



**Kiwaniis**  
CLUB OF NEW KINGSTON

# KNUTSFORD NEWS

**EASTERN CANADA & THE CARIBBEAN - DIVISION 23 EAST**

VOL. 33 | ISS. 43

July 27, 2022



## “EXPANDING OPPORTUNITIES FOR CHANGE”

Organizational Date: September 6, 1989

Chartered: November 14, 1989

President: Jhenell Allen

Meetings: Wednesday at 6p.m. (Online)

The Police Officers' Club, 34 Hope Road, Kingston 10



# LEADERSHIP STRUCTURE



**Peter Mancuso**

Kiwanis International  
President



**Jim Scott**

Eastern Canada & the  
Caribbean District  
Governor



**Walter J Davis**

Division 23 East, Surrey  
South (Jamaica) Lieutenant  
Governor



**HELP KIDS SHINE.**



# Message

---

## FROM THE *Club President*

Since our experiences form who we are, we are all biased.

Overcoming unconscious bias requires mindfulness, commitment, and hard work. It won't just happen, because good intentions aren't enough.

It all starts with being aware and stepping outside of our comfort zone to interact with members and people we serve who are different from us, have different social identities, and have different cultures, customs, and preferences.

We recognize the benefits of uncovering bias in decision-making processes through our biannual surveys, open discussions held during business and committee meetings and one-on-one with leaders.

Our Club's culture fosters a culture that welcomes and even celebrates productive debate, which lessens the negative effects of bias.

Team members are empowered to challenge each other's views respectfully, regardless of where they are on the organizational chart.

Club leaders must think in a variety of ways. This is especially true when it comes to membership decisions.

A diverse group of interviewers from our membership committee helps to eliminate unconscious bias and develop and sustain a thriving Kiwanis club.

At the end of the day, we need to understand that we're all humans, and we need to be here to support each other, regardless of our differences.

The principles guiding what our Club does cut across a wide range of divisions, cultures, and backgrounds.

Our mission as Kiwanians are to serve our children and helping them through this crazy thing called life. But, we need to approach it with good intention.

*Club President  
Zhenell Allen*





# CLUB GOALS

01.10.21 - 30.09.22

## TODAY'S MEETING AGENDA

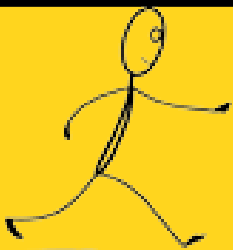
Call to Order  
National Anthem  
Invocation  
Objects of Kiwanis International  
Opening Remarks  
Welcome & Introduction of Head Table  
Kiwanis Education  
Bonding  
**Main Programme: Honouring the Clergy**  
Sergeant-at-Arms  
Announcement  
Toast to Kiwanis International  
Termination

**Next Week - Emancipation Celebration**

## JULY IS HERE!

To energize the club and maintain that momentum to realize our objectives.

- Increase members' satisfaction and retention through meaningful engagement with a minimum net growth of goal two.
- Amplify skills training and leadership development for our members and Service Leadership Programs.
- Implement new initiatives and projects to enhance our impact and the Clubs sustainability.
- Boost the Clubs visibility and brand awareness through additional digital and other modes of communication in marketing.
- Expand collaborations and partnerships to improve the Clubs efficiency, effectiveness, and resource utilization to drive broader social change.



# WOW STORIES!

It takes about 450 years just for one plastic bottle to break down in the ground! 11% of household waste is plastic, 40% of which is plastic bottles. A plastic cup can take 50 - 80 years to decompose. An estimated 13 billion plastic bottles are disposed of each year.

Source:

[www.australian.museum/blog-archive/science/interesting-plastic-facts](http://www.australian.museum/blog-archive/science/interesting-plastic-facts)



## THE OBJECTS OF KIWANIS INTERNATIONAL

To give primacy to the human and spiritual, rather than to the material values of life.

To encourage the daily living of the Golden Rule in all human relationships.

To promote the adoption and application of higher social, business, and professional standards.

To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship.

To provide through Kiwanis Clubs, a practical means to form enduring friendships, to render altruistic service, and to build better communities.

To co-operate in creating and maintaining that sound public opinion and high idealism, which made possible the increase of righteousness, justice, patriotism, and goodwill.



Bring Up Grades Participants posing with LGED Sandra Davis and DLG Beverley Thompson at Harbour View Primary School.





# WATER & WASTEWATER SERVICES

Wastewater testing ensures your business does not contaminate or pollute the environment.

**ISO 17025**  
ACCREDITED LABORATORY

## We provide the following services:

- Chemical, physical and microbial testing for over 35 parameters
- Regulatory and compliance monitoring
- Characterization of water and wastewater
- Designs of wastewater and water treatment plants
- Designs of rainwater harvesting systems
- Assessment of water and wastewater treatment systems
- Handling of the permits for water and wastewater treatment systems



CONTACT FOR DETAILS

**(876) 978-9519**

Address: 7 Hillview Avenue, Kingston 10  
Website: [www.eslcaribbean.com](http://www.eslcaribbean.com)

## Past Presidents

DP Pamela Benka-Coker	1989-1990
DP Pamela Benka-Coker	1990-1991
DP Jennifer Messado	1991-1992
DP Judith Douglas	1992-1993
DP Valerie Crawford	1993-1994
DP Claudette Chin	1994-1995
DLGE Winsome Levy*	1995-1996
DP Lorna Chong	1996-1997
DP Carole Fullerton	1997-1998
DLGE Kay Anderson*	1998-1999
DLG Gerthlyn Reid-Holman	1999-2000
DLG Beverley Thompson	2000-2001
DP Hilary Grant	2001-2002
DP Annette Francis-Barnett	2002-2003
DP Hermine Metcalfe	2003-2004
PP Doneth Brown Reid	2004-2005
DP Bridgette Steele	2005-2006
DP Bridgette Steele	2006-2007
DP Claudette Carter	2007-2008
DP Yvonne 'Joy' Crawford	2008-2009
DP Suzanne Leslie-Bailey	2009-2010
DP Andrea Moore - Phillips	2010-2011
DLGE Sharon Williams	2011-2012
DP Lola Chin-Sang	2012-2013
DP Rosemarie Henry	2013-2014
DP Carmen 'April' Delisser-Brown	2014-2015
DP Audrey Brown	2015-2016
DP Paulette Kirkland	2016-2017
DP Sandra Davis	2017-2018
DP Dianne Obrien Harris	2018-2019
DP Adella Campbell	2019-2020
DP Suzilee Chambers- McLean	2020-2021

\* = Deceased

## Past Secretaries

DS Annette Francis-Barnett
DS Audrey Flowers-Clarke
DS Valerie Lee
DS Sharon Asphall
DS Lorna Chong
DS Karen Tomlinson
DS Barbara Tapper
DS Beverley Thompson
DS Carol "Annie" Hamilton
DS Alma Chin
DS Audrey Tulloch*/DS Kay Anderson*
DS Hazel Phillip
DS Sonia Lebert
DS Olivene Thomas
DS Suzanne Leslie-Bailey
PS Rosemarie Henry
DS Sheila Heaven
DS Sheila Heaven
DS Paulette Kirkland
DS Yasmin Gibson
DS Jacqueline Maillard
DS Sheila Heaven
DS Audrey Brown
DS Audrey Brown
DS Sacha Vacciana-Riley
DS Dianne Harris
DS Natasha Reid
DS Rosemarie Henry
DS Jhenell Allen
DS Linda Rose Pennicooke
DS Sandra Davis
DS Seya Rochester

\* = Deceased

## Sponsored Clubs

**KC Eastern Saint Andrew**  
December 6, 1994  
**KC Constant Spring**  
June 20, 2008  
**KC Friends Across Borders**  
September 25, 2017  
**KC JFB Kingston**  
April 12, 2018  
**KC Worthington Kingston**  
September 16, 2019  
**KC U-Tech Saint Andrew Jamaica**  
June 11, 2020  
**KC Mona Saint Andrew**  
August 27, 2020

