



## **President's Annual Report February 2019 - January 2020**

### *List of Board members as at January 2019*

President – Eugene Holder

Vice President- Vacant

Secretary – Francine Cadogan

Treasurer – Cheryl Callender

Two-Year Director – Vacant

One-Year Director – Colin Western

One-Year Director – Petra Bellamy

### **Introduction**

I will start by thanking all of you present for showing your support to the Organisation, by your presence here tonight.

2019 has been a difficult year for most of us, and it had been reflected in our 2019 election when we were unable to garner the support of a few more persons to fulfil a complete board. Notwithstanding this, we had one of our strongest boards, even though it was the weakest in number. Again, this year showcased the strength of BRA and the collaborative efforts of its members.

With the reduced number of active members which we have been experiencing over the past few years, we have had most persons serving on several committees and the outstanding performance of the Board members should be congratulated.

The Board met seven times this year and, once again, we utilized the applications of WhatsApp and Facetime. We stayed in constant contact through WhatsApp and this allowed us to be always updated, to plan and implement ideas in order to meet specific deadlines and to obtain feedback, and this greatly enhanced our efficiency.

### **2019-2020 Goals**

Our goals have remained the same in our effort to strength the Associations by increasing numbers and promoting relevant activities.

1. to support members of the Association with monthly meetings and events
2. to create a more varied programme of events
3. to complete a successful HHF in 2019
4. to extend our medical and general outreach effort
5. to communicate regularly with members via a combination of posted letters, email and other electronic media & newsletter
6. to work on the strategic plan with special reference to increasing membership
7. to participate in the 11<sup>th</sup> annual Caribbean Reiki Gathering in Grenada

### **2019 programme and activities**

In our efforts to attract and retain more members in the Association, we have undertaken a more interactive approach to the activities.

We have tried to make every meeting a learning experience for the new members and a review or update the more seasoned practitioner. We have:

- Practitioners' Reiki Shares at every meeting
- Included a short meditation led by a member or starting the evening proceedings with a two minutes self treatment
- A discussion on some principles of Reiki.  
2nd May, we received some insight from four Reiki Masters on "Living Reiki". Presentations were by Dr. Rosina Wiltshire, Janice Chin-Worme, Kathleen Hurley and Petra Bellamy.  
6th June featured a lively discussion on "What is your responsibility to save the planet?"
- External daytime activities during the summer months included 'Barefoot Reiki 2 on 6<sup>th</sup> July and Reiki Summer Lime on 27<sup>th</sup> July which replaced the monthly meeting in August.
- 5<sup>th</sup> September was a General Meeting with a theme of 'When was the last time you had Reiki and Chocolate?' a concept introduced by Pamela Miles.
- A mini-expo on 3<sup>rd</sup> October- "What else can your hands do"
- Movie night on 7<sup>th</sup> November- "The living Matrix- the new science of healing". This was done in true cinema fashion where popcorn, chips and drink were served.
- Annual Retreat on 3rd November
- End of Year Social in December – Holiday Talent party and Gift Exchange on 5<sup>th</sup> December.

### **Monthly meetings**

We continue to see a decline in attendance at our monthly meetings, with attendance ranging between 8 and maximum of 20 on one occasion. However, 2019 also showed an increase in annual renewals with membership totalling 27.

To try to reduce some of the night time activities, we held two daytime external activities which were on Saturday afternoon to encourage attendance from those who are hesitant to drive at night. These two activities replaced the General Meetings for July and August. I am very conscious of the challenges of driving at night, with the bright lights and excessive speeds, and I also try to limit my night driving. Some members have reached the stage where they cannot come unless there are driven by someone else.

We try to stay in touch with our members through the electronic media such as FaceBook, Email and WhatsApp. We continue to rely on WhatsApp to stay in touch, to advise of monthly meetings, ask for healing requests and generally support each other in our day-to-day challenges. The response is relatively quickly and this is widely used by many of us; even the non-tech persons. There are two channels of contact via WhatsApp: Caribbean Reiki Group and Barbados Reiki Group at Digicel 269-3493.

### **Annual Social**

Our social was held on Thursday 5<sup>th</sup> December 2019 at our regular meeting place. This year, we focused on Re-use, Re-purpose and Re-cycle. This gave members the opportunity to be creative with their gifts for the gift exchange. We want to thank Fran for this lovely and innovative idea of sharing our talents. There were more than thirty persons in attendance and there were lively renditions of seasonal music in parang soca, accompaniment by guitar and keyboards and carol singing. A lovely repast followed the entertainment.

