

# THE BUZZ

JCI TOBAGO Newsletter  
"The OUT & BAD Edition"

## OUR IMPACT JOURNEY

JCI Tobago recently celebrated the premiere of its new initiative, the **IMPACT JOURNEY PODCAST**.

The podcast, which was aired to the public via Facebook, saw a number of entrepreneurs featured discussing the highs and lows of being a business owner, specifically one during these challenging times.

The informative and entertaining discussions were led by host, PNVP Brittney Williams who has an immense passion for Entrepreneurship.

While shedding light on the birth of this project, PNVP Brittney shared that the COVID-19 pandemic has caused organisations such as JCI Tobago to pivot and discover creative ways to impact persons during these times. She also indicated that the name *Impact Journey* stood out to her, explaining that the podcast can be used as an avenue to highlight the journey of active citizens who are still making a significant impact in their respective communities.



### THIS MONTH'S FEATURED ARTICLES

- .PODCAST LAUNCH
- .PRESIDENTIAL VISITS
- .PROJECT HIGHLIGHTS
- .MENTAL HEALTH HIGHLIGHTS
- .MOTIVATIONAL STORY
- .UPCOMING EVENTS

## JCI Tobago Hosts National President Deondra Wishart-Hope

JCI West Indies National President, Senator Deondra Wishart-Hope virtually visited the island of Tobago and was able to create positive impact in Tobago and advance JCI Tobago's 2021 OUT & BAD initiatives.

Beginning her official visit on Thursday 5th August, President Deondra visited the Tobago House of Assembly's Youth Affairs Department, and then attended at JCI Tobago's monthly General Assembly Meeting.

Her visit continued on Friday 6th with an appearance on Tobago Channel 5's morning programme, Rise and Shine. She was joined by President of JCI's Tobago Chapter, Shawn Benoit where they both discussed JCI's positive impact on Tobago and the West Indies.

President Deondra's final day was a fun-filled one which saw her enjoy an evening games and entertainment, while at the same time getting know the members of JCI Tobago.

Upon leaving, the National President shared some words of gratitude. *"Dear President Shawn and Tobago, Thank you for hosting me during the last 3 days. I must say that my visit was impactful and exciting. I cannot express how proud I am of the strides JCI Tobago is taking to advance the image of JCI on the Island... "*



### JCI Tobago Project Highlights



[Impact Journey Podcast](#)



[Chat with Champions](#)



[JCI Cares COVID-AID](#)



# Mental Health TV Series

## Spotlight On COVID-19

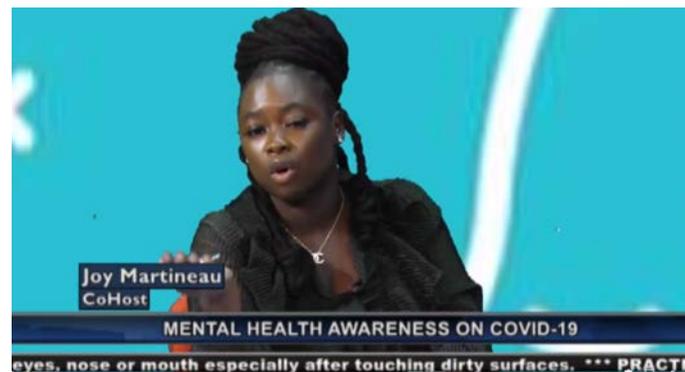
In an effort to sensitize the public about Mental Health in the context of the COVID-19 pandemic, JCI Tobago recently hosted a three part TV Series focused on Mental Health Awareness.

JCI Tobago partnered with local TV station, Tobago Channel 5 who facilitated the broadcast and trained JCI members to be TV producers and hosts for the series. The episodes were broadcast on 21st July, 4th August and 18th August and were spearheaded by the Mental Health Committee in the organisation.

