

Kiwanis Club of Barbados South
President's Message - July 2021

Fellow Kiwanians

I hope this message finds you well and in good spirits after the passage of Hurricane Elsa.

You may agree with me that this has been one real character building year, the challenges seem to have lined up one after the other just waiting to rear their ugly heads. The way how I see it, we can either let them make us, or break us. Someone once said that it is not the challenges we find ourselves faced with that builds the man (or woman) but instead how we respond to them – or something close, the words might not be exact but the sentiment is the same.

I was asked in a training session over the weekend to describe myself in one word, I had to pause. Not because I didn't have a word but because I realised in the split second that my word has changed. Two options immediately came to mind, "Resilient" and "Determined". I've had to be both over the last year, I've had to pause and reassess so many times I've lost count. I think I've now perfected the bounce back and it is pure determination that has kept me going and kept the smile on my face. I have three people pretty close to me who have lost their roofs and we have kept the crazy going, just for their sakes. So when they are with the rest of us at least their spirits are lifted. It's when we leave that worries me.

To keep the not so positive thoughts at bay, I've renewed by addiction to Hallmark movies (mushy stuff) but sometimes we have to take a minute to regroup and believe it or not I went fishing in the swamp!! Yup it was FUN!!

I'm on the way back!! Like some of my friends who I've happily reconnected to, we are learning to find some positive in all this mess. We did silly painted masks in my backyard and ate pizza one evening last week (Vodka was flowing –hehe), I just upgraded

the enclosure for my tortoises and now I'm in the process of constructing a pond for two turtles and some fish. I'll share the pics as soon as they are done.

I remind myself every day, that through all this we are the lucky ones. We are the ones who get to serve others and there is a feeling of tremendous freedom in that. We get to take our focus off ourselves and shine a light to brighten another person's path. It's an amazing pleasure and a distinct privilege to be able to wear my "K".

Fellow Ks, go out with a smile on your face and a song in your heart today. Do something kind for a stranger.

Let's go be Kiwanians. Let's go be AWESOME!!!!

President Sandra