### **Special Events**

#### **Annual Retreat**

The Annual retreat was held on Sunday 3<sup>rd</sup> November at Sunrise Sea Rocks, Belair Development, St. Philip. The theme was 'Connection'. It was attended by 28 practitioners and the reviews were positive. There were presentations by:

Colin Western and Petra Bellamy  
Michael Rudder  
Francine Cadogan  
Ayana Moosa  
Eugene/ Cheryl and Colin

### **Mini-Expo**

We held our fourth EXPO and there were six participants.

There were:

Acupressure and Indian Head Massage by Petra and Mitchell Bellamy

Sacred Geometry and Meditation by Melena Simmons

Life Activation by Francine Cadogan

Photography by Mario Porchetta

Self Publishing by Sharon Hurley Hall

Water Therapy by Colin Western

This expo allows members and visitors to appreciate what else is being offered or done by our fellow Reiki practitioners.

### **Holistic Health Fair 2019**

The HHF was held on Sunday, April 7<sup>th</sup> 2019 at our usual location Harrison College.

The event was launched by Sir Trevor Carmichael, who gave an interesting and thought provoking opening address.

The organising committee for the 2019 HHF consisted of Kathleen Hurley, Petra Bellamy, Jannett Wason, Cheryl Callender, Colin Western and Eugene Holder. Each year we become more proficient in the goal setting and time line management. We get positive feedback and encouragement from participants and patrons immediately after the event and people always want to be counted in the next year.

This continues to inspire us of the need for us to hold this event even though it is hard work for all of us. We are seen as leaders as we endeavour to be included in all national health and wellness events. We are now approached by members of the public to take part in their events and are otherwise encouraged to continue our showcase of holistic therapies and healthy lifestyles.

There were a total of 46 booths, (43 were actually present) and we have now spread out all over the grounds and are also utilizing the bell tower. In addition, we have improved on our location for storytelling and artistic expression and this attracted children and adults alike. HHF 2019 had reduced numbers of attendees and most persons said that the heavy downpour during the mid morning 'dampened' their plans. We had about 400 visitors passing through our

doors. So far for 2020, we have 26 registrations and we are still two months away from the event. It is looking to be a great year.

We have increased our entrance fee to \$7, with presale tickets at \$5. We have decided that we need to increase our booth charges from \$85, \$100 and \$125 to \$100, \$125 and \$150 as we are having a larger amount of expenses. We must have Health Inspectors on site throughout the day at a cost of nearly \$500. We also have to give a stipend to some young 'volunteers' as we need persons to lift and move things, oversee parking and to secure perimeters. We also sought the services of S.A.F.E Security to provide two uniformed guards to patrol the area. S.A.F.E did not submit their bill as promised, and have since indicated that it is their donation to the event.

We had an added attraction of a Petting Zoo, where we were bilked of \$125 as the provider was a no-show. We are continuing our efforts to obtain a refund.

We included the services of Breast Screening Programme, which we are hoping to include again in 2020.

We have also included an Information Booth, and we have had some assistance from participants in The Duke of Edinburgh Awards Scheme. We are again seeking its support in 2020.

Once again, we were unable to attract large corporate sponsorship and only obtained a donation of \$500. Overall, there was increased income, but it also meant that our volunteers at the gates were stretched to the limit and could not get any personal breaks as there were not enough of us on the ground.

We continue to utilise tents to create a food court and a talk tent. We realised that we will need to provide a platform type area for performers, dancers and displays as the rain and mud hampered a few demonstrations. The past few years we were able to source tents free of cost from NCF, at a savings of \$1,600. This year we had to pay VAT of \$280.

We are hoping that we can continue this arrangement again in 2020. Ministry of Health insists that we have an area designated as Food Court with seating.

Our biggest expense remains advertising which includes newspaper, radio, Better Health Magazine and social media, but post-event analysis suggested that these were all successful.

Our location will always be challenged by strong, gusty winds and the event is held during the rainy season. It is not wise to borrow tents which may not be strong enough to withstand the wind and have the potential to create a hazard. There will always be the need to rent tents and have them erected by professional persons.

Overall, though, HHF 2019 was successful, with most therapists and visitors reporting positive experiences.

### **Outreach Programmes/B.R.A.M.O.**

As expected, 2019 was another inactive year for meetings of the BRAMO sub-committee, but we held several outreach activities which were organised by the Board members and supported by Reiki practitioners; some of whom are not BRA members.

