019-2020 District Governor Robert Spellen for leading us during these troubled times. You have done well given your current environment. To the 2020-2021 District Governor, Delores Lewis best wishes to you and your Board of Trustees as you venture into the unknown while we continue our fight for survival; therefore let us continue to grow our District and nurture our members.

My four year term of service on the Eastern Canada & Caribbean District Board will also come to an end on 30<sup>th</sup> September 2020. The 2016-17 year was an educational one, 2017-18 was an inspirational year. 2018-19 was the year I exercised my servant leader skills and stayed on the

path to inspire others to commit, serve and grow our clubs, divisions and district. Finally in the 2019-2020 administrative year, I was able to celebrate. Thanks to all of you that made a contribution to the success of the District while I was your District Governor. The administrative year 2018-2019 will forever be remembered in the history of the Eastern Canada and Caribbean District because of the commitment by our leadership team and members to serve with distinction, inspire others with their passion and grow our organization exponentially. Together, we have accomplished much and have prepared the stage for those to come – much success to you all.

I support District Governor Delores Lewis as she leads this District during the administrative year 2020-2021 and I thank all Kiwanians that made an impact on me while I serve the District.

The Lord Bless you all.



Please stay safe, wear your mask, keep your social distance as we live in a COVID 19 world.

Melford Clarke  
Immediate Past Governor 2019-20  
ECC District Governor 2018-19  
ECC District Governor Elect 2017-18  
ECC Vice Governor 2016-17  
District Administrator 2007-2016  
Member of Kiwanis International's Cable Beach Club 1988- to Present



## Editor's Note



We continue to meet online amidst the Covid-19 pandemic and some of us are having fun doing that as it takes us to parts of the world we may never have gone to interclub otherwise.

Kiwanis International had its historic Council Meeting in July online - a special meeting of the board of trustees, past presidents, current district governors, where the 2020-2021 officers were elected. It was truly a

lesson in organization and time management for some of us.

The council voted to memorialize past international presidents who died in the past year.



At the council meeting, Director Stan Soderstrom addressed the challenges presented by the pandemic. "Our inability to predict where we will be three months from now has never been more difficult," said the director. "We are not necessarily in crisis, nor are we in the midst of a calamity or impending disaster. We need to properly assess the environment in which we exist."

Director Stan challenged members to be innovative when finding ways to meet, fundraise and support children in their communities. "We may not be able to predict the future, but we can begin to predict the skills we will need to survive and we can recognize that change is on the horizon," he said.

He further stated that Kiwanis is about community and we are a community of servant leaders helping communities around the world, so *"if you need help ask, if you can provide help, offer."*

Circle K International held a successful awards ceremony and election of officers; likewise ECC Board planning

meeting, training and presentations were all done online - the new world order.

Many members continue to miss the face to face interaction but we are happy that the objectives of Kiwanis are being met as we continue to serve the Children of the World who need Kiwanis now more than ever. Also, technology has allowed us to keep in touch and continue to form enduring friendship, even now more than ever, through global online interclubs.

As we come to the end of another Kiwanis administrative year I wish to offer my congratulations to all the Kiwanis leaders and Kiwanians who have had to rise to the occasion to find ways to show that Kiwanis is unstoppable in the midst of a major crisis. It has been a trying year for those we served as well as for us as members but we have shown how much resilience there is in human nature. As Heleln Keller said "Although the world is full of suffering, it is also full of the overcoming of it."

On another note, I have held this position for a number of years and believe that it is time to give someone else an opportunity to share their talent. So in order to start the succession planning and transition process, I am inviting interested Kiwanians to co-edit with me this year in preparation for take over 2021-2022. I assure you, you will find it quite rewarding.

In closing, remember in communities neighbours, help neighbours... *if you need help ask, if you can provide help, offer.*

Keep safe all.

In service

Merdina Callum  
callu78@hotmail.com





# Kiwanis EC&C Citizen of the Year 2020

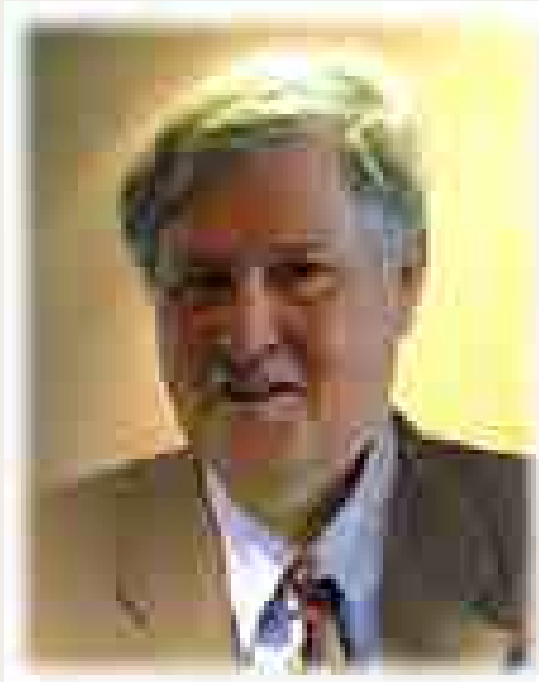
**O**n May 29, 2020, the Eastern Canada and Caribbean District held a virtual Awards Ceremony to recognize outstanding individuals. Recognized as Citizen of the Year was David Emmerson, a past Distinguished President of Fredericton, New Brunswick. He was presented with his award by Past President Jim Scott of the Kiwanis Foundation of Canada.