## Committee Meetings

**Club Meeting**  
2nd Mondays, every other  
month at 6:00pm

**Community Service**  
3rd Thursdays at 6:30pm

**Human & Spiritual**  
2nd Sundays  
at 4:00pm

**Fundraising**  
2nd Thursdays

**Service Leadership Program**  
4th Mondays at 6:00pm

**Public Relations**  
1st Thursdays at 6:00pm

**Young Children Priority One**  
3rd Mondays at 6:00pm

**Interclubbing & Fellowship**

**Membership**  
Last Tuesdays every month at  
6:00pm



# Board of Officers & Directors



**Jhenell Allen**  
President



**Suzilee Chambers-Mclean**  
Immediate Past President



**Aldrie Henry-Lee**  
President Elect



**Erica Haughton**  
1st Vice President



**Sophia Fairman**  
2nd Vice President



**Theon Scott**  
Secretary



**Anita Cross**  
Treasurer



**Dianne Harris**  
Director



**Veronica Taylor-Smellie**  
Director



**Ann Marie Rowe-Mitto**  
Director



**Judith Francis**  
Director



**Nadia Roxburgh**  
Director



**Seya Rochester**  
Director



**Elsa Calliard-Burton**  
Director



**Audrey Shirley**  
Director



*Chairmen & Co-Chairman*

# COMMITTEE LEADERS



**Pauline Bowla**  
Co-Chairman of Young Children Priority One



**Beverley Thompson**  
Chairman of Service Leadership Program



**Rosanne Pitter-Williams**  
Co-Chairman of Service Leadership Program



**Sandra Davis**  
Chairman of Membership



**Jean Bell**  
Co-Chairman of Membership



**Claudette Walker**  
Co-Chairman of Membership



**Nardia Bedward**  
Chairman of Public Relation



**Camille Loffler**  
Co-Chairman Public Relations



**Marcia Stewart**  
Chairman of Club Meeting



**Jahneisha Green**  
Co-Chairman of Club Meetings



**Tanya Hasley**  
Chairman of Interclub & Fellowship



**Gerthlyn Reid-Holman**  
Co-Chairman Interclub & Fellowship



**Judith Henry**  
Chairman of Fundraising



**Nadine Newman**  
Chairman of Community Service



**Leurice Brown**  
Co-chairman of Community Service



**Shakerah Edwards**  
Co-Chairman of Human & Spiritual Value

# PRESIDENT'S ADVISORS



**DP Judith  
Douglas**



**DLGE Leighton  
McKnight**



**DLG Gerthlyn  
Reid - Holman**

**" IT'S OK TO SAY "NO" WITHOUT EXPLAINING YOURSELF "**

**- UNKNOWN**

*Birthdays*

*Anniversary*

**JULY/AUGUST**

**Sandra Logan Bruce -28  
Keisha Demetrius-Folkes - 29**

**Donalda Daley Martin & Curtis -30**

**Laurice Brown -2  
Valerie Crawford -4  
Dahlia Martin -9  
Linda Pennicooke -14  
Pamela Palmer -18  
Joy Carter -18  
Marilyn Bennett -20  
Stephanie Abrahams -22  
Lorna Chang -26  
Lisanne Chai-Hamilton -27  
Anitha Cross -29**

**Natalie Carby & Sachel -1  
Roseanne Pitter-Williams & Dwayne -2  
Patricia Cameron James & Lovell -24  
Nadine Hibbert & Barry -28**



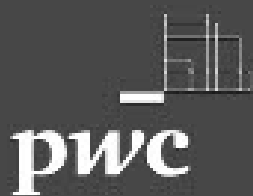
# Be the Solution

It's time.

## Because children are our future... Let's invest in them!

At PwC, we believe that the future success of our nation is grounded in the contributions we make for our children today. That's why we support programmes which take a comprehensive approach to fostering growth and development in our youth, inclusive of their overall well-being.

Let's invest in a brighter and happier Jamaica. Respect and protect every child.





# DID YOU CONTACT YOUR TWIN?

The KCNK 'Twinning System' is meant to be used as a "tool" to foster greater camaraderie among Club members and to connect with each other in a "getting to know you" kind of way in order to strengthen the KCNK Sisterhood. Please note your 'Twin' and give them a call.

#	YOUR NAME	YOUR KCNK BUDDY
1	Annette Akwa	Stephanie Abrahams
2	Beryl Allen	Curlene Andrade
3	Jhenell Allen	Annette Francis Barnett
4	Pauline Andrade	Christine Bernard Taylor
5	Sellean Barracks	Vinessa Cadien Miller
6	Jean Bell	Angela Cameron James
7	Marilyn Bennett	Natalie Carby
8	Audrey Brown	Pat Carrol Lewis
9	Kamaria Brown	Marilyn Beckford
10	Leurice Brown	Joy Carter
11	Elsa Calliard Burton	Lissann Chai
12	Adella Campbell	Patrece Charles
13	Claudette Carter	Everlyn Craig Brown
14	Judith Ann Chai	Dawn Christie
15	Shirley Chan Fombrun	Yvonne Joy Crawford
16	Valerie Crawford	Lorna Chong
17	Anitha Cross	Denise Dacres
18	Sandra Davis	Ashleigh Harris (new)
19	Nickeisha Dixon	Marlene Dacres Afflick
20	Judith Douglas	Marcia Davis
21	Jodi Ann Dunn	Donalda Daley Martin
22	Sophia Fairman	Keisha Demetrius Folkes
23	Heather Frampton	Shakerah Edwards
24	Judith Francis	Cassandra Esson
25	Tenneth Fuller	Deborah Fletcher
26	Yasmin Gibson	Paula Forrest
27	Hilary Grant	Audrey Flowers Clarke
28	Kavel Francis	Terry Ann Graver Shaw
29	Jahneisha Green	Maureen Freebourne
30	Erica Haughton	Pat Garel
31	Sheila Heaven	Heather Nooks
32	Barbara Hendricks	Nadine Hibbert
33	Judith Henry	Dionne Golding
34	Rosemarie Henry	Mazie Hines
35	Aldrie Henry Lee	Sherona Jervis
36	Kimberly Hibbert	Barbara Johnson
37	Teshena Johnson	Cavelle Johnston
38	Eleanor Jones	Valerie Lee
39	Paulette Kirkland	Moya Leiba Barnes
40	Janet Lawrence	Judith Lewars
41	Sonia Lebert	Camille Loffler
42	Nordia Lecky	Lorraine Lewis
43	Audrey Lewis	Melony Lue
44	Sandra Logan Bruce	Olive Lyn
45	Pamela Lowe	Dahlia Ann Martin
46	Suzilee Chambers	Claudine McCalla Miller
47	Olive McNaughton	Jackie Maillard
48	Hope McNish	Cheyenne McClarty
49	Donna Mesquito	Marsha McClymont
50	Hermine Metcalfe	Krystia McDonald
51	Sonia Montague	Ethnie Simpson Miller
52	Natalie Moore	Audrey Morris
53	Andrea Moore Phillips	Pamela Palmer
54	Camelia Nelson	Patrice Palmer
55	Nadine Newman	Roseanne Pitter Williams
56	Dianne O'brien Harris	Shanik Ramson
57	Trecia Panton Thompson	Jacqueline Scott

58	Linda Pennicooke	Marcia Scott
59	Theon Scott	Helen Phillpots
60	Joan Marie Powell	Dahlia Sinclair
61	Lola Rattray	Margaret Smith
62	Gerthlyn Reid Holman	Kayan Sudlow
63	Angela Richards	Vanessa Tennant Williams
64	Seya Rochester	Sherona Thompson Finlay
65	Randeesh Rowe	Nikisha Walters
66	Ann Marie Mittoo	Patricia Whyte
67	Nadia Roxburgh	Melanie Williams
68	Audrey Shirley	Merdina Callum
69	Bridgette Steele	Sammara Reynolds (new)
70	Marcia Stewart	Sheree Chambers
71	Cynthia Taylor	Ann Amiel
72	Veronica Taylor Smellie	Nadia Bedward
73	Beverly Thompson	Tanya Hasley (new)
74	Karen Tomlinson	Sharon Asphall
75	Claudette Walker	Arlene Brown
76	Sharon Williams	Carole Fullerton

## K-SISTER CORNER

Remember members who are sick, or caring for friends or family as well. Reach out and offer a comforting word if you can.

