

March 2021

# CANADIAN WOMEN'S



# CLUB



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## MARCH IS ALL ABOUT GIVING BACK

As we look forward to the CWC's annual giving to local charities, this year the prospects looked slim as we did not host our annual golf fundraiser at RWM. Due to Covid 19 and subsequent lockdowns, we were unable to host our annual fundraiser in June 2020 which gives us the cash that we disburse the following March. Luckily we saved some cash from last year for just this type of situation but the amount we have saved is only a fraction of what we normally give.

On this note, it is with great joy that I am able to announce that we were able to find a generous donor who is familiar with the club and the work we do and has agreed to donate \$50,000 this year to assist with our giving to the community.

The club would like to thank the donor for their generous donation.

Past President

**Heather Laughlin**

## MESSAGE FROM THE PRESIDENT

# HAPPY MARCH

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A special month in our club where we not only celebrate International Women's Day, but this is when we distribute our disbursements to several charities that we have long standing relationships with. We've highlighted a few of them in this newsletter for you. We are grateful to **Ann Smith, our head of Community Services**, who does an incredible job each year in this area, solidifying our commitment to service and all the due diligence that it entails.

We are excited to get this disbursement process started and also to add a new charity, **The Lady Box Project**, to our list. Period poverty is a real issue affecting women and girls who don't have access to safe, hygienic sanitary products and are unable to manage their time of month with dignity. The Lady Box Project assembles boxes of women's sanitary products and distributes them to those in need.

As you can imagine our fundraising efforts were halted throughout 2020 and this year we have been putting our heads together to come up with unique ways to fulfill our fundraising goals in a restricted world. I must applaud and express our gratitude to our very own **fundraising rock star Past President Heather Laughlin** for securing a very generous donation to put us in good footing towards our community endeavors! Let's get this party started :-)

Finally, we hope to see you at Ocean Acres Animal Sanctuary on Sunday March 28th for an Open House just for CWC members and their families (all health protocols in place). See you then!

*Warmest*

*Meredith Mottley-Haynes*



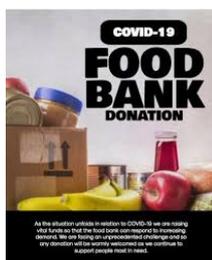
# CWC house keeping

## MONTHLY MEETING

The next club meeting hopefully will be in April. The date, time and location will be announced as soon as we get Government's go ahead.



Barbados  
Diabetes  
Foundation



## WHO WE GAVE TOO

**Family Welfare**, feeding 29 families.

**Burnscar Garment & Orthotic fund for Children**, providing burnscar and orthopedic appliance for children.

**St. Vincent De Paul**, purchase food bags for 23.

**BPW Shelter for Abused Women**, trauma informed care for survivors of domestic violence.

**HIV Food Bank**, food for HIV patients.

**Nature Fun Ranch**, 10 scholarships for underprivileged students.

**Dept of Paediatrics, QEH**, blankets for babies.

**B'dos Council for the Disabled**, transport for disabled children and adults.

**B'dos Diabetes Foundation**.

**The Lady Box**, the new charity. More information on page 3.

## CHARITIES

Unfortunately, we are not able to give to all the charities we have in the past because Covid-19 did not allow our annual fund raising. But we were able to give to 9 past charities and were able to add one because of the serious need for support. We focused on charities helping Barbadians impacted directly from the pandemic.

## Our first event for the year

**OCEAN ACRES**  
ANIMAL SANCTUARY, BARBADOS

**OPEN HOUSE DAY**

The team of Ocean Acres Animal Sanctuary is happy to invite the members of the CWC and their families for a visit of the site and to spend time with our rescues! Come enjoy some time outdoors and cuddle some cats and dogs.

**COVID-19 PROTOCOLS IN PLACE**

Please bring a mask, a water bottle, a snack, some sports shoes, and a chair (as needed)

**Donations accepted:** Cash, Bank Transfer, food tins for dogs and puppies, items for online auctions.

**SUNDAY MARCH 28TH 2021**  
10AM TO 12PM  
NEWCASTLE, ST. JOHN,  
BARBADOS

IF YOU HAVE ANY QUESTIONS PLEASE  
CONTACT: CWCBARBADOS@YAHOO.COM

# CWC house keeping

## THE LADY BOX

New charity will be added to our list of charities.



### WHAT IS IT?

Period poverty is a real issue affecting women and girls who don't have access to safe, hygienic sanitary products, and/or who are unable to manage their periods with dignity.

In some cases, women and girls have limited access, leading to prolonged use of the same tampons or pads, which may cause genital tract infections.

The COVID-19 pandemic has no doubt exacerbated some of the conditions that lead to period poverty in our population.

In our small way we can be a part of the solution. 😊

The Executive Director of the Barbados Family Planning Association has indicated that there are approximately 50 women who can benefit from our donation.



**CWC President Meredith Haynes** lends a helping hand packing boxes of women's sanitary supplies.

# Membership



## BIRTHDAYS

- Margaret Griffiths - March 30th
- Susan Savriga, March 31st

## MEET GABBY MEMBERSHIP CHAIR

Introducing the youngest member of the executive  
Gabrielle De Villers-Wilson

### How long have you been here?

I moved to Barbados in August 2015.