As a former Kiwanian, David was a club leader in the fundraising efforts to provide \$150,000 to establish the original Kiwanis House in Fredericton.

While in Kiwanis, he co-chaired a committee to create Junior Achievement of Fredericton. Junior Achievement grew from Fredericton throughout the Province and to this day is an important educational force for young people throughout New Brunswick.

David was the lead in a team of local businessmen dedicated to establishing a drug treatment centre, which became known as the Huggie Treatment Centre Inc.

In 1995 David resigned from Kiwanis to devote more time to building a youth drug treatment at Cassidy Lake in New Brunswick. His tireless efforts paid off and in 1996 the Portage Atlantic – Youth Drug Addiction Rehabilitation Centre (<https://portage.ca/en/atlantic/>) opened, replacing the Huggie Treatment Centre. The centre serves



youth from New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador.

He has continued as a Board member and fundraiser with Portage. Most recently he chaired a \$2.3 million campaign to build a field house and physical fitness centre at Portage. To date over \$17 million has been raised to build all the facilities and David's leadership has been key since day one.

In 2001 David chaired a Gala Fundraising evening for the Canadian Institute for the Blind.

In 2005 he was inducted into the Twenty Year Club of the YMCA Century Club in recognition of his outstanding, ongoing support of youth in Fredericton.

From 2014 - 2019 David co-chaired the Finance Committee as a Board member of Habitat for Humanity and was vital in establishing the new location (10,000 sq. feet) for Habitat's Re-Store – a critical part of Habitat's revenue stream.



# The Kiwanis Club of Peterborough and Motion Partner to Make Camp Kawartha Trails Accessible



In April of 2020, the Kiwanis Club of Peterborough, along with other Service Clubs in the Peterborough area received a request for financial assistance of \$500.00 from Camp Kawartha. Camp Kawartha is an award-winning not-for-profit charity that offers year-round programming to children, youth and adults. It focuses on outdoor education, environmental stewardship, and building leadership skills. This camp offers wilderness experience as well as leadership and learning opportunities to youth.

The assistance required was to donate funds to purchase a "Trail Chair", that would allow youth who were disabled, to take part in many of the programs that take place outdoors and within the trail system that winds through their many acres of forest, fields and wetlands along the Trent Canal System and their second camp location on Clear Lake.

The Chair that was required was specialized and its make was researched through the Rick Hanson Foundation. That foundation recommended that a "Covaid Trail Chair with Scout Package" was one of the best, and most suitable for the area's rugged terrain and trails.

They provided a list of several sources from which the chair could be purchased. One of the companies on the list was Motion, which have a store in the City of Peterborough. The purchase price of this special chair was \$4,000.00 plus tax, plus shipping.

The Kiwanis Club of Peterborough notified Camp Kawartha that their request would be honoured by the club. The funds were raised by club members who worked Bingo Sessions at Delta Bingo & Gaming in Peterborough.

A member of the Kiwanis Club of Peterborough approached Motion and advised them of the clubs mission statement, what Kiwanis was and how they worked as volunteers to improve the lives of children. Motion was also informed of the work that

Camp Kawartha provides for youth. Motion management was asked if they would consider partnering with the Kiwanis Club of Peterborough to make the dreams of many youth come true, in making hiking trails more accessible at the two camps operated by Camp Kawartha. Motion was very excited to partner in this most worthwhile project. Within one week of being approached they agreed to cover the taxes and shipping costs of this Trail Chair.

"We thought it was an important contribution to make," stated Shelley McNamara, Motion's Accessibility Consultant. "Motion is a leading provider of mobility solutions, and when we heard the Camp's story from Kiwanian Terry McLaren, it wasn't difficult to make the decision to help out."

"We decided to donate a second Trail Chair so that both of Camp Kawartha's locations would each have a Trail Chair" she said.

Cont'd

## Camp Kawartha Trails cont'd

During the official presentation of the Trail Chairs, the Camp's Executive Director Jacob Rodenburg stated, "We are absolutely delighted to add these chairs to our accessibility equipment." These chairs are much more robust than the average wheel-chair, and this means any camper or student can join with their peers and friends in an exciting hike through the woods. The door is now open to adventure and new experiences for everyone! One of the chairs will be available at the Camp's *Environment Centre* located on Pioneer Road in Peterborough.

The Centre backs onto the Trent Trails system and staff use these trails regularly as a teaching area. The second chair will be used at the main site on Clear Lake where the Camp has created five beautiful trails, winding their way through 185 acres of forest, fields and wetlands. The trails have QR codes that take hikers to an on line trail guide, explaining the unique natural history of this region".

"The Kiwanis Club is so pleased to help out with this purchase." said Club spokesperson, Terry McLaren. "Helping children access a woodland



trail, some maybe for the first time, is something the whole membership responded to, and we had no trouble making the investment. We know Camp Kawartha will make good use of them."

These specialized chairs will serve hundreds of children and youth over the next 15-20 years.

By kawarthaNOW -  
published June 23, 2020

## LEGION OF HONOR RECIPIENTS



Kiwanis Club of Fort de France (Martinique)  
- Division 27A presented the Legion of Honour Awards to its members who have served in the club 25 years and over.