*"Wishing you strength for today and hope for tomorrow."*

Renee O'neil





## Diabetes Mellitus in Pregnancy ..... Why do we care about diabetes in Pregnancy?

### What is Diabetes Mellitus?

- Chronic diseases in which there is abnormally high level of glucose in blood (hyperglycemia).
- Insulin – hormone produced by the pancreas
- Allows the cells of our body to take up glucose to use as energy
- Insulin is either not produced in sufficient amounts or our cells do not respond to the insulin therefore there is poor uptake of glucose

### Diabetes in Jamaica

- Approximately 11.9% of Jamaicans 15 years or older have Diabetes Mellitus (9% men and 14.6% women). 1 in 9 persons. Prevalence increases with age

### Diabetes in Pregnancy

- Pregestational Diabetes Mellitus – diabetes prior to pregnancy
- Gestational Diabetes Mellitus - diabetes during pregnancy. Asymptomatic and Symphonic are symptoms

### Gestational Diabetes Mellitus... Who is at risk?

- Risk assessment at doctor visit.
- Women older than 35 yrs
- Obesity (BMI above 30kg/m2)
- Previous Gestational Diabetes
- Family History/First Degree Relative with Diabetes

### Antenatal Management aim is tight glucose control to decrease risk.

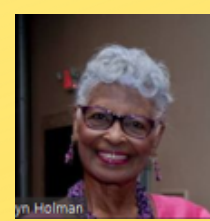
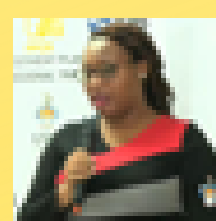
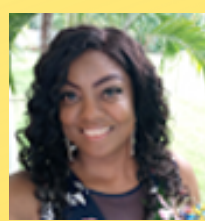
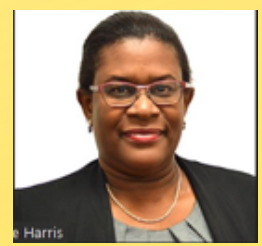
### Truth is..... most pregnancies' are unplanned

### Maternal Complications

- End organ dysfunction (pre existing Diabetes)
- Development of Hypertension and pre Eclampsia in Pregnancy
- Operative Delivery
- Development of Diabetes Mellitus (Long Term Consequences)

### Fetal Complications

- Misaccariage
- Congenital Abnormalities
- Small for Gestational Age
- Large for Gestational Age/Macrosomia
- Difficult deliver; shoulder dystocia
- Hypoglycemia after deliver
- Stillbirth





# INCOMING CHAIRMEN & CO-CHAIR TRAINING SEMINAR

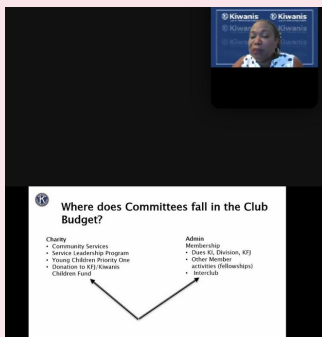
**Kiwanis**  
CLUB OF NEW KINGSTON  
PD Aldrie Presents  
The 2022/2023 President's Training Programme

- SATURDAY, JULY 16, 2022**  
8:30 AM - 12:30 P.M. **Officers, Directors, & Chairmen**
- Saturday, July 23, 2022**  
11:00 am - 2:00 p.m. **Chairmen & Co-Chairmen**  
Doing Your Budget
- Saturday, August 13, 2022**  
9:00 am - 1:00 p.m. **Committees present 2022/2023**  
Programmes of Activities with Budgets
- Saturday, September 3, 2022**  
10:00 am - 12:00 noon **Presentation of Draft Club Budget**
- Saturday, September 17, 2022**  
11:00 am - 12:00 noon (Online) **Final Budget Presentation**

**VENUE** SALISES Conference Room  
Faculty of Social Sciences, UWI



Saturday July 23rd saw Chairmen and Co-Chairmen attending the 2nd President's Training Seminar @SALISES UWI Mona. This session was focused on "Doing Your Budget" for Administrative year 2022/2023 (see adjacent flier with additional dates). Thank you to DLG Beverley Thompson who has been Project Lead for logistics and a presenter for the training sessions. Thank you also to LGD Rosie Henry & Officers who participated. There were 14 Kiwanians in total in attendance- 5 were online and 9 face-to-face.



## BRING UP GRADES (BUGS)



LGED Sandra Davis and DLG Beverley Thompson were at Harbour View Primary on July 21, 2022 to make a presentation to their Builders Club members who participated in the Bring Up Grades (BUGS) Program. B.U.G.S. was designed to provide recognition to students who raise their grades into an acceptable range and maintain or continue to raise them from one grading period to the next. Students are empowered to participate in their own academic success, which builds self-confidence, perseverance and character. Students received varied items such as, schoolbags and supplies, BUGS certificates and snacks.



# CLBL Summer Learning Sessions 2022 Volunteer Request

These will be delivered through several different platforms and modalities, from a face-to-face summer school in Kingston, to locally run and managed learning pods within the teachers' communities and parishes, through to participation in an intervention programme run alongside the Mico CARE Centre in Kingston

## SUMMER LEARNING SESSION PLANS FOR 2022

June 27 - July 1

- Informal Diagnostic Test Administration Orientation Workshops
- Informal Assessments conducted for all POD students

July 4 - 15

Dates for POD Summer Learning Sessions

- Formal (norm-referenced and standardised) Test Administration Orientation Workshops
- Student Formal & Informal Pre-Assessment conducted
- POD Student Post-Assessments conducted

July 11 - 28

- Mico CARE Intervention programme

July 18 - 29

- Summer Learning Sessions at REACH Academy

July 27 - 29

- Student Formal & Informal Post Assessment
- End of Summer Learning Sessions Ceremony

## TIME & DURATION

- Time: 8:00 am - 4:00 pm (6 Hours Daily with 10-minute breaks)
- Days: Monday to Friday
- Period: 2 Weeks
- Instructional Duration: 60 Hours Student Instruction 80 Hours Teacher Instruction

## Volunteers required for the following:

- Classroom Support - 10 to 12 persons to assist consultants in the classes
- Registration Desk - 2 persons to assist with daily registration of teachers and students
- Packing & photo taking of supplies for Pods sites - 10-12 persons
- Filing of Pre and Post Assessment documents for Students - 3-4 persons

Please contact DP Judith Douglas



# In Case You Missed It

1. Huge congratulations to the Kiwanis Club of New Kingston for winning the Kiwanis Foundation of Jamaica Grant for YCPO Young Children Activity Book. This will be in aid of the Paediatric Ward at UHWI/K-Kids.

2. Congratulations to LGED Sandra Davis winner of the KFJ Frank Melhado Award. This award is given to a Kiwanian whose life and work embodies the six objects of Kiwanis international and a Kiwanian whose work extends beyond the boundaries of his/her own club (Division, District, International) and provides support to the Kiwanis Movement and the wider community, among other criteria.

3. Congratulations also to DLG Beverley Thompson who has been appointed as Director to the KFJ Board of Directors.

4. Congratulations to DLG Gerthlyn Reid-Holman who was nominated for the Las Lewis Awards. This is an award to a Kiwanian who has been an advocate of the need to spread knowledge about the movement island wide and one who is a role model to other members based on living by the Objects of Kiwanis and the Kiwanis Code of Ethics, among other factors.

## DIVISION 23 EAST

KIWANIS CLUB OF.....	BENEFICIARY	PROJECT
• New Kingston	Paediatric Ward UHWI/KKIDS	Young Children Activity Book



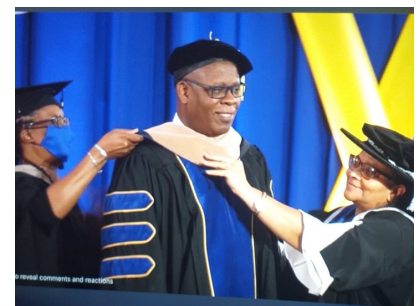
**LGED SANDRA DAVIS  
KC NEW KINGSTON**

## LAS LEWIS AWARDS 2022 NOMINEES

Nominees	KIWANIS CLUB OF
• DLG GERTHLYN REID- HOLMAN	New Kingston
• DLGE PAM RODNEY-WHITE	Constant Spring
• LGD HUDH REID	North St. Andrew
• DP WHITCLIFFE ROBERTS	Montego Freeport



Congratulations Dir Judith Francis who has been appointed as Justice of the Peace for the parish of St. Thomas.



Congratulations KCNK club Advisor DLGE Leighton McKnight on being conferred an Honorary Doctorate from the University of the Commonwealth Caribbean.