Outreach events for 2019 included:

- Sheraton Centre- Health and Wellness Day- Health Fair
- Ministry of Health & Wellness/ National Task Force on Wellness- Caribbean Wellness Day. Topic: Health Aging Starts Here
- St. Cyprian Anglican Church- Health Day

I represented the Association at the Annual General Meeting of Barbados Coalition of Service Industries (BCSI) on 26<sup>th</sup> November. BCSI was unable to hold elections on the assigned night due to a lack of quorum. The elections were eventually completed when they were able to get the minimum of 9 members including BRA to attend from their total membership is 53. This highlighted the fact that small attendance at group meeting is not unique to us, and may be a sign of the times we are in with the differing priorities and other commitments.

Practitioners continue to provide a Reiki presence on their own initiative. Kathleen Hurley and Francine Cadogan continue to provide Reiki in their personal capacities at Hastings Farmer's Market on Saturdays. Kathleen and a few other volunteers also provide Reiki at Heart and Stroke Foundation on Tuesday mornings

### **Communication with Members**

As you will see in the web report, Facebook plays a significant part in communicating with Reiki practitioners online. I also send out a few updates in the post a few times per year and try to call a few Elders on the phone.

We also have a vibrant WhatsApp community and this has proven to be effective in addressing the physical and emotional needs of our connected members. It represents Reiki at its highest good when we can have members who are in distress, who turn to each other for assistance, and in a short time there is a resolution. It is comforting to know that there is someone within easy reach. Sometimes, all you need is a virtual hug, but the support is there.

### **Strategic Plan**

Our five year Strategic Plan from 2015 continues to be addressed in an unofficial way, and we have been seeing the results of some of our goals.

Of particular note are the 5 main goals/directions:

- SD 1: Increasing membership especially among males and youth. This has not been achieved and although membership is increasing, those persons are not in this category.
- SD 2: Succession planning, including a home and secretariat for the Association. This has not yet been attained.
- SD 3: Empowering members to better live Reiki. Our meeting structure has been revamped to provide more insight into Reiki.
- SD 4: Enhancing public awareness and reducing fear of Reiki among the general public, including religious organisations. We have been seeing success in all areas of this.
- SD 5: Having Reiki known and accepted in healthcare in Barbados. This is a continuing process, but we are comfortable that Reiki has been receiving recognition.

Our inability to attract active members causes great concern and the compilation of Board members for 2020 gave some instances of consternation as to whether we could constitute a Board of Directors. We are happy to say that we have been able to do so. However, we must not get complacent, and must seriously look at our continuity and succession planning as we will all continue to age and cannot continue to be as actively involved to the extent we have been for the past several years. Burnout will be inevitable.

This year we will be celebrating 25<sup>th</sup> Anniversary of the Association. It is indeed an achievement to have reached so far. Fortunately there are many members who started the Association who are still its most committed workers. It means that without them continuing to play so major a part, the Association will fall apart. They have already given 25 years to the Association. The next 10, 15 or even 25 years should be ours!

It is a challenge to us newer members to give as we have been given.

**What can we do for the Association?** We are all busy, and will continue to be so, but it is about balance and commitment.

I commit.

Bring your energies and come.

Unity is strength and nothing is perfect; not even amongst Light Workers.

Bring your light and come!

### **Caribbean Reiki Gathering**

In 2019, the 11<sup>th</sup> Caribbean Reiki Gathering was held in Grenada at Kalingo Beach Resort. It was held from September 26<sup>th</sup> to 29<sup>th</sup>. The Barbados Reiki Association was represented by thirteen practitioners from a total list of attendees of fifty persons. It was deemed the largest so far.

The opening address was given by Bishop Harvey of the Roman Catholic Church. The opening ceremony was a thought provoking exercise which required you to pick a stone with a word written on it. You were then asked to introduce yourself and incorporate the word in your introduction. There were the usual early morning meditations to start the day and daily Reiki Group treatments and a session for self treatment. There were discussions and presentations by Sheron Lady Carmichael, Dr. Winthrop Wiltshire, Kennedy Roberts and Sharon Wiltshire and a few others.

Our trip was to Grand Etang and we had a wonderful open air session. We also had lunch and toured a Chocolate making factory.