### Why did you join the Club and want to be on the executive?

Since high school, I have been involved through the years in various clubs (International Solidarity and Human Rights, Environment, etc.) and professional associations. In addition, I have always valued community work and volunteering. Being involved in the Canadian Women's Club of Barbados seems like a good fit!

### What do you enjoy and dislike the most about Barbados?

- I love Barbados food and culture, as well as the warm weather, the beautiful beaches, the wildlife, and stunning nature.
- As a small female business owner relocating to Barbados, what I find the most challenging is bureaucracy.

### What do you do in your free time?

I love cuddling with my 3 dogs, doing yoga outdoor, spending time with my friends at the beach, and volunteering at Ocean Acres Animal Sanctuary.



# community message board



The Ruffugee Project is the biggest 'freedom flight' out of Barbados and into Canada for 200 dogs, in partnership with Eastern Ontario Potcake Rescue.

Our Bajan dogs have no hope, there is nowhere for them to go. Since the Covid19 pandemic, so many people have lost their livelihoods that an inordinate amount of dogs (and cats) have been abandoned, starved or worse. The lucky ones are the ones whose owners call us, the unlucky ones are left to fend for themselves or die alone and in misery.

Ocean Acres Animal Sanctuary is beyond full, well over capacity. The other 3 shelters in Barbados are the same, overflowing. There are no homes for these dogs, yet more and more still need our help.

We have approved and loving homes waiting for them all in Canada, we just have to get them there.

This is where we need your help. The cost to charter the flight is CAN\$200K. That's not as unachievable as it sounds, the 200 dogs have adoption fees of 500\$CAN each, which covers half of the cost. We need to raise the other half in donations and a silent auction.

Here is the GoFundMe Campaign where you can donate: <https://gofund.me/d5e7a77d>

Please share and please donate, even if it's just a small amount, everything helps.

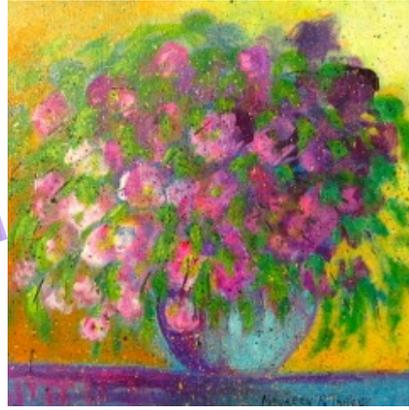
I'm asking people if they can donate something for the auction? It can be anything that can be offered worldwide. Please reply and let me know.

Thank you so much,

**Karen Whittaker,**  
founder of Ocean Acres Animal Sanctuary



# community message board



## Original Bajan Art Now Available in Canada!

by Maureen Tracey, Bajan/Canajan Artist!

- Give as a special gift or for yourself, priced reasonably!
- One-of-a-Kind Original Paintings!
- Website: <https://maureenptracey.com> provides pricing!
- Email: [bajantropicalart@gmail.com](mailto:bajantropicalart@gmail.com)!
- Merchandise also available on: <https://fineartamerica.com/loginchoosetype.php>!

Those well known iconic paintings of Barbados by Maureen, “Barbados in a Nutshell” cover artist, are now available right in Canada. These special original works of art are normally seen and sold at Galleries and Art Fairs in Barbados but 2021 has prevented this. The artwork, however, can be shipped anywhere.!

Send your Mom flowers for Mother’s Day? send “FlowersForever Art” from Gallery on website. They last forever!!  
Artwork elegantly trimmed in gold, ready-to-hang or display tabletop with beautiful brass easel provided. Many other colour palettes and scenes available on website.!



*Leadership Warrior*

*Services Offered  
Contact Heather- IG  
leadership\_warrior*

- *SMART Coaching for the Individual, Business or Entrepreneur & Intro to SMART Goal Setting*
- *Wellness Calls- Empower your Employees*
- *Leadership Development Training*
- *Holistic Wellness Consultation - coach and counsel*
- *Business Solutions Consultation*
- *Fitness Support #wetheeast Programs*

**email: [heatherlittlejohns@gmail.com](mailto:heatherlittlejohns@gmail.com)**

# Health, wellness and our environment



## How Intuitive Eating Changed My Life

Do you ever stop to think about how you eat? Do you tend to grab something as you rush out the door and eat it while driving to work? Or do you haul it all in with you and eat while checking your email or going through files? I know that used to be me! If you are not eating with intention, your digestive system may be suffering. Research has shown that mindful eating is the healthiest way to eat; because you are putting thought into what you're eating and how you are eating it, your eating habits, digestion, and overall health will benefit greatly. Here's how I stopped mindless eating and started eating with intention and intuition.



### How Mindless Eating Harms You

#### Poor Digestion

Thinking about food before eating it prepares your mind and body for the first stage of digestion. As the brain starts to anticipate the food, either through smell or visualization, it triggers the production of digestive juices and enzymes your system will soon need to break down that food. If, on the other hand, you are eating mindlessly and pay no attention to your food, your brain is unable to help your body function the way it should, resulting in poor digestion and weight gain.