# SPOTLIGHT STAR

*Audrey Lewis*

## **1. When did you become a member of the Kiwanis Club of New Kingston?**

I joined in 2005.

## **2. Who introduced you to KCNK and why did you choose to become a member?**

I was introduced to the club by Mrs. Pat Garel in 1999, I attended events held by the club but work constraints prevented me from joining. It was DM Pauline Bowla who further encouraged me to join in 2005. I chose to join because I had observed the club/members over the years and loved what they stood for. At the time, I was actively involved in fundraising activities at my job and so I also saw in KCNK somewhere I could offer my expertise.

## **3. Which committees are you actively involved in?**

Fundraising and Human & Spiritual Values

## **4. What has been a memorable project that you've been involved in?**

The major project of 2018/2019 at The Randolph Lopez School of Hope Music Room. It was wonderful to see the joy on the students faces and having a feeling of accomplishment. I also enjoyed our interclub bus trips.

## **5. You are referred to as Distinguished Member (DM) and got a Kiwanis Ruby Pin. How do you feel about this achievement?**

I feel very proud. Based on the number of new members that individuals recruit each admin year they are recognized by the Governor. I've brought in approximately 20 members to KCNK over the years and most of them are actively involved and have embraced leadership roles in KCNK. All of the KCNK members have their strengths and ways that they contribute to the club being a success. Admittedly, mine includes recruiting strong members and raising funds for the club.



*DM Audrey Lewis*

## **6. Say the 1st thing that comes to you.**

### **• I am most passionate about:**

My children. We have a special bond and they share a great relationship and togetherness. I am proud of their accomplishments and it's a wonderful feeling to feel appreciated & loved.

### **• Persons might be surprised to know:**

That I am a true optimist who lives life with positivity. I don't follow the crowd and I pray alot.

### **• In my free time I enjoy :**

Going to the movies, watching a play and dancing. I really enjoy spending time with young persons and sharing with them.

### **• I would love KCNK to bring back:**

Sports day! Those were some wonderful times filled with joy, fellowship and excitement.

## **7. How do you believe members can do more and have a truly fulfilling experience as a member of KCNK?**

We all have a part to play in the running of the Club. It should not seem as if one set of persons are actively involved and doing it all while others who can do more don't give an input or contribute. Who can sell one ticket sell one, who can sell 60 will do so. Members should attend events and meetings in order to actually get the club moving ahead. I am outspoken and think we should seek creative ways to keep the club exciting and maintain sisterhood.



# Uterine Fibroids



**Have you ever stopped to really notice that there are a plethora of ailments that 'run' in families? Uterine Fibroids is one such illness that in Jamaican terms, 'I wouldn't even wish it on my worst enemy'. I've not experienced it myself but I do have many family members or acquaintances who have dealt with this issue, and it's no laughing matter!**

What causes fibroids? The cause of fibroids is not known. Research suggests each tumor develops from an abnormal muscle cell in the uterus and multiplies rapidly when encountering the estrogen hormone, which promotes the tumor's growth. Is it always life threatening? No, but it can be stressful.

Fibroids can cause a variety of **symptoms from pain, fatigue, infertility, and miscarriages**. While some women don't experience any symptoms, many do. Some of the more common life-interrupting symptoms include:

- Painful periods, including heavy or inconsistent menstrual bleeding
- Debilitating cramps, pelvic pain, and pressure
- Pain during sex
- Fatigue and weakness
- Bloating or swelling in the lower abdomen
- Back or leg pain
- Bowel or bladder dysfunction
- Constipation, diarrhea, and rectum discomfort

For years, the standard method of care for fibroids included surgical procedures such as a hysterectomy and myomectomy. In some cases, they still are the right treatment. But in today's world of evolving technology, it is always wise to seek a second opinion and be advised on other options.

Most women don't realize that there are less invasive options to free them from their fibroid pain. Rather than remove fibroids, UFE uses interventional radiology and tiny particles to non-invasively block the blood flow to uterine fibroids. This causes fibroids to shrink and die, fostering a dramatic reduction in symptoms for women.

Whichever method of treatment you choose along with your Primary Physician, make sure you research any lifestyle changes you may need to make to help yourself have a longer more fulfilling and as pain-free as possible life.

Source: [www.fibroidfree.com/fibroids/fibroid-awareness-month-matters/](http://www.fibroidfree.com/fibroids/fibroid-awareness-month-matters/)



We have provided the well known Primary & Prep School Spelling Bee Competition in the hands of the youngsters. The app is sponsored by Grace Kennedy Money Services (GKMS) and Western Union (WU) and was built by Bazzle Amusement.

The KCNK Little Bee Game can be played anywhere without an internet connection, with two learning modes and the competition mode. Each mode has 10 levels as words progressively get larger towards the end. Each Level has 15 or more words to learn. The words of a particular level are the same words for each mode.

In Settings, the Student can enter their name, age, parish and school. They can select from Learning Mode 1, Learning Mode 2 or Competition Mode.

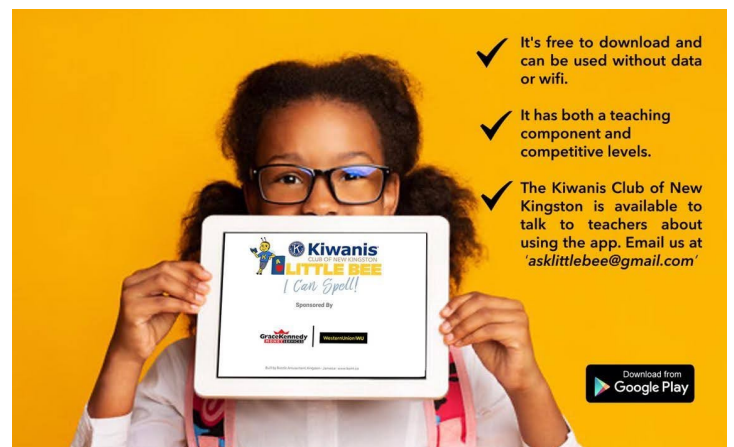
### Learning Mode 1:

Students can learn to spell a word by taping each letter in the word, from left to right, (from the first letter to the last). The KCNK Little Bee app says the name of the letter out loud so the children can say along. If the student makes a mistake, they can tap on the mistake to undo it. If the student wants to hear the word again, they can tap on the little bee at the top left of the screen.

In this mode the student has to spell correctly each word to move on to the next word, and correctly spell all words to complete the level. The student can redo any level at any time. Students must complete early levels before starting later levels.

### Learning Mode 2:

Students are given the letters of each word in jumbled (mixed up) fashion, and are asked to spell the called word correctly. If the student makes a mistake, they can tap on the mistake to undo it. If the student wants to hear the word again, they can tap on the little bee at the top left of the screen. In this mode the student has to spell correctly each word to move on to the next word, and correctly spell all words to complete the level. The student can redo any level at any time. Students must complete early levels before starting later levels.



### Competition Mode:

Students are given the letters of each word in jumbled (mixed up) fashion, with extra letters added (thrown in) and are asked to spell the called word correctly. The student is timed for each word, and each time is added to their total for the level. Students are given 10 random words from the pool of words for the level. Students should aim to complete each level in the shortest amount of time possible. The leader board (main page) shows how much time was spent on each level.

Students can reset the game and start again on the Settings page. While playing, students should wait until a letter has been finish being called before selecting the next letter. Students and Parents can feel free to screen capture their leader board to send to their teachers.



# Gifts For All Occasions



Quality You Can Afford

No Question.... simply

**ANSWERS**  
GIFTS & HOME CENTRE

Tropical Plaza Tel: 929-4031/906-3488 Fax: 920-5417 - Sovereign Centre Tel: 978-0056 / 978-3968



**BIOMEDICAL**

CALEDONIA MEDICAL LABORATORY LIMITED

For high quality, cost effective and timely laboratory services, please visit our website at [www.biomedicaljm.com](http://www.biomedicaljm.com) for a list of our Collection Centers island-wide.

To better serve you our valued customer, you may access our **Main Lab**

at 8a Caledonia Avenue, Kingston 5

Opening Hours:

Mondays to Fridays: 7:00 a.m. – 7:00 p.m.

Saturdays: 7:30 a.m. – 2:00 p.m.

Sundays: 8:00 a.m. – 2:00 p.m.