As usual, we ended the last full day with an energetic talent showcase which reflected some of the history of Grenada in song and dress. The feedback was overwhelmingly positive and the Committee was given high praise for their hard work.

12<sup>th</sup> Caribbean Gathering will be held in Jamaica from 8<sup>th</sup> to 11<sup>th</sup> October 2020.

### **In Memoriam**

As time passes, we lose valuable players in our Association. In 2019, we mourned the passing of Trevor Davis who was a significant contributor to the Association and a personal mentor to me. The Holder/ Callender/ Western families suffered a double bereavement for the third time in as many years. Our Reiki sister, Lucia Hassell, mourns the passing of her partner, Cecil 'Dwayne'

Webb, who was also a Reiki practitioner and who passed in very tragic circumstances on Independence Day.

### **BCSI- Collaboration**

Over the past few years, our interaction with BCSI had decreased. The Board has decided to use the free services which are provided by them in our marketing of BRA and HHF. They have a highly visible platform and the use of their secretarial service will allow us to target our audiences in an imaginative way without being too expensive.

We have also relinquished the Post Office Box 699 and will use the offices of BCSI for our mail delivery and other services. Since the stringent rules have been adopted by most businesses worldwide, a Post Office box cannot be used to transact any business. The annual returns must stipulate a physical address of the President to transact any business on behalf of the Association. BCSI now have to calculate a cost for this service, which was previously free. It is expected to be less than \$260, which we now pay to Postmaster General. We will have to pay \$30 to have our mail redirected for the next six months.

### **Garden of Peace in National Botanical Gardens at Waterford, St. Michael**

During the past several years, many of our members have passed. Many of these persons were very visible players in all the BRA had to offer. A few of them were relatively new and not known to everyone, but contributed in their own way, even if it was only to sell HHF tickets.

Most of them were environmentally conscious and active promoters of natural health products and the healing powers of nature and our conservation needs.

To memorialise those who have gone before, I am actively working with National Botanical Gardens at Waterford, St. Michael to obtain a section where we can plant some trees in a designated area in memory of our past members such as Verity Dawson, Arthur Cadogan, Bonita Morgan, Trevor Davis and Sheila Leslie John. You may update me of anyone you may wish to include or that I have inadvertently admitted. If there are any members who want to make a personal contribution of a plant or tree or bench, it will be greatly appreciated. Plans are still being fine tuned, so this effort will be completed during 2020 administration.

### **Resignation of WebMaster/ social media administrators**

Sharon Hurley Hall has been our WebMaster for the past ten years and has developed and managed all our presentations during this time. It has been a single handed, untiring

contribution on her part. She has been the driver behind our internet presence and all our HHF activities, countdowns and postings since our inception. Her instantaneous responses are unparalleled and I honestly do not think that they can be matched. The outgoing board wish to thank Sharon for her support with a small token of appreciation.

### **Change in Banking process**

In the last few years, our account balance has not been attracting interest. During 2019, we were advised that we will have to pay for cash deposits over the counter. We attempted to move our account to another Bank, but there are so many documentary requirements, including being registered with TAMIS, that we have decided to stay with Bank of Nova Scotia until we can identify what is best for the Association. We are not yet registered as a tax payor under the TAMIS- Tax Administration and Management Information System.

### **Summary**

Though 2019 was a quieter year in terms of outreach, the promotion around the time of the HHF and our online presence continue to make us an integral part of the complementary health landscape in Barbados. HHF continues to be viewed as the leader in promoting complementary health in Barbados.

This could not have been achieved without great teamwork and consistent effort from Board members, committee members, Association members and friends and volunteers. I ask you all to recommit to sharing a few hours of your time in the coming year to continue the Association's good work.

As I demit the office of President, it is my intention to continue to serve on the Board. The Board members have all had a challenging year as we had to juggle the needs of the organisation, an increasing workload as well as personal or family issues. We all rose to the occasion, but were conscious of the fact that this was not sustainable in the long term. So, we have had to pass the baton to a different set of players. We will continue to support the incoming Board with the knowledge gained from past performances and some of us have continued to serve, albeit in a less active capacity.

Finally, thank you for entrusting me yet again with the stewardship of the Association. I must congratulate the members of the outgoing Board for their hard work, innovative ideas and energy in steering us through what has been a very fast paced year.

It has been an honour and pleasure to serve as president for the past three years and I am recommitting to supporting the Association in this a different role, for another year, if asked to do so.

Eugene Holder

President - February 2019 - January 2020

Barbados Reiki Association