From left are: Bernard LAVATER, Philippe PADERNA, Frédéric ROSE-ELIE, André GAUBRON, Claude DAVIDAS, Jonas BOUTON, LG Division 27A - Lucie LEBRAVE, Jean-CLAUDE CALIXTE, Jean-Claude PADERNA

The presentation was made by Lieutenant Governor Lucie.



# KIWANIS CLUB OF ARUBA DONATED TRAUMA DOLLS AND TOYS FOR THE KIDS CORNER OF THE ARUBAN POLICE FORCE

In June members of Kiwanis Club of Aruba visited the Oranjestad station of the Aruban Police Force and met with the Chief of District Oranjestad, Mr. Alvin Molina; Coordinator Youth and Moral department Mr. Eric Barry; Victim Assistant, Mrs. Janine Rodriguez and the Aruban Police Force Communication Officer, Mrs. Liliana Rasmijn. A most recent update about the police job, incidents, crimes as well as how they maintain law and order was articulated.

A tour of the police station of Oranjestad was also done.

Kiwanis Club of Aruba is very happy and proud to have made a direct contribution to KPA kid's corner. The donation consisted of tables, chairs, puzzle, assorted board games, assorted coloring books, coloring pencils, coloring markers, crayon, play dough, blocks, chalkboard, chalks, blankets, drawing pads, drawing paint and many more. They also received the club's signature Kamishibai theater and all the Kamishibai stories that the club has produced.

In addition, member of the club also donated trauma dolls. The purpose of the trauma dolls is to give comfort to the children involved in a sexual abuse case, domestic violence case or it can just be used if a child needs to be comforted. But the dolls will do more than only heal. The dolls can help solve crimes where a child will be able to pin point exactly what part of their body has been injured or touched inappropriately. They may also be able to draw a happy face or a sad face on it to express how they're feeling at that time.

The items will be distributed to the 4 police stations. Kiwanis Club of Aruba looks forward to bringing comfort to children in stressful situations such as victims of suspected child abuse. The club also extended special thanks to the police officers who put their lives on the line every day as they protect the community from crime.





# Kiwanis Club of Bethel Town on the Move for Children

The Kiwanis Club of Bethel Town, led by President Jason Whittingham has been creating a name for itself in giving service to its rural community. The close knitted members were committed to making their week of anniversary celebration, a memorable one, February 16-21, 2020, as it carried out the Kiwanis mandate of serving the children of the World .



On February 20, the Bethel Town Early Childhood Institution was presented with a gift of a well needed water tank , giving much ease to the lack of water at the institution.

Culminating the week of events was an Anniversary Party. Division 25 used this as an opportunity for their "Mass Inter-clubbing" where most clubs from the division gave their support. An excited Kiwanian exclaimed, "The education

The week started with a church service on Sunday at the Bethel Town Baptist Church where, Charter President Junior Ross delivered the main address; thanking God for the intervention of the Club in the community while asking God to give the members the strength to continue to serve.

was great, the food was scrumptious and fellowship was just awesome!" In attendance were past and present Lieutenant Governors. President Jason in a moving address to the attendees, spoke candidly of his pleasure of being a part of the best service club with the best team. He commended Distinguished



A courtesy call was paid to the Mayor's Parlour at the Westmoreland Municipality Council on February 18. The following day some hard working members journeyed to Castle Mountain Basic School, home to over 50 students ages 3 - 6 and erected a well-needed sign that advertise not only the school but the presence of the Kiwanis club within the community.

A lively reading and interactive session was also executed with the children.

Lieutenant Governor Glenda Miller who has given tremendous support to the club.

The Kiwanis Club of Bethel Town is proud to have achieved and executed so many worthwhile projects in their short period of existence and is looking forward to more years of sterling and excellent performance in the cause of serving the children of the world.

# KEY CLUB Celebrates new members



In July 2020, Kiwanis Key Club Colegio San Nicolas welcomed 26 new members to the Kiwanis Family and held the Board Turnover Ceremony for the Kiwanistic Year 2020 - 2021. Thanks to the outgoing board for a job well done Congratulation and all the best to the new board and newly inducted members.





# Five and Fabulous!

The Kiwanis Club of Young Professionals Kingston (YPK), held its 5<sup>th</sup> anniversary meeting on July 15, 2020 under the theme *Five and Fabulous*.

The meeting was organized around honouring charter members and Kiwanian mentors who were instrumental in starting the club. YPK was chartered on June 3, 2015 with 23 charter members: Sheena Grant, Rushell Ferarah, Theodore Williams, Keisha Diego-Gray, Brian Hanson, Jerome Bethune, Camille Lennon, Althea Alexander, Dacia Virgo, Simone Scott, Kharie Blackwood, Petagay Sang, Noya Hastings, Kayode Smith, Rocquel Walker Brown, Dwayne Bailey, Salina Solomon, Sasha Kay Gilzean, Teneshia Prendergast, Patricia Valentine and seed members Sheron Gilzean, Pam Rodney White and Deborah Manning.