Telephone: (876) 929-3717, (876) 926-4191, (876) 968-0421

### Services Offered

- ✓ Dengue NS1 Antigen Test
- ✓ HIV Test
- ✓ Island Wide House Call
- ✓ Paternity
- ✓ Blood Glucose
- ✓ STI Testing
- ✓ Mobile Phlebotomy
- ✓ Drug Testing
- ✓ 24hr Emergency Service
- ✓ HbA1c Test

✓ Covid-19 Antigen and PCR Testing offered at our Allied Health Unit (AHU)

Concerned about your exposure.... Make an Appointment and Get Tested Today!!!

Founded in 1968

Toll Free – (888) 429-5943 Email: [info@biomedicaljm.com](mailto:info@biomedicaljm.com).

1<sup>st</sup> Accredited Medical Laboratory in Jamaica  
ISO 15189 ACCREDITED

Government Approved Covid-19 Testing Lab  
With over 55 Collection Centres island-wide

## BOWLA'S CAR RENTAL LTD.



All Major Credit & Debit Cards

CALL

960-0067

960-1006

Fax: 929-5724

E-mail: [bowlasrentacar@cwjamaica.com](mailto:bowlasrentacar@cwjamaica.com)  
50 Dumbarton Avenue, Kingston 10

Managing Director: Pauline Bowla

Telephone: 381-1272



# Service Leadership Program



Kids are curious, lovable and hilarious. They are also wild, impatient and vulnerable. K-Kids is the largest service organization for elementary school students, with more than 1,200 clubs worldwide. Club members discover their passion to serve, desire to lead and their ability to engage and collaborate with others to better the school and community.

- Ardenne Prep
- Kids Choice ECC
- Highholborn Street Church of God Basic School
- Destowe Bennett ECC
- Kinder Village Learning Centre
- Webster Memorial ECC
- Liguanea Prep

Builders Club is the largest service organization for middle school students (ages 12 to 14), and is student led. Community-based Builders Clubs also may be established at community facilities such as churches and libraries.



- Liguanea Prep
- Morris Knibb Prep
- Liberty Academy
- Dunrobin Christian Academy
- Edward Seaga Primary
- Harbour View Primary



Key Club is a student-led, high school organization. Our members make the world a better place through service. In doing so, we grow as individuals and as leaders by answering the call to lead, summoning the courage to engage and developing the heart to serve.

- Immaculate Conception
- Denham Town High School

Circle K International (CKI) is the premier collegiate and university community service, leadership development, and friendship organization in the world. It's a self-governing organization and elects its own officers, conducts its own meetings, and determines its own service activities. CKI blends community service and leadership training with the opportunity to meet other college students around the world.



- Edna Manley College for the Visual and Performing Arts



Aktion Club is the only service club for adults with disabilities, with more than 10,000 members worldwide. Club members become competent, capable, caring leaders through the vehicle of service.

- Randolph Lopez School of Hope
- Promise Learning Center



*National Minority Health Awareness Month*

Each July, several mental health organizations shed light on the multitude of mental health experiences within communities of color, including Black and Indigenous people, and others that face disproportionate inequities due to systemic barriers and historical adversity.

Source: [www.mhttcnetwork.org/centers/mhttc-network-coordinating-office/july-national-minority-mental-health-awareness-month](http://www.mhttcnetwork.org/centers/mhttc-network-coordinating-office/july-national-minority-mental-health-awareness-month)

*Thought of the Week*

**"Unless you try to do something beyond what you have already mastered, you will never grow"**  
*(Ralph Emerton)*

*Riddle Me This?*

**"Why is a river rich ?"**

**CAMPBELL'S**  
Office Supplies Ltd.

940-390 • 971-2325  
 Fax: 971-7928  
 968-2717-9 • 908-4494  
 Fax: 908-4497

Website: [www.campbellsofficesupplies.net](http://www.campbellsofficesupplies.net)  
 Email: [campbellsofficesupplies@gmail.com](mailto:campbellsofficesupplies@gmail.com)

# Meeting Minutes

**DATED** July 20, 2022



The meeting was called to order by PD Aldrie Henry-Lee @6:06p.m. The National Anthem was audio played by PD Aldrie.

The Invocation was done by Kiw Kamaria Brown. The Objects of Kiwanis International was done by BE Nordia Lecky.

The official welcome was done by PED Erica Haughton who introduced the virtual head table.

Apologies for Absence was given for President Jhenell and DP Adella.

Guest was Prospect: Ayawna Morgan

Visiting clubs were: Kiwanis Club of Papine @Utech, Eastern Kingston & Port Royal, Eastern St. Andrew, Diverse Professionals Portmore Pines, Sunshine City Portmore, Constant Spring, Stony Hill and First City.

Kiwanis Education was continued by LGED Sandra who continued her presentation on the "2 Members invite 2 Prospects" KI Initiative. She focused on how to 'Make the Appointment work' by emphasizing the importance of organizing oneself and scheduling time and location for the meet & greet. LGED Sandra shared a few tips,

1. Remember KI key message,
2. Be observant of the prospects environment and make notes of achievements
3. Listen to the prospects interest
4. Take an application form to complete and discuss payment opportunities
5. Take a notepad to record notes
6. Follow up
7. Don't give up!. nothing attracts new members like existing happy members.

Kiwanis Bonding was done by DP Valerie who spoke about Sisterhood, the K-Sisters. She started out by acknowledging the work done by our IPP Suzilee in her tenure to encourage sistershod. DP Valerie continued by stating that the bond among sisterhood should be cherished and cared for as it provides many members with a sense of belonging and happiness. Our sistership fosters growth in confidence, lasting friendships and a medium to service.

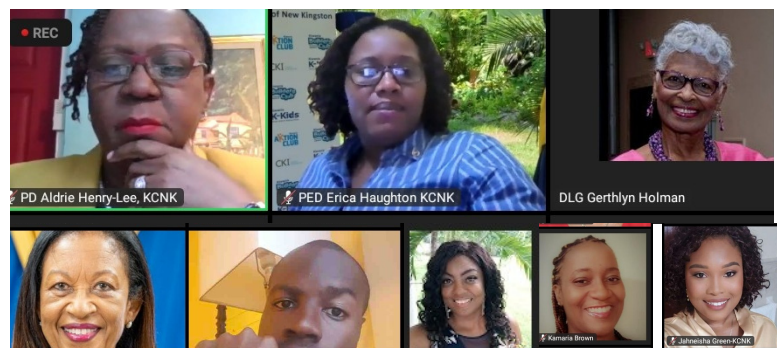
The main agenda for this meeting was the Topic: *"Understanding Assisted Conception"*. The Moderator was Chair Marcia Stewart who also introduced the Guest Speaker. The Guest Speaker was Dr. Kamali Carroll. The Vote of Thanks was delivered by DLG Gerthlyn Holman-Reid.

A 10 minute extension was requested by PD Aldrie in order to complete the club's business.

Sarge was absent and so PD Aldrie laid a blanket fine.

Notices and announcements were done by Sec Theon Scott.

The meeting was terminated by PD Aldrie at 7:39pm.







## **DEVELOPING SHORT TERM STRATEGIES FOR CLUB PLANNING (Pt1)**

### **Action Item:**

Time needs to be built into your club's yearly program, at minimum, on a quarterly basis, to accommodate the delivery of information contained within the education modules created by the District committees to the membership. An educated member is more aware of and willing to participate in Kiwanis activities and more likely to remain a member.

**Action Item:** Each club should complete a club assessment, review the results and implement change as necessary.


### **Education Pillar**

- Appoint an Education Chair for your club – report this to your LG and Governor
- Develop education goals for your club using the following criteria – **SMART goals are Specific, Measurable, Action oriented, Realistic and Time bound.**
- Education Chair or appointee to provide education sessions at least once a quarter for all members
- Ensure leaders of your club participate in yearly Club Leadership Education provided by KI and the District
- Encourage attendance at conventions
- Stress the importance of attendance at Divisional Council meetings – this is where club leaders and other interested Kiwanians can hear the most up to date information from KI and the District. Educational opportunities occur at every Divisional meeting which increases the knowledge of members.
- Motivate members to attend club board meetings to discover what it takes to run a club.
- Utilize tools available on the Kiwanis One web site – community analysis, club assessment, Planning your Club's Success etc.
- Embrace new ideas from members (including new members)

### **Membership, Growth and Retention Pillar**

- Appoint a Membership, Growth and Retention Chair for your club – report this to your LG and Governor.
- Develop growth goals for your club on a yearly basis using SMART as your guide.
- Have your club executive elected for the coming Kiwanis year by MAY of the current year and have your Secretary notify KI of the election results (done on-line through the Secretary Dashboard on the Kiwanis One web site).
- Plan on-going membership drive initiatives throughout the year to seek out new possible members.
- Make induction ceremonies an important event in the new member's Kiwanis life. Make it meaningful and relevant. This can be the start of their education as a Kiwanian and development of a possible future club leader.
- Get your new members involved as soon as possible. An active member is a "happy member".