The first installment was hosted by JCs Ishla Bedlow and Sonia Hospedales and saw Clinical Psychologist Dr. Alina Williams, Project Engineer Jasyiah Ibrahim and Local Entertainer Gerard Balfour tackle various topics surrounding mental health issues in this current climate. The second in the series featured Social Scientist and Area Representative Dr. Faith B. Yisrael, Entertainer Yolanda Job-Thomas and Counselling Therapist Melinda Cox, discussing resources available to combat mental health challenges at this time. The third and final episode of the series was geared towards Men and Mental Mental Health. The panel included Dr. Kern Johnson, Mr. Micheal Stewart, Kevon McKenna, and was hosted by JC Ezra Budd.

Chairperson of the Mental Health Committee, Zilda Martineau explained the importance of the initiative. *"This series was created to bring awareness of Mental Health issues and address the stigma surrounding them, we're attempting to alter the negative perception. The objectives for this project were to educate and provide support for persons affected by the pandemic."* She further stated that the committee does not intend to stop here, and is determined to further create avenues where persons dealing with issues surrounding mental health can continue to be assisted.

### Highlights



**WORD SEARCH**

D	E	Y	E	S	H	A	D	O	W	N	N	B	H
T	U	C	R	I	A	H	O	H	D	M	A	L	P
G	A	B	M	O	C	T	O	A	T	O	S	O	E
O	P	E	R	F	U	M	E	I	R	U	P	W	O
A	N	S	Y	I	O	B	T	R	O	S	A	D	W
T	O	S	O	I	T	E	K	S	T	T	R	R	A
E	P	A	S	D	E	A	B	T	M	A	S	Y	X
E	A	R	A	Z	O	R	Y	Y	A	C	H	E	I
R	A	N	U	A	S	D	A	L	K	H	A	R	N
B	A	I	B	R	U	S	H	E	E	E	M	A	G
S	T	Y	L	I	S	T	R	E	U	U	P	N	P
T	H	D	M	I	R	T	N	S	P	N	O	Y	M
C	P	E	R	M	A	N	E	N	T	I	O	S	P
A	I	C	U	R	L	I	N	G	I	R	O	N	T

- PERFUME
- HAIRSTYLE
- CURLING IRON
- MOUSTACHE
- BEARD
- EYESHADOW
- SAUNA
- STYLIST
- BRUSH
- PERMANENT
- SHAMPOO
- WAXING
- GOATEE
- BLOWDRYER
- MAKEUP
- TRIM
- RAZOR
- HAIRCUT
- COMB
- SPA

**UPCOMING EVENTS FOR JCI TOBAGO**

- **SNACK BOX FUNDRAISER**
- **MENTORSHIP ROUNDTABLE**
- **IT'S ALL ABOUT THE BUSINESS**
- **DEBATE NIGHT**

**JCI**

# SNACK PACK SALE

*A Box for your Quarantine Cravings...*

FRIDAY 17TH SEPTEMBER 2021

ORDERS AVAILABLE NOW ...  
 PRE-ORDERS BY: 09/16/2021  
 DELIVERIES ON: 09/17/2021  
 PICK UP: TOBAGO CHANNEL 5  
 10 AM TO 2 PM

**\$25**  
 PER  
 SNACK BOX  
 6 Packaged Snacks  
 1 Drink

FOR MORE INFORMATION CONTACT  
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## Motivational Story

*A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?"*

*200 hands went up.*

*He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up.*

*He then asked, "Who still wants it?"*

*All 200 hands were still raised.*

*"Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes.*

*He picked it up, and showed it to the crowd. The bill was all crumpled and dirty.*

*"Now who still wants it?"*

*All the hands still went up.*

*"My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are special – Don't ever forget it*

# KNOW YOUR WORTH

» then add tax «

**JOIN JCI TOBAGO TODAY**

CLICK THE LINK AND FILL OUT THE REGISTRATION FORM

IF YOU ARE INTERESTED IN PLACING AN ARTICLE IN THE BUZZ

CONTACT US BY [EMAIL](#) AND [FACEBOOK](#)