The ten charter members who still remain with the club were specially recognized with tokens and a special poem titled "Five" by Distinguished President Naketa West. Five key Kiwanian mentors were also treated to tokens and special recognition through a song "Skyscraper" by Chair Shanique Sinclair. These mentors included Distinguished Lieutenant Governors of Excellence Charles Brown and Pamela Rodney White, Distinguished Lieutenant Governor Lloyd Distant Jnr, Lieutenant Governor Designate Deborah Manning and Distinguished President Sandra Bailey. Special mention was also made of current Lieutenant Governor Keith and Distinguished Lieutenant Governor Eileen and Distinguished Lieutenant Governor of Excellence Sharon who were Lieutenant Governors in years 2 and 3 of the club's existence respectively.



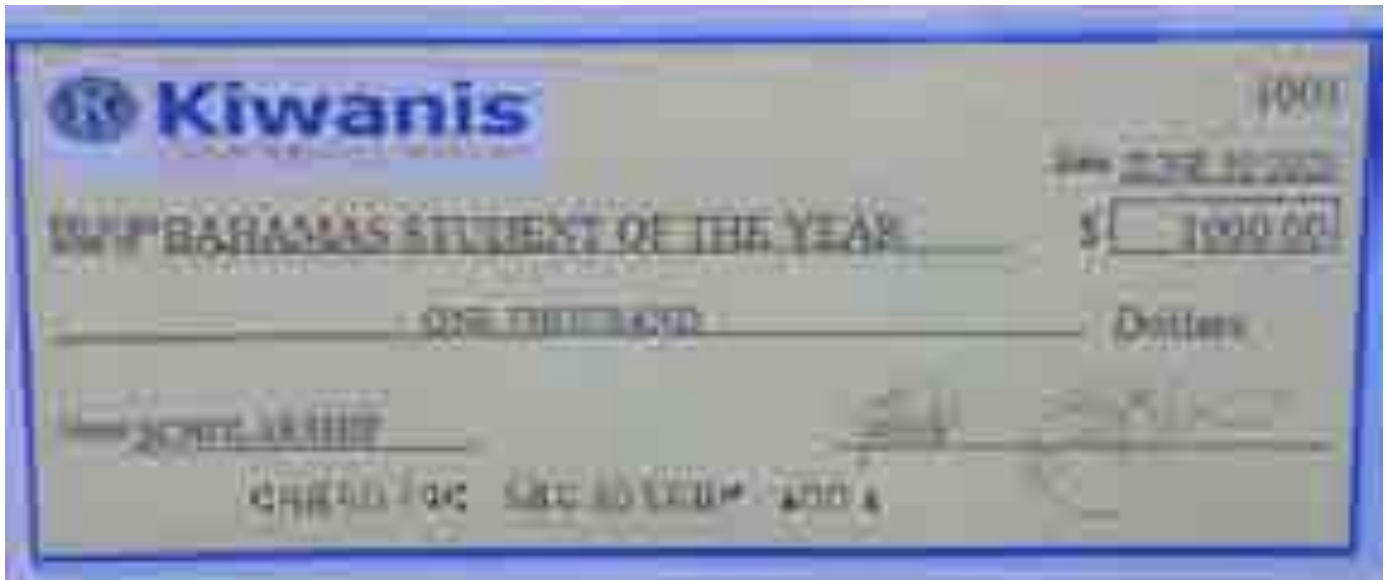
Five exceptional charter members were honoured with citations and gifts of appreciation for their extraordinary work throughout the years including Distinguished Presidents Dwayne Bailey and Kharie Blackwood, Distinguished Secretary Wendy Blackwood, Past Treasurer Salina Solomon and Past Vice President Patricia Valentine. In addition, charter President Distinguished President Sasha-Kay Gilzean was specially recognized for her hard work in building the club and maintaining her strong support over the years.

The online event was kept alive and in a celebratory mood by Kiwanians Andre Williams and Keriece Harris, the masters of ceremonies.

The over 90 attendees were also entertained by a beautiful video tribute put together by the club's image committee, featuring charter members and recounting their favourite YPK moment.



# Kiwanis Club Over-the-Hill Bahamas Student of the Year Memorial Scholarship Donation



In July 2020 Kiwanis Club of Over The Hill presented a \$1,000.00 cheque to the Bahamas Primary School Student of the Year Foundation to honour the memory of Distinguished President (DP) Raymond Antonio. DP Raymond served the Kiwanis Club of Over-the-Hill with distinction for over 25 years.

This donation will assist the organizers of the program in rewarding worthy deserving students with academic scholarships during the 2020 Awards Ceremony.

Between 1997 to 2019, the Bahamas Primary School Student of the Year Foundation has awarded over \$1.7 million dollars BSD in scholarships and prizes. Last year, one hundred and twenty-three (123) of the high honoured students shared in \$173,000.00 BSD in scholarships and over \$50,000.00 in prizes.

Kiwanis Club of Over-the-Hill is extremely proud to give this donation during these trying times in keeping with Kiwanis International motto "**Serving the Children of the World**".







Mother's Day was celebrated globally May 10, 2020. It is a day when we recognize the dedication and the endless sacrifices and love of mothers. Despite the wake of a pandemic, the members of The Kiwanis Club of Nassau led by President Janelle Pickering, celebrated the mothers of Mary Ingraham Senior Citizen Home. Social distancing protocols were strictly adhered to ensuring the safety of our nation's pearls as the club extended greetings to the residents of the all-female senior home via television.