# NOTICE BOARD



**Kiwanis**  
CLUB OF NEW KINGSTON


*Clergy Appreciation 2022*

**THEME: HONOUR & THANKSGIVING**

Rev. Fr. Howard Thompson  
Stella Maris Church

Evangelist Dalton Gordon  
Apostolic Church of Jamaica Bethel Temple

Pastor Elder Richard Bowe  
Faith Tabernacle Shiloh Apostolic Church



'Let the Elders be counted worthy of double honour.'  
I Timothy 5:17

**Wednesday, July 27, 2022**  
**6 PM**

Meeting ID: 848 6396 4123  
Access Code: 407661

<https://www.instagram.com/kiwanisclubofnewk>  
<https://www.facebook.com/groups/1682453048>  
<https://twitter.com/kiwanisNewKgn>



**Kiwanis**  
CLUB OF NEW KINGSTON

*"Taking A Swing At Childhood Diabetes"*

IN ASSOCIATION WITH  **CAPITAL MARKETS**  
LIMITED

**Charity GOLF TOURNAMENT 2022**

**17<sup>TH</sup>**

**SATURDAY SEPT.**  
Caymanas Golf and Country Club

**ENTER TODAY**  
FABULOUS PRIZES  
AND TROPHIES

**CATEGORIES**  
Men, Men Senior & Men Super Senior and Ladies

**Tournament Director**  
Mr Dave Reid

**18 Hole Stableford Format**  
50% Handicap


**Shotgun Start:**  
8:00a.m. - 1:00 p.m.

**\$7,000**  
(Includes Lunch)

**Awards Ceremony**  
2:00 p.m.

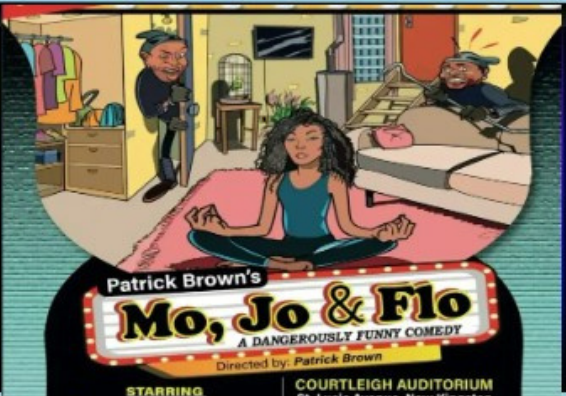
Contact:  
Audrey Brown  
876-414-7250  
kiwanisaudrey@gmail.com

**Entertainment, Fashion Show, Sip & Paint & Board Games**

**Kiwanis**  
CLUB OF NEW KINGSTON

Presents



**Patrick Brown's**  
**Mo, Jo & Flo**  
A DANGEROUSLY FUNNY COMEDY  
Directed by Patrick Brown

**STARRING**  
• Glen "Titus" Campbell  
• Courtney Wilson  
• Sharee Elise

**COURTLEIGH AUDITORIUM**  
St. Lucia Avenue, New Kingston  
Parking Available in KSAMC Lot  
in front of the Venue  
JamBiz Hotline - Tel: 876-288-5383

Tickets from:  
Judith Douglas (876) 564-4003  
Judith Henry (876) 878-0854

**KCNK Benefit Night**  
Friday, September 2, 2022  
8:00 pm  
Cost: \$2500

**NO MASK, NO ENTRY**  
**HAND SANITIZING**  
**AT THE GATE**



**KIWANIS FOUNDATION OF JAMAICA**  
In Service of Humanity



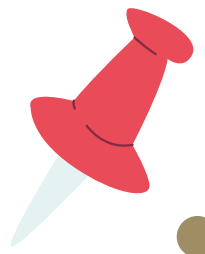
## KIWANIS FOR DISABILITY DAY (KFDD)

**SEPTEMBER 12, 2022**





# UPCOMING ACTIVITIES



## Interclub Schedule July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	KC Eastern Kingston & Port Royal 6:30 pm Community Services KC St. Andrew 6:30 pm HSV	Barbican 6:00 pm Membership & PR KC Kingston 7:00 pm Club Meeting	KC Blackstoneodge 4:00 pm Interclub	KC North St. Andrew 6:30 pm Fundraising KC Cool City 7:00 pm SLP		
10	11	12	13	14	15	16
Division 23 East Online 4:00 pm Interclub	KC Stony Hill 7:00 pm Y.C.P.O. 23 East Professionals St. Andrew Online 7:00 pm Interclub	KC JFB Kingston 6:30 pm HSV KC First City 6:30 pm SLP	KC Linstead 7:30 pm Interclub	Young Pioneers Jamaica 6:30 pm Community Services KC Mandeville 7:00 pm Membership & PR		
17	18	19	20	21	22	23
	KC Downtown Kingston 1:00 pm Interclub KC St. Andrew 6:30 pm Club Meeting	KC Eastern St. Andrew 6:30 pm Fundraising KC Kingston 7:00 pm Y.C.P.O.	KC Linstead 7:30 pm Interclub	KC Papine 3:00 pm Interclub 23 West Online 7:00 pm SLP		KC Sunshine City 6:00 pm Interclub
24	25	26	27	28	29	30
Dynamic Young Leaders Jamaica Online Interclub	KC Downtown Kingston 1:00 pm Community Services KC Greater Portmore 7:00 pm Fundraising	KC Diverse Professionals Portmore Pines 7:00 pm Club Meeting KC Portmore Pines 7:00 pm Y.C.P.O.	KC Linstead 7:30 pm Interclub	KC Montego Bay 6:30 pm Membership & PR KC Mandeville 7:00 pm HSV		
31						

**Fundraising**  
The project lead for our Golf Tournament is DP Audrey Brown. If members have contacts for possible sponsors or other forms of support, please reach out.

**Anniversary Meeting**  
Members are being asked to offer suggestions for our KCNK Anniversary Theme. Contact project lead DP Bridgette Steele.



## July

- 27 - Stepping Up: Homestead Place of Safety
- 30- Elderly Care-Adult Diaper Donation

## August

- 3 - Funeral service for Kimberley Hibbert's mom, Yvonne Hibbert, at the Open Bible Church, Washington Boulevard. The service begins at 11:00 am. Interment to follow at Meadowrest Memorial Gardens
- 13 - New Members Mentoring Session
- 27 - Martha's House Feeding & Donation



**JAC RUMBA**  
Re-energizing & Uniting Members By Action  
2022

**HOTEL BOOKINGS RE-OPENED**

Luxury Double Occupancy \$426US (\$J 68,160)  
Family Double Occupancy \$359US (\$J 57,440)  
First Child Free other child \$180US (\$J 28,790)



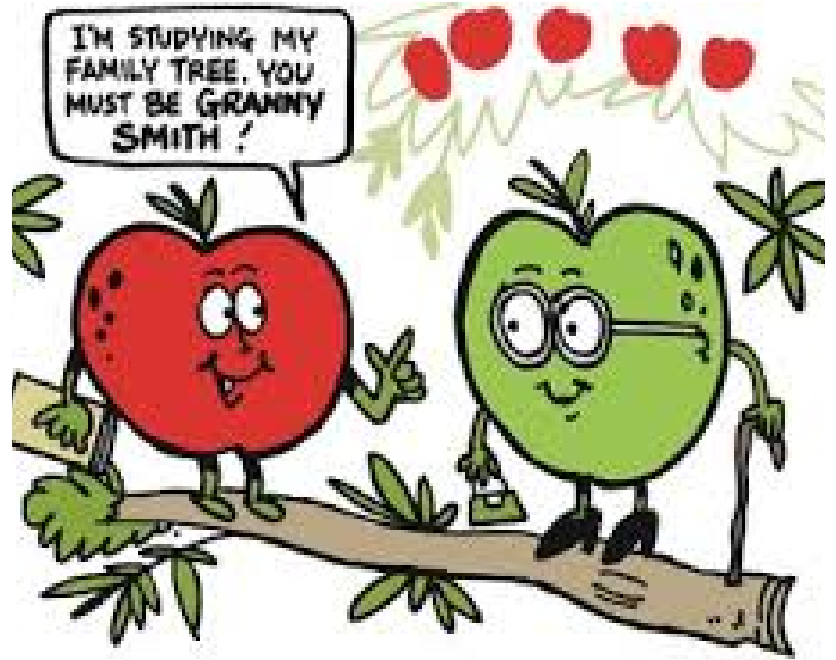
Please donate to our shopping cart to continue our acts of service



Quarter 4 Projects  
\* Elderly Care Packages  
\* Back to School - Stationary Drive

Contact: Kiw. Janece @ (876) 339-1943

# GUESS WHO?



.....