#### Stress

Eating while working can increase the stress hormone cortisol. This hormone suppresses the production of enzymes, stomach acid, and saliva, and can lead to undigested food, resulting in acid reflux, gas, and bloating, as well as the loss of many essential nutrients.

# Health, wellness and our environment

## Over-eating

Mindless eating often leads to over-eating because you are not paying attention to your body's signals. This can result in poor digestion and complications and may even lead to many digestive problems such as inflammatory bowel diseases and cancer. Our ability to digest food and absorb nutrients is greatly reduced by stress, hormones, gut microbial imbalances, toxins, and food sensitivities.

## Why Intuitive Eating is Beneficial

Intuitive eating is simply eating with intention and paying attention to your food. By increasing your awareness of your relationship with food, intuitive eating improves your digestive processes and can change the destructive cycles for good. Here are some of the benefits of eating with intention:

### 1. Weight Loss

If you are planning to lose weight, a detox may be a great way to start. Not only will it help clean and prime your system, but it will provide you with a good kick start toward achieving your weight loss goals.

### 2. Elevated Energy

Because you are being more selective about how you fuel your body, intuitive eating may increase your energy. This has trickle-down effects: more energy means you may be more motivated to exercise longer and harder, you may be more productive at work, and you will have a more positive attitude. Food is fuel for your body; the better you fuel it, the better it will run!

### 3. Better Digestion

Intuitive eating may drastically reduce a wide variety of digestive issues, such as bloating, nausea, constipation, gas, indigestion and a toxic liver. When your body is prepared to receive and process food, and when that food is clean and healthy, you may notice a dramatic difference in how your body functions and in how you feel.

Eating intuitively and intentionally has changed my life, and it really didn't take much to get there. Slow down, think about your food, and feel the best you ever have!

Please schedule a one-on-one diagnostic call, or meet me here to join my amazing program Pantry Program. You can contact me at [info@betterbalancebeing.com](mailto:info@betterbalancebeing.com)



# Health, wellness and our environment

## Buying organic in Barbados

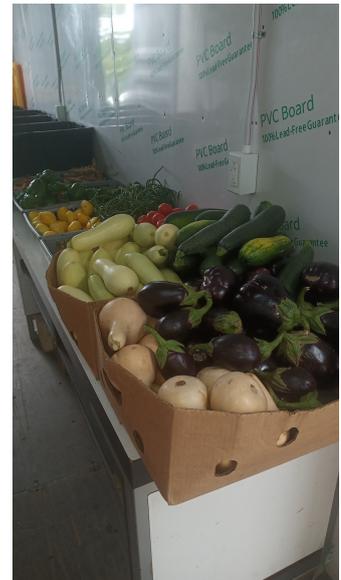
Yes you can, below are two organizations that sell organic

### Harrow's Organic Produce

From our farm beds to your table tops - we provide organically and locally grown produce to delight your palate. We incorporate farming techniques that does not involve the use of synthetic fertilizers, pesticides and genetically modified organisms. Do enjoy our labour of love and the merging of our Caribbean flavours.

Please contact us at **822-9972** or email **harrowsorganicproduce@gmail.com** for a list of current produce.

Herbs (per item):	Per Pound	Per head - \$5
Moringa leaves	Green plantain - \$4	Green pak choi/ bok choy
Moringa seeds	Green banana - \$3	Green leaf lettuce
Shado beni	Cassava - \$4 limited	Red leaf lettuce
Marjoram	Pumpkin - \$3	
Lemon basil	Cucumber - \$3	
Green basil	Eggplant - \$6	
Turmeric	Cabbage - \$5	Arugula / Rocket
Ginger limited	Eddoe / tannia - \$6	Beet top salad
Thyme limited	Beetroot - \$8	Spinach
Parsley	Bora beans - \$8	Mizuna
Chives	Daikon radish - \$8	Tatsoi
Mint	Green tomato - \$8	
	Ripe tomato - \$8	Fruits \$4 /lb
	Green zucchini - \$8	Sold half or whole
	Zucchini squash - \$8	Golden melon
	Sweet potato - \$4	
	Patty pan squash - \$10	
	Sweet bell pepper - \$10	



### ORGANIC GROWERS AND CONSUMERS ASSOCIATION (BARBADOS)

With the current restrictions in place we are trying to use a fresh model to deliver to our customer's. Your feedback is important to us and we anticipate that there may be some areas that need adjustment.



Please place your order by midday on Thursday for delivery on Saturday. Any orders placed after this time may not be included.

Please select the produce you would like to order. We aim to supply everything you request but this is not always possible depending on supply.

Introductory island wide delivery fee \$10

Payment is due by cash on delivery.

If you require a larger quantity than is listed or require help with your order, please get in contact.

Please note:  
0.125 = 1/8 lb  
0.25 = 1/4 lb  
0.5 = 1/2 lb

All prices are in BBD for more information please contact their web site: [ogca-store.mybranchbob.com](http://ogca-store.mybranchbob.com) or email [ogcabarbad@gmail.com](mailto:ogcabarbad@gmail.com)