A greeting card was created and displayed on the local television station, as well as calls were made to uplift the mothers' spirits and express gratitude to both the residents and the nurses of the home.

In addition to highlighting the mothers of Mary Ingraham Senior Home, the club virtually expressed appreciation to members who are mothers and are committed to serving the children of the world by sending electronic personalized Mother's Day cards.

To conclude the series of Mother's Day events Kiwanis Club of Nassau donated a new wheelchair to a young mother who recently suffered a stroke. The wheelchair was a necessity for her to regain some independence and start therapy in her journey to recovery. The mother and her family were elated to receive a gift of mobility for Mother's Day.



# The Kiwanis Club of Fort Montagu chef it up for Cancer Patients

Caring for patients with Cancer has become even more serious because of the Coronavirus pandemic. They are at high risk with being infected with COVID-19 because cancer and cancer treatments often weaken their immune systems. For this reason, taking extra steps to keep care providers and patient from getting sick is paramount. The Cancer Society of The Bahamas cancelled visitation of relatives as well as the restaurant on site was closed due to the national emergency orders and curfews. The Cancer Society of The Bahamas is home to persons from around the Bahamas who need cancer treatment but have to travel to New providence and are in need of a place to live.

The Kiwanis Club of Fort Montagu, for the month of June provided meals for cancer patients residing at the Cancer Society. This project came about as a result of the club wanting to do something during the pandemic to assist persons who were vulnerable. Members provided groceries to families in need, but this project was one out of the regular scope. The initiative was started by Mrs. Lauren Higgs and Sue Roberts of the Trinity Methodist Church, who provided lunch on Tuesdays. As the demand became greater, they were asked to cover a few more days and they reached out to President Tonya for assistance.

This Pandemic has taken a lot of resources and the demands for basic assistance are greater than it ever was before. The Kiwanis Club of Fort Montagu is committed to seeing its community through these most difficult times. The dreaded illness Cancer has been on the increase for a while and continues to rise as adults and children are being diagnosed frequently. The focus on COVID has diminished the awareness and the need of these sick persons who were already experience-



ing tough times hence, the club's commitment to assist with catering meals made a huge difference in their lives.

Of course, none of this would be possible without having the necessary funds or valuable community partnerships to execute the club's plan; and so, the club is grateful to The Paint Place, under the management of Dis-

tinguished Lieutenant Governor of Excellence Christine who generously sponsored this project for the month of June. Ms. Mary Carroll- Johnson (**From the Heart Catering**) chef up the scrumptious meals. It is these types of partnerships, coupled with members' donations that enable the club to continue its service during this time. The Kiwanis Club of Fort Montagu is committed to continuing this project for as long as it is able to as there is a real need.

The Cancer Society representative Mrs. Storr expressed gratitude to The Kiwanis Club, The Paint Place and Trinity Methodist Church. Although most companies experienced loss during Covid, there remains existing needs and the donations by corporate Bahamas is always welcomed but is especially needed during this time as many organizations like the Cancer Society were unable to execute their planned fundraisers. Likewise, the club's fundraisers have been halted, but with the partnership of community based businesses and members donation we will continue meaningful service to our community.



# Kiwanis Club of Pinewood and Sister Sister Cancer Treatment Tea Time Partnership

While accompanying her father who was diagnosed with Sqamous Carcinoma (throat cancer) to the hospital and frustrated by the constant turn around time, mainly due to the lack of finances, President Designate (PD) Genine Munroe was directed to Mrs. Rolle in registrations to confirm a surgery date to remove existing cancerous cells.

During discussions on how best to resolve the issue, Mrs. Andrea Rolle recommended that PD Genine contact the Sister Sister Support Group, a nonprofit charitable group that renders emotionally, spiritually and even financial support to sick persons and their families. She did and they provided the much needed catheter free of charge.



In picture are President Damian Sweeting, President Designate Genine Munroe, DLG Garnell Kemp - club secretary, Director Carmen Forbes and Kiwanian Audley Kemp jr



As a result this assistance, the Kiwanis Club of Pinewood became involved with the Sister Sister Cancer Treatment Tea Time and PD Genine inquired on how best the Kiwanis Club of Pinewood could be of assistance to the movement.

Sister Sister Tea Time and the Pinewood club discussed the low spirit of families who are stressed while waiting on loved ones to complete treatment, and how helpful it would be if some sort of beverage or snack could be provided, free, for them while they wait.

The Club agreed to provide monthly donations to Teatime Thursdays, consisting of coffee, tea, water, cookies, etc. This is a continuous monthly partnership between Kiwanis Club of Pinewood and the Sister Sister Support Group.



# Goal Setting for a Successful Administrative Year

Andrew Carnegie said, "if you want to be happy set goals that command your thoughts, liberate your energy and inspire your hopes." Setting personal goals will go a far way in helping you to achieve success in your journey as Kiwanians especially if you are in a leadership role.

According to Stephen Kellogg American singer/songwriter the moment you put a deadline on your dreams it becomes a goal.

As president I realized that I could not escape making a list of the things I wanted to achieve in order to gain clarity and create a road map to take me to my desired results. Once I wrote these down I de-cluttered my mind and I was clear on what was required of me to achieve these results and the timelines in which I would achieve them.