## MESSAGE FROM YOUR EDITOR:

I hope you are enjoying reading the weekly bulletin. If you have any ideas on how we can improve on it please let me know and I would be very happy to implement if possible.

If you have photos you would like to include please email to me at [Mslecky2020@gmail.com](mailto:Mslecky2020@gmail.com)

.....

**Leadership #4 - How to Develop the Leader within You Step 1**



So, HOW DO YOU BUILD INFLUENCE AND BECOME A LEADER? The bottom line is that you can become a better leader than you already are by **INTENTIONALLY DEVELOPING THE LEADER WITHIN YOU**, and building your Influence!

**STEP 1 -** The first thing you will need to do is to **ASSESS YOUR CURRENT LEADERSHIP SKILLS** by using a Leadership Assessment Tool that will help you to gauge your current leadership abilities. Knowledge of your current behavioural styles will help you to better understand yourself in a profound way, and help you become a better communicator, minimize conflicts, and positively influence those around you. As the **LAW OF AWARENESS** states - **YOU MUST KNOW YOURSELF TO GROW YOURSELF.**

Then, once you understand your current leadership abilities, you will need to commit yourself to the daily activities required to develop your leadership skills.

Developing the Leader within You 2.0 - John C. Maxwell

Tips on How to be a "R.E.A.L." Success from:  
LG Walter-J Davis &  
The Leadership & Education Committee



**DUES ARE DUE!**

National Commercial Bank  
Knutsford Boulevard Branch  
Account # - 351970928

## Treasurer's Corner

Did you know that Sarge Fines can cover small expenses for club such as the monthly rental for the Point of Sale machine or rental for the Police Officers Club?



We need your support!

Please pay up your Sarge Fines! Remember only a \$2000 per person minimum. for the year.

For assistance, WhatsApp me #876-469-0679. We need your support.

**Answer to Guess Who: Kiw Lola Ratray**  
**Answer to riddle: It has two banks**



**CLUB PRESIDENTS, SECRETARIES, TREASURERS & MEMBERSHIP CHAIRS 2021-2022**

<b>Kiwanis Club of</b>	<b>Meeting Place and Time</b>	<b>Name</b>	<b>Role</b>	<b>Email</b>	<b>Contact #</b>
1 CyberConnect	Internet Club	Nariesha Murray	(PRES)	<a href="mailto:nariesha.murray@gmail.com">nariesha.murray@gmail.com</a>	876-448-8442
Jamaica	Wednesdays @ 6:00 p.m	Adrian Whyte	(SEC)	<a href="mailto:whyteaa@gmail.com">whyteaa@gmail.com</a>	876-771-7238
		Williams Reeson	(TRES)	<a href="mailto:willshir66@hotmail.com">willshir66@hotmail.com</a>	876-361-1436
		Velmore Lawrence	(MGC)	<a href="mailto:velmorel@yahoo.com">velmorel@yahoo.com</a>	876-322-8726
2 Downtown	Hotel Four	Olusegun Afis Ismail	(PRES)	<a href="mailto:seafis@gmail.com">seafis@gmail.com</a>	876-376-5412
Kingston	Seasons	Vernon Barrett	(SEC)	<a href="mailto:vernon.barrett@yahoo.com">vernon.barrett@yahoo.com</a>	876-919-0832
	Ruthven Road, Mondays @ 1:00 p.m.	Adza Davies	(TRES)	<a href="mailto:dtk.adza@gmail.com">dtk.adza@gmail.com</a>	876-321-0884
		Kemitt McGann	(MGC)	<a href="mailto:kmcgann50@gmail.com">kmcgann50@gmail.com</a>	876-383-6907
3 Eastern	Alhambra Inn	Damian Graham	(PRES)	<a href="mailto:damian.s.graham@gmail.com">damian.s.graham@gmail.com</a>	876-455-4571
Kingston & Port	Mondays	Franz McKnight	(SEC)	<a href="mailto:franzmcknight@gmail.com">franzmcknight@gmail.com</a>	876-299-0395
Royal	@ 6:30 p.m.	Cedron Walters	(TRES)	<a href="mailto:cedronwalters@hotmail.com">cedronwalters@hotmail.com</a>	876-792-1689
		Sylvester Graham	(MGC)	<a href="mailto:harveyabc19@yahoo.com">harveyabc19@yahoo.com</a>	876-859-7153
4 Eastern St	Police Officers Club	Camille McLeish	(PRES)	<a href="mailto:shanmac83@gmail.com">shanmac83@gmail.com</a>	876-890-3720
Andrew	34 Hope Road Tuesdays @ 6:30 p.m.	Maxine Faulkner	(SEC)	<a href="mailto:mfaulkner@ipsco.com">mfaulkner@ipsco.com</a>	876-550-3714
		Melissa McArthur	(TRES)	<a href="mailto:melissamcarthur@gmail.com">melissamcarthur@gmail.com</a>	876-863-1675
		Kerrin Lobban Thomas	(MGC)	<a href="mailto:tancia19@yahoo.com">tancia19@yahoo.com</a>	876-863-6912
5 Eastern St	3rd Thursday @ 7:00 p.m.	Norman Malcolm	(PRES)	<a href="mailto:norman.a.malcolm@gmail.com">norman.a.malcolm@gmail.com</a>	876-340-4359
Andrew	Online	Terrence Richards	(SEC-TRES)	<a href="mailto:corduroy35@hotmail.com">corduroy35@hotmail.com</a>	876-869-6444
Professional		Errington Malcolm	(MGC)	<a href="mailto:malcolmerrington@hotmail.com">malcolmerrington@hotmail.com</a>	876-393-0037
6 JFB Kingston	JFB Headquarters, 85 Hagley Park Rd, 2nd Tuesdays @ 6:00 p.m.	Trudi-Anne Barrett	(PRES)	<a href="mailto:trudi12@yahoo.com">trudi12@yahoo.com</a>	876-337-5911
		Charmaine McFarlane	(SEC)	<a href="mailto:kiwanisclubofjfbkingston@gmail.com">kiwanisclubofjfbkingston@gmail.com</a>	876-326-5287
		Tamara Treston	(TRES)	<a href="mailto:ttreston@hotmail.com">ttreston@hotmail.com</a>	876-519-2160
		Mycholeisha Vanriel	(MGC)	<a href="mailto:vanriel_mycho@yahoo.com">vanriel_mycho@yahoo.com</a>	876-782-8823
7 Liguanea	Hope United	Gavin Walters	(PRES)	<a href="mailto:gwalters1980@gmail.com">gwalters1980@gmail.com</a>	876-383-6373
St. Andrew	Church, 2nd & 4th Tuesday @ 7:30 p.m.	Barrington Whyte	(SEC)	<a href="mailto:barry.z@cwjamaica.com">barry.z@cwjamaica.com</a>	876-919-8962
		Kenrick Reid	(TRES)	<a href="mailto:kenrickreid@gmail.com">kenrickreid@gmail.com</a>	876-404-2977
		Kareem Tomlinson	(MGC)	<a href="mailto:kareemat@hotmail.com">kareemat@hotmail.com</a>	876-483-9318
8 Meadowvale	Footprints Cafe 1st & 3rd Thursday @ 7:00 p.m.	Kerry-Ann Stewart	(PRES)	<a href="mailto:kerryannstewart49@yahoo.com">kerryannstewart49@yahoo.com</a>	876-843-9752
		Nadine Goulbourne	(SEC)	<a href="mailto:nadinegoulbourne@yahoo.com">nadinegoulbourne@yahoo.com</a>	876-847-8065
		Derann Cuthbert	(TRES)	<a href="mailto:deranncuthbert@gmail.com">deranncuthbert@gmail.com</a>	876-582-6485
		Horace Buckley	(MGC)	<a href="mailto:kingb6@hotmail.com">kingb6@hotmail.com</a>	876-551-4569
9 New Kingston	Police Officers Club 34 Hope Road, Wednesdays @6:00p.m.	Jhenell Allen	(PRES)	<a href="mailto:allen.jhenell@hotmail.com">allen.jhenell@hotmail.com</a>	876-390-6428
		Theon Scott	(SEC)	<a href="mailto:secretarycknk2021.2022@gmail.com">secretarycknk2021.2022@gmail.com</a>	876-561-3773
		Anitha Cross	(TRES)	<a href="mailto:crossan@jncb.com">crossan@jncb.com</a>	876-469-0679
		Sandra Davis	(MGC)	<a href="mailto:secretarycknk2019.2020@gmail.com">secretarycknk2019.2020@gmail.com</a>	876-449-2796
10 Old Hope Road, St Andrew	Religious Society of Friends, 4 Worthington Terrace, Kgn. 2nd Thursday@ 6:00 p.m.	David Tulloch	(PRES)	<a href="mailto:probemaster197@yahoo.com">probemaster197@yahoo.com</a>	876-4421669
		Glessonne Mitchell	(SEC)	<a href="mailto:gmitchelljnb@gmail.com">gmitchelljnb@gmail.com</a>	876-873-4855
		Jillan Stewart	(TRES)	<a href="mailto:jillanstewart@gmail.com">jillanstewart@gmail.com</a>	876-363-3875
		Rolando Peterkin	(MGC)	<a href="mailto:peterkin_rolando@yahoo.com">peterkin_rolando@yahoo.com</a>	876-584-3897
11 St. Andrew	Altamont Court Hotel, 1st & 3rd Mondays @ 6:30 p.m.	Tameka Bowes	(PRES)	<a href="mailto:tameka.bowes@hotmail.com">tameka.bowes@hotmail.com</a>	876-887-6331
		Melony Samuels	(SEC)	<a href="mailto:melonym.samuels@outlook.com">melonym.samuels@outlook.com</a>	876-838-2321
		Jhodi-Ann Erskine	(TRES)	<a href="mailto:jhodiann.erskine@yahoo.com">jhodiann.erskine@yahoo.com</a>	876-475-7681
		Charles Brown	(MGC)	<a href="mailto:bimmo5@yahoo.com">bimmo5@yahoo.com</a>	876-509-0394
12 South St Andrew	34 Old Hope Rd, 2nd & 4th Wednesday@ 6:00p.m.	Andrea Roberts	(PRES)	<a href="mailto:andrearobertsjm@yahoo.com">andrearobertsjm@yahoo.com</a>	876-487-5080
		Latina Faulkner	(SEC)	<a href="mailto:contact_latina@yahoo.com">contact_latina@yahoo.com</a>	876-484-0596
		Peter-Gay Senior-Sinclair	(TRES)	<a href="mailto:senior.petergay@gmail.com">senior.petergay@gmail.com</a>	876-422-1096
		Carline Stanberry	(MGC)	<a href="mailto:cephie_stanberry@yahoo.com">cephie_stanberry@yahoo.com</a>	876-868-3176
13 Trafalgar	Religious Society of Friends 4 Worthington Terrace, Kgn. @ 6:30 p.m.	Erica Watson	(PRES)	<a href="mailto:watsonerica456@gmail.com">watsonerica456@gmail.com</a>	876-330-3557
		Melody Bennett	(SEC)	<a href="mailto:melshine82@gmail.com">melshine82@gmail.com</a>	876-892-9123
		Kerline Brown	(TRES)	<a href="mailto:kerline.brown@yahoo.com">kerline.brown@yahoo.com</a>	876-477-9132
		Melody Bennett	(MGC)	<a href="mailto:melshine82@gmail.com">melshine82@gmail.com</a>	876-892-9123
14 Division 23East Online	Online 2nd & 4th Sunday @4:00 p.m.	Tori-Ann	(PRES)	<a href="mailto:tkf96@yahoo.com">tkf96@yahoo.com</a>	876-471-3124
		Tadmar Moore	(SEC)	<a href="mailto:tadmarmoore@gmail.com">tadmarmoore@gmail.com</a>	876-469-4424
		Morganne Taylor	(TRES)	<a href="mailto:taylormrgnn@gmail.com">taylormrgnn@gmail.com</a>	876-442-9407
		Karen Allen	(MGC)	<a href="mailto:Kamiller2900@gmail.com">Kamiller2900@gmail.com</a>	954-773-3480
15 Utech, St Andrew	Utech 3rd Thursday @ 3:00 p.m.	Audrey Gittens	(PRES)	<a href="mailto:audreyscott434@hotmail.com">audreyscott434@hotmail.com</a>	876-298-5620
		Michelle Silvera	(SEC)	<a href="mailto:michelle.silvera@ymail.com">michelle.silvera@ymail.com</a>	876-391-4188
		Earland Morgan	(TRES)	<a href="mailto:earlandm@yahoo.com">earlandm@yahoo.com</a>	876-324-6350
		Mickelle Emanuel-Frith	(MGC)	<a href="mailto:manny_frith@yahoo.com">manny_frith@yahoo.com</a>	876-375-6262
16 Worthington, Kingston	Religious Society of Friends, 4 Worthington Terrace, Kgn. 3rd Monday@6:00 pm	Simone Richardson	(PRES)	<a href="mailto:simjrichardson@gmail.com">simjrichardson@gmail.com</a>	876-879-1869
		Lashawn Mills	(SEC)	<a href="mailto:mills_lashawn@yahoo.com">mills_lashawn@yahoo.com</a>	876-871-2307
		Marjorie Copeland	(TRES)	<a href="mailto:tempbestbee@hotmail.com">tempbestbee@hotmail.com</a>	876-414-1552
		Sheena Salmon	(MGC)	<a href="mailto:salmonsheenanicola@gmail.com">salmonsheenanicola@gmail.com</a>	876-849-2097
17 KC Mona St. Andrew	2nd Thursday @ 6:30 p.m.	Latoya Reeves	(PRES)	<a href="mailto:latoyareeves43@gmail.com">latoyareeves43@gmail.com</a>	876-772-1941
		Lamouy Wright	(SEC)	<a href="mailto:lamouywright@gmail.com">lamouywright@gmail.com</a>	876-898-7065
		Romari Fritt	(TRES)	<a href="mailto:romaridfrith@gmail.com">romaridfrith@gmail.com</a>	876-513-9425
18 Young Pioneers Jamaica Online	2nd Thursday @ 6:30 p.m.	Garfield Morrison	(PRES)	<a href="mailto:garfieldmorrison22@gmail.com">garfieldmorrison22@gmail.com</a>	876-893-5496
		Anneil Thwaites	(SEC)	<a href="mailto:katchosen@gmail.com">katchosen@gmail.com</a>	876-890-7657
		Marjorie Taylor	(TRES)	<a href="mailto:marjorietaaylor18@gmail.com">marjorietaaylor18@gmail.com</a>	876-460-2102
		Garcia Fraser-Lawrence	(MGC)	<a href="mailto:garcialawrence_gl@gmail.com">garcialawrence_gl@gmail.com</a>	876-430-8495
19 23 East Professionals St. Andrew Online	2nd Monday @ 7:00 p.m.	Courtney Dowdies	(PRES)	<a href="mailto:dowdiecourtney@yahoo.com">dowdiecourtney@yahoo.com</a>	876-345-7755
		Nicole Jackson-Bailey	(SEC)	<a href="mailto:nicole_jackson1989@yahoo.com">nicole_jackson1989@yahoo.com</a>	876-359-1389
		Dwayne Bender	(TRES)	<a href="mailto:dwayneobender@gmail.com">dwayneobender@gmail.com</a>	876-851-7631
		Suzette Sylvester	(MGC)	<a href="mailto:suzette_sylvester@yahoo.com">suzette_sylvester@yahoo.com</a>	876-329-8332



**Kiwanis**<sup>®</sup>  
CLUB OF NEW KINGSTON