I also realized that I was responsible for my success as president and if I did not take action and lead my team to accomplishing our activities and projects, then it may never happen because my team is looking to me, to set the stage for successfully achieving club activities and projects. One may say yes I need to set goals, but how do I do it effectively in order to achieve results?

This takes me to the goal setting process which is the different steps to take when you are setting goals to effectively achieve the desired results. Brian Tracy in his e-book titled GOALS!!, outlined 14 steps to setting goals. However, I will share with you the three strategies that resonated with me most. They are:

- 1 Decide what you want to do, be or have as a Kiwanian
- 2 Write it down and set a deadline
- 3 Organize your list of things to do and make a plan

Let's start with:

## **1. Decide what you want to do, be or have as a Kiwanian**

There are different areas of focus in Kiwanis e.g. fundraising, club activities, projects, membership engagement etc. After being installed as president, one of my main focus was fundraising. Therefore, one of my goals in the beginning was to engage in fundraising activities to help propel club activities and projects for the year and make preparations for possible club



expenses. Hence the first activities of the club were a Dutch auction and a cake sale. With team work and planning both were a success.

## **2. Write it down and set a deadline**

Your goal must be in writing with a stated deadline. In other words, it must be "SMART". This means specific, measurable, attainable, relevant and time-bound. In everything I do I try my best to write it down with a date for completion. It motivates me to focus on whatever it is I have to accomplish and having a date holds me accountable to complete the task within the timeline set. This ultimately leads to your success with club activities and projects.

## **3. Finally, organize your list of things to do and make a plan**

This is done by arranging your actions in sequence and priority. Having a goal and the plan increases the likelihood of achieving it. Plan each day, week and month in advance, plan at the beginning of each month, each week, the weekend before and each day the evening before. I experience less stress and being overwhelmed when I organize and plan my daily activities.

In concluding I want to say a big thank you to my KC Barbican team for all their love and support throughout this admin year 2019-2020. I

couldn't

have done it without you. Let's continue to make an impact as we serve the children of the world one community at a time.

I encourage all incoming presidents to make a commitment to outline your goals for the year.

**Nardia Swaby Folkes**  
**President 2019-2020**  
**Kiwanis Club of Barbican**





# Supporting the continuation of teaching and learning during the COVID-19 Pandemic

The goal of the Kiwanis Club of Eastern Kingston and Port Royal, is to encourage the holistic development of young children and as such, the club has employed creative ways to influence not only their pursuit towards academic excellence but also social interaction and leadership.

The Young Children Priority One team made a donation of three (3) Tablet PCs to the "Reddies Place of Safety" to assist the children who are locked in due to the Covid-19, giving them an opportunity for continued learning.

For educators, the COVID-19 Pandemic is a quintessential adaptive and transformative challenge, one for which there is no pre-configured playbook that can guide appropriate responses. Educators are charged to swiftly design responses with specific contexts in mind as the pandemic runs its course.

The club has been maintaining contact with the children through the use of technology, using video-conferencing to circumvent the restrictions brought on by the pandemic. It was through this medium that it was revealed that the children are facing some challenges as it relates to the number of devices that are available to them.



There were only 2 computers that had to be shared among the 14 children residing at the home. This means that the students' experience in adjusting to the new format of online teaching, was not as pleasant and enriching as it could be.

Miss Brown, the caretaker at the home expressed that *"These (tablets) will be very helpful especially with our limited resources to aid the students when school reopens."*



President Tadmar Moore and Young Children Priority One Chairman Wallace Swaby presenting Tablets to Miss Brown, the Caretaker of Reddies Place of Safety.

With the Covid-19 restrictions being implemented and the disruption of schools, it has been brought to the fore that students having access to digital devices are in the minority and EKPR is happy to support the government with the establishment of effective form of online education to ensure that no child is left behind during this crisis.



Kiwanis Club Pride of Barbados conceptualized the idea of an inclusive play colouring book to assist the Barbados Council for The Disabled who is working on promoting and facilitating a fully inclusive country. Each page of the colouring book features a child with a disability interacting and playing with a child without a disability. The book features children with a wide range of disabilities.

It is hoped that the colouring book will help young children learn to embrace and accept others despite differences.



Recently, the Kiwanis Club of West St Andrew, under a Young Children Priority One project constructed a sheltered walk-way for the children at Red Hills Basic School to ensure that they have proper shelter when it rains. Additionally, a section of the school's roof which was infested with termites was removed, treated and replaced.

A total of \$135,000 was spent on this project.





## Battling Covid-19

Howard Zinn once said. "Small acts when multiplied by millions of people, can transform the world."

During this time of economic uncertainty the Kiwanis Club of Central Abaco (KCCA) recognized that there are numerous needs within the communities in which they serve. With the support of Integrated Medical Centre they were able to donate over 2,500 adult diapers to various Nursing Homes and families throughout New Providence.



In addition, they donated 3 cases of maternity kits to PACE, a special program designed for teenage mothers unable to complete school due to their pregnancy.

KCCA is excited to finish the year with providing hygienic kits for young adults and women to the Urban renewal Centers throughout the Bahamas as well as introducing the first Annual Back to School Giveaway throughout the island of Abaco and to the K- Kids in San Salvador at the end of September.

The members of the club are grateful to be able to render their time, talent, and treasure as well as spread a little love, joy, and happiness within their communities.



The Kiwanis Club of Central Abaco looks forward to the incoming year with great anticipation.

## KIWANIS ONE DAY IS OCTOBER 24, 2020







## Battling Covid-19

Eight families in the community of Seaview Gardens in St. Andrew received care packages prepared by the Kiwanis Club of South St. Andrew earlier this month. Over 25 persons including 14 children received tin foods, rice, cereal, oil and flour among other items, enough to prepare three meals daily for at least seven days.

Members and prospects together contributed cash and kind towards the packages after the need was highlighted by a prospect living in the community. The food items were well received by the recipients, some of whom noted, it was more than they expected.

The families were also provided with masks made by a member of the club to help in the fight against Covid-19.



Kiwanis Club of Sicily Valle del Simeto, Italy, donated much needed food items and other goodies to 100 families and children in their community.





## Battling Covid-19

### Celebrating 29 year of service to the nation

The Kiwanis Club of Barbados Central celebrated 29 years of service in June but the anniversary celebrations were not the same this year with the current pandemic and physical distancing protocols. However, the Club celebrated with a service project catering to Kiwanis Kids and other students in the primary schools.

As Barbadian Class 4 students went back to the physical classrooms in order to complete preparation for their Common Entrance Exam, they were gifted with bottles of hand sanitizers. Throughout this COVID-19 pandemic, persons are being urged to sanitize frequently throughout the day so the Club bottled and labelled 100 bottles of hand sanitizers for donation to 3 primary schools - Lawrence T Gay, St. Luke Brighton's and Luther Thorne.

Presentation of the sanitizers was made throughout the anniversary week to the school principals by Community Services and Service Leadership Program (SLP) Committee Chairman Distinguished President Pamela Lord, President Designate Alison Taylor, and Kiwanians Elsie Edwards and Annette Lazare.

The Club also hosted a "Show Your K" event to end the week of service with Central members and members of fellow Kiwanis Clubs wearing their Kiwanis paraphernalia, posting photos and using hashtags on social media.



PD Alison & DP Pamela presenting Lawrence T Gay Principal Ms. Green with the donation of hand sanitizers for distribution.



Past president Mike Wolf presenting a check to Kelly Sue Oberle from Food4Kids

In April, about a month after the Pandemic was announced and the Province of Ontario went on lockdown, the Kiwanis Club of Kitchener-Waterloo (KW) made a donation of \$16,000 to help feed the area's children.

With increased job losses, many neighbours are facing increasing financial hardship and it becomes even more challenging to provide healthy meals for their families.

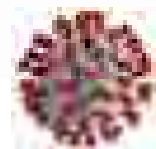
Both Nutrition for Learning and Food4Kids Waterloo Region received \$8000 each to help fund their programs which in turn, help keep the area youth nourished.

"These two groups do amazing work for the community, and Club members volunteer with these organizations on a regular basis," says Kiwanis of KW President Angela Vieth. "We are just offering a helping hand."

Kiwanis is the oldest service club in the K-W area.



# Battling Covid-19



During the month of July, the Kiwanis Club of Barbados South Community Services Committee undertook a project to build a Ramp for Mr. Ashford Best, an amputee who was confined to a wheelchair and was no longer able to leave his home, without being lifted by multiple persons on each occasion. With the onset of the COVID-19 pandemic, it made the exercise even more challenging.

The members went to work by obtaining the necessary materials and began the construction of the Ramp. The official handing over Ceremony of the Ramp took place in September and Mr. Best was wheeled down the Ramp by his son-in-law Mr. Merlon Yarde. Within the last six months the only time he left his home was for medical reasons so his family is very appreciative of the efforts of the members of the Kiwanis Club of Barbados South.



At the ceremony, Mr. Best was surrounded by his family members, from left Mr. Merlon Yarde, Ms. Portia Yarde, Mrs. Sheldene Yarde, Ms. Vashi Yarde, Ms. Danisa Yarde, Mr. Ashford Best; Kiwanians - President St. Clair Phillips, K John Proverbs, K Krystal Fenty, K Patricia King, K Nicolai Ifill, K Eudalie Wickham-Ashby, DP Grantley Broome and DP Lolene Rawlins.



The students who have been awarded scholarships valued at \$21,000 each are:

- ♦ Donthea Davis of the Chetwood Memorial Primary School K-Kids Club for Montego Bay High School;
- ♦ Jerzan Blythe of the Catherine Hall Primary School KKids Club for Herbert Morrison Technical High;
- ♦ Keviyen Buchanan of the John Rollins Success Primary School for Mt. Alvernia High school
- ♦ Zahri-Ann McLaughlin of Chetwood Memorial Primary K-Kids Club for Mt. Alvernia High.

The scholarship has come at a time when it is being projected that economic hardships are likely to increase as a result of the COVID-19 pandemic and there will be an even greater need for the types of service and love Kiwanis bring.

It was equally fitting that the Kiwanis Club of Montego Bay decided to honour the memory of the late Ernest Sterling by establishing the fund in his name.

Ernest Sterling was a beloved member and Distinguished President of the club; Distinguished Lieutenant Governor of Division 25 and stalwart of the Kiwanis movement in Jamaica.





## Battling Covid-19

The Kiwanis Club of Fredericton faced a number of “hits” when the virus came to the capital city of New Brunswick in mid-March. The two “biggies” were the cancellation of the ECC Convention scheduled in May that the team had worked hard on for many months (and were so looking forward to hosting) and the last and largest fundraiser of the year had to be put on hold.

The fundraiser is the club's weekly **Chase the Ace** that was expected to raise over \$25,000 and it was going nicely, having started in November last year. While the pub where it was held each Tuesday evening is open, the restriction on restaurant capacity doesn't make it worthwhile to operate, so the event is presently on a hiatus. New Brunswick has been really well behaved with masks and social distancing and are still under 200 cases in total since the lockdown measures began in mid-March.

These two big “hits” set the club back, but with the onset of zoom meetings members were determined to respond to the needs in the community and to help those challenged by COVID.

The first response was to assist a school lunch program that stopped regular operations immediately with the shutdown. A cheque for \$1000 was delivered at the end of a fishing pole (we had to social distance!) to the local **Community Kitchen** where bags were prepared and delivered to kids in need of a daily lunch.

The second response was to donate \$1500 to **Greener Village**, a local food bank, which saw an immediate jump in clients as businesses started cutting back or closing their doors. Again, a pole was used when the cheque was delivered.

The third response was another donation (\$500) to the **Stan Cassidy Rehabilitation Center** to



their COVID Response Fund to assist families who had a loved one at the Center, being treated following a life-altering injury.

Kiwanis Club of Fredericton is grateful to the TD Bank for their support to the club's efforts.

June saw school graduations and the awarding of scholarships. For the first time \$1000 was presented (sent by mail!) to a young international student

from Turkey at Leo Hayes High School who is starting her science degree at Memorial University in St John's, Newfoundland and Labrador. This significant award was made possible through a wonderful partnership matching grant from the Kiwanis Canada Foundation.

More recently, the club donated a specialized adaptive bike (cost over \$4000), in partnership with the Kiwanis Canada Foundation, to a youth who was treated at the Stan Cassidy Rehabilitation Center. The Bikes and Trikes programme is a cause Kiwanis Fredericton has embraced and the funds from the Chase the Ace are focused on that service to the community.

All in all Kiwanis Club of Fredericton is a small but hard-working group of 17 Kiwanians, who, despite the pandemic, are working to better the lives of kids in the community.

Small and Proud!





# Battling Covid-19



## Toasty Toes Partnership



Members of the Kiwanis Club of KW are proud supporters of the Toasty Toes campaign 2020 as they make a presentation of a cheque in the amount of \$2500.00.

In 2013 Sharon Gilroy-Dreher made a request for socks on a Facebook post as a happy way to remember her mom and to mark what should have been her 80<sup>th</sup> birthday. Family and friends rose to the challenge and 492 pairs of socks were collected for Out of the Cold shelters.

Just 6 years after that first campaign, Toasty Toes Waterloo Region has already distributed over 126,000 pairs of new socks to agencies and programs supporting people experiencing or at risk of homelessness in their region.

With COVID-19 presenting a logistical challenge, Sharon asked agencies supporting the most vulnerable neighbours how they wanted to receive socks. They said that having access to funds, and the flexibility to purchase socks when they needed them, would be best moving forward.

According to Sharon, "this new partnership with KW Kiwanis Club allows us to pivot and make that happen! Donors, for the first time, will receive a tax receipt for all eligible donations."

How can you help? By donating the cost of a package of socks, instead of donating physical socks. Together we can overcome the challenges created by COVID-19, and ensure no one has cold toes this winter.

"Excited to share this wonderful news! Thank you Kiwanis of KW for your generous donation to ToastyToes 2020. With your help we are working to ensure anyone in our community who needs socks has them, including children."  
@toastytoeswaterlooregion  
Sharon Gilroy-Dreher







# Battling Covid-19



The Kiwanis Club of Constant Spring (KCCS) along with partners, Community Safety and Security Branch (CSSB) St Andrew North journeyed to Gordon Town recently and distributed over 60 care packages, to include rice, sugar, oil, biscuit, juice, sausage, kidney peas, baked beans, black eye peas and rice casserole. Food for the Poor assisted with some of the grocery items.

Residents were from the communities of Penfield/ Mount Industry, Enfield/Cameron Hill, Industry Village, Grove and Dublin. Packages were also sent to some areas where there were shut-ins.

The team also distributed 75 dozen eggs to the community and another 75 dozen in the Constant Spring area.

The Team of CSSB Officers at the Grants Pen and Constant Spring Police station were also on the radars of the KCCS. They received a Tea/coffee Station inclusive of Kettles as well as breakfast on the Monday.

Additionally, the Officers were presented with over 50 hand sanitizers, alcohol and 30 reusable face masks just a week prior.

These were all part of the Club's COVID Relief Project which continues.





**NOW IT  
MATTERS  
MORE  
THAN EVER.**

We've saved millions of lives globally — but the global battle against mothers and babies in harm's way isn't over. **Eliminating** MNT is our goal — and it's the critical moment. Help eliminate MNT before the Day of the Earth.

**ELIMINATE**  
maternal/neonatal tetanus

 **Kiwaniis** |  **unicef**

[Kiwaniis.org/TheEliminateProject](http://Kiwaniis.org/TheEliminateProject)